



January 2015

The Park Bench

Seniors in the Park Newsletter

AN ISLAND GET-AWAY FOR VALENTINE'S DAY

Friday, February 13

Doors open at 11:30, Lunch at Noon

Come in out of the cold and enjoy the warmth of the tropics for a day. Bahama Bob will instantly transport you to the Islands. Often referred to as the "happiest music on earth", Bahama Bob performs Caribbean/Island music on a traditional 'hand-made' steel drum from Trinidad. Wear you tropical best (we'll turn up the thermostat), and get away for the day! Begin your day away with lunch, consisting of either Hawaiian Chicken Kabobs or Baked Ham with Pineapple and Mango, Sweet Potato Mash, Hawaiian Cole Slaw, Dinner Roll, and Hawaiian Cake Dessert from Capn's Catering. If you need a ride, let us know when you purchase your ticket. Bring your honey, a friend, or yourself and bask in the warmth of a tropical get-away. Tickets will go on sale January 8.

Tickets: \$12.00 per person

Deadline: February 3



NUTS IN A NUTSHELL

Wednesday, February 4, 1:00 pm

Nuts are an easy way to add flavor and nutrition to any meal or snack. They are packed with important vitamins, minerals, and plant compounds that may help reduce the risk for chronic disease. Research shows that adding nuts can be a very beneficial nutritional practice. Which nuts should you eat daily?

Don't know the difference between a macadamia or pistachio? Pecan or walnut? We'll discuss the basics of the nut family, along with samples and suggestions for adding nuts to your diet.

Presenter: Jenny Wehmeier, UW-Extension

Fee: \$2.00

Deadline: Wednesday, January 28



Volume XV Issue 1

WHAT'S INSIDE

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

5.....*Support Our Sponsors*

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

9-10.....*Calendars*

11*Support Our Sponsors*

12*Activities & Services*

13 Your Senior Center

14-15..*Info and Community*

BackADDRESS, Phone Numbers, and Subscription info

Seniors in the Park Promotes & Enhances a Vital Aging Community

PINOCHLE

January 6, 1:00 pm
We have enough people to keep the group going. Stop in and enjoy the fun.



FACEBOOK FRENZY

Monday January 26; 2:00 pm



Each month a different aspect of Facebook is covered. A class for

people already on Facebook with review of previous sessions including timelines, posting statuses and pictures, and adding friends. Deadline: Wednesday January 21

MUSIC MAKERS WANTED



Do you love making music? Are you interested in singing with a group? Do you play the piano? We are looking for joyful singers to start a vocal group. A few have signed up but we need more voices. Come and make a joyful noise with us. Lori Heidenreich has agreed to lead the group. Please call if you are interested, 262-473-0535

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

AARP TAX ASSISTANCE

Wednesdays, beginning February 11
Appointments can be made beginning Monday, January 19. No appointments can be made prior to this date.



AARP is offering free tax preparation to low and moderate income taxpayers, with special attention to those age 60 and older, with quality assistance in filing their personal taxes. Call 262-473-0535 to set up an appointment. Donations for this service are accepted and support programming at Seniors in the Park.

You must bring:

- Photo ID and Social Security Card
- Copy of 2013 tax returns
- Proof of 2014 income
- Blank check for electronic refund deposit

If you are filing Wisconsin Homestead Credit, you will need either a 2014 real estate tax bill OR Certificate of Rent form signed by your landlord. 2014 taxes do not have to be paid to file Homestead Credit.

IMPORTANT NOTE: Preparers will not do returns for people who are married, but file separately, or who become divorced in 2014; schedules for business, rental income, farms, moving expense forms, forms for nondeductible IRAs, and child investment income tax.

WATERCOLOR: FINISHING PAINTINGS

The class will focus on fixing and finishing watercolor paintings. Unfinished paintings will be evaluated and possible ways to finish each painting will be discussed. Topics will include basic composition, value choices, cropping and starting over with a generous coat of white gesso. Those who wish to start a new painting are welcome to do so. Beginning, intermediate, and advanced concepts will be covered. There will be plenty of time for individual painting with optional one-on-one coaching. Attendees are always encouraged to paint from personal references, sketches, photos, or ideas.

Instructor: Karolyn Alexander Tscharnack, www.karolyn.biz

Dates/Times: Thursdays, January 22 & 29; 1:00 – 4:00 pm

Cost: \$20 payable to the instructor by cash or check.

Deadline: Monday, January 19

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.

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

THE ROARING 20s & 1930's DEPRESSION

Wednesdays, 1:00 pm

February 11: Calvin Coolidge's 1920s America: Politics and Prosperity

February 18: Jazz Age Controversies: Prohibition, Religion, and Immigration [sound familiar?!!]

February 25: Herbert Hoover, the Forgotten Progressive, and the Great Depression

March 4: Franklin Roosevelt's 1930s America: Great Depression and New Deal

Presenter: R. Richard Haney, Emeritus UW-W

Thanks to the UW-W Continuing Education Department for funding the lecture series.

HERB GARDENING

Tuesday, March 17, 1:00 pm

There is nothing like fresh herbs to stimulate the senses and get you through what's left of our winter! Come enjoy a hands-on workshop, and create a small indoor herb garden for your home. Herbs are easy to grow indoors, and can be put outside during the summer to use in your favorite recipes!

Presenter: Christine Wen, UW-Extension Horticulturalist

Class #: 5407.11

Fee: \$3.00 residents; \$3.75 non-residents

Deadline: Tuesday, March 10



ALL ABOUT MONARCHS – THEIR LIFE AND THEIR MIGRATION

Wednesday, March 18, 1:00 pm

Monarch butterflies are known to everyone because of their bright colors, large size, and phenomenal migration to Mexico. With the aid of photographs, you will learn all about the Monarch butterfly, its life cycle, and needs in a landscaped yard. The difficulties that it faces today with climate change and habitat destruction will be discussed, along with information on what we can do to help.

Presenters: Larry and Emily Scheunemann

Deadline: Monday, March 16



BOOK WORMS

Monday, January 5, 10:30 am

The Book Club will discuss *The Kitchen House* by Kathleen Grissom. The book for February is *Looking for Me* by Beth Hoffman.

Teddi Overman found her life's passion for furniture in a broken-down chair left on the side of the road in rural Kentucky. She learns to turn other people's castoffs into beautifully restored antiques, and eventually finds a way to open her own shop in Charleston. There, Teddi builds a life for herself as unexpected and quirky as the customers who visit her shop. Though Teddi is surrounded by remarkable friends and finds love in the most surprising way, nothing can alleviate the haunting uncertainty she's felt in the years since her brother Josh's mysterious disappearance. When signs emerge that Josh might still be alive, Teddi is drawn home to Kentucky. It's a journey that could help her come to terms with her shattered family—and to find herself at last. But first she must decide what to let go of and what to keep.

PICKLEBALL

Mondays, Wednesdays, Fridays, 12:30-2:30 pm

Tuesdays, 9:00-11:00 am

Downtown Armory

Pickle Ball is a fun, social, easy-to-learn game that is a cross between badminton, table tennis, and tennis. It's played on a smaller court, with large paddles and a wiffle-like ball. It takes 15 minutes to learn, and you can be playing well in 1-2 sessions. You don't need to be athletic or strong to play.

LINE DANCE

Downtown Armory

Wednesdays, 2:00-3:00 pm

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

Session 1

Class #: 5305.11

Dates: Jan. 14-Feb 18

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

Deadline: Thurs., Jan 8

Session 2

Class #: 5305.12

Dates: March 4-April 15
(no class Mar. 25)

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

Deadline: Thurs., Feb.26

WALK AWAY THE POUNDS—INDOORS

Wednesdays and Fridays, 9:30 am

Low impact, easy to follow INDOOR walking class. Walk anywhere from 1-4 miles indoors and firm up your mid-section with a walking DVD. This class is safe for all ages and fitness levels.

CORE AND MORE

Mondays & Thursdays, 8:45 am

This half-hour class will help you to perform daily activities safely and with ease. Balance and core exercises are done standing and on the floor. Once on the floor, we stay there until the end of class. Modifications for all levels of ability will be demonstrated. Please bring an exercise mat.

Prepay Residents: \$1.00 per class

Prepay Non-Residents \$1.25/class

DANCE EVOLUTION FOR ADULTS

Fridays, February 6—March 13; 10:30 am

Armory Dance Studio

This six-week class will evolve slowly and thoughtfully through various exercises designed for the adult body. This class will also utilize improvisational focus for adults geared towards physical and mental self discovery. Both standing and chair exercises will be incorporated and adaptations will be given to those who have special considerations. Wear comfortable, stable athletic shoes and comfortable, loose clothing. For ages 40+.

Instructor: Hailey Schultz, UWW Dance

Deadline: Thursday, January 29

Class #: 5206.11

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

Minimum: 4



TAI CHI CH'UAN

Wednesdays, 11:00 am,

beginning January 14

Downtown Armory Dance Studio

T'ai Chi Ch'uan is a traditional Chinese exercise practiced for health, relaxation, meditation, and self-defense. The exercise is performed slowly and continuously, taking about ten minutes to complete one "round" or "set" and it takes approximately four months to learn the entire set. It requires no special equipment and can be done in a small space. Each class builds on the previous class to assist you in learning to relax and to correctly do the form. Yang style short form will be taught. The value of T'ai Chi as a health exercise and self-defense system lies in its emphasis on total body integration and developing "internal" strength, relaxation, and coordination. It is a gentle exercise, which is suitable for people in a wide variety of physical conditions. The movements are adjustable to fit the health and strength levels of each individual.

Recent studies show the daily practice of Tai Chi promotes cell renewal (anti-aging), better sleep, physical functioning, balance, flexibility, and coordination. It increases immune function, bone density, and well-being and decreases pain, stress levels and depression.

Please register by Thursday, January 8



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

RAINBOW

HOSPICE CARE

**Know us before
you need us**

(920) 674-6255

www.rainbowhospicecare.org

DR. LUKE J. SMITH
Doctor of Chiropractic

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



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

www.lsmchiro.com

Clinic Phone: 262-753-0017



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 Eric James

262-473-1011

AUMANN'S SERVICE INC.

Body Specialists
Quality Painting
24 Hr. Towing

122 E. Dane
(920) 674-2349

After Hours
(920) 674-6164



SeekAndFind.com
is NEW and IMPROVED

Now it's
even easier
to shop these
advertisers.

Show them
your support!

Love Your Home?



Stay with help you can count on.

Call Society's Assets.

(262) 723-8181

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



societysassets.org
Caregiving Since 1974



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

(262) 473-2242

128 N. Tratt St.
Whitewater, WI 53190

New Patients Welcomed!
whitewatergentledentistry.com

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

Cancer Information Service



1-800-4 CANCER

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



"Where life is added to years"

A Continuing Care
Retirement Community

- Patio Homes Supportive Services
- Independent Apartments
- Memory Care Assisted Living
- Skilled Nursing & Rehabilitation

Discover the Fairhaven Difference!

Fairhaven Senior Services

435 West Starin Road Whitewater
262-473-2140 www.fairhaven.org



MOVIES: SPONSORED BY MULBERRY GLEN



"Belle"

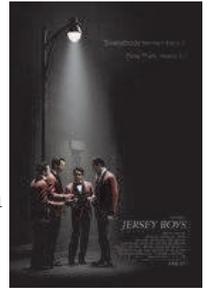
Tuesday, January 13, 12:30 pm Rated PG, 1 hr. 43 min.

BELLE is inspired by the true story of Dido Elizabeth Belle (Gugu Mbatha-Raw), the illegitimate mixed race daughter of a Royal Navy Captain. Raised by her aristocratic great-uncle Lord Mansfield (Tom Wilkinson) and his wife (Emily Watson), Belle's lineage affords her certain privileges, yet the color of her skin prevents her from fully participating in the traditions of her social standing. Left to wonder if she will ever find love, Belle falls for an idealistic young vicar's son bent on change who, with her help, shapes Lord Mansfield's role as Lord Chief Justice to end slavery in England

"Jersey Boys"

Tuesday, January 27, 12:30 pm Rated R, 2 hr. 12 min.

Jersey Boys is a musical biography of the Four Seasons—the rise, the tough times and personal clashes, and the ultimate triumph of a group of friends whose music became symbolic of a generation. Far from a mere tribute concert (though it does include numbers from the popular Four Seasons songbook), Jersey Boys gets to the heart of the relationships at the center of the group—with a special focus on frontman Frankie Valli, the small kid with the big falsetto. Directed by Clint Eastwood and based on the Tony Award-winning musical of the same name.



International Travel

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

IMPERIAL CITIES: PRAGUE, BUDAPEST AND VIENNA

October 5-15, 2015

Explore three of the most beautiful cities in the world. In Prague, tour Hradcany Castle, and visit the statue-lined Charles Bridge. Enjoy a traditional evening of Czech food and dancing. There will be time to explore on your own or take an optional excursion to the Old Jewish Quarter. In Vienna, visit magnificent Schoenbrunn Palace and St. Stephen's Cathedral. Cruise on the Danube River and visit the 11th Century Melk Abbey. Visit Bratislava and then travel on to Budapest, where you will discover Matthias Church, the Fisherman's Bastion, historic Old Buda, and Gellert Hill. There is an optional excursion to the Hungarian Plain to visit Csikos, Hungarian equestrians. Also visit the baroque town of Szentendre. Enjoy a 14th century castle and a Renaissance-style dinner.

Fee: \$3499 pp Dble (thru 4/6/2015); Single supplement of \$750.00

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.

TRIP PREVIEW

Wed. January 21

1:00 pm

RSVP by January 15

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

CAPE COD & THE ISLANDS

September 6-12, 2015

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



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

Premier World Discovery

FLAVORS OF THE SOUTH

March 21-28, 2015 (New dates)



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

Walworth Co. or at Starin Park. **Seats still available!! Final payment due February 10.**

TRAVEL EXPERIENCES MOTORCYCLES

Thursday, February 19; 10:00 am

Plan for the 2015 riding season. Start collecting ideas, addresses, costs, potential dates, etc., and send them in or bring them to the planning meeting. Does the attraction need reservations? Pay in advance? How far away and what else is nearby for lunch. We'll have coffee and treats.



Van Trips

LUNCH BUNCH

Thursday, January 8, 10:30 am

Lunch will be at the Italian House in Janesville.

RSVP by Tuesday, January 6.

JANESVILLE SHOPPING

Wed., January 7, 9:00 am

Get picked up at your home and shop in Janesville. There should be lots of after holiday sales. Participants decide where to shop. Bring a new friend and your ride is free.

Fee: \$5.00

RSVP by Tuesday, January 6.

VAN TRIP PLANNING



If you have ideas for any 2015 van trips, please bring them in this month. I'm always looking for new destinations.

NAME THE BREAKFAST GROUP AND WIN!

Submit creative names for our men's breakfast group and get a free breakfast on us. Please submit names by January 11. You can email dweberpal@whitewater-wi.gov, call 262-473-0535, mail to Seniors in the Park, PO Box 178 Whitewater, WI 53190, or stop by the Starin Park Community Building. Remember to include your name and contact information so we can notify you if you win.



MEN'S BREAKFAST GROUP

Tuesday, January 13, 8:30 am

Travel to Janesville for breakfast at the Citrus Cafe. Known for its fresh squeezed orange juice and voted best breakfast spot in Janesville. After breakfast, you will head to the Harley Store.

Depart: 8:30 am; Return (approx) 11:30 am

Fee: \$5.00

Deadline: Friday, January 9



Coach Trips

THE GREAT CHICAGO FIRE & A CITY REBORN

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 actual site of the O'Leary barn.

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

Fee: \$81.00 Deadline: 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



ISLE OF CAPRI CASINO

April 12-13, 2014

Watch for more info next month

Activity Calendar

9

January 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 (HB)=Hawk Bowl (L)=Cravath Lakefront</p>		<p>31</p> <p>Happy New Year's Eve</p> 	<p>1</p> <p>Happy New Year</p> 	<p>2</p> <p>9:30 Indoor Walking 12:30 Pickleball (A)</p>
<p>5</p> <p>8:45 Core & More 9:30 FUNctional Fit 10:30 Book Club 12:00 Senior Forum 12:30 Pickleball (A) 1:00 Bid Euchre 1:00 Canasta 1:00 Mah Jongg</p>	<p>6</p> <p>9:00 Pickleball (A) 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 12:30 Foot Clinic 1:00 Pinochle 1:00 Sheepshead</p>	<p>7</p> <p>9:00 Bowling (HB) 9:00 Janesville Shop 9:30 Indoor Walking 12:30 Pickleball (A) 1:00 Chess</p>	<p>8</p> <p>8:45 Core & More 9:30 FUNctional Fit 10:30 Lunch Bunch 11:00 Accreditation Meeting</p>	<p>9</p> <p>9:30 Indoor Walking 12:30 Pickleball (A)</p>
<p>12</p> <p>8:45 Core & More 9:30 FUNctional Fit 12:30 Pickleball (A) 1:00 Bid Euchre 1:00 Mah Jongg</p>	<p>13</p> <p>8:30 Men's Breakfast departs 9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 12:30 Mulberry Glen Movie "Belle" 1:00 Sheepshead</p>	<p>14</p> <p>9:00 Bowling (HB) 9:00 Reception Training 9:30 Indoor Walking 11:00 New Tai Chi Session begins (A) 12:30 Pickleball (A) 1:00 Chess 2:00 Line Dance begins (A)</p>	<p>15</p> <p>8:45 Core & More 9:30 FUNctional Fit 10:00 Coffee with Care-Partners 1:00 Ladies Poker</p>	<p>16</p> <p>9:30 Indoor Walking 12:30 Pickleball (A)</p> <p>17</p> <p>Clean Eating Event at Fort Atkinson HS 10 am—2 pm</p>
<p>19</p> <p>8:45 Core & More 9:30 FUNctional Fit 12:30 Pickleball (A) 1:00 Bid Euchre 1:00 Canasta 1:00 Mah Jongg</p>	<p>20</p> <p>9:00 Pickleball (A) 10:00 Scrabble 1:00 Sheepshead</p> 	<p>21</p> <p>9:00 Bowling (HB) 9:30 Indoor Walking 11:00 Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess 1:00 Imperial Cities Preview 2:00 Line Dance (A)</p>	<p>22</p> <p>8:45 Core & More 9:30 FUNctional Fit 1:00 Watercolor</p>	<p>23</p> <p>9:30 Indoor Walking 12:30 Pickleball (A)</p>
<p>26</p> <p>8:45 Core & More 9:30 FUNctional Fit 12:30 Pickleball (A) 1:00 Bid Euchre 1:00 Mah Jongg 2:00 Facebook Frenzy</p>	<p>27</p> <p>9:00 Pickleball (A) 10:00 City Bingo 12:30 Mulberry Glen Movie: "Jersey Boys" 1:00 Sheepshead</p>	<p>28</p> <p>9:00 Bowling (HB) 9:30 Indoor Walking 11:00 Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess 2:00 Line Dance (A)</p>	<p>29</p> <p>8:45 Core & More 9:30 FUNctional Fit 1:00 Watercolor</p>	<p>30</p> <p>9:30 Indoor Walking 12:30 Pickleball (A)</p> 

Walworth County Nutrition Menu

January 2015

MONDAY

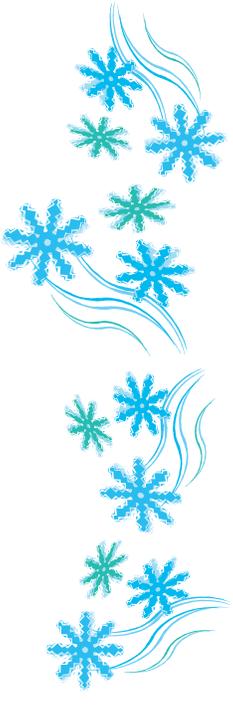
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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



5 Shepherd's Pie
Mashed Potatoes
Winter Mix Vegetables
Chunky Applesauce
Wheat Bread

6 Savory Pork
Brown Rice
Carrots, Peas
Chocolate Cake
Dinner Roll

7 Spaghetti & Meatballs
California Mixed Veg
Tossed Salad
Pineapple Orange Cup
Garlic Bread

8 Spinach & Cheese Stuffed
Chicken Breast
Squash, Broccoli
Fruit Whip
Wheat Bread

9 Tuscan Chicken Veggie Soup
Hot Spiced Apples
Tossed Salad
M&M Cookie
Wheat Roll

12 Rosemary Pork Loin
Sweet Potatoes
Peas
Pears
Wheat Bread

13 Burgundy Tips
Egg Noodles
Beets, Wis. Blend Veg
Diced Fruit Mix
Dinner Roll

14 Bake Chick. Leg & Thigh
Red Potatoes
Med. Blend Veggies
Brownie
Dinner Roll

15 Chili
Carrots
Peaches
Jell-O
Corn Bread

16 Western Meatloaf
Au Gratin Potatoes
Broccoli
Sugar Cookie
Dinner Roll

19 Chicken Cacciatore
Penne Pasta
Winter Blend Veggies
Carrots; Bread Stick
Mandarin Oranges

20 Corn Chowder
Tossed Salad
1/2 Turkey Sandwich
Lemon Poppy Seed
Cake

21 Sliced Roast Beef
Mashed Potatoes
Garden Blend Vegetables
Apricots
Wheat Bread

22 Baked Breaded Fish
Cheesy Potatoes
Sliced beets
Pineapple Tidbits
Wheat Bread

23 Chicken Breast
Sweet Potatoes
Mixed Vegetables
Carrot Bar
Wheat Bread

26 Chicken Ala King
Baking Powder Biscuit
Carrots
Peas
Chocolate Chip Cookie

27 Parme. Crusted Pork Loin
Red Potatoes
Calif. Mixed Veggies
Pears
Wheat Dinner Roll

28 Sloppy Joes
Hamburger Bun
Green Bean Casserole
Squash
Apricots w/Diced Peaches

29 Chicken/Rice Soup
Mediterranean Blend
Applesauce with Peaches
Tossed Salad
Dinner Roll

30 Hot Shaved Turkey
Mashed Potatoes
Broccoli w/Red Pep.
Apple Cake
Wheat Bread

Pack your Bags and head to...

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



McCullough's

PRESCRIPTIONS

GIFTS

1173 W. Main Street

473-5065

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

ADT AUTHORIZED DEALER

HOME SECURITY TEAM



WHY PATIENTS CHOOSE FORT HEALTHCARE

Fort HealthCare Center for Joint Replacement

EXCELLENT PATIENT EXPERIENCE

Overall Satisfaction: **87%** FORT HEALTHCARE, **67%** WISCONSIN

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

RAPID RECOVERY & TRANSITION BACK HOME

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

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

LOW COMPLICATION RATE

0% ..FORT HEALTHCARE.. **2.5%** Within 30 Days

2.6% ..NATIONAL AVERAGE.. **4.0%**

In Hospital

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

CREATIVE BALANCE
massage & wellness

821 E. Milwaukee Street

Whitewater

414-750-4321

www.creative-balance.com

Support Our Advertisers

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

Are you covered?

Pre-funding your final expenses is a way to avoid leaving financial burden to your survivors

- Policy Benefits paid directly to any Funeral Home
- No underwriting, Guaranteed issue
- Preserve assets to pay for your final expenses, Medicaid exempt

Contact Peggy at Senior Strategies for more information.

Call (262) 716-4301

Website: www.seniorassetprotection.com

Blackhawk Manor

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

1155 West Blackhawk Drive, Whitewater

262-473-2259



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
1863 - 2013
FIRST CITIZENS STATE BANK

Trust Services:

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

Serving Whitewater & East Troy

Member FDIC **www.firstcitizensww.com**



IHOP RESTAURANT

Breakfast, Lunch & Dinner

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

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

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

SERVICES AT A GLANCE

Foot Clinic: Tuesday, Jan. 6,
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.

HAPPY JANUARY BIRTHDAYS TO:

- 12 Virginia Hare
15 Eunice Rowe
16 Betty Heth



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

GREETING CARDS



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

BINGO

Tuesdays, 10:00 am

Jan. 6: Culver's
Jan. 13: Mulberry Glen
Jan. 27: City Bingo



BINGO SPONSORS

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

CITY BINGO SPONSORS:

Topper's Pizza * Rick's * Bergey Jewelry * Headquarters Salon
Floral Villa * Beijing Buffet * Jimmy Johns * Dale's Bootery * Subway
Pizza Hut * First Citizens State Bank * Fort HealthCare* Commercial Bank
Rosa's Pizza * Jessica's Restaurant * Taco Bell * Dalee Water Cond.
Mirage Hair Studio* Dental Perfections* Ketterhagen Ford * Fairhaven
Binning & Dickens Insurance * Rocky Rococo Pizza * McDonald's
Fort Comm. Credit Union * Eastsider/Westsider * Walworth Co. Nutrition
Jersey Mike's Sub * Yogurt Shoppe * Taco Fresco * Tincher Realty

ACTIVITIES AT A GLANCE

Bid Euchre—Mondays 1:00 pm

Bingo—First, Second, and Fourth Tuesdays at 10:00 am

Book Club—First Monday 10:30; Books available at Starin Park

Canasta—First, third, and fifth Mondays 1:00 pm

Chess—Wednesdays, 1:00 pm; Beginners welcome

Core and More—Mondays and Thursdays . Fees on page 4

Dominoes—First Tuesday 11:45 am

'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

Potluck—First Tuesday 11:15 am

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

Scrabble—Third Tuesday, 10:00 am

Sheepshead—Tuesdays, 1:00 pm

Walk Away the Pounds—Indoor walking, Wednesday & Friday, 9:30 am

SILVER SNEAKERS

At the Whitewater Aquatic Center

They are offering Silver Sneakers classes on land and in the water. Classes are free

for SilverSneakers Card holders, WAC members or with the purchase of a daily admission. For more information call 262-473-4900 or log on to www.whitewateraquatic.com.



VOLUNTEER SPOTLIGHT

Sharron McCarthy has been volunteering at Seniors in the Park for 12 years. Sharron volunteers with our Book Club, and she also helps with special events. Sharron says she enjoys volunteering at Seniors in the Park because she loves the Senior Center; it is a big part of her life. She likes to volunteer and participate in the book club because it allows her to read and enjoy really good books she would not normally choose to read. Sharron also volunteers at the Red Cross blood drives. Her other interests include: puzzles, watching football, reading, traveling, bowling, and watching movies

Sharron was born in Minneapolis, Minnesota, and has lived in Whitewater since 1966. She has 2 children and 2 grandchildren. She is retired from the Registrar's Office at University of Wisconsin-Whitewater, where she worked for 30 years and the Navy Reserve, that she was in for 20 years.

Sharron commented that she could not wait to retire and enjoy all the activities that Seniors in the Park offers. She especially enjoys lunch bunch, bowling, book club, and dominoes. Sharron would like to see more people participate in these activities.



Bingo Donations from **Mark Dorn, Dorothy Moyer, John Rowe and Shirley Jansen**

Decorating the Center: **Mark Dorn, Dan Sable and Jean Bromley**

Decorating the van for the parade: **Dan Sable, Cody Halcox, Bruce Parker and Mark Dorn.**

Being in the Holiday Parade: **Dan Sable and Cody Halcox.**

Putting away chairs after movies* and the Holiday luncheon: **Dan Sable*, Mark Dorn and Cody Halcox.**

Peggy Anderson for helping prep and serve food for Spuds and a Show.



WE NEED YOU!

Receptionist: Wednesdays or every other Tuesday morning, one Tuesday afternoon a month or as needed. Training for new receptionists will be held **Wednesday, January 14 at 9:00 am**

Accreditation: Work Groups are being formed to look at different areas of Accreditation, tweaking what is already in place, and will meet 2-3 times at your convenience. Work groups include:

- Purpose and Mission
- Advocacy and Partners
- Public Info/PR/Marketing
- Community Planning
- Programming

The Accreditation Committee will have a group meeting on Thursday January 8 at 11:00 am. After this meeting, work groups will meet individually.

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.

RECYCLING ELECTRONICS

Receive new electronics and want to dispose of your old? Seniors in the Park recycles cell phones, digital cameras, laptops, game systems, ipods, and cordless phones as a fundraiser. Bring the items to the Starin Park



Community Building during our open hours. Large computers, monitors, and televisions can be recycled at the City Garage on Starin Rd. There is a large bin just inside the gate on the left side.

FUNDS FOR FRIENDS

Thanks to everyone for getting Funds for Friends stickers on your Sentry receipts. **We have received \$595.90 this year through this fund.** Sentry is a great supporter of our community, giving away thousands of dollars through this program and other in-kind donations to the community. Please shop local and support those who support us.



THE CHILLY WILLIES



Wintertime brings fluctuating temperatures. The thermostats in the building are set at a reasonable temperature per City policy. Please bring a sweater or dress in layers so you are comfortable in our building.

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 Whitewater Banner.



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!*

EATING CLEAN IN 2015

Community Wellness Event

Saturday, January 17 10 am—2 pm
Fort High School, 925 Lexington Blvd

Healthy living starts with knowledge about health. Enjoy a day of food, fun and learning. There will be a "Taste Fair" sponsored by HealthyVend US where you can taste and learn about healthy, clean food options, "How to Shop" by Festival Foods' dietician, Cooking Demo by Chef Tyler of the Black Sheep (not confirmed as of press time), Kids activities with Eat Here, Eat Well, view the movie "Fed Up" and much more! The event is free.



CONVENIENCE, VARIETY, AND CONVERSATION

The meal site is a great way to eat a well balanced, nutritional meal. A variety of interesting and fun people attend the site. You will be surprised at the multitude of conversation topics. All you have to do is make a phone call by noon a day in advance to reserve your meal. The suggested donation of \$3.00 is anonymous, so a donation of any amount, or nothing, is acceptable. Anyone 60+ and their spouse is welcome to attend. Nutrition Site meals are served at 11:30 am, Monday—Friday. **The Nutrition Program will be at Brookdale on Mondays, Wednesdays and Fridays.** Meals must be reserved by noon a day in advance (call Friday for a Monday meal). Tuesday and Thursday, call 262-473-0536; Monday, Wednesday, 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.

[Walworth County Nutrition](http://www.walworthcountynutrition.com)

MEAL SITE CLOSING INFORMATION

Meal site closings will be posted on television: Ch 4 (NBC Milw.), Ch. 6 (Fox Milw.), Ch 12 (ABC Milw.), and on Radio stations: WTMJ 620 AM, WOKY 920 AM, WFAW 940 AM, WISN 1130 AM, WSLD 104.5 FM, WSJY 107.3, and WKTI 94.5 FM

WELSCOME KELSEY NOBILIO

Hi! I'm Kelsey Nobilio!

I am a senior at UW-Whitewater finishing my final semester in Health and Human Performance with a Recreation minor. I have two brothers and two sisters making me the youngest of five children. I am from Johnsburg, Illinois where I graduated from Johnsburg High School in 2011. I have played volleyball competitively since 5th grade following in my sisters foot steps after they both played Division 1 Volleyball. At my time in Whitewater, I have been part of the volleyball team for four seasons. In my last season for the Warhawks, I earned the WIAC Defensive Player of the Year, WIAC Scholar Athlete and All-American Honors, all the while breaking all of the Warhawks dig records. My hobbies include working out and hanging out with my friends and family. After graduation, I plan on working somewhere in the recreational field.



COORDINATOR'S COMMENTS

I read an article recently on '10 Ways to Live Longer'. Some of the items have a lot of merit and are easy to do. Here they are:

1. **Floss**—Oral bacteria presents a multitude of problems in the body including blood clots.
2. **Get a colonoscopy**—The test we love to hate, but early discovery means you may still be alive in 10 years.
3. **Stop eating before you are full.** It takes the body 15-20 minutes to realize it is full.
4. **Use sunscreen**—Someone dies every hour from melanoma.
5. **Stop smoking**—Enough said
6. **Sleep**—Not getting enough sleep is linked to memory and hearing problems, anger, stroke and depression. Studies have found a direct link between lack of sleep and premature death.
7. **Move**—Every minute you exercise you can add seven minutes to your life, boost your brain power and feel better.
8. **Eat Produce**—Eating five or more servings per day reduces your risk of stroke by 26%. Remember, half your plate should be vegetables and fruit.
9. **Cultivate Healthy Relationships**—Those with more friends and people in healthy relationships live longer. Socialization is as important as exercise.
10. **Be Grateful**—We experience great things all day that we fail to acknowledge. Being aware and grateful, helps get us through the tough times.

FREEZE FEST & CHILI COOK-OFF 2015

Saturday, February 14

Save the Date!!!! Think about being part of a plunge team, helping with the Chili Cook-off, or supporting a plunger.



It's a fun event, especially when the weather cooperates. Polar Plunge coffee mugs (\$10) are on sale! Bring it to the Chili Cook-off for FREE samples of chili. You can also bring last years mug, and purchase a sticker for \$5. You can support the plunge by donating \$1 to get your name on a polar bear here at the center. Click [HERE](#) for more information or to donate.

TOTAL BRAIN HEALTH INCLUDES:

- **Body:** Our physical well-being is critical to healthy brain functioning, which underscores the importance of diet and exercise.
- **Mind:** Likewise, tending to intellectual well-being through mentally stimulating activities is essential for brain health.
- **Spirit:** Staving off the damaging effects of stress and other negative emotions, while filling your life with satisfying personal relationships, offers surprising benefits for the brain.

Advertiser of the Month



Soft Water
Iron Filters
Salt

473-5524

daleewater.com

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

Sports Coordinator

Interim: Brooke Friess

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 _____

E-Mail _____

Address _____
