

The Park Bench

April 2016

Seniors in the Park Newsletter

VOLUNTEER APPRECIATION

Friday April 1, 9:00 am

Just like it takes many people behind the scenes to make a theatrical performance successful, it takes many people to make a senior center successful. This year we take you behind the scenes at the Barnett Theater and Hicklin Studio on campus. Tour the work booths, the scene shop, scenery storage, props/costume storage, the costume shop, the dressing rooms, and, possibly, the new dance studio. The walking tour will last around 45 minutes. There will be minimal areas to sit (in the theaters). Start the morning with treats and coffee, information and kudos at 9:00 am, and at 9:45 you will be transported to campus. Please RSVP by Thursday, March 24 for this fun and informational Volunteer Appreciation.



MISSISSIPPI FALL RIVER ROAD TRIP

Witness the grandeur of autumn along one of the most scenic stretches of road in the Midwest October 6-9, 2016. Highlights of the trip include: Norskedalen Farmstead, Dinner cruise on the LaCrosse Queen, Apple Farm, Watkins Store, National Eagle Center, Red Wing Pottery & Red Wing Shoe Store, Dinner at Historic St. James Hotel and much more! Also includes three nights lodging, 8 meals, and VanGalder Coach transportation. Fee for the trip is \$639.00 per person double or \$879 single. \$100 deposit due with reservation and final payment due July 30, 2016. More info available on page 7. Detailed itinerary and registration form available at The Starin Park Community Building, call 262-473-0535 or email dweberpal@whitewater-wi.gov.



Volume XVI Issue 4

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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

HAPPY SPRING DOODLES

So I

Monday, April 25 1-4 pm

Come and create. This class is for everyone. We can all pick up a pen and a piece of paper and make doodles. You can make something beautiful! All supplies included. Not just pen and paper, but colored markers, pencils, crayolas, and other materials.

Class Fee: \$15, includes all materials needed for the class.

Instructor: Jan Hamilton Crowley

www.jancrowley.com

Deadline April 18

KNITTING GROUP

Thursdays, April 7 & 21

So I

1:00 pm

Get together to knit, socialize, and share ideas with others. All levels of knitters

are welcome. This group will meet on the first and third Thursday of the month.



COLORED PENCILS & COLOR BOOK GROUP

Third Tuesday, April 19

10:00 am

Bring your colored pencils, markers or whatever your favorite color implement is.

Whether you draw or use color books, this is a chance to come together share ideas and spend some time being creative.



So I E

STAINED GLASS CLASS

So I

April 12 & 14 12:30—3:30

All levels are welcome at the class. Whether you are a seasoned glass cutter or 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 and help you move to the next level.

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

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

Deadline: Thursday, April 7



COLLAGE – BASICS AND BEYOND

So I E

Thursdays, April 7 -28, 1:00 pm

This three-week painting session will focus on collage. Watercolor and/or acrylic may be used. There will be time spent painting your own collage papers. Topics will include color, temperature, texture, patterns, and values. Subject matter may include: cupcakes, butterflies, flowers, landscape, or still life; composition will be discussed. Beginning, intermediate, and advanced concepts will be covered. Each session will include a demonstration on a technique or concept and 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.

No class on April 21

Instructor: Karolyn Alexander Tscharnack; www.karolyn.biz

Fee: \$30, payable to the instructor on April 7, cash or check

Deadline: Monday, April 4

Minimum: 6 people

If the minimum is met, walk-ins may attend for a \$15 per person/session

GARDEN SPEPPING STONE CLASS

May 12 & 13, 12:30—4:30

Downtown Armory, Lower Level

Make a beautiful stepping stone for your garden or yard with Sue Ludwig. She has a business making the stones and will provide all the supplies.

Cost: TBA

Deadline: May 2

GOLF LEAGUE BEGINS

E I P So

Have fun with this recreational Golf League. Golfers must be 60 years old as of April 4 or spouse must be 60. Tee times are at 8:30 am, flag prizes are awarded weekly, and there is a luncheon to conclude the season. For more information, contact Vicki Flitsch, 608-884-3586, or Bill Holcomb, 262-495-2273. Play is at Oak Ridge Golf Course on Bowers Lake Road, Milton. The membership fee is \$6.00 and is paid on site. Join any time!



SPRING HIKE

Wednesday, May 18, 4:00 pm

Come hike and explore the UWW Prairie and woods and detect signs of early Summer. Leisl Schultz-Hying will lead the hike. She is an outdoor enthusiast and photographer. The walk will be approximately 1 mile. There will be stops to observe what's growing and moving in the area. Please sign up by Thursday, May 12

E I P So

AARP SAFE DRIVING COURSE

I

Wednesday, May 11 12:30-4:30 pm

The AARP Smart Driver Safety Program is an updated four-hour classroom course. It is research based to help older drivers become more aware of changes that occur due to aging (vision, hearing, and reaction time) and how to adjust accordingly. The course covers topics such as:

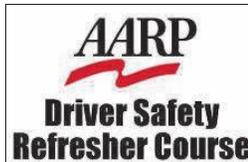
- Defensive driving techniques, new laws, and rules of the road
- How to deal with aggressive drivers
- How medications may affect driving
- How to safely use anti-lock brakes, air bags, and safety belts
- How to minimize distraction, including cell phone use, while driving
- Navigating roundabouts

Your car gets regular tune ups—shouldn't your driving skills?

Cost: \$15 for AARP members; \$20 for nonmembers

(You may also be eligible to receive an insurance discount, so consult your agent for details.)

Deadline to register: Tuesday, May 3



SLEEP MATTERS

I P

Tuesday, May 17, 1:00 pm

In this class we will be talking about the different types of sleep and how to improve it. We will discuss why sleep matters, and what happens when you don't get enough sleep. From there we will go into the stages of sleep, common sleep challenges, like sleeping when you are stressed or experiencing pain. The class will end with tips for a better night's sleep.

Register by Thursday, May 12



MAKERSPACE TOUR

Thursday, May 19 1:00–2:30 pm

A Makerspace: What Where and How does it work? They have recently remodeled and rebooted the MakerSpace and have a lot to offer active adults in Whitewater. Please attend this 1 1/2 hour program and tour of the facility. The Makerspace offers activities in Clay, Needle crafts, Electronics/Computers, Woodworking, Gardening, Arts and Crafts. They also will show how 3D Printers and Laser Engravers work and projects you would be able to make with the machines. Please register for the program and tour by May 8.

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

GADGET GURU

I

UW-W students will be available to assist you for an hour, with any of your "gadgets": smart phones, cameras, tablets, e-readers, laptops, or ipods. Call to reserve a day and time; let us know the brand/model of your gadget, and what you need assistance with.

Instructor: Arunjit Dhillon

Dates: Thursdays, April 7-28

Time: 11:00 am

Cost: \$5.00 residents

\$6.25 non-residents

Register at least 3 days in advance

SIP AND SWIPE CAFÉ

Watch for this fun and educational opportunity in May provided by a grant from Bader Philanthropies.

What's a Sip and Swipe Café? A place where older adults are taught computer tablet skills (e.g., swiping).

A Sip and Swipe Café Coach, will help you learn to use a tablet as you follow the simple, on-screen tutorial provided by [Generations on Line](#) (GoL) that offers step-by-step instructions to people over age 55 who have never before used a computer or tablet.

In the past 16 years, this award-winning program has made it possible for nearly 90,000 older adults help themselves to the World Wide Web and email.

Coaches are needed for this to happen.

Please see page 12 and consider being a coach for this innovative program.

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.

MOVIES: SPONSORED BY MULBERRY GLEN

I So E Sp

"Room"

Tuesday, April 12, 12:30 pm

Rated R, 1 hr, 58 min

A woman and her young son make a universe for themselves in a tiny space, but liberation offers challenges of its own. The screenplay was written by the author (Emma Donoghue) based on her own bestselling novel, "Room", which was read by our own Seniors in the Park Book Club! Brie Larson won both the Best Actress Oscar and Golden Globe. "Room" was also nominated for Best Picture for both. (Rated R for language.)



"The Danish Girl"

Tuesday, April 26

Rated R, 1 hr, 59 min

Eddie Redmayne ("The Theory of Everything") plays an artist in 1920's Denmark who becomes a transgender pioneer with help from his supportive wife, played by Alicia Vikander (won the Oscar for Best Supporting Actress). (Rated R for some nudity and sexuality.)



BINGO

I So

Tuesdays, 10:00 am

Apr. 5: Culver's

Apr. 12: Mulberry Glen

Apr. 26: City Bingo



BINGO SPONSORS

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

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WHITEWATER WARBLERS

We Need You! We're looking for a few more people who enjoy singing. The group meets Mondays at 11:00. You don't need to be able to read music. The group sings rock and pop hits, Broadway tunes, and jazz standards. Thanks to Lori Heidenreich, retired music teacher, for leading the group with laughter and fun!



E So I

SENIOR FORUM

Monday, Apr. 4, 12:00 pm

If you would like a voice in how the Senior Center is administered and how we should look in the future, attend a meeting and share your ideas.

**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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JEWELS ALONG THE LAKEFRONT

E So I

Wednesday, July 13

Begin your day with a tour of the beautiful Baha'i Temple, the only one in the U.S. Tour the Charles Gates Dawes Mansion on Lake Michigan. This National Historic Landmark is known for its original furnishings and artwork, along with an interactive display. After your included lunch (more details next month), savor private demonstrations at Great Harvest Bread Company, Old Town Oil and the Spice House. You will also have time to stroll through the many eclectic and interesting shops on Central Street in Evanston.

Fee: TBA (Approx \$64.00)

Deadline: Wednesday June 15

Depart Fort K-Mart Lot: 7:15 am and return approx. 6:30 pm

Starin Park: 7:45 am and return approx. 6:00 pm

MILWAUKEE BREWERS BALL GAME

Thursday, May 19

Enjoy a day at Miller Park. The Brewers take on the Chicago Cubs. Whether you are a Cubs Fan or a Brewers Fan, you'll enjoy a day at the ball park with Fort Atkinson Senior Center Director Chris Nye.

Fee: \$52.00 (checks made out to Fort Atkinson Senior Center and payable with your registration)

Depart Starin Park at 10:40 am and return approx 5:30 pm
(dependent on game length and traffic)

Deadline is April 13

Only 4 seats available! Coach Bus transportation



So

GENEVA MAIL BOAT TOUR

Thursday, June 23

Enjoy a morning on Lake Geneva and get up close and personal with the many homes and mansions around the lake. Enjoy lunch and a tour at the Baker House. Lunch includes: Chicken Normandy, Herb roasted potatoes, French green beans, Baguette slices, Belgium Chocolate Mousse, with seasonal berry, and beverage. There will be a stop at the Elegant Farmer on the way home.

Fee \$72.00 (checks to Fort Atkinson Senior Center)

Deadline is May 20

Depart Starin Park at 8:30 am and return approximate 5:00 pm



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.

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.

We must have 30 people for this trip to go. Tell your friends!

CALIFORNIA COAST FEATURING YOSEMITE NAT'L PARK

E I P So

September 15—24, 2016

Enjoy 10 days discovering the beautiful California Coastline. Begin your trip touring San Diego, then head north to Mission San Juan Capistrano. Your time in LA takes you to the Walk of Fame, Beverly Hills, Sunset Strip, Rodeo Drive, and includes a tour of Hollywood. Visit the Reagan Library in Santa Barbara and travel the gorgeous Pacific coast to the quaint town of Shell Beach. Visit Hearst Castle and the spectacular Big Sur Coastline. Spend two nights in Monterey. Drive the 17-Mile Drive, one of the most breathtaking coastlines in the world. See Lone Cypress, Seal Rock, and Pebble Beach Golf Course. Visit Old Monterey, Cannery Row, and Fisherman's Wharf. Journey inland through the Sierra Nevada Mountains to Yosemite National Park. See El Capitan, the Half Dome, and the breathtaking Yosemite Falls, the highest in North America. Next travel through time to Gold Country and experience the Gold Rush in historic Old Sacramento. In Napa Valley, stop for a winery tour and tasting on your way to two nights in San Francisco. Tour the city, including Twin Peaks, Union Square, Chinatown, Pier 39, the Victorian mansions of Pacific Heights, and the rolling hills of the Presidio and Golden Gate Park. Finish your journey with dinner in Fisherman's Wharf. Includes roundtrip airfare from Milwaukee, 12 meals, admissions, and sightseeing per the itinerary and a tour director. Deposit \$300 per person by May 31 (due with your reservation form) and receive a \$100 per person booking discount, if you make your final payment by check. Fee is \$2895 per person double (with discount). Single supplement is \$975. Deposit or \$300 due with registration by May 31.



Trip Preview
Thursday, April 7
11:00 am
Register by April 4

SUNNY SIDE UP BREAKFAST CLUB

Thursday, Apr. 21, 8:30 am

So

Ride to The Hen House in Eagle.

Fee: \$4.00

RSVP by Tuesday, Apr. 19

LUNCH BUNCH

So

Thursday, Apr. 14, 10:30 am

Lunch will be at Craving Burgers in Edgerton. Joshua Ciafullo, chef, has launched the hamburger restaurant under a new concept, all his burgers are bun-free. Instead, he folds grilled hamburger patties along with toppings inside soft tortilla shells, and grills the tortillas to a golden-brown finish.

Fee: \$4.00

RSVP by Tuesday, Apr. 12

JANESVILLE SHOPPING

Wednesday, Apr. 6, 9:15 am

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

Fee: \$3.00

RSVP by Tuesday, Apr. 5

GROCERY SHOPPING

Friday, April 15, 9:00 am

Get picked up at home and shop in Fort Atkinson.

Fee: \$2.00



UW VARSITY BAND CONCERT



Thursday, April 16

The University of Wisconsin Varsity Band Concert is a real treat. This year they are planning a highly diversified evening, including the music of Simon & Garfunkel, a salute to the 100th birthday of Frank Sinatra, a survey of music that is “nothing” but the blues, a stirring tribute to the enduring rock band, the Eagles, and a spectacular new theatrical production of “Les Miserables”, in honor of the record-breaking musical’s return to Broadway. Never a dull moment with the 5th Quarter and the ever popular tuba song. This is a show not to be missed and we only have 10 tickets! Dinner will be on your own at the Coliseum Bar. (Van trip)

Fee: \$32.00

Deadline: April 1

Depart Starin Park 4:25 pm. Return approximately 11:30 pm

3 seats left!!

UPCOMING VAN TRIPS

June 14—Beloit Snappers

July 6—Kewpies and Kringle

July 12—Madison Mallards

August 1—Rockford Riveters Baseball

August 4—WI State Fair

Other trips include Norwegian Heritage in Stoughton and Nachusa Grasslands Nature Conservancy.



UPCOMING MOTORCYCLE RIDES

These trips were planned by some of the riders in the group. Dates are not set yet, but months have been assigned. An email will go out with tentative dates for riders to choose from. Leaders are still need for some of the trips.

May: 9th Sugar River Raceway (go-carts)—Brodhead, 10 races \$80

June: Baraboo, Delaneys, WI Dells

Doc’s Harley Davidson and Packer Hall of Fame, potential overnight

July: Rockton Chicken BBQ

Cave of the Mounds, Tower Hill Park

August: Potosi and Nelson Dewey State Park

JP Cycles, Motorcycle Museum, Stone City IA

Sept. Cheese and Beer!

Door County and Washington Island, overnight trip

Oct. Fall color and antique racing cars

Activity Calendar

April 2016

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 (L)=Cravath Lakefront (OR)=Oak Ridge Golf Course, Milton</p>	  <p>SPRING</p>		<p>1</p> <p>9:00 Volunteer Appreciation</p> <p>9:30 Indoor Walking</p> 	
<p>4</p> <p>8:00 Golf (OR) 8:30 Core and More 9:30 FUNctional Fit 10:30 Book Worms 11:00 WW Warblers 12:00 Senior Forum 1:00 Canasta 1:00 Mah Jongg</p>	<p>5 VOTE</p> <p>10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 12:30 Toenail Clinic 1:00 Sheepshead</p> <p>Office closed 1:00</p>	<p>6</p> <p>9:15 Janesville Shop 9:30 Indoor Walking 10:00 Beg. Tai Chi (A) 11:00 Cont. Tai Chi (A) 1:00 Chess</p> <p>Office closed</p>	<p>7</p> <p>8:00 Pickleball (A) 8:30 Core and More 9:30 FUNctional Fit 11:00 Gadget Guru 11:00 California Trip Preview 1:00 Knitting Group 1:00 Collage</p>	<p>8</p> <p>9:30 Indoor Walking 12:30 Pickleball (A)</p>
<p>11</p> <p>8:00 Golf (OR) 8:30 Core and More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg</p>	<p>12</p> <p>9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 12:30 Mulberry Glen Movie "Room" 12:30 Stained Glass (A) 1:00 Sheepshead</p>	<p>13</p> <p>9:30 Indoor Walking 10:00 Beg. Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess</p>	<p>14</p> <p>8:00 Pickleball (A) 8:30 Core and More 9:30 FUNctional Fit 10:30 Lunch Bunch 11:00 Gadget Guru 12:30 Stained Glass (A) 1:00 Collage 4:25 UW Band Concert departs</p>	<p>15</p> <p>9:00 Grocery Shop 9:30 Indoor Walking 12:30 Pickleball (A)</p>
<p>18</p> <p>8:00 Golf (OR) 8:30 Core and More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg</p>	<p>19</p> <p>9:00 Pickleball (A) 10:00 Colored Pencil—Color Book Group 1:00 Sheepshead</p>	<p>20</p> <p>9:30 Indoor Walking 9:30 Pegs & Jokers 10:00 Beg. Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess</p>	<p>21</p> <p>8:00 Pickleball (A) 8:30 Core and More 8:30 Sunny Side Up Breakfast Club 9:30 FUNctional Fit 11:00 Gadget Guru 1:00 Knitting Group</p>	<p>22 EARTH DAY</p> <p>9:30 Indoor Walking 12:30 Pickleball (A)</p> 
<p>25</p> <p>8:00 Golf (OR) 8:30 Core and More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Doodle Class</p>	<p>26</p> <p>9:00 Pickleball (A) 10:00 City Bingo 12:30 Mulberry Glen Movie "The Danish Girl" 1:00 Sheepshead</p>	<p>27</p> <p>9:30 Indoor Walking 10:00 Beg. Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess</p>	<p>28</p> <p>8:00 Pickleball (A) 9:30 FUNctional Fit 11:00 Gadget Guru 1:00 Collage</p> <p>Office closed at noon</p>	<p>29</p> <p>9:30 Indoor Walking 12:30 Pickleball (A)</p>

April 2016

Walworth County Nutrition Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Persons 60 and over and their spouses are eligible. Suggested donation is \$3.00. Call 1-800-365-1587 ext 3333 to make a reservation by noon day previous or to cancel meals day of by 8:00 am. Meal site is at Brookdale Manor, 1061 Blackhawk Dr., Monday & Wednesday -Friday.</p>				
<p>4 Grilled Pork Chop Twice Bak. Potato Cass. Red Cabbage Diced Pears Wheat Bread</p>	<p>5 @ Starin Park Green Pepper Casserole with Rice Garden Blend Veg Watermelon; Jell-O Wheat Bread</p>	<p>6 Italian Wedding Soup Medit. Blend Vegetables Sliced Peaches M&M Cookie Wheat Bread</p>	<p>7 Ham and Pasta Salad Tossed Salad Pineapple & Grape Mix Lemon Chiffon Dessert Dinner Roll</p>	<p>1 Polish Sausage on a Bun Rosemary Red Potatoes San Fran. Blend Veggies Vanilla Pudding</p>
<p>11 Turkey Mashed Potatoes/Gravy Coleslaw Tropical Fruit Wheat Bread</p>	<p>12 @ Starin Park Tossed Salad w/Chick. Man. Oranges Pineapple Tidbits Cherry Crisp Wheat Bread</p>	<p>13 Roast Pork Loin w/Dijon Sauce Au Gratin Potatoes Stewed Tomatoes Melon Mix; Dinner Roll</p>	<p>14 Beef Goulash Garden Blend Veggies Squash Fruit Cocktail Wheat Bread</p>	<p>15 Hot Dog on a Bun Calif. Blend Veggies Potato Salad Snickerdoodle Cookie</p>
<p>18 Penne Pasta w/Tomato Herb Meat Sauce Peas Chocolate Chip Cookie Breadstick</p>	<p>19 @ Starin Park Beef Stew w/Potatoes Cauliflower Tossed Salad Hot Cinn. Applesauce Baking Powder Biscuit</p>	<p>20 Chicken Waldorf Salad Carrot Raisin Apple Salad Pineapple Tidbits Angel Food Cake w/Berries Wheat Bread</p>	<p>21 Roast Beef w/Gravy Mashed Potatoes Three Bean Salad Fruit Jell-O Dinner Roll</p>	<p>22 Broccoli & Cheese Quiche Calif. Mixed Veggies Sliced Peaches w/Granola Strawberry Cake Wheat Roll</p>
<p>25 Salisbury Steak Sweet Potato Broccoli Fruit Cocktail Dinner Roll</p>	<p>26 @ Starin Park Scalloped Pot. & Ham Green Beans Melon Mix Brownie Wheat Bread</p>	<p>27 Spaghetti & Meatballs California Mixed Veg Tossed Salad Diced Pears Garlic Bread</p>	<p>28 Chicken Salad Marinated Vegetables Apricots w/Diced Peach. Cheesecake Bar Wheat Dinner Roll</p>	<p>29 Baked Chick. Drumsticks Mashed Potatoes/Gravy Calif. Mixed Veggies Carrot Bar Wheat Dinner Roll</p>

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BOOK WORMS

I
E

Monday, Apr. 4; 10:30 am

The Book Club will discuss *Room* by Emma Donoghue. The book for April will be *Shotgun Lovesongs* by Nickolis Butler

Welcome to Little Wing. It's a place like hundreds of others, but for four boyhood friends—all born and raised in this small Wisconsin town—it is home. One of them never left, still working the family farm, but the others felt the need to move on. One trades commodities, another took to the rodeo circuit. One of them hit it big as a rock star. And then there's Beth, a woman who has meant something special in each of their lives. When all of them are brought together for a wedding, Little Wing seems even smaller than before.

Lifelong bonds remain strong, but there are stresses—among the friends, between husbands and wives. There will be heartbreak, but there will also be hope, healing, even heroism as these memorable people learn the true meaning of friendship and love. Nickolas Butler's *Shotgun Lovesongs* is that rare work of fiction that evokes a specific time and place, yet movingly describes the universal human condition. It is, in short, a truly remarkable book—a novel that, once read, will never be forgotten.

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.

VOLUNTEER OPPORTUNITIES



So I



SIP & SWIPE CAFÉ:

Seniors in the Park has been awarded the opportunity to be part of a grant through Bader Philanthropies which provides a **Sip & Swipe Café®** where older adults have the chance to sip a beverage while learning tablet technology in a friendly environment. Owning a tablet is not required; tablets will be provided for training sessions.

We need your help--volunteer coaches are needed to support this important undertaking. Learners read and move through the on-screen tutorial at his/her own pace; the coach is there to guide, support and encourage the new learner. Coaches work with 1- 2 learners in a session. Coach's are provided with 1 hour of training and guide materials. If you are capable of tablet basics, you could be a coach! Sessions are one hour long and run weekly for four weeks. Please consider this worthy volunteer opportunity!

LINCS SCHOOL GARDEN

I P So

Looking for helpers and educators at the LINCS School Garden. Facilitate learning in the soil and garden-based activities. Great for retired elementary educators and those who love to be in gardens with youth.

Times: Mondays Garden Gatherings. May 3:00-5pm. June, July and August 4:00-6pm. If interested, contact Liesl Schultz Hying.

liesl_schultz@hotmail.com



PURPOSE STATEMENTS

The committee looking at Purpose Statements for the center, discussed several and combined similar statements into two excellent ones. Purpose statements help to focus and guide planning, programming and services.

1. To serve as a hub and focal point for lifelong opportunities that enrich, engage and enhance quality of life, self worth and encourage respect.
2. Educate and inform the community on trends, issues and public perception and advocate for those who cannot speak for themselves.

VOLUNTEER SPOTLIGHT

Lori Heidenreich has been volunteering at Seniors in the Park since the fall of 2015, leading the singing group “**The Whitewater Warblers**”. Lori says she enjoys working with the people in the ensemble very much and likes to go back through all the years and varieties of songs that she has been working with throughout her career. Lori believes the singing group is an important part of Seniors in the Park, as music is always a part of people’s lives and that music brings back memories. Being involved with music is good for your health, memory and well being.



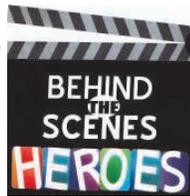
Lori also is still working with a variety of the school choir ensembles in the area, sometimes accompanying them on various outings. Lori is a retired music teacher from the Whitewater School District.

Lori’s other interests are many since her retirement. Lori plays pickleball, volleyball, tennis and golf, and enjoys reading and travel. Lori has 2 children and 2 grandchildren.

Thanks Lori for volunteering with Seniors in the Park!

COORDINATOR’S COMMENTS: ENVIRONMENTAL WELLNESS AND VOLUNTEERS

Volunteers are the lifeblood and the ‘Behind the Scenes Heroes’ of our organization. They teach and facilitate classes and activities, set up and take down equipment, distribute our newsletters, help at special events, drive our van, sit on committees, edit the newsletter and more. In 2015, 2616 hours were donated by volunteers. This is more than a full time staff person and the savings to the city equals \$39,240. Every one of you is a hero in my book. If I could, you would all get the Oscar for being the Best.



Most of us are fairly familiar with Environmental Wellness. From transportation (sharing rides, riding bikes or walking) to organic foods and clothing choices to recycling. Your personal space also affects your wellness. When your personal space is well cared for, clean and organized, you experience a greater sense of comfort and less anxiety. Donate items and clothing you don’t use. Getting rid of “stuff” is very liberating.

Some environmental challenge ideas include: Riding a bike or walking, recycling and composting, plant and tend a garden, use natural cleaning products, remove clutter from your home, recycle your old clothes and belongings or shop for recycled items at stores like Goodwill, St. Vincent DePaul or Salvation Army.

SIGN IN PLEASE!

Please remember to sign in each time you visit the center, even if you are just dropping in to make a payment, register for an activity, or purchase a greeting card. We use this valuable information to request funds and plan programs and staffing. If you don’t have a card yet or have lost yours, please inquire at the reception desk. We’ll be glad to make you one for free!



SERVICES AT A GLANCE

Toenail Clinic: Tuesday, April 5, by Appointment 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.

WELLNESS LETTER BOXES KEY

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

THANK YOU

Louise Fuerstenburg for starting the puzzle exchange.
Carol Holford, Mary Meikle, Linda Norton and Dee Simon for assisting with AARP tax check-ins.
Caroline Britton for sharing her stained glass skills with us.
Diana Stettner for filling in at reception while Patti was gone.
Jack Nebel and Arunjit Dhillon our college tech tutors.

GREETING CARDS



We have a great selection of cards including graduation cards. 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 APRIL BIRTHDAYS TO:



5 Rose Ellestad
14 Marion Malo
17 Wilfred Roe
 Deb Weberpal
25 Jerry Nell

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!

ACTIVITIES AT A GLANCE

Book Worms—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
Colored Pencil/Color Book Group—Third Tuesday, 10:00 am
Core & More—Mon. & Thurs. 8:30 am, Residents: \$1.00 per class, Non-Residents \$1.25
Dominoes—First Tuesday 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
Potluck—First Tuesday 11:15 am
Sheepshead—Tuesdays, 1:00 pm
Walk Away the Pounds—(Indoors) Wednesday & Friday, 9:30 am
Whitewater Warblers singing group—Mondays, 11:00 am

FREE FAMILY CAREGIVER CALL-IN

The 2nd Tuesday of each month there is a FREE Family Caregiver Call-In from 1:00-2:30 pm. AARP provides the toll-free line, and the group is open to any caregiver anywhere in Wisconsin. The value of this group can be summed up in a quote from a participant, "I so look forward to these calls because I know everyone will help me figure it all out! I make better decisions when I can talk about it." Call 800-472-8008 to register to be on the phone call, and they will give you the number to call for the Caregiver Call-In.



SENIORS IN THE PARK NEWSLETTER

You can now get your copy of *The Park Bench* on line by clicking on the following link: ourseniorcenter.com/find/seniors-in-the-park

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~

DIGITAL STORYTELLING WORKSHOP

Sundays, April 3 to May 1; 2:00—4:00 pm

Do you have a story about one part or event in your life here in Whitewater that you would like to turn into a 2-3 minute digital story that you could then share with family and friends and the world at large?

Whitewater Community Television is sponsoring a free digital storytelling workshop this spring. Participants will learn how to turn the memory of an event or time in their life into a compelling digital story, with their own narrative, photos, perhaps video, and a soundtrack. A public screening will be held May 8, following the completion of the digital stories. To apply for this workshop, or for more information, please contact Alan Luckett at ALuckett@whitewater-wi.gov, or call 262-473-8564.



ALL THE WORLD'S A STAGE

Mondays, 3:00 pm
Fellowship Hall, Fairhaven

Shakespeare's plays were the pinnacle of popular entertainment of his age and have inspired us to explore entertainment and performance in our world today. From the authors and musicians whose words and sounds transport us to different places and times, to performers who bring characters to life on stage in screen, to the ways entertainment adds value in our communities and reflects social issues in our society, this lecture series examines that world that is the stage in the twenty first century. All lectures are free and open to the public. Links to videos of lectures in this and prior series can be viewed anytime at www.uww.edu/ce/fairhaven.



- Apr. 4** Race, Rebellion and Rock & Roll: What Popular Music Teaches Us About Post-WWII American Culture & Society
James Levy, Assistant Professor of History
- Apr. 11** Wisconsin Goes to Hollywood
Mary Huelsbeck, Assistant Director, Wisconsin Center for Film and Theater Research, Univ. of WI Madison
- Apr. 18** A Midsummer Night's Dream on Film
Donald Jellerson, Assistant Professor of English
- Apr. 25** All the World's a Stage But There's Only One Carnegie Hall
Glenn Hayes, Professor of Music

CULTURAL ARTS CENTER

The April show will feature Wauwatosa couple Ron Zdroik and Julia Collins. "ART X 2" promises to be a colorful and varied show, which runs from April 1 to April 24, 2016. Julia Collins will feature her paintings, drawings, glass and pastels and Ron Zdroik will feature his woodturnings, including wood with metal, airbrush and piercing.

OF SPIRITS AND SUPER HEROES

Ever wonder what it would be like to talk to the dead or have super powers? Come to the Whitewater Arts Alliance's Cultural Arts Center, 402 West Main Street, on Friday April 8 at 7:30 p.m. or Saturday April 9 at 1:30 p.m. and find out. Two short staged audio plays will take you to where the dead and the living mingle – and ordinary humans find not only love, but super powers. Both are written by award-winning audio dramatist and Whitewater resident Kathy Brady.

HANDS2HELPU



This free service for elderly and disabled adults living within 15 miles of LaGrange (includes Whitewater) is sponsored by the LaGrange United Methodist Church. Call Judy Seip at 608-843-7143. No donations will be accepted for their service.

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Hours....Mon-Thurs, 9:00 am-4:00 pm

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Volunteer Editor

Romelle Koch

Parks and Recreation Director

Matt Amundson, CPRP

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

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 wwparks.org, 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 ourseniorcenter.com/find/seniors-in-the-park. 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 many other locations throughout Whitewater.

Name _____

E-Mail _____

Address _____
