



The Park Bench

November 2016

Seniors in the Park Newsletter

THANKS FOR GIVING EVENT

Tuesday November 15; 10 am—12 pm

We are fortunate to have so many kind people who share their time and talents with us including opening the Armory and organizing Pickleball, showing movies, teaching or facilitating art, music, stained glass, yoga, tai chi, & mah jongg; receptionists, van drivers, computer tutors, those who assist with set-up and take down of program areas and so many other things that make Seniors in the park tick.

I'm also thankful for those who donate in-kind or monetarily to support what we do for older adults in the community. A list of our merchant donors/supporters is listed on page 6.

In Thanksgiving for everyone who helps us serve the community, we are having a Thanks-for-Giving event. There will be coffee, juice, treats, awards, recognition and maybe a surprise. City Manager Cameron Clapper will be here at 11:00 am to help us recognize and thank everyone who has helped us make 2016 so successful. You are welcome to drop in anytime during the event. If you volunteered or donated during 2016, please RSVP for the event by Thursday, November 10.

Volume XVI Issue 11

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Welcoming Seniors, Boomers, and Adults of all ages.

Seniors in the Park Promotes & Enhances a Vital Aging Community



KNITTING- GROUP

Thursdays, 1:00 pm

Get together to knit and crochet, socialize, and share ideas with others. All levels are welcome. This group meets every Thursday.

COLOR GROUP

December 20, 10:00 am

Coloring can be relaxing and meditative and it's the current craze!



Bring your colored pencils, markers or whatever your favorite color implement is. We also have books and color pencils for your use. 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. **Group will not meet in November.**

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

"FUN" DAMENTAL CARTOONING THROUGH ARTISTIC DOODLING

Thursdays, November 3-17

This fun and creative class will both challenge and excite you to try something new. If you are a doodler, cartooning is can be an interesting way to apply your skills.

Week 1: Exploring & developing cartoon characters.

Week 2: Cartoon settings & environments.

Week 3: Punch lines, captions, story lines, etc.

Please bring sketch book, pencils, color pencils or ball point pen, and fun imagination.

Instructor: Jason Miklik

Fee: \$30.00 payable to the instructor on the first day of class



STAINED GLASS CLASS

December 6 & 8, 12:30—3:30

Downtown Armory Lower level

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

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

Deadline: Wednesday, November 30



**Made in class
by Barb
James**

BASKET MAKING CLASS

Watch the December newsletter for more information on classes beginning in January.



GLASS ANGELS FOR SALE

Glass Angels are available for purchase for \$15. You can gift them and/or fill them with greenery, ornaments or lights. Thanks to Karen Krohn and Diane Schwab for assembling the glass angels we have in the showcase.

YOGA FOR BEGINNERS

Tuesdays, November 1—December 20 11:15 am
Cravath Lakefront Center

This eight-week course will focus on basic yoga postures, deep breathing and relaxation. You will learn a workout routine that stretches and tones your entire body. Each session promotes an increase in oxygen intake, circulation, concentration and relaxation. Please avoid a big meal before class. Students should bring a mat and wear loose or flexible clothing. Instructor: Brienne Brown, RYT

Fee: \$32 residents; \$40 non-residents Deadline: Thursday, October 27
Minimum 10, maximum 20



BOUNTIFUL KNOWLEDGE

Ever notice that recently everyone seems to go to the computer to look up everything? Remember the days of needing a whole set of encyclopedias to get this type of access to information? Now you can have access to unlimited information at the tips of your fingers!

Under a generous grant from Bader Philanthropies, Seniors in the Park is now proudly offering a Generations on Line® Sip & Swipe Cafe® tablet training program. This means that if you are an older adult you can learn how to access information plus connect with family, friends, hobby groups and more by learning to use a tablet computer.

The Café is a safe, friendly place for learners to move at their own pace with a coach ready to assist, if needed. Learners attend a few sessions, moving at their own pace; no class to keep up with the other students! Learn everything from the very basics of how to turn the tablet on/off and how to turn the page on the tablet (swipe), to writing and receiving email, searching the Internet, texting, using the camera and more.

Learners enjoy doing this with 1-2 new friends and often with a cup of coffee to sip (thus the Sip & Swipe Café).

The program and coaching are all free, thanks to the grant. If you have a tablet you are welcome to bring it and use it for the program, but a tablet is not required as we have tablets to use during the program.

If you are interested in learning tablet technology, contact Seniors in the Park or Diane Jaroch at the ILY Library, 262-473-0530.



LEARN MAH JONGG

Mondays, November 14-28, 1:00 pm

Learning this fun and mind challenging game. Diane Schwab will teach you the tiles and the

basics of the game. Please call if you plan to attend the class.

“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. Prepay \$1.00 per class residents or \$1.25 non-residents. First class is free for new participants.

CORE AND MORE

Mondays & Thursdays, 8:30 am

This class will help you to perform daily activities safely and with ease. Shoulder opening & strengthening, balance and core exercises are done standing, seated and on the floor. Once on the floor, we stay there until the end of class. Modifications for all levels of ability will be demonstrated. Please bring a thick exercise mat, not a yoga mat.

Prepay Residents: \$1.00/class

Prepay Non-Residents: \$1.25/class

First class is free for new participants.

No class Thursdays, November 3, 17 & 24.

HOLIDAY CLOSINGS

The Starin Park Community Building will be closed
November 24 & 25

Happy Thanksgiving

PUZZLE EXCHANGE

Friday, November 18, 9:30-10:00 am

Are you ready to trade your 500/1000-piece puzzles for different ones at no cost? Bring 3 to 10 bagged-in-the-box puzzles to the Starin Park Community Building. The exchange will take no longer than a half hour. If you are unable to make this one, others will be held on the third Friday of the month through the winter. If you have questions, call Louise, 262-473-2548.



WHITEWATER WARBLERS

The group is growing in size and song selection. The energy of leader Lori Heidenreich is contagious and everyone gets to pick the songs that are sung. In December, you are welcome to drop in and sing Christmas Carols with the group.



SENIOR FORUM

Monday, November 7, 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.

HOLIDAY LUNCHEON

Wednesday December 14, 12:00 pm

The holiday Season is upon us once again. It's time to spread some holiday cheer and celebrate with friends and loved ones.

Ring in the season with the smooth sounds of Jim Hetzel. With a repertoire of over 350 songs by 47 artists you will be swept away listening to crooners like Frank Sinatra and Dean Martin, country legends like Hank Williams and rock artists the Beatles, Dave Clark Five and Elvis. He has performed in Branson, on Beale Street in Memphis, at Summerfest and other venues.

Our scrumptious meal is once again provided by Capn's Catering. Entrée choice is Roast Turkey or Roast Pork Loin and include stuffing, potatoes, vegetable, dinner roll, dessert and coffee or tea. Tickets go fast and we are limiting it to 60 people.

First day of ticket sales will be Monday, November 7.

Fee: \$12.00 or \$10 volunteers

Deadline: December 5 or when tickets are sold out.



SCHOLARLY SCOOP

This First Friday lecture series will resume in January at 10:30 am on the listed dates. Thanks to Sable House for providing the doughnuts. The coffee will be on and we look forward to you being here to learn and converse on new topics. Thanks to Akiko Yoshida, Associate Professor of Sociology for arranging the series.

Jan 6: Tanya Kam (Languages & Literature) **Graphic Gerontology: Seniorcare, Ethics, and Comic Structure in *Can't We Talk About Something More Pleasant?*** (This book is available to check out in advance from the office)

Feb 3: Peter Jacobs (Geography, Geology & Environmental Science) ***Origins and History of the Southern Wisconsin Landscape***

Mar 3: JoEllen Burkholder (Anthropology) **Exploring Sacred Landscapes of Peru**

April 7: David Havas (Psychology) **How Language Captures Hearts and Minds: A View from Cognitive Neuroscience**

May 5: Asmahan Sallah (Languages & Literature) **That Ye May Know Each Other**

Find the newsletter at <http://ourseniorcenter.com/find/seniors-in-the-park>

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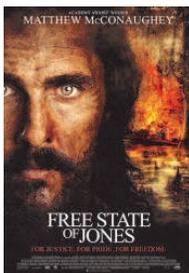
MOVIES: SPONSORED BY MULBERRY GLEN



"The Legend of Tarzan"

Tuesday, November 8, 12:30 pm
Rated PG-13; 1 hr., 50 min. (2016)

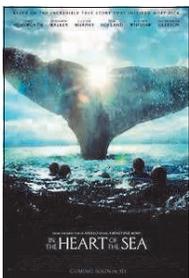
Faithful to the original Edgar Rice Burroughs' novel, this film finds Lord Greystoke (Tarzan) at his family's country estate in England. When he is sent back to the Congo as a British trade ambassador, The Lord of the Jungle discovers an evil empire controlled by a corrupt American. The screen's 20th actor to portray Tarzan is Alexander Skarsgard. Also stars Samuel L. Jackson and Christoph Walz.



"The Free State of Jones"

Tuesday, November 22, 12:30 pm
Rated R; 2 hrs., 19 min.

In 1864, during the Civil War, a poor white farmer (Matthew McConaughey) leads a rebellion in Mississippi of small farmers and local slaves against the Confederacy. This uprising led Jones County, Mississippi, to secede from the Confederacy, creating The Free State of Jones. Based on the incredible, but true, historical tale "Mississippi's Longest Civil War." It also stars Keri Russell. Rated R for battle scenes and violence.



"In the Heart of the Sea"

Tuesday, November 29, 12:30 pm
Rated PG-13; 2 hrs., 2 min.

In the winter of 1820, the New England whaling ship, Essex, was assaulted by a whale of mammoth size and will, possessing an almost human sense of vengeance. This real-life maritime disaster would later inspire Herman Melville---Moby Dick. Directed by Ron Howard, It stars Chris Hemsworth.

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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 at the Starin Park Community Building.

EXTENDED TRAVEL 2017

Backroads of Sunny Florida February 17 - 24, 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 manatees. 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. Per person twin room is \$1599, or add \$569 for single supplement. Mayflower Tours

Mayflower Tours

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. Per person Twin room is \$1895, if make final payment with check or add \$600 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. Per person Twin room is \$1895, if make final payment with check, or add \$600 for single supplement. Premier World Discovery



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 Niagara 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. Mayflower Tours



Country Roads of Tuscany November 7—15, 2017

Jon Deb and Nan on this wonderful trip to Italy. It features one hotel stay in Tuscany and flying in and out of Florence, Italy. Highlights of the trip include a 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 (\$2995

credit card), or add \$375 for single supplement. Premier World Discovery

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.

Van & Motorcycle Trips

SUNNY SIDE UP BREAKFAST CLUB

Thursday, November 17

8:30 am

Ride to Ivan's on the Square in East Troy. Fee: \$4.00

RSVP by Tuesday, November 15

LUNCH BUNCH

Thursday, November 10

10:30 am

Lunch will be at Milwaukee Grill in Janesville. A stop at K&W Greenery after to wander through the lovely holiday decorations, is planned.

Fee: \$4.00

RSVP by Tuesday, November 8

JANESVILLE SHOPPING

Wednesday November 2

9:15 am

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

HOLIDAY LIGHT SHOW AT ROTARY GARDENS

Friday, December 9 OR

Thursday, December 15

For 2016 the show will be bigger, better and more beautiful than ever, as the wintery garden paths are bought to life with over a quarter-million lights,

100 beautifully decorated trees, over 2,500 luminaries, 500 dangling icicle lights hung from the tallest trees in the Garden and more. With photo op stops, a train model set and food inside, the event is sure to delight people of all ages. The event last year was breathtaking. The van will depart Starin Park at 4:30 pm.

Fee: \$9.00

Deadline: Wednesday, Nov 30



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. With the loss of the Sentry Funds for Friends program, we will need to find other ways to replace that income.

We partner with Collette Vacations and Mayflower Tours (We have their travel catalogs at the center.). 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!

FALL RIVER ROAD TRIP FUN



Activity Calendar

9

November 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
	1 9:00 Pickleball (A) 10:00 Culver's Bingo 11:00 Yoga (L) 11:15 Pot Luck 11:45 Dominoes 1:00 Sheepshead	2 9:00 Bowling (HB) 9:00 Indoor Walking 9:15 Janesville Shop 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 11:30 Toenail Clinic 12:30 Pickleball (A) Office 10:30—4:00	3 9:00 Pickleball (A) 9:30 FUNctional Fit 1:00 Knitting Group 1:00 Cartooning Office 9:00 —1:00	4 9:00 Indoor Walking Office Closed
				5 Turn Clocks Back 1 hour 
7 8:15 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	8 VOTE! 10:00 Mulberry Glen Bingo 11:00 Yoga (L) 12:30 Mulberry Glen Movie "Legend of Tarzan" 1:00 Sheepshead	9 9:00 Bowling (HB) 9:00 Indoor Walking 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A)	10 8:15 Core and More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Lunch Bunch 1:00 Knitting Group 1:00 Cartooning	11 9:00 Indoor Walking 12:30 Pickleball (A)
14 8:15 Core and More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Learn Mah Jongg	15 9:00 Pickleball (A) 10:00 Thanks For Giving Event 11:00 Yoga (L) 1:00 Sheepshead	16 9:00 Bowling (HB) 9:00 Indoor Walking 9:30 Pegs & Jokers 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) Office closed	17 8:30 Sunny Side Up Breakfast Club 9:00 Pickleball (A) 9:30 FUNctional Fit 1:00 Knitting Group 1:00 Cartooning Office 8:00 —1:00	18 9:00 Indoor Walking 9:30 Puzzle Exchange 12:30 Pickleball (A) Office Closed
21 8:15 Core and More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg 1:00 Learn Mah Jongg	22 9:00 Pickleball (A) 10:00 City Bingo 11:00 Yoga (L) 12:30 Mulberry Glen Movie "The Free State of Jones" 1:00 Sheepshead	23 9:00 Bowling (HB) 9:00 Indoor Walking 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A)	24 Thanksgiving Center is closed 	25 Thanksgiving Holiday Center is closed SHOPPING LOCAL <i>for the Holidays</i>
28 8:15 Core and More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Learn Mah Jongg	29 9:00 Pickleball (A) 10:00 Mystery Bingo 11:00 Yoga (L) 12:30 Mulberry Glen Movie "In the Heart of the Sea" 1:00 Sheepshead	30 9:00 Bowling (HB) 9:00 Indoor Walking 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 2:00 Decorate the Community Bldg		Activities take place at the Starin Park Community Building unless otherwise noted. (A)=Downtown Armory (HB)=Hawk Bowl (L)=Cravath Lakefront

10 Walworth County Nutrition Menu

November 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1@ Starin Park Navy Bean/Ham Soup Tossed Salad /Squash Hot spiced apples Chocolate cake Dinner Roll	2 Spaghetti /meatballs Carrots Wax beans Pineapple/orange cup Garlic bread	3 Roast Beef Mashed Potatoes/broccoli Apricots/Peaches Vanilla Pudding Wheat Roll	4 Baked Breaded Fish Cauliflower/Red Potatoes Pineapple Chunks Sugar Cookie Wheat roll
7 Chicken Chow Mein/rice San Fran Veg/peas Fruit cocktail Brownie Wheat roll	8@ Starin Park Parmesan Crusted {Pork Squash California Mixed Veg Pears Wheat roll	9 Sloppy Joe on a bun Baked beans Romaine Salad Tropical fruit cup	10 Scrambled eggs /cheese Bell pepper/onion Hash brown casserole Orange Juice/mini muffin French Toast Sticks	11 Meatloaf/Mashed Potatoes Green Beans Pineapple chunks Cake Dinner Roll
14 Pork Pot Roast Brussels sprouts Squash Pineapple/ Biscuit	15@ Blackhawk Beef Noodle Soup Peas/garbanzo bean salad Hot peaches/granola Fruit jello Wheat Roll	16 Chicken Drumsticks Mashed potatoes/broccoli Bananna Peanut butter Cookie Wheat Bread	17 Ground Beef & Cabbage Casserole/carrots Green Beans Orange Fluff Salad Dinner roll	18 Quiche w/spinach, feta & Ground turkey. California mixed veg. Red potatoes Fruit cocktail/Dinner roll
21 Chopped Steak Mashed Potato Red Cabbage Mandarin Orange Wheat Bread	22 @ Starin Park Roast Turkey Mashed potatoes/stuffing California Mixed veg. Pumpkin Pie Wheat roll	23 Corn Chowder Carrots almondine Orange zested green beans Applesauce Veg. pasta salad Pumpkin bar	24 Thanksgiving Day Dining centers closed 	25 Thanksgiving Day Dining centers closed
28 Shepherd's Pie Mashed Potatoes Winter Mixed Veg Wheat Bread Apple Slices	29 @ Starin Park Chicken cacciatore Penne pasta Green beans/Carrots Mandarin oranges Breadstick	30 Pork w/Dijon sauce Baked Beans/Baked potato Pineapple Sugar cookie Wheat Bread	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.	

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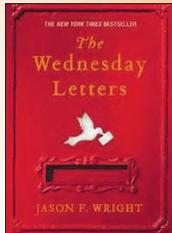
Monday, November 7, 10:30 am

The Book Club will discuss *The Rosie Project* by Graeme Simsion. The book for November will be *The Wednesday Letters* by Jason F. Wright.

A story of marriage, family, and forgiveness that has become not just a bestseller but an instant classic.

Their story begins with one letter on their wedding night, a letter from the groom, promising to write his bride every week—for as long they both shall live. Thirty-nine years later, Jack and Laurel Cooper die in each other's arms. And when their grown children return to the family B&B to arrange the funeral, they discover thousands of letters.

The letters they read tell of surprising joys and sorrows. They also hint at a shocking family secret—and ultimately force the children to confront a life-changing moment of truth...



ACTIVITIES AT A GLANCE

- Book Worms**—First Monday, 10:30; Books available at Starin Park
Bowling—Wednesday, 9:00 at Hawk Bowl, fee to bowl
Canasta—First, third, and fifth Monday, 1:00
Color Group—Third Tuesday, 10:00
Core and More—Monday and Thursday, 8:15; Residents: \$1.00 per class, Non-Residents \$1.25
Dominoes—First Tuesday, 11:45 (after potluck)
'FUN'ctional Fitness—Monday & Thursday, 9:30; Residents: \$1.00 per class, Non-Residents \$1.25
Knitting/Crochet—Thursday, 1:00
Mah Jongg—Monday, 1:00
Pegs & Jokers—Third Wednesday, 9:30
Pickleball—Monday, Wednesday and Friday, 12:30-2:30; Tuesday, 9:00-11:00 and Thursday, 9:00-11:00; Downtown Armory
Potluck—First Tuesday, 11:15
Sheepshead—Tuesday, 1:00
Walk Away the Pounds—(Indoors), Wednesday and Friday, 9:00
Whitewater Warblers (singing group)—Monday, 11:00

BINGO

Tuesdays, 10:00 am

- Nov. 1: Culver's
 Nov. 8: Mulberry Glen
 Nov. 22: City Bingo
 Nov. 29: **Mystery 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 *

**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~

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

OPPORTUNITIES

To sign up to assist with any of the following please call 262-473-0535. Thanks!

Thanks-for-Giving Event—Tuesday, November 15. Volunteers are needed to help set up and prepare food for the Thanks-for-Giving event from 8 am—9:30 am or clean up from 12:00 pm—1:00 pm.

Bring Holiday Spirit to the Community Building—Decorate the Community Building on Wednesday, November 30 at 2:00 pm. Usually takes an hour.

Decorate the Van for the Holiday Parade—10:00 – 11:00 am Friday December 2 at the Streets Department, inside.

Walk in the Holiday Parade—Hand out candy. Leave Starin Park at 5:30 and return by 7:00. Take about 10 minutes to help undecorate the van. Walk is approximately a mile.



COORDINATOR'S COMMENTS

What a wonderful community we live in! The commitment of people who volunteer and make things happen is incredible. So many entities in town are successful because of volunteers: the Whitewater Arts Alliance, Downtown Whitewater, Churches, the City Market, our schools, Youth Sports Coaches, Civic groups, government committees, Seniors in the Park and more. A Senior Center and the community are dependent on volunteers. A vibrant community is often a result of driven and engaged volunteers.

In Thanksgiving for the amazing and generous people of the community and Seniors in the Park, we will be recognizing your selflessness, time, initiative and commitment at an event on Tuesday, November 15. It's a small way to show my appreciation for everything that everyone does to make Seniors in the Park programs run smoothly. You provide new opportunities for our participants to learn and grow or just have fun. If you volunteered here during 2016, you are invited to the party. Thank you all again for taking the time and making a difference!



LIONS EYEGLOSS COLLECTION

There is a collection bin at The Starin Park Community Building. Drop off your eyeglasses of any kind during our open hours in the Main Room.

SERVICES AT A GLANCE

Toenail Clinic: First Wednesday of the Month; Times will vary.



Wed., November 2: 11:30 am—2:30 pm; Appointment only. Please bring a towel. \$15.00.

Wednesday December 7: 11:00 am—2:30 pm

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.

Give thanks to our Advertisers

by calling them first!^{©LPI}



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
I am patronizing your business

THANKS

Thanks to

- **Karen Christofferson** for donating to the No-Bake, Bake Sale
- **Barb Koch** for donating handmade necklaces for Bingo
- **Sable House and Dan Sable** for donating Sweet Spot donuts for our First Friday Lecture.
- For donating Books: **Jan Schmeling, Mary Meikle, and Steve & Pauline Atkinson.**

HAPPY NOVEMBER BIRTHDAYS TO:

- 4 **Elaine Schultz**
- 23 **Jan Schmeling**
- 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

GREETING CARDS

New cards are here and they are flying off the card rack! We have a great selection of Fravessi cards, including birthday, 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. We also have Thanksgiving cards. Most cards are priced from 65 cents to \$1.50. Some newer cards are \$2.95. Stop in and check out our selection.



DEMENTIA FRIENDLY COMMUNITY

A Dementia Friendly community is defined as one that is informed, safe and respectful of individuals with dementia and their families, provides supportive options, and fosters quality of life.



Share your passion and commitment, making our community the best it can be. If you would be interested in being on a committee to make Whitewater a Dementia Friendly Community, please let Deb know. We will begin meeting in January and work throughout 2017 to develop community education and training to build a Dementia Friendly Community. There are now a multitude of resources and a lot of assistance that can be garnered from other communities, counties and the state.

I hope you will consider joining me in moving Whitewater forward in becoming a Dementia Friendly Community.

REASONS TO VOLUNTEER

1. Add new meaning to your life
2. Meet new people
3. Explore new vistas
4. Do your part
5. Feel good about yourself
6. Teach others
7. Better your community
8. Enrich your life
9. See others smile
10. Answer a need
11. Have fun
12. Tackle new challenges
13. Add new meaning to life
14. Develop new skills/talents
15. Keep active
16. Feel a sense of accomplishment
17. Help your neighbors
18. Deepen your sense of belonging
19. Connect with your community
20. Be a positive influence
21. Spread joy
22. Pass along wisdom
23. Raise your awareness
24. Change someone's life
25. Put your skills to work
26. Blaze a trail
27. Gain new insights
28. Be a part of the solution
29. Share your vision
30. Be part of a team
31. Add meaning to your day
32. Get energized
33. Motivate others
34. Put caring into action
35. Feel appreciated
36. Build a stronger community
37. Make the world a better place



ELECTION 2016—THE PATH TO THE WHITE HOUSE & WHAT TO EXPECT NEXT



Fairhaven Lecture Series
435 Starin Rd; 3:00 pm

As the race to the White House heads toward the finish line, we examine the candidates who beat out dozens of others for their party’s nomination, the issues that surround their campaigns and what we can anticipate in 2017 and beyond. Americans will make a historic choice as they elect a new president this

year. Join us this fall to explore the unique, and not so unusual, characteristics of Election 2016.

Nov. 7 The Context of the 2016 Election: Inequality, Polarization and Distrust

Jonah Ralston, Asst. Prof., Political Science

Nov. 14 2016 Election Results: Winners, Losers and What Happens Next

Jolly Emery, Susan Johnson, Eric Loepf

Nov. 21 The Inaugural Address: An American Tradition

Richard Haven, Prof. Emeritus, Communications

COMMUNITY CONVERSATIONS: “ON THE HOMEFRONT”

Events in the “On the Homefront” program will use letters, personal belongings and historical artifacts from veterans and service members to reflect on how communities on the home front are impacted by military service. Veterans and service members and their families and friends are invited to attend programs in the “On the Homefront” series, but even those without connections to the military are encouraged to attend and contribute to the conversation.



Visit www.uww.edu/cc/homefront for a complete schedule.

EVENTS: Conversations from the Homefront

A participatory program where military families, veterans and community members are invited to share letters, stories and historical documents that explore life stateside while service members are abroad.

SHARPS DISPOSAL NOW AVAILABLE

We now have sharps disposal boxes in the outside access bathrooms at the Community Center. They have been added in other city buildings as well.



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.

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!



To find health and wellness information for older adults from the National Institutes of Health (NIH), go to www.nihseniorhealth.gov
NIHSeniorHealth is a senior-friendly website from the National Institute on Aging (NIA) and the National Library of Medicine (NLM), both part of the NIH.

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

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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 _____
