



The Park Bench

December 2015

Seniors in the Park Newsletter

HOLIDAY LUNCHEON

E So

Wednesday, December 9
Doors open at 11:30

Ring in the holiday season with friends at our annual holiday luncheon. Once again, a tasty lunch is being catered by Capn's from Fort Atkinson. Doors will open at 11:30, and lunch will be served at noon. You have a choice of Roast Turkey or Roast Pork Loin, Mashed Potatoes, Green Beans, Dinner Roll, Apple Crisp, Coffee, and Water. During and after lunch listen to the beautiful sounds of the Rock Prairie Dulcimers. Tickets are available for purchase at the Starin Park Community Building for \$12.00; Volunteers \$10.00 Sold out!



Volume XV Issue 12

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WHY WE LOVE THE PACKERS!

So I

Thursday, December 3, 1:30 pm

This program traces the history of the NFL's most successful franchise with 300+ pictures of old football cards, newspapers, magazines, and other media. All the great games, players, and special moments are included. Jim Rice is a former history teacher, school superintendent, and author of "92 Years!", "Giant Cheeseheads!" and "Great Games of the Gridiron".



The Packers play the Lions tonight so wear you Packer gear. Please register for the presentation by Monday, November 30.

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



Wednesday,
December 16
9:30 am

So I

Enjoy this fun game. If you don't know how to play Barb Dosemagen will be on hand to teach you. The group will now play on the third Wednesday of the month.

SPIRITUALITY

Tuesday, December 15 1:30 pm

Reverend Jerry Wendt will be here to speak on spirituality and the holidays. There will be time for questions after the presentation.

Sp I

BAD WEATHER CLOSINGS

In case of inclement weather, (Snow that four letter "S" word),



program cancellations will be on Whitewater Cable Channel 98, digital 990, or radio stations WFAW 940 AM and WSJY

107.3 FM, or online on the White-water Banner.

HOLIDAY SING-ALONG

E So

Tuesday, December 22 11:00 am

Join the newly formed Seniors in the Park Singers (they're working on a name) for some Christmas Carols and holiday cheer. If you want to have lunch with the meal site, please make your reservation by Friday, December 18. The meal is limited to 30 people.



DECORATE THE COMMUNITY BUILDING

P So

Wednesday December 2, 1:30 pm

Help put up the tree, decorate and spread some holiday cheer. Please call by Monday November 30 if you are able to assist.

NATIVE PLANTS AND SEEDS

I

Saturday, January 9 10:00 am

It may be winter, but now is the time to think Spring when starting seeds of native plants. There is a little twist though. You will be starting them in old milk jugs outside, right now. Native plant seeds need to experience winter before the seeds will germinate. Larry Scheunemann will show you this simple way to grow lots of native plants with minimal work. Please register by Thursday, December 31 if you will be attending.



COLORED PENCILS & DOODLES

So E I

Saturday, January 30 1:00 – 4:00 pm

Learn to work with colored pencils using techniques like stippling, cross hatching, and layering. Learn some color theory and how to combine colors and make a color scheme. Learn how to doodle and make your own designs. Bring colored pencils, eraser, sharpener, and your own adult coloring book/sketch tablet or paper. There will be paper and color book sheets available for a quarter or 50 cents a sheet.

Instructor: Katie Swanson
Fee: \$20 residents, \$25 non-residents
Deadline: Wednesday, January 20



SCHOLARSHIP FUNDS

Scholarships are available for those who cannot afford the required fees for Seniors in the Park programs. Talk to Deb, if you need to apply for scholarship funds.

PAINT THE SEASON IN WATERCOLOR

Thursdays, December 3– 17, 1:00-4:00 pm

Subject matter will include Winter and Holiday topics. Each session will include demonstrations on creating a small format painting that could be used for gift giving or made into holiday cards. Subject matter may include barns in snow, snowy evergreen branches, and berries in snow. Attendees are always encouraged to paint from personal references, photos, sketches or ideas. There will be plenty of time for individual painting with optional one-on-one coaching. Whether your approach is traditional, expressive, semi-abstract or something else you are welcome to join in and express your personal creativity in this three-week session.

Beginning, intermediate and advanced concepts will be covered.

Instructor: Karolyn Alexander Tscharnack, www.karolyn.biz

Fee: \$30 payable to the instructor on December 3rd

Deadline: Monday, Nov. 30th

Minimum – 6 people

If the minimum number is met, walk-ins are welcome at \$15.00 per person per session. Walk-ins, please check to make sure the class minimum has been met by calling 262-473-0535 or emailing

karolynalexander@att.net.

So E I



SINGING GROUP

Practices will be on Mondays at 11:00. You don't need to be able to read music. Singing rock and pop hits, Broadway tunes and jazz standards.

Thanks to Lori Heidenreich, retired music teacher, for leading the group. Please let us know if you will be attending.

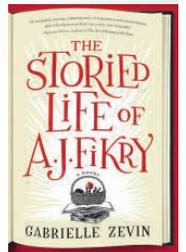
NO singing December 28.

BOOK WORMS

Monday, Dec. 7; 10:30 am

The Book Club will discuss *The Secret Wisdom of the Earth* by Christopher Scotton. The book for December will be *The Storied Life of A.J. Fikry* by Gabrielle Zevin.

On the faded Island Books sign hanging over the porch of the Victorian cottage is the motto "No Man Is an Island; Every Book Is a World." A. J. Fikry, the irascible owner, is about to discover just what that truly means. His life is not at all what he expected it to be. His wife has died, his bookstore is experiencing the worst sales in its history, and now his prized possession, a rare collection of Poe poems, has been stolen. Slowly but surely, he isolates himself from the people of Alice Island. Even the books in his store have stopped holding pleasure for him. And then a mysterious package appears at the bookstore. It's a small package, but large in weight. It's that unexpected arrival that gives A. J. Fikry the opportunity to make his life over, the ability to see everything anew.



So E Sp



COMMUNITY CONVERSTION ON DEATH AND DYING—HOLIDAYS

Thursday, December 10; 2:00 pm

This month the focus of the conversation will be how to cope with grief during the holidays. The holiday season can be tough when you know someone who is dying and/or when people who have died are missed—but there are ways to make it easier and more meaningful. Holiday gatherings also offer the perfect setting for families to have conversations about advanced care planning, their wishes, etc.

Take a chance with this unique opportunity to explore your beliefs, questions, emotions, and experiences about end of life, grief, impermanence, and other related issues. Please RSVP so we have enough snacks for the group.

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

LINE DANCE

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2:00 pm

This five-week class with Nancy Wrensch will have your toes tapping and body moving to easy and fun line dances. Dance is the best activity you can do for brain fitness.

Fee: \$20.00 residents
\$25.00 Non-residents

Location: Downtown Armory Dance Studio

Session 1:

Dates: January 6– February 10
(No class January 27)

Class #5305.21

Deadline to register is Dec. 30

Session 2:

Dates: February 17-March 16
Class #5305.22

Deadline to register is Feb. 12



HOLIDAY PARADE

P So

Friday, December 4

We are looking for people to:

Decorate for the Parade—Friday, Dec. 4 10:00 am at the Streets Dept large shed.

Walk or Ride in the Parade

The van will leave Starin Park at 5:30 pm if you want a ride to the parade line-up. We'll bring you back to the park.



MOVIES: SPONSORED BY MULBERRY GLEN

I So E Sp

"The Man From U.N.C.L.E."

Tuesday, December 8, 12:30 p.m.

Rated PG-13, 116 minutes

A stylish, tongue-in-cheek updating of the popular 1960's TV series, features Henry Cavill (movies new Superman) as American secret agent Napoleon Solo, and Armie Hammer as surly Russian operative Ilya Kuyakin. A cultivated mix of wit, action, suits and foreign intrigue.



"Love Actually"

Tuesday, December 22, 12:30 p.m.

Rated R, 2 hours, 15 minutes

Back by Popular Demand, it's Seniors in the Park's favorite Yuletide movie, featuring just about every popular British film star, including Hugh Grant, Liam Neeson, Bill Nighy, Colin Firth, and Emma Thompson, falling in and out of love at Christmas-time, in a tale that takes place from London to Milwaukee!



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

"Mama Mia" The Sing-Along Version

Tuesday, December 29

Rated PG-13, 1 hour, 49 minutes

Sophie has just one wish to make her wedding perfect: to have her dad walk her down the aisle. Now she just has to find out who he is. Meryl Streep leads an all-star cast, including Pierce Brosnan, Colin Firth, and Amanda Seifred, in the Sing-Along Version of the Broadway smash-hit filled with the ABBA songs we all know and love to sing along to. (On Screen Lyrics).



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AMERICAN HISTORY STORIES: ELECTING U.S. PRESIDENTS

I

Wednesdays, 1:00 pm

Join Dr Richard Haney, Emeritus UW-W, for interesting and informative history talks. Thanks to UW-W Continuing Education Department for funding the series.

January 27: When Politics was Fun: Presidential Elections from 1912 to!

February 3: When Politics was Fun: Presidential Elections ... to 1984.

February 10: Facing the Unexpected: Presidential Judgment from Washington to ...!

February 17: Facing the Unexpected: Presidential Judgment ... to Obama.

February 24: Weather Makeup Day



BINGO

I So



Tuesdays, 10:00 am

Dec. 1: Culver's

Dec. 8: Mulberry Glen

Dec. 22: City Bingo

Dec. 29: Crazy Bingo

Crazy Bingo returns on Tuesday December 29 at 10:00. Drop-in for some fun and hijinx as we find unusual and fun ways to play BINGO!

BINGO SPONSORS

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

CITY BINGO SPONSORS:

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ACTIVITIES AT A GLANCE

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 & More—Mon. & Thurs. 8:45 am, Residents: \$1.00 per class, Non-Residents \$1.25

Dominoes—First uesday 11:45 (after potluck)

'FUN'ctional Fitness—Mon & Thurs. 9:30 am; Residents: \$1.00 per class, Non-Residents \$1.25

Mah Jongg—Mondays, 1:00 pm

Pegs & Jokers—Third Wednesday 9:30 am

Pickleball—Monday, Wednesday, and Friday 12:30-2:30, Tuesday 9:00-11:00 and Thursday 8:00—10:15 am;

Downtown Armory

Pinochle—First Tuesday, 1:00 pm

Potluck—First Tuesday 11:15 am followed by **Dominoes**—First Tuesday 11:45 am

Sheepshead—Tuesdays, 1:00 pm

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



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.

LEGENDARY BLUE DANUBE RIVER CRUISE

E I P So

May 26—June 6, 2016



Enjoy 7 nights on the MS Amadeus Elegant, which accommodates up to 150 passengers. Unpack once and enjoy your included-meals. Highlights of the tour include: Budapest City tour; Bratislava

Slovakia and panoramic tour of the city; Vienna Austria, including city and Schonbrunn Palace tours; Durnstein, Wachau Valley, Melk, Linz and Salzburg, Austria. End your voyage in the fairytale town of Passau, Germany with an included city tour. Journey to Prague, one of the most beautiful cities in Europe, via motorcoach for a two-night stay. Enjoy an included tour of the city and Prague Castle.

Rates start at \$4724 per person double. Add \$1799 for a single traveler. Mayflower tours has a Guaranteed Share program for single travelers.

GULF SHORE BREEZES

E I P So

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.



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.

MISSISSIPPI RIVER ROAD TRIP

E I P So

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
- * 3 nights lodging (2 hotels)
- * 3 breakfast, 2 lunches and 3 dinners
- * VanGalder/Coach USA transportation
- * Gratuities included on meals and attractions



- * Village of Stockholm
- * Red Wing Pottery & Red Wing Shoe Store
- * Dinner at Historic St. James Hotel
- * National Eagle Center
- * L.A.R.K.’s Toys—antique, wooden and specialty
- * Lunch at Slippery’s, made famous in the movie “Grumpy Old Men”



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

\$100 deposit due with reservation. Deposit to: Group Travel Masters Final payment due July 30, 2016

Detailed itinerary and registration form available at The Starin Park Community Building, online at www.whitewater-wi.gov (Departments, Seniors in the Park) or by emailing dweberpal@whitewater-wi.gov.

SUNNY SIDE UP BREAKFAST CLUB So

Thursday, Dec. 17, 8:15 am

Heading to Newville to Blue Gilley's Pancake Pier and Lunch Dock where they serve yummy and unique pancakes and other scrumptious breakfast foods. We will depart at 8:15 am. If we know you are going, we won't cancel the trip.

Fee: \$3.00

RSVP by Tuesday, Dec. 15

LUNCH BUNCH So

Thursday, Dec. 10, 10:30 am

Lunch will be at the Highway Harry's in Johnson Creek. Stops at the Outlet Mall are possible.

Fee: \$3.00

RSVP by Tuesday, Dec. 8

JANESVILLE SHOPPING So

Wednesday, Dec. 2, 9:00 am

Get picked up at your home and shop in Janesville. Participants decide where to shop.

Fee: Free, if you rode with us at least once this year shopping. All others \$3.00

RSVP by Tuesday, Dec. 1

UPCOMING LUNCH BUNCH DATES

January 14—TBD

February—Capn's Fort Atkinson

March—Citrus Café

GROCERY SHOPPING So

With Sentry closing, are you interested in going to Pick n Save in Fort Atkinson or Piggly Wiggly in Milton for groceries at least once a month? Other suggestions are welcome. If there is enough interest, we will add a grocery shopping trip. Please call by December 4 if you would be interested, and where you would like to shop for groceries.



TRAVEL PLANNING

It's that time of year when we will be planning our day trips for 2016. Please call or drop off your ideas for trips.

YOUR TRAVEL CAN BENEFIT SENIORS IN THE PARK

Extended travel and some bus travel raises funds for Seniors in the Park. These funds are used to pay for our eight hour a week receptionist and purchase needed items for the center.

We partner with Collette Vacations and Mayflower Tours. If you book a trip on your own with either company, please mention you are with Seniors in the Park.

You may get a small discount, and we get credit toward our fundraising account. A great win-win for all!



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

OR

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

Activity Calendar

9

December 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
	1 9:00 Pickleball (A) 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 12:30 Toenail Clinic 1:00 Pinochle 1:00 Sheepshead	2 9:00 Bowling (HB) 9:00 Janesville Shop 9:30 Indoor Walking 10:30 Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess 1:30 Decorate the Community Building 2:00 Line Dance	3 8:00 Pickleball (A) 8:30 Core and More 9:30 FUNctional Fit 1:00 Watercolor 1:30 Why We Love The Packers	4 10:00 Holiday Parade Van decorating 9:30 Indoor Walking 12:30 Pickleball (A) 5:30 Depart for the Holiday Parade
7 8:30 Core and More 9:30 FUNctional Fit 10:30 Book Worms 11:00 Singing Group 12:00 Senior Forum 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg	8 9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 12:30 Mulberry Glen Movie "Man From UNCLE" 1:00 Sheepshead	9 9:00 Bowling (HB) 9:30 Indoor Walking 10:30 Tai Chi (A) 12:00 Holiday Luncheon 12:30 Pickleball (A) 1:00 Chess 2:00 Line Dance	10 8:00 Pickleball (A) 8:30 Core and More 9:30 FUNctional Fit 10:30 Lunch Bunch 1:00 Watercolor 2:00 Community Conversation on Death and Dying	11 9:30 Indoor Walking 12:30 Pickleball (A)
14 8:30 Core and More 9:30 FUNctional Fit 12:30 Pickleball (A) 1:00 Mah Jongg	15 9:00 Pickleball (A) 1:00 Sheepshead 1:30 Spirituality Presentation	16 9:00 Bowling (HB) 9:30 Indoor Walking 9:30 Pegs & Jokers 10:30 Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess 2:00 Line Dance	17 8:00 Pickleball (A) 8:30 Core and More 8:30 Sunny Side Up Breakfast Club 9:30 FUNctional Fit 1:00 Watercolor	18 9:30 Indoor Walking 12:30 Pickleball (A)
21 8:30 Core and More 9:30 FUNctional Fit 11:00 Singing Group 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg	22 9:00 Pickleball (A) 10:00 City Bingo 11:00 Holiday Sing with the Starin Park Singers 12:30 Mulberry Glen Movie "Love Actually" 1:00 Sheepshead	23 9:30 Indoor Walking 10:30 Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess OFFICE IS CLOSED	24 Closed 	25  Merry Christmas
28 12:30 Pickleball (A) OFFICE IS CLOSED	29 9:00 Pickleball (A) 10:00 Crazy Bingo 11:30 Spuds & a Show 12:30 Mulberry Glen Movie "Abba—the Sing-along" 1:00 Sheepshead	30 9:30 Indoor Walking 10:30 Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess	31 8:00 Pickleball (A) OFFICE IS CLOSED 	Activities take place at the Starin Park Community Building unless otherwise noted. (A)=Downtown Armory (L)=Cravath Lakefront (HB)=Hawk Bowl

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FUNDS FOR FRIENDS

A huge thank you goes out to Sentry for their Funds for Friends program. Since 2005 we have averaged approximately \$750 annually from the program. This is funding that supports bringing in speakers and supplements other programs and special events to keep them affordable. Sentry will be missed in our community.



NEW SIDING AND ROOF



WIDE WORLD OF TEA



TAKE ACTION TO PREVENT FALLS

Smokey Bear says only you can prevent wild fires. Well, I would like you to know that only you can prevent falls. It's all about the decisions we make and as individuals. It's always easier to make the right decision if we have some information to support it. Falling down can be a game changer when it comes to our health, our mobility and our ability to live independently. I want to make you aware of the problem and the fact that there are steps you can take to reduce your overall risk of falling.



The problem is that over 1 in 3 adults age 65 and older fall every year and falls are the #1 cause of fatal and nonfatal injuries for those 65+. The consequences of a fall may be a broken bone, a head injury, depression and/or fear of falling. All of these consequences have a limiting effect on your life. Take action. Some things you can do:

1. The best thing you can do to prevent falls is to keep your legs strong. Below are some programs that may help. It doesn't matter what our age, we can always gain strength. Regular strengthening done 2-3 times per week will yield results. Tai Chi is a proven form of exercise that reduces your risk of falling.
2. Over half of all falls happen at home. Make sure the home is safe. Get rid of throw rugs and other tripping hazards, have grab bars in the shower and by the toilet. Have good lighting on the steps and sturdy hand rails. Use night lights.
3. Be sure to have your vision checked every year and use your corrective lenses.
4. Review with your MD or Pharmacist about possible medication reduction.
5. If you are unsteady on your feet or have poor sensation in your feet use a walking stick, cane or walker.

Falling isn't a normal consequence of aging. Falls can be prevented. Avoid a fall; use good technique, be aware, stay active, take action. Remember, only you can prevent falls. Some local resources that you may find helpful:

Tai Chi Ch'uan at the Old Armory in Whitewater through Whitewater Parks and Rec <http://whitewater.recdesk.com> **Silver Sneakers Land program** focuses on strength and balance at the Whitewater Aquatic Center <http://www.whitewateraquatic.com>. To learn more, the following links are a wonderful resource: <https://www.ncoa.org/healthy-aging/falls-prevention> and <https://www.dhs.wisconsin.gov/injury-prevention/falls/index.htm>

Submitted by David Anderson, PT, DPT, OCS Whitewater Mercy Sports and Rehab

VOLUNTEER SPOTLIGHT



Kathy Ross has been volunteering at Seniors in the Park for 3 years. She helps deliver the newsletters and organize the Starin Park library. Kathy says she enjoys volunteering with Seniors in the Park because the hours are flexible and she knows that it is helping her friends out. Kathy is also able to volunteer at “LINCS”, Lincoln Elementary, which is where 2 of her grandchildren attend, at her church, Whitewater UCC, and at Fairhaven. Kathy’s other interests include watching and following professional basketball, which she says she is very passionate about. Kathy recently had a hip replacement and suggests that everyone with hip problems go ahead and have this procedure done. She lived in North Carolina for 45 years and in Texas, California, and Wisconsin for 20 years. She is retired from the medical billing field in which she set up software. Kathy has 3 grandchildren that keep her very busy and is why she is in the Whitewater area to be close to her son-in-law, who is working at UW-W, and daughter, whom she is very proud of. Kathy says people should be very proud of Seniors in the Park and how it represents the community, with the volunteers and all the details that make it a great place to participate. Thanks Kathy for helping as a volunteer at Seniors in the Park.

COORDINATOR’S COMMENTS: SPIRITUAL WELLNESS

December is a month important to many religions but spirituality isn’t about religion. Spirituality is living your life with meaning and purpose. It’s the ethics, values, and morals that guide us and give us direction, as well as, our connection to the larger world. Group and individual faith-based activities, personal meditation, mindful exercise (yoga, tai chi) and experiencing nature can create the opportunity for spiritual growth and establish peace and harmony in



our lives and the world. . Spirituality comes from within and is guided by us and how we choose to live our lives
As you go through the holiday season, remember peace, love and joy. Share it, live it.



KRINGLE KINDNESS

As part of Spiritual Wellness month, **Sp** we are implementing **Kringle Kindness**. Draw a “kindness” out of the Kringle stocking here at the center and try to accomplish your kindness that day or as soon as possible. Nothing will cost money, only your time, your smile and some goodwill.



WELLNESS LETTER BOXES KEY

- P** Physical **So** Social
- I** Intellectual **E** Emotional
- Sp** Spiritual **Ev** Environmental
- F** Financial **O** Occupational

SERVICES AT A GLANCE

Toenail Clinic: Tuesday, Dec. 1, 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.

GREETING CARDS

We have a great selection of cards. We have a wide variety Christmas cards including money cards. New cards have arrived and are flying off the rack. We've added birthday cards for brother, sister, son, daughter, 80th, 85th and 90th. Cards for Serious Illness, Cancer, Pet Sympathy, and Congratulations. Most cards are priced from 65 cents to \$1.50. Some newer cards may be \$2.95. Stop in and check out our selection.



HAPPY DECEMBER BIRTHDAYS TO:



4 Clara Bastian
8 Janet Nell
23 Bruce Parker

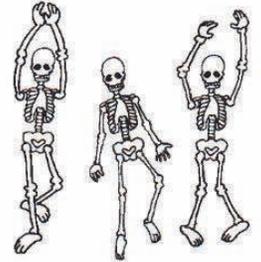
If you want to be on our birthday list, let Deb know your birth month and day, and correct spelling of your name, and you can be in the newsletter, too!



EXERCISE TO PREVENT OSTEOPOROSIS

I P

Exercise is a great way to help prevent osteoporosis. Although it depends on what type of exercise you do. Regular resistance training or grouped with impact loading activities is a strategy to prevent osteoporosis. Resistance training can be done by using resistance bands, lifting weights, using weight machines or even using body weight exercises such as squats and pushups. Resistance training should be performed 2-3 times per week with 2 sets of 10 reps, where you are feeling fatigue toward the latter repetitions. Lifting weights exercise include: Biceps Curls, Triceps Extension, Squat with or without weights, Lunge with or without weights, and Deltoid Raises. Resistance Band exercises include: Biceps Curls, Triceps Extension, Resisted knee extension, Resisted Knee flexion, and side stepping with band around ankle.



Impact loading activities are exercise that you perform while standing up against gravity. Exercise is a great way to build or maintain strong, dense bones. You should aim to perform impact loading activities most days for 30 minutes. The time can be broken up to total up to 30 minutes in one day. Impact loading activities can be high impact or low impact. High impact activities include: Jogging/running, Hiking, Jumping Rope, high-impact Step Aerobics, Dancing, Stair Climbing, and Tennis. Low Impact activities include: an Elliptical Low-impact Aerobics, Stain step machine and Brisk walking on a treadmill or outside.

Make sure to check with your healthcare provider if you have osteoporosis and broken a bone or are at risk for breaking a bone, as you may need to avoid high impact activities. Physical therapy may be an option to help those who are diagnosed with osteoporosis to help teach you specific exercises and proper body mechanics, along with screening you for risk of falling. If you would like more information on Mercy's physical therapy program for osteoporosis, please call Mercy Whitewater Sports Med at 262-473-0400 or your nearest Mercy clinic.

Written by: Dannielle Koran, LAT,

Mercy Whitewater Sports Medicine and Rehabilitation Center

Participants living in the Whitewater School District are considered "residents" Those living outside of the district pay the non-resident fee. ~Parks and Recreation Policy~

TOYS FOR TOTS COLLECTION

The Starin Park Community Building has a box for those who wish to donate a toy to the Toys For Tots™ collection. The box will be here until December 10. Donations of new, unwrapped toys are requested. Volunteer Connections then sorts and distributes the toys. For more information go to www.toysfortots.org.



CHILI COOKOFF

Have fun helping to raise funds for Special Olympics at Freeze Fest on Saturday, February 13, 2016. Make a roaster full of your favorite chili or soup, decorate your serving table, and win the traveling trophy, the Golden Ladle, or the best decorated table. There is no entry fee this year! Fundraiser takes place in the warming tent. Get your friends, neighborhood group, civic group, work group (promote your business), or anyone together and keep those plungers warm with your yummy food. They really look forward to your creation!

MOVING FORWARD

As we move into 2016, I would like to thank everyone who took the time to fill out our survey. This will help immensely with program planning, open hours and where we can improve. With the potential reorganization of the Parks and Recreation Department and adding the Aquatic Center to our program capabilities, it looks to be an exciting year for everyone. Stay tuned for new opportunities and changes.

ONLINE REGISTRATION AND 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.

PARKS & RECREATION

Visit wwparks.org for the Winter/Spring brochure or pick one up at the Starin Park Community Building.

Advertiser of the Month

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Websites: schedulesplus.com/wwtr
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 _____

