



The Park Bench

November 2015

Seniors in the Park Newsletter

THE WIDE WORLD OF TEA (*CAMELLIA SINENSIS*)



Wednesday, November 11, 2:00 pm

Enjoy a “cuppa” with two life-long tea lovers who like nothing better than chatting about this mystical drink. Still the world’s most popular beverage, *Camellia sinensis* is healthful, relaxing, invigorating, and a bit mysterious. It is the focus of social get-togethers and intricate rituals, but can also provide solace when one wants to be alone.

If you are “tea-curious,” this is the class for you. Or, if you love the loose-leaf tea you grew up with and want to try some others, here’s your opportunity.



You’re welcome to bring a favorite tea cup or pot to show off and share a story about tea in your life. If you’re new to loose-leaf tea or just haven’t found a tea that you like, come prepared to taste, learn, and ask questions. The fee includes tea, light snacks, instruction on choosing and brewing tea, and a handout with retail sources of affordable loose-leaf teas grown in India, China, Sri Lanka, Africa, and Japan.

Patrea and Larry studied loose-leaf tea for two years with “The Tea Man,” the owner of a renowned tea shop in Madison, Wisconsin, and Patrea managed The Tea Shop for 3 years.

Instructors: Patrea Wilson and Larry Hasterok

Fee: \$5.00 Residents
\$6.25 Non-Residents

Deadline: Monday, November 2

Class #: 5412.21 (wwparks.org)

Min/Max: 6/15 People

Volume XV Issue 11

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

Seniors in the Park Promotes & Enhances a Vital Aging Community

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: Nov. 3, 4, 10, 11, 17, 18, 24, 25

Time: 9:30 am

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

Register at least 3 days in advance



KEEP YOUR COMPUTER SAFE

Wednesday Nov. 18, 1:30 pm **I**

In this present day and age, having an unsafe computer can set you up for data loss, identity theft, and other hazards. In this class, you will learn how to protect your computer from these hazards and improve your overall computer using experience. Topics covered will include: virus/malware protection, secure Internet browsing, identifying scam emails, passwords, and other helpful strategies to protect your digital life. Please bring your laptop or tablet and know passwords to access. Don't miss it! Reservations for the class are due by Friday, November 20

NOVEMBER ANNUAL MEETING & LUNCH

So I



Everyone is encouraged to attend

Monday, November 9, 11:30 am

We will review the annual survey and our goals for 2016-2017 and possibly beyond. What does Whitewater need for older adults? Where can the city do better? What activities and services do we need to be providing that we aren't. This is a chance to make the center and the community a better place to grow old in. A light lunch will be provided. Please sign up by Thursday, November 5, so we have enough food for everyone.

MAH JONGG INSTRUCTION

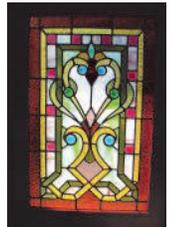
Mondays, 1:00 pm; November 9-30

Learn this brain-stimulating game played with tiles. American Mah Jongg will be played. (Not like the computer version.)

Deadline to register is November 5

STAINED GLASS CLASS

I So



November 11 & 18, 1:00—4:00 pm

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

Supplies to bring: Safety glasses, an old towel, scissors, and a 100 watt soldering iron, if you have one.

Instructor: Caroline Britton

Location: Downtown Armory Lower Level

Cost: \$ 17.00 residents;
\$21.25 non-residents

Deadline: Thursday, Nov. 3

ONLY YESTERDAY: AMERICA 1945-1960

Wednesdays, 1:00-2:30 pm

E So I

October 28—Remember Where You Were ... When ... ?!

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

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.

WATERCOLOR—HAPPY DOODLING

Thursdays, November 5—19, 1:00-4:00 pm

So E I

Learn how your doodles can become beautiful art! This is a three-week unit about making art from your doodles. Each week, a different type of doodle will be presented and demonstrated. Examples will be available. We will talk about lines, textures, and what makes a good composition. Open to anyone who is interested in creativity and wants to have some art fun!



Week 1: Free form doodle
 Week 2: Animal Doodle
 Week 3: Christmas Doodle

Pens and paper will be provided for a small fee. Students should bring whatever they would like to use for color: watercolor and or acrylic paint, colored pencils, crayons, markers/pens, glitter pens, collage materials—anything that interests you. The instructor will have a few of these items available for those who need them.

Instructor: Jan Hamilton Crowley www.jancrowley.com

Cost: \$30, payable to instructor on Nov 6

Deadline: November 3

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

Questions/Info: Contact instructor by email at briarhillstudio@gmail.com, or by phone 262.441.0324

CONSIDER THE CONVERSATION 2

Thursday, November 12; 2:00 pm

So E Sp



This award winning documentary explores some of the unintended consequences of the medical system's "successes" in fighting disease and extending life. It sheds light on the important role of the patient-doctor relationship and patient-doctor communication when living with severe chronic illness. It contains the perspectives of patients at various stages of disease, as well as the physicians who care for them. There will be a facilitated discussion after the movie by Rainbow Hospice. The movie is being presented as part of the Conversation on Death and Dying group. These discussions have been successful with a wide variety of topics discussed from loss, to choice, to the afterlife. 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.

SINGING GROUP

Practices will be on Mondays at 11:00 (day and time may change). 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 November 9



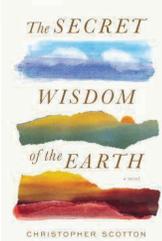
BOOK WORMS

Monday, Oct. 5; 10:30 am

So I
Sp E

The Book Club will discuss *Moloka'I* by Alan Brennert. The book for December will be *The Secret Wisdom of the Earth* by Christopher Scotton.

After seeing the death of his younger brother in a terrible home accident, fourteen-year-old Kevin and his grieving mother are sent for the summer to live with Kevin's grandfather in Medgar. In this peeled-paint coal town deep in Appalachia, Kevin quickly falls in with Buzzy Fink who schools him in the mysteries and magnificence of the woods. Medgar is beset by a massive mountaintop removal operation and Kevin's grandfather and others in town attempt to rally the citizens against the "company" and its powerful owner. When Buzzy witnesses a brutal hate crime, a sequence is set in play that tests Buzzy and Kevin to their absolute limits in an epic struggle for survival in the Kentucky mountains.



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

LINE DANCE

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So

November 25-December 16

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: \$16.00 residents
\$20.00 Non-residents

Class #: 5305.22 (wwparks.org)

Deadline to register is Nov. 18



HOLIDAY PARADE

Friday, December 4

P So

We are looking for people to make new lighted signs for the van, decorate the van and walk in the parade or ride in the van. Sign Construction—Friday, November 6 9:00 am at the Streets Dept large shed. Help Bruce Parker construct new lighted signs.

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.



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.

MOVIES: SPONSORED BY MULBERRY GLEN

I So E Sp

"I'll See You in My Dreams"

Tuesday, November 10, 12:30 pm,
Rated PG-13, 1 hour, 32 min.

A widow and former singer (Blythe Danner) decides she's too comfortable with her new solitary life, and starts reaching out to new friends, her daughter---and love. Also featuring Sam Elliott and Rhea Perlman. (2015)



"Love & Mercy"

Tuesday, November 24, 12:30 pm,
Rated PG-13, 2 hours, 1 min.

Screen biography about Brian Wilson, the Beach Boys leader, who, in the 1960's, while creating musical history, was falling apart mentally. Told in back-and-forth fashion, Paul Dano plays Wilson in his Sixties heyday, and John Cusack portrays him 20 years later, when he's an overmedicated mess. (2015)



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.

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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 No reservations will be accepted. If you need a ride to the center, please inform the staff when you purchase your ticket. Tickets must be purchased by December 1. Seating is limited to 60 people.



ANNUAL SURVEY COMMENTS

Since November is Social Wellness, I thought I would share some comments from the annual survey. Thanks to those who took the time to fill it out.

“Moving here two years ago, we knew no one. Through the center we have met some wonderful people our age with similar interests and values”

“Have made wonderful new friends, am more physically active, look forward to meeting new friends.”

“After my wife passed away I found the Senior Center helped fill a gap in my life.”

“Gives me an opportunity to get out and be with others.”

“Because I feel better about myself, I reach out to others more often and continue the energy cycle.”

“It has renewed friendships of women I had lost contact with”

“A very positive effect. Lots of new friends. I depend on it for most social activities.”

“I enjoy meeting others, having a reason to socialize and try something new.”

FIND US ALL AROUND TOWN

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

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

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

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 So BREAKFAST CLUB

Thursday, Nov. 19, 8:15 am
Heading to Orfordville to K's Outback known for it's good home cooking breakfasts and lunches. We will depart at 8:15 am. Please sign up by Tuesday, November 17. If we know you are going, we won't cancel the trip.

RSVP by Tuesday, November 17

LUNCH BUNCH So

Thursday, Nov. 12, 10:30 am
Lunch will be at the Moy's in Elkhorn. We'll stop at the bakery after lunch

Fee: \$5.00

RSVP by Tuesday, Nov. 3



JANESVILLE SHOPPING

Wednesday, Nov. 4, 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, Nov. 3

UPCOMING LUNCH BUNCH DATES

December 10—Highway Harry's

January 14—TBD

February—Capn's Fort Atkinson

March—Citrus Café

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



E I P So

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.

Thanks

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

November 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
2 8:30 Shldrs & Core 9:30 FUNctional Fit 10:30 Book Club 11:00 Singing Group 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg	3 9:00 Pickleball (A) 9:30 Computer Tutor 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 1:00 Pinochle 1:00 Sheepshead	4 9:00 Bowling (HB) 9:00 Janesville Shop 9:30 Indoor Walking 12:30 Pickleball (A) 1:00 Chess Office closed	5 8:00 Pickleball (A) 9:30 FUNctional Fit 10:00 Scrabble 1:00 Doodles Office closed 12:30 Annual Mtg. deadline	6 9:00 Holiday Parade Van Construction 9:30 Indoor Walking 12:30 Pickleball (A) Office closed
9 8:30 Shldrs & Core 9:30 FUNctional Fit 11:30 Annual Meeting and lunch 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Mah Jongg Instruction	10 9:00 Pickleball (A) 9:30 Computer Tutor 10:00 Mulberry Glen Bingo 12:30 Mulberry Glen Movie "I'll See You in My Dreams" 1:00 Sheepshead	11 9:00 Bowling (HB) 9:30 Indoor Walking 12:30 Pickleball (A) 1:00 Chess 1:00 Stain Glass (A) 2:00 Wide World of Tea	12 8:00 Pickleball (A) 8:30 Shldrs & Core 9:30 FUNctional Fit 10:30 Lunch Bunch 1:00 Doodles 2:00 Consider the Conversation 2	13 9:30 Indoor Walking 12:30 Pickleball (A)
16 8:30 Shldrs & Core 9:30 FUNctional Fit 11:00 Singing Group 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg 1:00 Mah Jongg Instruction	17 7:45 Sanfilipo departs 9:00 Pickleball (A) 9:30 Computer Tutor 1:00 Sheepshead	18 9:00 Bowling (HB) 9:30 Indoor Walking 12:30 Pickleball (A) 1:00 Chess 1:00 Stain Glass (A) 1:30 Keep Your Computer Safe	19 8:00 Pickleball (A) 8:30 Sunny Side Up Breakfast Club 9:30 FUNctional Fit 1:00 Doodles	20 9:30 Indoor Walking 12:30 Pickleball (A)
23 8:30 Golf (OR) 8:30 Shldrs & Core 9:30 FUNctional Fit 11:00 Singing Group 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Mah Jongg Instruction	24 9:00 Pickleball (A) 9:30 Computer Tutor 10:00 City Bingo 12:30 Mulberry Glen Movie "Love & Mercy" 1:00 Sheepshead	25 9:30 Indoor Walking 10:30 Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess 2:00 Line Dance	26 Happy Thanksgiving 	27 Closed 
30 8:30 Shldrs & Core 9:30 FUNctional Fit 11:00 Singing Group 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg 1:00 Mah Jongg Instruction	1 9:00 Pickleball (A) 9:30 Computer Tutor 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 1:00 Sheepshead Holiday Dinner ticket deadline	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 Holiday Decorating 2:00 Line Dance	3 8:00 Pickleball (A) 8:30 Shldrs & Core 9:30 FUNctional Fit 1:30 Why We Love The Packers	Activities take place at the Starin Park Community Building unless otherwise noted. (A)=Downtown Armory (L)=Cravath Lakefront (HB)=Hawk Bowl

10 Walworth County Nutrition Menu

November 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Breast Egg Noodles Squash Mixed Vegetables Chocolate Mousse	3 Pepper Steak Brown Rice California Mixed Veggies Carrot Bar Wheat Bread	4 Sloppy Joes on a Hamburger Bun Green Bean Casserole Wisconsin Blend Veg Pineapple Tidbits	5 Baked Mac and Cheese San Francisco Blend Veg Tossed Salad Pears Dinner Roll	6 Sliced Roast Beef Mashed Potatoes Garden Blend Vegie Peaches with Granola Wheat Roll
9 Chicken Drumsticks Mashed Potatoes Broccoli Salad Pineapple Cake Wheat Bread	10 @ Starin Park Lasagna Casserole Squash Green Beans Mandarin Oranges Bread Stick	11 Beef Noodle Soup Peas Warm Cinn. Apple Sauce Tossed Salad Wheat Dinner Roll	12 Quiche with Spinach, Cheese & Bacon Calif. Mixed Vegetables Peaches with Granola Toss. Salad; Dinner Roll	13 Hot Sliced Pork on a Hamburger Bun Baked Beans Cauliflower Snickerdoodle Cookie
16 Cheesy Pot. Bacon Soup San Fran. Blend Veggies Pea Salad Pumpkin Bar Dinner Roll	17 @ Starin Park Broc. Chicken Rice Cass. Stewed Tomatoes Cauliflower Diced Pears Wheat Bread	18 Pork Pot Roast Brussels Sprouts Red Potatoes Pineapple Baking Powder Biscuit	19 Chopped Steak Twice baked Potato Casserole Red Cabbage Apple Crisp Wheat Bread	20 Swedish Meatballs Egg Noodles Garden Blend Veggies Tossed Salad Sugar Cookie
23 Spaghetti w/Meatballs Calif. Mix Vegetables Tossed Salad Pineapple Orange Cup Garlic Bread	24 @ Starin Park Roast Turkey Mashed Potatoes Corn Bread Stuffing California Mixed Veg Pumpkin Pie	25 Tuscan Chicken Vegetable Soup Warm Spiced Apples Carrot Raisin Salad M & M Cookie	26 HAPPY THANKSGIVING Dining centers closed	27 Dining centers closed
30 Chick. Parmesan w/ Pasta Winter Blend Vegetables Mandarin Oranges French Bread				
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.				

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So I E **Fill-In Receptionist** is needed monthly or occasionally. Help with participant check-in, phone calls, and activity signups. Training provided. Computer experience preferred, but is not necessary.

So I E **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.

Volunteer for the Holiday Parade—See page 4



Thank you to:

- * **Sandy Sorkan:** Opening for the walking group.
- * **Josh Leverenz, Whitewater Fire Dept.** for facilitating our Fire Extinguisher class.
- * **Mark Dorn, Dan Sable, Mary Meikle, Sharron McCarthy and Diana Stettner** for helping out while I was at trainings and on vacation.
- * **The 90 people who took the time to fill out the survey** and leave constructive comments. It's the only way we will improve and grow. Thanks!

BINGO

I So

Tuesdays, 10:00 am
 Nov. 3: Culver's
 Nov. 10: Mulberry Glen
 Nov. 24: City Bingo



BINGO SPONSORS

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

CITY BINGO SPONSORS:

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 Fort Community Credit Union * Walworth Co. Nutrition * Subway
 Jersey Mike's Sub * Yogurt Shoppe * Taco Fresco * Fairhaven
 Black Sheep * Jimmy's Italian Beef * Century 21 Realty

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
Shoulders, Core & More—Mon. & Thurs. 8:45 am, Residents: \$1.00 per class, Non-Residents \$1.25; beginning Sept. 3
Dominoes—First Tuesday 11:45 am
'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
Scrabble—First Thursday, 10:00 am
Sheepshead—Tuesdays, 1:00 pm
Walk Away the Pounds—(Indoors) Wednesday & Friday, 9:30 am

ACTIVITY UPDATES

- * **Pickleball** has added Thursday mornings at 8:00 am
- * **Pegs & Jokers** will not meet in November. Changing to the third Wednesday in December
- * **Euchre** is no longer meeting

VOLUNTEER SPOTLIGHT

Henry Malo has been volunteering for Seniors in the Park for about 3 years. Henry is in charge of the Seniors in the Park bowling league on Wednesday mornings. Henry has also volunteered as a van driver to attend fish fry's in the past and is always willing to help pitch in when needed.



Henry says he enjoys volunteering with the Seniors in the Park because you meet and socialize with new people. Henry also enjoys bowling and would like to see that the bowling activities continue.

Henry has been a volunteer for the Fort Atkinson Hospital and St. Patrick's Church, and is presently volunteering with the Food Pantry in Whitewater.

Henry was an avid tennis player before he had his knee replaced. He retired from the engineering group at Bell Laboratories and also has been a real estate agent.

Henry will be married to his lovely wife, Marion, for 65 years in June. They have 5 children, 12 grandchildren and 18 great grandchildren.



HALLOWEEN FUN

- 2:00-4:00 pm: Trick or Treat the Triangle
- 4:00-6:00 pm: Games, Contests, Music and More. First Street.
- 4:00-7:00 pm: Whitewater Trick or Treat hours
- 6:00-7:30pm: Youth Halloween Party Downtown Armory, fee is one food item for the food pantry or 50 cents.

WELLNESS LETTER BOXES KEY

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

COORDINATOR'S COMMENTS: VOLUNTEERS & SOCIAL WELLNESS



I am grateful for the many **volunteers** who do a myriad of things to keep things running smoothly and provide classes and activities. I could not provide even half of what happens here without volunteers. You are valued and appreciated. Thanks to everyone who volunteers in any way, large or small.

Social Wellness refers to one's ability to interact with people around them. It involves using good communications skills, having meaningful relationships, respecting yourself and others, and creating a support system that includes family members and friends. More and more researchers are finding that socialization is as important to wellness as exercise. Having at least one close friend and/or casual friends, someone to do something with, talk to, spend time with is one of the most critical areas of wellness. Being isolated leads to many health problems, emotionally, mentally and physically.

Lately the new intervention for isolated seniors is skyping (talking to someone while you can see them) with people on a laptop or tablet. This is ok, but not the same as face-to-face interaction. Humans are social animals and we need contact with others. It's good for the soul, as they say.

Call a friend, go for lunch, play cards, talk, share and stay well.

SERVICES AT A GLANCE

Toenail Clinic: Tuesday, Nov. 3, 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. New cards have arrived! We've added a whole new line of cards and 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 OCTOBER BIRTHDAYS TO:



4 Elaine Schultz
23 Jan Schmaling
28 Janice Batten

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!

STAINED GLASS CLASS



COLORED PENCIL CLASS



FLU SHOTS

It's that time. Many places in town provide the shots. A great clip on why you need a shot, with Judith Light, can be seen [HERE](#).

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~

STANDING THE TEST OF TIME

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



We live in a time of constant change. Our world is full of new technologies, innovations, and fads that impact the way we communicate, engage in entertainment, appreciate art, and care for ourselves and others. But what in our world resists change? Why have these things endured while others pass by? Join us this fall as we talk about the traditions, institutions, natural wonders, and artifacts that have stood the test of time.

- Nov. 2 **The Wisdom of Ancient Trees**
R. Bruce Allison, *Arborist & Author*, Wisconsin Historical Society Press
- Nov. 9 **Quinceaneras: Rites of Passage, Nostalgia and Wisconsin Latino Families**
Pilar Melero, *Assoc. Prof., Languages and Literature*
- Nov. 16 **Wisconsin From the Air: A New View on Our State**
Laurie Gorman, *Executive Producer, Wisconsin Public TV*
- Nov. 23 **Ceramics From the Ancient Past and Into the Future**
Teri Frame, *Assist. Prof., Art and Design*
- Nov. 30 **The Timeless Value of the Works of Willa Cather**
Guy Reynolds, *Director, The Carpet Project, Univ. of Nebraska-Lincoln*

SIMPLE FALL LUNCH OR DINNER IDEA



Either bake or microwave a sweet potato. While the potato is cooking (microwave 4-5 minutes on high), chop up an apple.



Take the potato out of the microwave and let sit to finish cooking. Microwave the apple for 1 to 1 1/2 minutes on high. Mash the potato, put apples on top and sprinkle with cinnamon sugar. Enjoy!

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- 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.

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SENIORS IN THE PARK



504 W Starin Rd, PO Box 178
Whitewater WI 53190

Phone 262-473-0535
Fax 262-473-0537
Nutrition Site (Tues) ... 262-473-0536
Nutrition Site 262-903-0436
Hours....Mon-Thurs, 9:00 am-4:00 pm

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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 _____
