



The Park Bench

July 2016

Seniors in the Park Newsletter

GRAND OPENING CELEBRATION



The park's fitness zone is a popular new attraction.

I am excited to announce the outdoor fitness equipment will be installed in Starin Park the last week of June. Equipment being installed is a roller fit air strider, a lat pull/chest press combo, a double leg press, a recumbent bike, a rowing machine, a roller fit pendulum, an incline bench, and a waist & ab stretcher. Multi bars will be installed sometime during July. There will be a **Grand Opening celebration on Thursday, July 7 from 5:00—7:00 pm for the equipment and Treyton's Field of Dreams concession stand.** There will be concessions including brats, music and a bouncy house for the kids.

Thanks go out to the **Community Foundation** for a donation \$2300 allowing us to purchase the multi bars (fitness equipment) and Seniors in the Park for donating \$2000 toward the project.

CONCERT IN THE PARK

**Thursday July 14, 7:00 pm
Cravath Lakefront Park**

It's Seniors in the Park night! **The Depot Express Band** is a fun, high energy, classic rock variety band catering to every age group with songs covering groups from the 60's, 70's, 80's and 90's. Great tunes, with a mix of rock, contemporary pop, country, and blues. Summer dinner baskets are available for purchase from The Black Sheep to enjoy at the park during the above events. Stop in or call ahead at www.eatatblacksheep.com or 262-458-4751.



Volume XVI Issue 7

WHAT'S INSIDE

- 2..... *Creative Endeavors*
- 3-4, 12*Activities*
- 6 *Motorcycle Rides*
- 6-8..... *Travel Opportunities*
- 5.....*Support Our Sponsors*
- 9-10.....*Calendars*
- 11.....*Support Our Sponsors*
- 13..... *Your Senior Center*
- 14-15....*Info & Community*
- Back*ADDRESS, Phone Numbers, Staff and Subscription info*

Welcoming Seniors, Boomers, and Adults of all ages.

Seniors in the Park Promotes & Enhances a Vital Aging Community

GADGET GURU

Receive assistance 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: Lyle Hunter

Dates: Tuesdays, July 5—26

Time: 9:30 am

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

Register at least 3 days in advance



COLOR GROUP

July 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. This group meets on the third Tuesday of the month.



PEGS AND JOKERS

Pegs and Jokers meets on the third Wednesday of the month, July 20, at 9:30 am. Stop in and try out this fun game.

STAINED GLASS CLASS

July 19 & 20, 12:30—3:30

All levels are welcome at the class. Whether you are a seasoned glass cutter or new to this craft, you can receive one-on-one instruction. 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, July 14



GLASS GARDEN STAKES

Thursday, August 11 10:00 am

Downtown Armory Lower Level Craft Room

Learn to make these colorful, interesting garden stakes.

We will have all the supplies. Two samples are available at the center to preview. Thanks to Diane Schwab and Karen Krohn for taking the class in Janesville and teaching it here.

Fee: \$15 residents, \$18.75 non-residents

Minimum 4; maximum 10

Registration/Payment Deadline: July 28

NO-BAKE, BAKE SALE

Our fundraiser this year is a No-Bake, Bake Sale. The idea behind a No-Bake, Bake Sale is you don't have to go shopping, buy supplies, turn on your oven (it's Summer!), prepare and bake, package, clean the kitchen, bring goodies to the center, and volunteer to price, set-up, sell at a Bake Sale, and then clean up. Bake Sales are also difficult now with food allergies and, of course, we are all watching our waistslines (wink, wink). You just make a monetary donation and you're done!

Funds raised go to support programming, such as entertainment at special events and our Concert in the Park. It enables us to bring in speakers for interesting presentations and to purchase supplies for programs.

Fundraising also pays for our 8-hour-a-week receptionist. Your donation is always put to good use and benefits everyone who attends programs here. The funds are kept in a separate account at the City and spending is voted on by participants at the monthly Senior Forum meeting. Since losing the Sentry Funds for Friends we have lost anywhere from \$600-\$800 a year in program revenue.

You may have already received an email or letter about the fundraiser. We appreciate any donation no matter how big or small. Thanks for your generosity



OUTDOOR FITNESS EQUIPMENT USE

Interested in learning how to use the outdoor equipment? There are stickers on each piece of equipment on how to use it. If you have questions or are unsure of what to do or how to use it, someone will be in the vicinity on Thursday, July 7 from 9 am—9:45 am, Friday, July 15 from 9:00 - 10 am or Thursday July 28 from 4:00—5:00 pm.

WALKING AND NORDIC WALKING GROUP AND INSTRUCTION



Join this walking group and walk with or without poles. We now have three different kinds of poles. Deb will lead the walks and has learned some new, easier methods of walking with poles, along with ways to enhance your walk, cool down and some simple stretches to finish. No matter what speed you walk, you are welcome to come with the group. I'll challenge the faster walkers and keep pace with others. The new Nordic method takes about 10 minutes to learn and off we go. Most walks will be 5—15 minutes of instruction and warm-up (dependent on new learners), 20—40 minutes of walking, and 5—10 minutes of cool down and stretches. Each week you'll learn a different way to enhance your walk. Get moving and grooving and start your day with a burst of energy! Walking dates and times are:

10:00 am July 7 & 18 August 1, 3, 8, 22, 25

4:45 pm Tuesdays (July 12 & 26 meet at the Whitewater Municipal Building, 212 Whitewater St)

All walks are dependent on weather.

GOLF LEAGUE



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!



“FUN”CTIONAL FITNESS

**Monday and Thursdays
9:30-10:30 am**

Open the door to greater independence and a healthier life with “fun”ctional fitness. Experience a dynamic routine to promote coordination, balance, strength, and flexibility. Hand weights, tubes, leg weights, and weighted bars are all part of the fun. All levels of ability are welcome. Activities are adapted to individual needs. Cost: \$1.00 per class residents or \$1.25 non-residents

Advertisers of the Month

WINDOW GENIE
We Clean Windows and a Whole Lot More!

OUR SERVICES INCLUDE
Window Cleaning
Window Tinting
Pressure Washing
Gutter Cleaning
Concrete Cleaning
House Wash

Call for FREE Estimate
208-629-2153
www.windowgenie.com

Lou Pins, Milton
608-868-4364

Culver's
BUTTERBURGERS & FROZEN CUSTARD

(262) 472-9999
Open
10am-10pm Daily
Welcome to Delicious

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

BRIDGE REFRESHER

We have people interested in a refresher class. The class will begin the first week of September on either Tuesday or Thursday morning. Please let us know which day you prefer when signing up. Linda is excited to share her Bridge knowledge and help others to refresh their skills.



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!

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~

MOVIES: SPONSORED BY MULBERRY GLEN

"Hello, My Name is Doris"

Tuesday, July 12, 12:30 pm

Rated R (language); 1 hr, 35 min.

After being a caregiver for her mother (Tyne Daly) most of her adult life, a single, sheltered, 60's-something woman (Sally Field) inadvertently comes out of her shell, after bumping into her much younger co-worker, a 30's-something single guy, played by Max Greenfield.



"Mustang"

Wednesday, July 20, 12:30 pm

Rated PG-13, 1 hr., 37 min.

Our monthly Wednesday foreign film was nominated as Best Film for both Oscar and Golden Globes. In a remote village in Turkey, five sisters are witnessed flirting with boys, on a beach. Their scandalized conservative Turkish parents confine them to home rule, forcing homemaking instruction and arranging marriages, to proper young men. Turkish language; English subtitles.



"The Lady in the Van"

Tuesday, July 26, 12:30 pm

Rated PG-13; 1 hr., 44 min

The 1970's true story of an eccentric homeless woman (Maggie Smith) who lived in a van parked in the London driveway of a proper English man for 15 years. Maggie Smith was nominated for Best Actress, Golden Globes and AARP Movies for Grownups.



SIP & SWIPE CAFÉ®

What's a Sip & Swipe Café? It is a place where older adults learn computer tablet skills (e.g., swiping) in a fun, non-threatening environment. A Sip & 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). The tutorial offers step-by-step instructions for people over age 55, who have never before used a computer or tablet. Learning technology connects you to family and friends, provides access to myriad information, and fun or challenging games. 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. If you are interested in learning tablet technology, contact Seniors in the Park or Diane Jaroch at the ILY Library, 262-473-0530, or Brian Robinson at Fairhaven, 262-473-2140.



**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

**AUMANN'S
SERVICE
INC.**
Body Specialists
Quality Painting
24 Hr. Towing
122 E. Dane
(920) 674-2349
After Hours
(920) 674-6164

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
920-568-1058 or Toll Free 877-276-7039
America's Choice in Homecare.
VisitingAngels.
LIVING ASSISTANCE SERVICES

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.



**our
SENIOR CENTER**
The Online Directory of Senior Centers
NEVER MISS A NEWSLETTER!
Sign up to have our monthly senior
newsletter emailed to you at
www.ourseniorcenter.com

Love Your Home?
Stay with help you can count on.
Call Society's Assets.
(262) 723-8181

- ▶ Personal Care
- ▶ Household Tasks
- ▶ Companionship and Respite
- ▶ Home Accessibility Solutions
Telephones and Gadgets to Increase Independence
- ▶ Certified WI Medicaid Personal Care Provider

Call today for information or to arrange a **FREE**
in-home needs assessment for yourself or a loved one.



**SOCIETY'S
ASSETS**
Ability...Not Disability

▶ societysassets.org
Caregiving Since 1974



OUR HOUSE
SENIOR LIVING
"Make Our House your home"
OUR HOUSE
Memory Care
945 E. Chicago St.
Whitewater, WI
OPEN FOR TOURS & ROOMS AVAILABLE
Please contact Alyssa Kauer
262-473-1011



(262) 472-9999
Open
10am-10pm Daily
Welcome to Delicious



**Gift of the Heart
Homecare, LLC**
"Where caring truly comes from the heart"
Kathie Becker
Owner
608-436-1726
giftofthehearthomecare@gmail.com



Fairhaven
Senior Services
Supportive Living
The Supportive Living
Program at Fairhaven
provides the personalized
help you need at
significantly less cost than
fully assisted living.
Fairhaven Senior Services
435 West Starin Road Whitewater
262-473-2140 www.fairhaven.org



**GENTLE
DENTISTRY**
Dr. Thomas Rowley, D.D.S., S.C.
(262) 473-2242
128 N. Tratt St.
Whitewater, WI 53190
New Patients Welcomed!
whitewatergentledentistry.com

6 Coach and Motorcycle Trips

JEWELS ALONG THE LAKEFRONT

Wednesday, July 13

Begin your day with a tour of the beautiful Baha'i Temple, the only one in the U.S. It is surrounded by exquisite gardens and fountains and there is a new Welcome Center. 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 historical display. The included lunch is at the Celtic Knot Public House with a choice of Fish and Chips, Corned Beef & Cabbage or Chicken Pot Pie. Please let us know your choice when you register for the trip. Savor private demonstrations and tastings at Great Harvest Bread Company, where they make everything from scratch, and the Spice House. You will also have time to stroll through the many eclectic and interesting shops on Central Street in Evanston.

Fee: \$62.00 (checks to City of Whitewater)

Deadline: Tuesday, June 21

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



HORICON MARSH

Thursday, September 15

Take a one hour boat ride on the largest fresh water marsh in the US. Visit the new Explorium at the Horicon Marsh Visitors Center. Your included lunch will be at the historic Audubon Inn. We'll stop in Theresa for chocolate (at Deb's favorite store) and Wiedmer's Cheese. If there is time, we'll make a quick visit to Holy Hill.

Deadline is August 11

Fee: \$63.00 Checks made out to City of Whitewater

Depart Starin Park: 7:00 am and Fort Atkinson K-Mart at 7:30 am

Return (approx) Fort: 5:30 pm, Starin 6:00 pm



MOTORCYCLE RIDES

Meet new people and enjoy a day of sunshine, with the wind in your face. Riders must arrive prior to departure to show proof of insurance (card you should be carrying) and fill out a participation form, if this is your first ride with us in 2016. You can scan and email your insurance info or drop it off in advance, too. Helmets are recommended. Call

with your email, and we'll keep you current on upcoming rides and rain dates.

If you are concerned about weather the morning of the ride, call the Parks and Recreation cancellation line at 262-458-2799 or the Starin Park Community Building beginning at 8:00 am or check your email.

Tuesday, July 12: Trip departs at 8:15. Enjoy a one hour tour of the Cave of the Mounds (\$16.95). Make sure you have a sweater or light jacket. Lunch will be in Mount Horeb with several choices of restaurants, along with a bakery and winery. The Wally Keller Tool Museum is located in the Duluth Trading Co. store. Then it's off for a tour through Tower Hill State Park. A leader is still needed for this trip.

Sunday, July 17: Rockton Chicken BBQ. Enjoy a beautiful ride through the unglaciated part of the state up to the Rockton Bar for their famous chicken BBQ. Bill McCormick is the leader. Ride departs at 9:00 am.

Monday, August 8: Potosi, Lunch at the brewery and Nelson Dewey State Park. Leader is Bruce Parker

Tuesday August 23: JP Cycles, Cycle Museum, Iowa. Bruce Parker leader (Long ride)

Saturday Sept. 17: Horicon Marsh, Visitor Center, Chocolate & Cheese. Bruce Parker, leader

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 FALL RIVER ROAD TRIP

DATE CHANGE!! Tuesday—Friday October 4 – 7

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 with lunch, 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 14, 2016.**

Detailed itinerary and registration form available at The Starin Park Community Building, call 262-473-0535 or email dweberpal@whitewater-wi.gov. Only 8 seats left.

EXTENDED TRAVEL 2017

Backroads of Sunny Florida February 24-March 3, 2017

Spend three nights at the Plantation Resort on the Crystal River in Florida. Take a boat ride in Homosassa Springs Wildlife Park and see birds, fish, manatees, alligators and more. Enjoy a boat ride on the Crystal River to see the mantees. You can even make arrangements to swim with them. Visit Tarpon Springs settled by Greeks and home to the sponge industry. Enjoy an evening of dinner theater at the Derby Dinner Playhouse. Includes 12 meals and home pickup in Walworth County. There will be a preview of the trip on Thursday, September 29 at 1:00 pm. Per person twin room is \$1599 or add \$569 for single supplement.



Arizona Spring Training Getaway March 19-24, 2017

Features one hotel stay in Phoenix, 2 baseball games, Hall of Flame Fire Museum, Tucson Area, Mission San Xavier, Arizona-Sonora Desert Museum, Old Town Scottsdale, Heard Museum of Native American Culture, Sabino Canyon Rec Area Tram Tour, and more. Includes 7 meals, Airfare from O'Hare, tour director and baggage handling. Trip Preview on August 31 at 1:00 pm. Per person Twin room is \$1895, if make final payment with check or add \$600 for single supplement.

New York's Haunted History Trail, July 29—August 4, 2017

Scenic ride on the Arcade and Attica Railroad and cruise on the Maid of the Mist at Niagra Falls. Two of the top haunted places in the U.S. are in upstate New York. Haunted visits include the Wm. Phelps General Store, Fort Ontario, Red Coach Inn, Brae Loch Inn, Rolling Hills Asylum, and most other stops. Also wine tasting and Cruise on Seneca lake in a vintage motor vessel. Per person twin room is \$1849 or add \$699 for single supplement.



Country Roads of Tuscany November 7—15, 2017

Features one hotel stay in Tuscany and flying in and out of Florence, Italy. Tuscan winery and tasting, Florence including Statue of David, Piazza Della Signoria & Santa Croce, the famous Ponte Vecchio Bridge, Pisa, Lucca, San Gimignano, Cooking Class with lunch and wine, and more. Per person twin room is \$2895 if make final payment with check or add \$375 for single supplement. Sneak Peak Preview on August 31 at 1:00 pm.

Van Trips

WI STATE FAIR

Monday, August 8 (date change)

Spend a day at the incredible Wisconsin State Fair. Sample Cream Puffs and about anything deep fried you can imagine. There is bountiful entertainment and unique shopping opportunities.

Fee: \$8.00 (transportation only)

Deadline: July 21

Depart: 8:30 am; Return 4:30 pm



SUNNY SIDE UP BREAKFAST CLUB

Thursday, July 21, 8:30 am

Ride to Sam's Diner in Waterford

Fee: \$4.00

RSVP by Tuesday, July 19

LUNCH BUNCH

Thursday, July 14, 10:30 am

Lunch will be at the Norske Nook in Deforest. Known for their home-cooking, bakery, and pies! Sign up early as this trip will fill quickly.

Fee: \$5.00

RSVP by Tuesday, July 12

JANESVILLE SHOPPING

Thursday, July 7, 9:15 am

(Please note the change in day)

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

Fee: \$3.00

RSVP by Tuesday, July 5



KRINGLE AND KEWPIES

Wednesday, July 6

Because of great interest, a second trip is planned for

Wednesday, August 24.

Tour Wingspread, the residence Frank Lloyd Wright designed and built in 1938-39 for the Herbert Fisk Johnson family. Visit Wind Point Lighthouse garden and park. One of the few diners left with the Kewpee name is in Racine. Remember the Kewpie Doll? There is a collection of Kewpie dolls onsite. After lunch, visit Larsen's and indulge in Racine's most famous export, kringle.

Fee: \$10.00; Deadline for second trip: August 3

Depart 8:00 am return approx. 3:30 pm

MADISON MALLARDS

Tuesday, July 26

It will be a great night at the Duck Pond beginning with the Pepsi Tailgate, including all-you-can-eat burgers, brats, hot dogs, cranberry walnut chicken salad sandwiches, veggie burgers, potato salad, coleslaw, and chips AND all-you-can drink soda and water. Watch the game from your reserved seat in the Grandstand.

Fee: \$29.00; Deadline: Tuesday, July 5

Depart Starin Park: 4:15 pm; Return: 11:00 pm (approx)



ROCKFORD RIVETS VS MADISON MALLARDS

We're headed to Rockford to check out their ball park and see the Mallards play the Rivets. Arrive at the ball park early to enjoy an all-you-can-eat pre-game tailgate.

Fee: \$32.00; Deadline: July 13

Depart Starin Park: 4:15 pm; Return: 11:00 pm (approx)



AUDUBON'S BIRDS OF AMERICA



Friday, September 30

The Birds of America is the most celebrated work of American ornithology. A selection of these extraordinary first-edition artworks are on exhibition at the Paine Art Center in Oshkosh. Enjoy a guided tour of the Paine. Have lunch at Fratellos on your own, prior to the tour.

Fee: \$24

Deadline: September 9

Depart: TBA

Activity Calendar

9

July 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p>Activities take place at the Starin Park Community Building unless otherwise noted. (A)=Downtown Armory, 146 W North St (L)=Cravath Lakefront (M)=Municipal Building, 312 Whitewater St (OR)=Oak Ridge Golf Course, Milton</p>				<p>1 9:30 Indoor Walking 12:30 Pickleball (A)</p>
<p>4 CLOSED  Happy 4th of July!</p>	<p>5 9:00 Pickleball (A) 9:30 Gadget Guru 10:00 Culver's Bingo 11-12 Farmer's Mkt Voucher Distribution 11:15 Pot Luck 11:45 Dominoes 1:00 Sheepshead 4:45 Walking</p>	<p>6 8:00 Van departs for Racine 9:30 Indoor Walking 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:30 Toenail Clinic</p>	<p>7 9:00 Outdoor Equip 9:00 Pickleball (A) 9:15 Janesville Shop 9:30 FUNctional Fit 10:00 Walking 1:00 Knitting Group 1:00 Watercolor 5-7 Grand Opening Fit Equip & Concession Stand</p>	<p>8 9:30 Indoor Walking 12:30 Pickleball (A)</p>
<p>11 8:00 Golf (OR) 9:30 FUNctional Fit 10:30 Book Worms 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg</p>	<p>12 9:00 Pickleball (A) 9:15 Motorcycle Ride 9:30 Gadget Guru 10:00 Mulberry Glen Bingo 12:30 Mulberry Glen Movie "Hello My Name is Doris" 1:00 Sheepshead 4:45 Walking (M) Office closes 1:00</p>	<p>13 7:45 Jewels Trip departs 9:30 Indoor Walking 10:00 Learn Tai Chi(A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) Office Closed</p>	<p>14 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Lunch Bunch 1:00 Watercolor 7:00 Concert in the Park: Depot Express (L)</p>	<p>15 9:00 Outdoor Fitness Equip 9:30 Indoor Walking 12:30 Pickleball (A) 17 Sunday 9:00 Motorcycle Ride to Rockton Chicken BBQ</p>
<p>18 8:00 Golf (OR) 9:30 FUNctional Fit 10:00 Walking 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg</p>	<p>19 9:00 Pickleball (A) 9:30 Gadget Guru 10:00 Color Group 12:30 Stained Glass (A) 1:00 Sheepshead 4:45 Walking</p>	<p>20 9:00 Walking 9:30 Indoor Walking 9:30 Pegs & Jokers 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Mulberry Glen Movie "Mustang" 12:30 Pickleball (A) 12:30 Stained Glass (A) Office open 11—3:00</p>	<p>21 8:30 Sunny Side Up Breakfast Club 9:00 Pickleball (A) 9:30 FUNctional Fit 1:00 Knitting Group 1:00 Watercolor Office closes at 12:30</p>	<p>22 9:30 Indoor Walking 12:30 Pickleball (A) </p>
<p>25 8:00 Golf (OR) 9:00 Walking 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Canasta Office closes at 12:30</p>	<p>26 9:00 Pickleball (A) 9:30 Gadget Guru 10:00 City Bingo 12:30 Mulberry Glen Movie "The Lady in the Van" 1:00 Sheepshead 4:15 Mallards Trip 4:45 Walking (M) Office closes 1:00</p>	<p>27 9:30 Indoor Walking 10:00 Learn Tai Chi(A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) Office Closed</p>	<p>28 9:00 Pickleball (A) 9:30 FUNctional Fit 1:00 Watercolor 4:00 Outdoor Fitness Equip 7:00 Concert in the Park—The Dang-its (L)</p>	<p>29 9:30 Indoor Walking 12:30 Pickleball (A)</p>

10 Walworth County Nutrition Menu

July 2016

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 a day previous or to cancel meals day of by 8:00 am. Meal site is at Brookdale Manor, 1061 Blackhawk Dr., Monday & Wednesday though Friday.</p>				
<p>4 4th of July Dining Centers Closed Happy July 4th</p>	<p>5 @ Starin Park Turkey Mash Potatoes w/Gravy Coleslaw Tropical Fruit Wheat Bread</p>	<p>6 Pork Loin w/Dijon Sauce Au Gratin Potatoes Stewed Tomatoes Melon Mix Dinner Roll</p>	<p>7 Hot Dog on a Hot Dog Bun California Blend Vegetables Potato Salad Snickerdoodle Cookie</p>	<p>1 Grilled Cheese Burger Hamburger Bun Baked Beans Garden Blend Vegetables Watermelon</p>
<p>11 Beef Stew with Potatoes Cauliflower Tossed Salad Hot Cinn. Applesauce Baking Powder Biscuit</p>	<p>12 @ Starin Park Broccoli & Cheese Quiche California Mixed Veg Sliced Peaches w/Granola Strawberry Cake Wheat Roll</p>	<p>13 Roast Beef w/Gravy Mashed Potatoes Three Bean Salad Fruit Jell-O Dinner Roll</p>	<p>14 Penne Pasta w/Tomato Herb Meat Sauce Peas Chocolate Chip Cookie Breadstick</p>	<p>15 Chicken Waldorf Salad Carrot Raisin Apple Salad Pineapple Tidbits Angel Food Cake w/ Top. Wheat Bread</p>
<p>18 Spaghetti & Meatballs San Fran. Blend Veggies Tossed Salad Diced Pears Garlic Bread</p>	<p>19 @ Blackhawk Apts. Baked Chicken Drumsticks Gravy & Mashed Potatoes California Mix Veg Carrot Bar Wheat Dinner Roll</p>	<p>20 Salisbury Steak Sweet Potato Broccoli Fruit Cocktail Dinner Roll</p>	<p>21 Scallop. Potatoes & Ham Green Beans Melon Mix Brownie Wheat Bread</p>	<p>22 Chicken Salad Carrot Raisin Salad Apric. w/Diced Peach. Cheesecake Bar Wheat Dinner Roll</p>
<p>25 Western Meatloaf Baked Beans Garden Vegetables Tropical Fruit Wheat Bread</p>	<p>26 @ Starin Park Sub Sandwich Tossed Salad Pineapple Tidbits Carrot Cake</p>	<p>27 BBQ Pork Sandwich Baked Beans Broccoli Salad Hot Peaches w/Granola Hamburger Bun</p>	<p>28 Hungarian Pork Goulash w/ Egg Noodles Green & Gold Beans Carrots; Wheat Bread Cinnamon Applesauce</p>	<p>29 Creamy Chick. & Green Bean Stuffing Cass. Cauliflower Melon Mix Dinner Roll</p>

HELP PROTECT YOUR FAMILY

With a home security system monitored by ADT professionals 24 hours a day, 7 days a week. As an added benefit, installing a Security System may qualify you for a Homeowners Insurance discount.

CALL NOW! 1-888-891-6806



HOME SECURITY TEAM

Jessica's Family Restaurant & Banquet Room

Breakfast All Day • Fish Fry Friday
Homemade Potato Pancakes,
Soups & Specials
Now available for parties
up to 80 people
Now featuring beer & wine
Call Today 473-9890
140 W. Main St.

PROTECTING SENIORS NATIONWIDE



\$19.95*/Mo. + 1 FREE MONTH

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

TOLL FREE: 1-877-801-7772

*First Three Months



HOLIDAY SPECIAL



We Care
For Our Patients,
For Our Community



For over 70 years...Patients who know us love us.
You should get to know us too.

FortHealthCare.com • 920.568.5000

611 SHERMAN AVENUE EAST, FORT ATKINSON



We accept most all insurances.

Strand's On the Floor
"floor coverings to fit your lifestyle"
1202 E. Bluff Road
Whitewater, WI 53190
262-472-9495
Fax 262-472-9497
www.strandsonthefloor.com

SHORTRIDGE LAW OFFICES, LLC

Caryl J. Shortridge
Attorney at Law
Corporate/LLCs
Selling/Buying Commercial Real Estate
Estate Planning/Wills • Elder Law
Estate and Trust Administration

Milton, Wisconsin

608-868-2311

www.shorridgelaw.com
caryl@shorridgelaw.com

WINDOW GENIE

We Clean Windows and a Whole Lot More!

OUR SERVICES INCLUDE

- Window Cleaning
- Window Tinting
- Pressure Washing
- Gutter Cleaning
- Concrete Cleaning
- House Wash

Call for FREE Estimate
208-629-2153
www.windowgenie.com

McCullough's

**PRESCRIPTIONS
GIFTS**

1173 W. Main Street
473-5065

Celebrating over 150 Years of Service!

Trust Services:

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

Serving Whitewater & East Troy
Member FDIC www.firstcitizensww.com



HARD ROCK SAWING & DRILLING SPECIALIST CO.

CONCRETE • ASPHALT • MASONRY
ELKHORN 262-723-3333 KESHENA 715-799-3823
MADISON 608-250-5005

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

Your Ad Here

SUPPORT OUR COMMUNITY THROUGH LOCAL ADVERTISING

Contact Dan Stone to place an ad today!
DStone@4LPi.com or (800) 950-9952 x2607

10% OFF Happy 2015 from Regency
Ask about our \$2.015 OFF voucher toward



For ad info. call Dan Stone at 1-800-950-9952 • www.4lpi.com Seniors in the Park, Whitewater

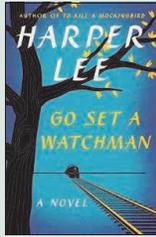
B 4C 01-1235

BOOK WORMS

Monday, July 11 10:30 am

The Book Club will discuss *Saint Mazie* by Jami Attenberg. The book for July will be *Go Set a Watchman* by Harper Lee.

A landmark novel set two decades after *To Kill a Mockingbird* in Maycomb, Alabama, written in the mid-1950s. Twenty-six-year-old Jean Louise Finch--"Scout"--returns home from New York City to visit her aging father, Atticus. Set against the backdrop of the civil rights tensions and political turmoil that were transforming the South, Jean Louise's homecoming turns bittersweet when she learns disturbing truths about her close-knit family, the town, and the people dearest to her. Memories from her childhood flood back, and her values and assumptions are thrown into doubt. Featuring characters from *To Kill a Mockingbird*, this book captures a young woman, and a world, in a painful yet necessary transition out of the illusions of the past--a journey that can be guided only by one's conscience. It's an unforgettable novel of wisdom, humanity, passion, humor and effortless precision.



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

ACTIVITIES AT A GLANCE

- Book Worms**—First Monday 10:30; Books available at Starin Park
- Canasta**—First, third, and fifth Mondays 1:00 pm (**July 11 & 25 this month**)
- Chess**—Wednesdays, 1:00 pm; Beginners welcome
- Color Group**—Third Tuesday, 10:00 am
- Dominoes**—First Tuesday 11:45 (after potluck)
- 'FUN'ctional Fitness**—Mon & Thurs. 9:30 am; Residents: \$1.00 per class, Non-Residents \$1.25
- Golf League**—Mondays, 8:30 tee time, Oak Ridge Golf Course
- 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

BINGO

Tuesdays, 10:00 am

- July 5: Culver's
- July 12: Mulberry Glen
- July 26: City Bingo



BINGO SPONSORS

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

CITY BINGO SPONSORS:

- Topper's Pizza * Rosa's Pizza * Bergey Jewelry * Commercial Bank
- * Floral Villa * Beijing Buffet * Rick's * Jimmy Johns * Dale's
- Bootery * Pizza Hut * First Citizens State Bank * Fort HealthCare *
- Taco Bell * Black Sheep * Sweet Spot * Tincher Realty * Jessica's
- Restaurant * McDonald's * Dental Perfections
- Ketterhagen Ford * Mirage Hair Studio * Century 21 Realty *
- Binning & Dickens Insurance * Rocky Rococo Pizza * Subway *
- Eastsider/Westsider * Fairhaven * Fort Community Credit Union *
- Walworth Co. Nutrition * Jersey Mike's Sub * Taco Fresco *
- Jimmy's Italian Beef



**Please patronize
our advertisers.
They help us GROW.**

VOLUNTEER SPOTLIGHT

Caroline Britton has been volunteering with Seniors in the Park for about 2 years as a stained glass instructor. She likes to teach people how to make things and learn new skills. She thinks that it is human nature to want to share your knowledge with others.



Caroline also volunteers with The Gathering Place in Milton as a stained glass instructor. She is also involved with sewing confirmation uniforms and helping at her church, Hope Lutheran in Milton. Caroline is retired from the Milton School District, where she was a teacher of mostly fifth and sixth grades. Other interests include sewing, quilting, porcelain dolls, and many arts and crafts projects.

Caroline has three children and two grandchildren, who help her a lot. Caroline says Seniors in the Park is a good place to be involved with, Deb Weberpal is very helpful and easy to work with, and she enjoys teaching and meeting new people while doing what makes her happy. Thank you, Caroline, for volunteering with Seniors in the Park!

COORDINATOR'S COMMENTS

“Lifestyle is information technology for the body and exercise is the master signal for growth.” ~Dr Harry Lodge
Your lifestyle has a huge impact on how you age. From what you consume, to who you interact with, to being active, it all impacts your life.



Eating healthy and having adequate water intake, nourishes our skin, eyes, bones, organs and muscles and it gives us energy.

Moderate physical exercise for 45 minutes, three times a week is shown to improve cognitive functioning so you can process information faster. It improves growth of nerve cells and how they communicate. Movement is the best prescription for maintaining a healthy brain. Thirty minutes a day of movement keeps joints loose and functioning and helps build muscle mass. Strength training is important for fall prevention and activities of daily living. Going outdoors daily has been linked to reduced functional decline and less musculoskeletal pain and sleep problems.

Social connections and community engagement are also critical. Being deeply engaged with others and having a positive attitude relates to a lower risk of dementia. In a study of nuns, those who had a lot of plaque in their brain but had no outward signs of dementia, were socially engaged and had positive attitudes.

Constantly finding new ways to challenge yourself mentally is another way to fend off age related brain changes. Word puzzles don't cut the mustard. You have to do a mentally complex task, care if you win or lose and receive some sort of payment or social reward for winning. Pickleball certainly fits this! Look at your lifestyle to determine if you're on the right path to healthy physical and mental aging.

SERVICES AT A GLANCE

Toenail Clinic:

Wed., July 6: 1:30—4:00 pm

Thurs., Aug. 11: 9:00 am—Noon

by Appointment only.

Please bring a towel. \$15.00.

Welcome new toenail nurse Deb Scullin. She is an RN and a teacher at Madison College.



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.

Please cut out this “Thank You Coupon” and present it the next time you Patronize one of our

Advertisers

Thank You!

for Advertising with Seniors in the Park

THANK YOU

Commercial Bank for donating toward picnic costs to help keep it affordable for everyone

Diane Schwab and Karen Krohn for learning and teaching the Garden Stake Class

Bruce Parker for leading the motorcycle rides in June.

Lori Heidenreich and The Whitewater Warblers for a fantastic performance at the Music Festival.

The Community Foundation and Seniors in the Park for donating toward the Outdoor Fitness Equipment.

Picnic volunteers and everyone sharing a classic car at the picnic (names next month)

Everyone donating to our No Bake, Bake Sale fundraiser

MUSIC FESTIVAL 2016

With their colorful shirts and unique lyrics the Whitewater Warblers wowed the crowd at the 2016 Music Festival. Like to join the group? They sing on Mondays at 11:00 am.



VOLUNTEERS NEEDED

July 14, 6:45—7:15 pm: Two people are needed at our Concert in the Park at Cravath Lakefront to hand out newsletters and treats.



HAPPY JULY BIRTHDAYS TO:

- 16 Henry Malo
- 24 Eric Zipp
Terry Williams
- 30 Sharron Hegland
- 31 Eleanor Reeb



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!

FARMER'S MARKET PROGRAM

Tuesday, July 5; 11 am—Noon

The Senior Farmer's Market Program is being offered to qualified seniors in Walworth County. This program will provide \$25.00, per household, in vouchers to be used at approved vendors throughout the county for fresh fruits and vegetables this summer. Qualifications for eligibility include individuals who are 60+ and meet household income limits: Single: \$21,978/year or \$1832/month. Couple: \$29,637/year or \$2470/month. Vouchers will be distributed on a first-come, first-serve basis.



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.

SUMMER CONCERTS AND FAMILY FUN NIGHTS

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

July 14 The Depot Express Band

Seniors in the Park night! Great classic rock tunes, with a mix of contemporary pop, country, and blues.



July 21 The Big Rig Gig

Explore dump trucks, tractors, skid loaders, fire trucks, and semis; create your own hard hat, and much more.

July 28 The Dang Its

This “Atmospheric” band shifts effortlessly from gritty alt-country stories to jazzy western swing jump tunes.

August 4 David Stokes –Family Fun Night

August 11 Hoo’s Woods Raptor Center –Family Fun Night

August 18 Piper Road Spring Band

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

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

SAVORY SOUNDS CONCERTS

Thursdays from 11:30 am—12:45 pm,
Whitewater Arts Alliance’s Cultural Arts Center
402 W. Main St. (near the Birge Fountain)



Bring your own lunch or purchase lunch from participating vendors. The Cultural Arts Center will be open after the concerts. July is the seventh annual Fran Achen Photography competition.

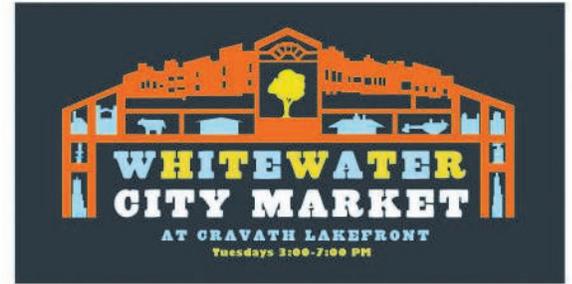
July 7: Steve Meisner

July 14: Rick and Rise

THANK YOU TO OUR ADVERTISERS

Thanks to new advertisers: Culver’s, Gift of the Heart Homecare, LLC; Hard Rock Masonry, and Window Genie.

Thanks to all our other sponsors: LSM Chiropractic, Fort Healthcare, First Citizens Bank, Nasco, Society’s Assets, Fairhaven, Ketterhagen Ford, Visiting Angels, McCullough’s, Strand’s on the Floor, Jessica’s Family Restaurant, Dalee Water, Our House, Gentle Dentistry, Aumann’s Service, and Olsen Funeral Services.



LOCAL farmers • LOCAL artists • LOCAL producers • LOCAL food • LOCAL musicians
HOMEGROWN | HAND-CRAFTED | FAMILY-FRIENDLY | FUN

Facebook: Whitewater City Market • www.downtownwhitewater.com/downtown-market

WHITewater CITY MARKET

Tuesdays 3:30—7:30 PM

Cravath Lakefront
Produce, crafters, food,
and entertainment

GREETING CARDS

We have a great selection of cards including wedding and anniversary 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.



THERMOSTATS

The thermostat is set in accordance with City Policy. Please bring a sweater if you think you might need one.



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.

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 (Tues) ... 262-473-0536
Nutrition Site 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

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 _____
