



The Park Bench

October 2016

Seniors in the Park Newsletter

THE SALEM WITCH TRIALS

Wednesday, October 19, 1:00 pm

Jessica Michna has become widely known for her riveting portrayals of the First Ladies and other historic women, as well as her fictitious characters. Mrs. Michna's performances are compelling and emotionally enthralling. Audiences laugh along with her humorous anecdotes and share in her tears as she relates horror stories. Jessica is always open to questions after the program.

Here, Jessica will portray **Goode Rebeka, Trial by Fire**. In Salem, Massachusetts it was a new world. The settlers from England had gained a foothold in the new land called "Amerika". Old traditions would be laid aside; new ones instituted. Greed, jealousy, suspicion would still persist. Were these at the root of "The Salem Witch Trials"? Innocent residents of Salem, Massachusetts were tried and many executed in perhaps the most infamous chapter in early American history.

Please register for the program by Friday, October 14.



Volume XVI Issue 10

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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 will now meet every Thursday beginning in October.

COLOR GROUP

October 18, 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.

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

BASKET MAKING CLASS

Wednesday, October 26, 1:00 pm

Bunny Schoen, a retired home economics teacher, will be teaching basket classes at the Center. Bunny has taught at Old World Wisconsin, the mobile Museum of Art, the Milwaukee Botanical Gardens and for Whitewater Continuing Education. The first basket will be a very simple "Catch-all" basket. It is woven from commercially prepared reed harvested from rattan and woven when wet and measures 6 1/2 inches across and 4 inches high. It may be woven with all plain reed and then embellished with beads or tie-ons or woven with colored reed accents.

Fee: \$5 residents; \$6.25 non-residents

Deadline: October 20; Minimum: 5; Maximum: 10



STAINED GLASS CLASS

October 11 & 13, 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, October 6

Upcoming classes: December 6 & 8

WATERCOLOR AND/OR COLLAGE—PAINT THE SEASONS

Thursdays, October 6-27, 1:00—4:00 pm

Paint the seasons! Topics can include autumn or winter, and such subjects as harvest, farmers markets, fall landscapes, winter landscapes, snow and Christmas/

holiday themes. Attendees are always encouraged to paint from personal photos, sketches, references or ideas. Express your personal creativity using watercolor and/or collage, create art that is unique to you. Beginning, intermediate and advanced concepts will be covered. This class will focus on composition and the elements of design – color, line, shape, value, texture, etc. Color mixing will be discussed. Each session will include discussion, a demonstration and optional critique session. There will be plenty of time for individual painting with one-on-one coaching by the instructor.

Instructor: Karolyn Alexander Tscharnack: www.karolyn.biz

Fee: \$40, payable to the instructor

Deadline: Monday, Oct. 3

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



YOGA FOR BEGINNERS



Tuesdays, November 1—December 20 11:00 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



SIP & SWIPE CAFÉ®

What's a Sip & Swipe Café? It is a place where older adults can learn computer tablet skills (e.g., swiping) in a fun, non-threatening environment. A senior 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). When the 3-4 week course is complete, the tablets are available for use by graduates. The tutorial offers step-by-step instructions for people over age 55, who have never before or are learning how to use a 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.

LEARN MAH JONGG

Mondays, October 3 –24, 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.

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

PUZZLE EXCHANGE

Friday, October 21, 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.

COMPUTER TUTOR

Bring your own laptop or tablet, and get tutoring on Internet, E-mail, Word, Excel, Pictures or general topics. Please tell us what you want assistance with, when registering for your session.

Dates: Tuesdays in October

Time: 9:30 am

Cost: \$5.00 residents

\$6.25 non-residents

Register at least 3 days in advance

TUTOR NEEDED

Local high school senior needs tutor. Call Suzanne for more information. Will pay hourly. 262-490-6067

SENIOR FORUM

Monday, October 3, 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.

WISCONSIN HISTORY STORIES

Wednesdays 1:00 pm

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

Sept. 28 Mineral Point's Pendarvis House:

Wisconsin's First Historic Restoration. This session focuses on the behind-the-scenes story of how the Pendarvis House complex was created, and how the restaurant became one of the seven finest restaurants in the country, according to *The Saturday Evening Post*, gleaned from interviews with one of the two Pendarvis founders. Recipes included! Guest Speaker Kori Oberle

Oct. 5 Historic Wisconsin's Iron Horses, Silent Gray Fellows, Motor Carriages, and Wheelmen

Oct. 12 Ethnic Strife, War, and Disease: Wisconsin's World War One Home Front

The lectures will no longer be taped.



SCHOOL REFERENDUM PRESENTATION

Tuesday October 11, 11:15 am

The Whitewater Unified School District school board unanimously voted to place a \$23.5M facility referendum question on the November 8 ballot. The proposed referendum projects would involve all school buildings and include safety

and security improvements, renovations and additions to instructional spaces, ADA compliance upgrades and capital maintenance and renewal. District Administrator Mark Elworthy and Business Manager Nathan Jaeger will present information about the process leading up to the school board's decision, the proposed projects and their impact, why these projects are being proposed now and the financial impact to WUSD taxpayers.



SCHOLARLY SCOOP

This Friday lecture series will resume in January. The dates and UW lecturers are lined up. Stay tuned!!

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INTERNATIONAL DAY OF OLDER PERSONS— “TAKE A STAND AGAINST AGEISM”

The theme of the International Day of Older Persons for 2016 is "**Take A Stand Against Ageism**".

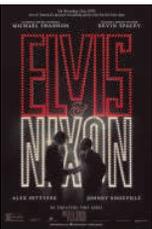
For older people, ageism is an everyday, yet heart-breaking, challenge. Overlooked for employment, restricted from social services and stereotyped in the media, ageism marginalizes and excludes older people in their communities, at the very time of life where enjoyment could be paramount.

Ageism is everywhere, yet is the most socially normalized of any prejudice. It begins when the media portrays old people as “senile” and “doddering” on television. It occurs when the doctor applies a more “relaxed” attitude towards screening an older person for preventable illness, or uses care guidelines meant for younger people. It manifests as the policymaker who, subconsciously or actively, prioritizes against policies that would channel investments into infrastructure for ageing societies. These attitudes, pervasive yet invisible, lead to the marginalization of older people within our communities and have negative impacts on their health and well-being. More concerning is that older people who internalize ageist attitudes die sooner. Research reveals that older people who have negative attitudes towards aging live 7.5 years shorter than those with positive attitudes, and have poorer recovery from disability and disease (*Levy BR, Slade MD, Kunkel SR, Kasl SV. Longevity increased by positive self-perceptions of aging. Journal of Personality and Social Psychology 2002 83(2):261-270*). Older people who feel they are a burden may also perceive their lives to be less valuable, putting them at risk of depression and social isolation.

This year, we challenge everyone to identify and question these internalized ageist attitudes, and to understand the serious impact that these attitudes have.

This year, the World Health Organization adopted the Global Strategy and Action Plan on Ageing and Health and a related resolution at the 69th World Health Assembly, in which the WHO Director-General is called on to lead a Global Campaign to Combat Ageism, to support local and international partners in their efforts to change policies and practices.

MOVIES: SPONSORED BY MULBERRY GLEN



"Elvis & Nixon"

Tuesday, October 11, 12:30 pm

Rated R (language); 1 hr., 26 min. (2026)

The untold true story behind the meeting between Elvis Presley, the King of Rock 'n Roll (Michael Shannon), and President Richard M. Nixon (Kevin Spacey), resulting in a revealing, yet humorous moment immortalized in the most requested photograph in the National Archives.



"Young Frankenstein"

Tuesday, October 25, 12:30 pm

Rated PG, 1 hr., 46 min. (1974)

Our early Halloween treat to you is this classic comedy spoof of the old Universal Pictures Frankenstein movies, a tribute to the late, great Gene Wilder. Additional cast includes Madeline Kahn, Marty Feldman, Peter Boyle, Cloris Leachman, and Gene Hackman. Mark will have Halloween treats and maybe some tricks, for you, too!!

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Extended Travel

7

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 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 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. 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. Mayflower Tours

Features one hotel stay in Phoenix, 2 baseball games, Hall of Flame Fire Museum, Tucson Area, Mission San

Preview
Thurs., Sept. 29
1:00 pm
RSVP by Sept. 23



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

Preview
Tues., Sept. 27
3:00 pm
RSVP by Sept. 23



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

Preview
Thurs., Sept. 29
1:00 pm
RSVP by Sept. 23



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

Preview
Tues., Sept. 27
3:00 pm
RSVP by Sept. 23

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.

SUNNY SIDE UP BREAKFAST CLUB

Thursday, October 20

8:30 am

Ride to Deb's Squeeze Inn in Milton (keeping the Deb theme going). Fee: \$4.00

RSVP by Tuesday, October 18

LUNCH BUNCH

Thursday, October 13

10:30 am

Lunch will be at Rosati's in Newville. Enjoy an Italian meal overlooking the Rock River.

Fee: \$4.00

RSVP by Tuesday, October 11

JANESVILLE SHOPPING

Wednesday October 5,

9:15 am

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

Fee: \$3.00

RSVP by Tuesday, October 4

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!



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 mansion. The Audubon exhibit is self guided. Have lunch at Fratellos on your own, prior to the tour.

Fee: \$24

Deadline: September 9

Depart: 9:15 am

RUSSELL MILITARY MUSEUM

Friday, October 14

Visit this incredible museum with 8 acres of outdoor displays and a new 14,000 sq. ft. building. The museum is dedicated to preserving, restoring and displaying US Military History. With over 100 vehicles on display, it is one of the largest museums in the Midwest. Lunch at the Brat Stop on the way to museum is on your own.

Fee: \$23.00

Deadline: October 4

Depart: 10:30 am



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.



Saturday, October 1: Lunch at the Norske Nook, Deforest, and Fall color ride. The ride departs at 10:00 am. Bruce Parker leader.

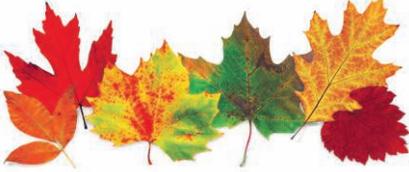
Start collecting ideas for rides next summer. There will be a planning meeting in late February or early March. You can also call or email ideas

LIONS EYEGLASS 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.

Activity Calendar

October 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p>Activities take place at the Starin Park Community Building unless otherwise noted. (A)=Downtown Armory (HB)=Hawk Bowl (L)=Cravath Lakefront</p>				<p>1 10:00 Cycle Ride departs</p>
<p>3 8:15 Core and More 9:30 FUNctional Fit 10:30 Book Worms 11:00 WW Warblers 12:00 Senior Forum 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg 1:00 Learn Mah Jongg</p>	<p>4 7:00 Mississippi trip departs 9:00 Pickleball (A) 9:30 Computer Tutor 10:00 Culver's Bingo 11:00 Hatha Yoga (L) 11:15 Pot Luck 11:45 Dominoes 1:00 Sheepshead Office 9:00 —1:00</p>	<p>5 9:15 Janesville Shop 9:00 Bowling (HB) 9:00 Indoor Walking 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 11:00 Toenail Clinic 12:30 Pickleball (A) 1:00 Wisconsin History Stories Office 10:30—4:00</p>	<p>6 8:15 Core and More 9:00 Pickleball (A) 9:30 FUNctional Fit 1:00 Knitting Group 1:00 Watercolor Office 9:00 —1:00</p>	<p>7 9:00 Indoor Walking 12:30 Pickleball (A) Office Closed</p>
<p>10 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</p>	<p>11 9:00 Pickleball (A) 9:30 Computer Tutor 10:00 Mulberry Glen Bingo 11:00 Hatha Yoga (L) 11:15 Referendum Presentation 12:30 Mulberry Glen Movie "Elvis & Nixon" 12:30 Stained Glass 1:00 Sheepshead</p>	<p>12 9:00 Bowling (HB) 9:00 Indoor Walking 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 Wisconsin History Stories</p>	<p>13 8:15 Core and More 9:00 Pickleball (A) 9:30 FUNctional Fit 9:30 Bridge Refresher 10:30 Lunch Bunch 12:30 Stained Glass 1:00 Knitting Group 1:00 Watercolor</p>	<p>14 9:00 Indoor Walking 10:30 Military Trip departs 12:30 Pickleball (A)</p>
<p>17 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</p>	<p>18 9:00 Pickleball (A) 9:30 Computer Tutor 10:00 Color Group 11:00 Hatha Yoga (L) 1:00 Sheepshead</p>	<p>19 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) 1:00 Salem Witch Trials</p>	<p>20 8:15 Core and More 8:30 Sunny Side Up Breakfast Club 9:00 Pickleball (A) 9:30 Bridge Refresher 9:30 FUNctional Fit 1:00 Knitting Group 1:00 Watercolor</p>	<p>21 9:00 Indoor Walking 9:30 Puzzle Exchange 12:30 Pickleball (A)</p>
<p>24 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</p>	<p>25 9:00 Pickleball (A) 9:30 Computer Tutor 10:00 City Bingo 11:00 Hatha Yoga (L) 12:30 Mulberry Glen Movie "Young Frankenstein" 1:00 Sheepshead</p>	<p>26 9:00 Bowling (HB) 9:00 Indoor Walking 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 Basket Class</p>	<p>27 8:15 Core and More 9:00 Pickleball (A) 9:30 Bridge Refresher 9:30 FUNctional Fit 1:00 Knitting Group 1:00 Watercolor 4—7:00 Ghouls Night Out—Uptown Business District</p>	<p>22 UW-W Homecoming</p>
<p>31 8:15 Core and More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg</p>		<p style="text-align: center;">  </p>	<p>28 9:00 Indoor Walking 12:30 Pickleball (A)</p>	<p>29 6—7:30 pm Youth Halloween Party—(A)</p> <p style="text-align: center;">  </p>

10 Walworth County Nutrition Menu

October 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Pork Pot Roast Brussels Sprouts Squash Pineapple Tidbits Baking Powder Biscuit</p>	<p>4 @ Starin Park Beef Noodle Soup Peas; Bean Salad Hot Peaches w/Granola Fruit Jell-O Wheat Roll</p>	<p>5 Chicken Drumsticks Mashed Potatoes & Gravy Broccoli Peanut butter Cookie Banana; Wheat Bread</p>	<p>6 Gr. Beef & Cabbage Cass. Carrots Green Beans Orange Fluff Salad Dinner Roll</p>	<p>7 Quiche w/Spinach, Feta & Ground Turkey Calif. Mixed Veg Red Potatoes Fruit Cocktail; Dinner Roll</p>
<p>10 Chopped Steak Baked Potato Red Cabbage Mandarin Orange Wheat Bread</p>	<p>11 @ Starin Park Swed. Meatballs/Noodles San Fran. Blend Romaine Salad Apricots & Peaches Wheat Bread</p>	<p>12 Corn Chowder Carrots Almondine Orange Zested Gr. Beans Vegetable Pasta Salad Applesauce; Pumpkin Bar</p>	<p>13 Chicken, Broccoli & Rice Casserole Stewed Tomatoes; Cauli. Lemon Poppyseed Cake Pears; Wheat Bread</p>	<p>14 Hot Pork; Baked Beans Parsley Red Potatoes Fruit Mix Snickerdoodle Cookie Wheat Bun</p>
<p>17 Shepherd's Pie Mashed Potatoes Winter Mixed Veg Wheat Bread Apple Slices</p>	<p>18 @ Blackhawk Chicken Cacciatore Penne Pasta; Carrots Winter Mixed Veg Mandarin Oranges Breadstick</p>	<p>19 Pork w/Dijon Sauce Baked Beans; Broccoli Pineapple Sugar Cookie Wheat Bread</p>	<p>20 Stuffed Chicken Breast Squash Green Beans Fruit Cocktail Fruit Jell-o Wheat Bread</p>	<p>21 Italian Wedding Soup Peas Tossed Salad Pears M&M Cookie Wheat Roll</p>
<p>24 Chicken Leg & Thigh Mashed Potatoes/Gravy California Mixed Veg Peaches Wheat Bread</p>	<p>25 @ Starin Park Chili; Peas & Carrots Chunky Applesauce Italian Pasta Salad Cherry Orchard Bar Corn Bread Muffin</p>	<p>26 Rosemary Pork Loin Sweet Potatoes Broccoli Pears; Brownie Rye Bread</p>	<p>27 Western Meatloaf Parsley Red Potatoes Green Beans Pineapple Chunks Sugar Cookie; Dinner Roll</p>	<p>28 Dining Centers closed for a staff in-service</p>
<p>31 Turkey w/Gravy; Mashed Potatoes Green Bean Casserole Chocolate Chip Cookie Man. Oranges; Wheat Br.</p>			<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>	

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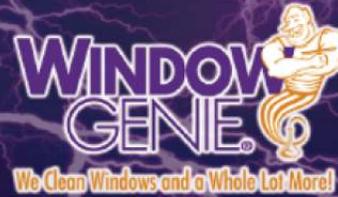
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Seniors in the Park, Whitewater, WI.

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BOOK WORMS

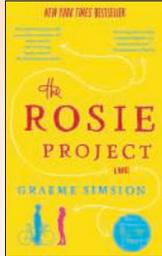
Monday, October 3, 10:30 am

The Book Club will discuss *Mrs. Grant and Madame Jule* by Jennifer Chiaverini. The book for October will be *The Rosie Project* by Graeme Simsion.

Don Tillman, a charming and brilliant, yet socially inept professor of genetics, decided it's time he found a wife. In the orderly, evidence-based manner with

which Don approaches all things, he designs the Wife Project to find his perfect partner: a sixteen-page, scientifically valid survey to filter out the drinkers, the smokers, the late arrivers.

Rosie Jarman possesses all these qualities. Don easily disqualifies her as a candidate for The Wife Project (even if she is "quite intelligent for a barmaid"). But Don is intrigued by Rosie's own quest to identify her biological father. When an unlikely relationship develops as they collaborate on The Father Project, Don is forced to confront the spontaneous whirlwind that is Rosie—and the realization that, despite your best scientific efforts, you don't find love, it finds you.



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~

ACTIVITIES AT A GLANCE

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

Bowling—Wednesdays 9:00 am at Hawk Bowl, fee to bowl

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

Color Group—Third Tuesday, 10:00 am

Core and More— **Mondays and Thursdays, 8:15 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

Knitting/Crochet—Thursdays at 1:00pm

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 9:00—11:00 am; Downtown Armory

Potluck—First Tuesday 11:15 am

Sheepshead—Tuesdays, 1:00 pm

Walk Away the Pounds—(Indoors) **New Time 9:00 am** Wednesday & Friday

Whitewater Warblers singing group—Mondays, 11:00 am

BINGO

Tuesdays, 10:00 am

Oct. 4: Culver's

Oct. 11: Mulberry Glen

Oct. 25: 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 *

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



VOLUNTEER SPOTLIGHT

Deb Gamble has been volunteering with Seniors in the Park for approximately 4 years. She helps with our pickleball group and sings with the Whitewater Warblers group. Deb says she enjoys socializing and thinks it is important to help with the groups you are participating in.

Deb also volunteers with the Meals on Wheels program as the coordinator, the League of Women Voters in the Whitewater area as a director, as a

Master Gardener at the UW-W campus gardens and at her church, First United Methodist.

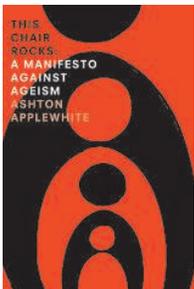
She and her husband Dave, moved to the Whitewater area to be closer to their grandchildren. Deb is retired from mortgage banking and human resources. Deb and Dave have been married 49 years and have 3 children and 2 grandchildren.

Deb enjoys reading and is a member of two book clubs. She and her husband, Dave, enjoy traveling and just returned from the Galapagos Islands with their children. They also spent time in Australia and New Zealand last year, which they enjoyed very much.

Deb thinks that Seniors in the Park is a great way to get to know and meet people in the community!

Thanks Deb for all you do for Seniors in the Park.

COORDINATOR'S COMMENTS



With the theme of the International Day of Older Persons being “Take a Stand Against Ageism, it is an appropriate time to remind you about the book I referred to in the June Park Bench newsletter, I sang the praises of *This Chair Rocks: A Manifesto Against Ageism* by Ashton Applewhite. We now have this book at the center to lend out and the ILY Library also has one. Her book is well researched and written in a friendly, easy to read style. I

encourage everyone of all ages to read this book. It will rock your world!

“Lively, funny, and deeply researched, *This Chair Rocks* traces Applewhite’s journey from apprehensive boomer to pro-aging radical, and in the process debunks myth after myth about late life. The book explains the roots of ageism—in history and in our own age denial—and how it divides and debases, examines how ageist myths and stereotypes cripple the way our brains and bodies function, looks at ageism in the workplace and the bedroom, exposes the cost of the all-American myth of independence, critiques the portrayal of elders as burdens to society, describes what an all-age-friendly world would look like, and concludes with a rousing call to action.”

SERVICES AT A GLANCE

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



Wed., October 5: 11:00 am—4:00 pm; 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.



Trick or Treat Hours are Monday October 31 from 4:00—7:00 pm

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

Thank You

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I am patronizing your business

THANKS

Thanks to **Dan Sable, Carol Seebruch** and **Jan Schmeling** for donating books to our library.

John Rowe for donating hand made wooden crafts for Bingo.

No Bake, Bake Sale Donors:

- **Betty Walton**
- **Gretchen Barth**
- **Mark Dorn**
- **Doris Wutke**
- **Dorothy Poehler**
- **Susan Markwardt**
- **Mary Kaspar**
- **Betty Heth**
- **Nancy Bigelow**
- **Patricia Dresang**
- **Romelle Koch**

We apologize if we missed anyone. This list is as of 9/19. Please let us know. Thanks.



HAPPY OCTOBER BIRTHDAY TO:

22 John Rowe

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!



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. *This fall, we come together as a community to share the stories of service members and their families and reflect on veterans' service past and present.*



Visit www.uww.edu/ce/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.
Thursday, October 20 at 1:15 p.m., Fairhaven Senior Services
Monday, October 24 at 5:00 p.m., University Center, UW-Whitewater
Tuesday, November 1 at 6:00 p.m., Hedberg Public Library, Janesville

EXHIBIT: War and Peace: Echoes of Past Wars & Homefronts

Exploring the wars that area residents have participated in. This exhibit will juxtapose military artifacts and home front artifacts, including uniforms, letters and journals.

October 15 through November 4 at the Hoard Museum, Fort Atkinson

WORKSHOPS: Community Art & Story Workshops

Bring your photos, letters or other memorabilia and join local artist, Sally Koehler, in one of three art workshops. Help create a collaborative piece for community display on the UW-Whitewater campus.

Saturday, September 24 at noon, Irvin L. Young Public Library

Monday, September 26 at 6:00 p.m., Fairhaven Senior Services

Saturday, October 1 at 10:00 a.m., Hoard Museum, Fort Atkinson

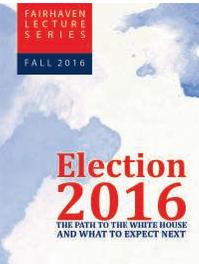
YOUNG AUDITORIUM PRODUCTIONS:

Tuesday, October 25 "Letters Home" and

Wednesday, October 26 "Ghosts of War"

These productions put the wars in Afghanistan and Iraq front and center using letters and memoirs. Tickets required and can be purchased by calling 262-472-2222 or at <https://tickets.uww.edu/Online/>.

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



Fairhaven Lecture Series
435 Starin Rd; 3:00 pm

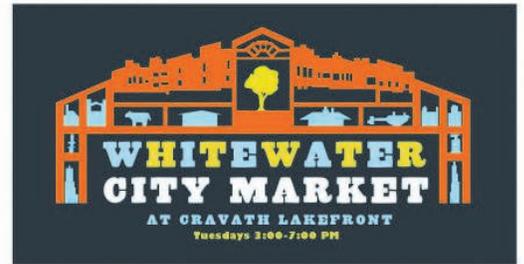
As the race to the White House heads toward the finish line, we examine the candidates who beat out dozens of others for their party's nomination, the issues that surround their campaigns and what we can anticipate in 2017 and beyond. Americans will make a historic choice as they elect a new president this year. Join us this fall to explore the unique, and not so unusual, characteristics of Election 2016.

- Oct. 3** Do Presidential Debates Matter? How Candidates Try to Win You Over During the Biggest Campaign Event of the Year
Eric Loepp, Asst. Prof., Political Science
- Oct. 10** Race, Policing and Criminal Justice Reform and the 2016 Elections
Gregg Jeffers, Asst. Prof., Sociology, Criminology and Anthropology
- Oct. 17** The Podium and the Press: News Media Coverage of the 2016 U.S. Presidential Debates
Corey Davis, Assoc. Prof, Communications
- Oct. 24** A "Political Revolution" in Foreign Policy? The Presidential candidates and the United States in the World Today
F. Peter Wagner Assoc. Prof., Political Science



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. Most cards are priced from 65 cents to \$1.50. Some newer cards are \$2.95. Stop in and check out our selection.



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WHITEWATER CITY MARKET

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Through October
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and entertainment

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.

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

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Nutrition Site 262-903-0436
Hours....Mon-Thurs, 9:00 am-4:00 pm

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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 _____
