



The Park Bench

June 2021

Seniors in the Park Newsletter

VOLUNTEER APPRECIATION EVENT!

June 23 11:00 am—12:30 pm

In appreciation for all you do, we are having a cookout in the park. Stop out at the Starin Park Concession Stand, the building with the blue roof by the ball fields, and we'll have a yummy picnic lunch for you. Please register in advance so we can be prepared with your choice of a brat or a hamburger. We'll also have sides, dessert and a thank you gift. Lawn games will be available for those who wish to hang out and play. Come and enjoy a fun lunch with other volunteers. In 2020, volunteers stepped up to help keep things running as best we all could. Thank you all! A total of 89 volunteers donated 1236 hours, even though we were closed for several months. Thanks again for your time and talents! Please reserve your meal by June 16.



Volume XXII Issue 6

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SENIORS IN THE PARK AWARD



The Whitewater Area Chamber of Commerce, hosted its Annual Member Meeting & Awards Presentation virtually on Thursday, April 29th at 6:00pm. Honored with the 2020 Lifetime Impact Award was Seniors in the Park and its dedicated director Deb Weberpal. This award was presented to an organization that has been part of the community for over 20 years and positively impacts the community's development and growth.

Deb and Seniors in the Park were nominated by local resident Carol Holford who says that Deb and the team who staff the senior center regularly go above and beyond to keep local seniors connected and engaged to the community, each other, and their families. We are honored to present this award to an organization so dedicated to the wellbeing of our seniors. Thank you Carol for the nomination!



Seniors in the Park promotes and enhances a vital aging community.

What are your favorite memories of Seniors in the Park? Email or mail your favorite memory or what you like most about Seniors in the Park. Quotes will be used throughout the year and at Anniversary Celebrations.

See Page 14 for help needed at events. Thanks!

40TH ANNIVERSARY OF SENIORS IN THE PARK

These are highlights from the 1995—2003 Senior Council/Forum minutes and newsletters

1995

- Started playing dart ball, had ceramics classes at the Armory and 44 people were in the bowling league
- They held the senior Olympics at the university

1996

- The focus of the minutes are on fundraisers, special event planning and travel
- There is a wish list for computers and a magazine/card rack
- Discussed giving out free cab ride vouchers to get to the center
- Held a senior campout at Singing Hills with other area senior centers
- Started the toenail clinic with Sister Jean
- Requests and discussion of an addition and ramp to the building. Drawings were presented and potential cost is \$22,000.
- “A higher handicap throne has been added to our bathroom to make it easier for some seniors.”

1997

- Milton Seniors donated used computers
- Discussion on addition and fundraising for it. City Council feels it’s not needed
- A program survey was circulated, they offered breakfast bingo, and discussed a Volunteer Appreciation to be held next April

1998

- There was a fire at the Starin Park Community building in March. Activities were held at various facilities around town.
- Sterling Cottage held a fundraiser for SITP and the fire department with a dance, pig roast and rummage sale.
- Started brainstorming ideas for the Community Building going forward
- At the same time the Cravath Lakefront TIF project was going on. It was suggested to move the senior center to the Lakefront building (which would have been much larger than the current building). Seniors were against moving from the park.

1999

- Senior minutes do not exist (99-2002), but the newsletter notes Art Hughes is hired as the Senior Helper.

2000

- Interviewing for a senior specialist in June and the Fran Achen pictures are finished and rehung
- Kim Musser hired in July

2003

- Gina Foucalt is the interim senior coordinator and Dea Creanza is hired in April
- The parking lot is being redone moving the entrance across from Fairhaven (away from the playground), a circle drive is being added by the Community Building
- Culver's bingo was started and the Funds for Friends fundraiser through Sentry (Lois Zipp)
- Lunch Gang renamed Lunch Bunch
- The Remember When group collaborated on the Walking Tour Guide of Historical Whitewater
- Thelma Robbins hired as Administrative Assistant



Wheel of Fortune at Senior Olympics. Guess who is in the pink tuxedo top?



Senior Campout—
Center directors
DeAnna (WW) and
Marie (Fort)

OUTDOOR FITNESS EQUIPMENT CLASS



Tuesday, June 15 10:00 am

Learn how to use the outdoor fitness equipment at Starin Park. Deb Weberpal will be here, with a few helpers, to walk you through each piece of equipment. Most are fairly simple, and all use your body weight. Nothing to adjust or change. Advance registration required by June 10. Call,

email or go online (info on page 7).

The Core & More class used the equipment in May. (photo)

HIKES WITH GINNY

Thursday June 10, 9:00 am

Depart from Starin Park and hike the UWW Prairie. Hike will be approximately one hour.

Suggested items to bring include: water, hat, sunscreen, bug spray or whatever you feel you need for the hike. We are looking for ideas for monthly hikes for July—September, that possibly don't include needing a state park sticker (Ice Age Trail), unless people are willing to car pool or have a sticker.

Please register in advance. Next hike will be July 8 at 9:00 am



POLE WALKING

Do you have poles and want to know how to use them more efficiently and effectively? Maybe you just want to see what they are or to vary your workout. You can increase your cardio workout by 20% and calorie burn by up to 48% more using poles! Lessen the impact on joints, naturally align your spine and work your core. Poles provided or bring your adjustable poles and meet at the Starin Park Concession Building.

Class # 5211.11 Wednesday June 9 @ 1:00 pm

Fee: \$10 member; \$15 non-member Deadline: Thursday June 3

Class # 5211.12 Thursday July 15 @ 10:00 am

Fee: \$10 member; \$15 non-member Deadline: Friday July 9

LET'S PADDLE!

Our first paddle will be Tuesday, June 8, at 1:00 pm on Turtle Lake. Meet at the boat launch west of Snug Harbor. You are welcome to paddle with a kayak, canoe or paddle board. Please check in and sign the paddle waiver before entering the water and wear a personal floatation device. Registration required by Thursday, June 3. Next kayak outing will be Tuesday, June 22, 10:00 am. Watch for more paddles this summer!



LEARN AND PLAY BOCCE

June 7, 1:00 pm

Learn Bocce with a nationally sanctioned adapted boccia ball referee, who will be teaching you the game. Bring water, lawn chair, hat, sunscreen and anything else you may need. Play is on Treyton's Field. Park on the east end of the lot.



LAWN GAMES

Mondays, 1:00 pm

Come on down to the park, bring a friend, if you want, have fun and socialize while playing lawn games. We will have Bocce, ladderball, lawn dice, Kubb and corn hole (bag toss). Remember water, lawn chair (if you want), hat, sunscreen and anything else you may need. Please Register in advance.

We still need a volunteer to help with setup/take down of the games.

WARBLERS

Warblers have resumed singing outdoors as the weather permits. Lori will send out an email reminder.

WEEKLY WALKS

Tuesdays, 9:00 am

There are several walks you can do out of Starin Park or around town. They will be half- to one-hour walks. **I need 3—4 people to lead walks that can alternate weeks.** You choose the route and the date. Thanks! Register in advance so you know where to meet!



VIRTUAL "FUN"CTIONAL FITNESS

**Mondays and Wednesdays
9:00-10:00 am**

Experience a dynamic routine to promote coordination, balance, strength and flexibility. All levels of ability are welcome.

Dates: June 2-30

Fee: \$14.00 Member
\$20 Non-member

Register or add money to your prepay at

<https://schedulesplus.com/wwtr/kiosk/>

or call to use your prepay.

Deadline is Tuesday, June 1



INDOOR WALKING

Fridays Beginning June 4, 9:00 am

Walk to 'Walk Away the Pounds' DVD's. Key holders are needed to open when staff not available. Please contact Deb W.

JOYFUL TOES

Thursday, June 3

This service is by Appointment only. Please call the center at 262-473-0535 to make an

appointment. Deb Scullin, RN, provides the service. Please bring a towel, correct change or check made out to Deb Scullin. Fee is \$15.00.

Next Clinic: Thursday, July 8



COORDINATOR'S COMMENTS

Well, it's been a crazy ride, but as of press time, I'm hoping the mask ordinance will be lifted and most programs will start returning to what they were prior to the pandemic. As exciting as that is, it will be a progression. Please don't expect everything to change immediately. People are welcome to wear a mask or not. It is personal choice.



Some things may change from what is in the newsletter. We will begin using the scan cards again, so please bring yours next time you attend. We will be asking you to sanitize before you use the scanner and tablet. I have to train Debbie on how to use it and how to help you. Lots of people in the building will be new for her, so please be patient.

All in all, patience is what is needed now, as we readjust. I thank you all for following protocols and staying safe over the past year. We wouldn't be where we are if you hadn't.

Grateful and happy, Deb

YOGA WITH BRIENNE

Tuesdays, July 6– August 31, 10—11:00 am
Thursdays, July 8–August 26, 10—11:00 am

This one-hour class will focus on basic yoga postures. You will stretch, strengthen and tone your entire body. Optimal alignment, concentration and relaxation are promoted in every class. As of press time, class will be **in-person** at the Cravath Lakefront Center.

Instructor is Brienne Brown, RYT

Tuesday fee: \$40 members; \$55 non-members

Thursday fee: \$40 members; \$50 non-members

Register & pay online at <https://schedulesplus.com/wwtr/kiosk/>.

Registration Payment/Deadline: Friday, July 2.



ACTIVITIES AT A GLANCE

'FUN'ctional Fitness (virtual)— Mon & Wed. 9:00 am

Yoga (virtual)— Tuesday or Thursday 10:00 am

Tai Chi—Wednesdays, 10:30 am at Armory Gym

Pickleball—Mon., Wed. & Fri. 8:00-10 am & 12:30-2:30 pm; Tues.

& Thurs. 9-11 am; Downtown Armory Gym

Book Club—First Monday 11:00. Books available at Starin Park

Canasta—First and Third Monday at 1:00 pm

Pegs and Jokers – Third Monday at 9:30 am

Mah Jongg - Mondays, 1:00 pm

Sheepshead—Tuesdays 12:30 pm

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BASICS AND BEYOND IN WATERCOLOR: WATER SOLUBLE PENS

June 10 - 24, 1-3:30pm

This three-week watercolor class will focus on using other media with watercolor to create fantastic landscapes. Combining water soluble pens with watercolor can push you out of your comfort zone.....

experimenting with water soluble pen is so FUN! Supplies: Arches cold press 140lb (available at the center) Watercolor paints, Water soluble pen (I use elegant writer or Staedtler), Water soluble crayons (caran d'ache) I can share, Bring your own photos for reference, if you have. Pencil, eraser, sponge, water containers, brushes, paper towel or old rag. Register by calling, emailing or online. (see page 7)

Instructor: Rita Carpenter

Fee: \$37.50 Deadline: June 3



“Nomadland”

Tuesday, June 8, 1:00 pm

Drama; Rated R (Nudity, profanity)

1 hour, 47 minutes (2021)

A woman in her sixties, losing everything financially, embarks on a journey through the West, living as a van-dwelling modern-day nomad.

Oscar winner: Best Picture, Director, and Actress (Frances McDormand).

“The Father”

Tuesday, June 22, 1:00 pm

Drama; Rated PG-13

1 hour, 37 minutes (2020)

A man (Anthony Hopkins) refuses all assistance from his daughter as he ages and succumbs to dementia. Also stars Olivia Colman. Sir

Anthony Hopkins won the Best Actor Oscar for this performance.

“Minari”

Tuesday, June 29, 1:00 pm

Drama/Family; Rated PG-13

1 hour, 55 minutes (2020)

A Korean American family attempts to start a farm in 1980's Arkansas, In search of its own American Dream. Oscar winner for Best Supporting Actress (Yuh-Jung Youn).

BINGO

Tuesdays, 10:00 am

June 8 Mulberry Glen

June 22 Misc. City Bingo

Join us for Bingo!

Come, have fun and say “hi” to friends

you may not have seen in awhile. You are welcome to bring your own snacks,

coffee, tea, soda, or water. We will gradually be adding availability of these items. Thanks to Mulberry Glen for prizes on the 2nd Tuesday.



PUZZLE AND BOOK LOAN

Puzzle exchanges are no longer scheduled. Watch for them again in the fall. Feel free to return or check out puzzles and books anytime we are open

BOOK DONATIONS

We will take donations of books in good condition and published within the past three years. Thanks!



Thanks to the following people who donated to our program fund which helps pay for memberships or

classes people cannot afford.

- * Val Vesely
- * Carolyn Behrens
- * Jane Roberts
- * Marguerite Willman

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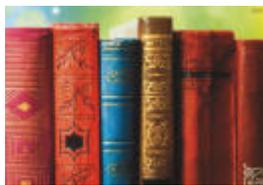
You will need to answer a few questions about your household financial situation so the internet services you're eligible for can be located. A free service from EveryoneOn, a national nonprofit.

TABLET LOAN PROGRAM

Tablets are here! Often people have access to WIFI, but can't afford the



technology to use it. We are starting a tablet loan program. You may check out a tablet, that has zoom preloaded, and take it home to watch one of our presentations or take a class. You must be a member of Seniors in the Park and abide by our lending rules. We have two tablets. Call or email with questions.



BOOK WORMS

Monday, June 7, 11:00 am

The Book Club will discuss *An American Marriage* by Tayari Jones. The June book is *Dear Edward* by

Anne Napolitano.

Dear Edward is a sad, uncomfortable, and heartrending journey- but ultimately a story of hope and inspiration! Twelve-year old, *Edward* is the sole survivor of a plane crash, which took the lives of 191 people, including *Edward's* parents and older brother.

REGISTRATION KIOSK ON-DEMAND INFORMATION & HOW TO CANCEL A RESERVATION

Bookmark/save this registration link:
<https://schedulesplus.com/wwtr/kiosk/>

The kiosk is your go-to place to register, join your activity and now check out On-Demand classes and presentations in the Virtual Center. You can also now cancel a reservation you made for an activity that does not include payment at the kiosk. Call or email if you need assistance with the kiosk.

EMERGENCY BROADBAND BENEFIT ENROLLMENT

The Federal Communications Commission (FCC) announced beginning on May 12, 2021, eligible households will be able to apply for the Emergency Broadband Benefit. The Emergency Broadband Benefit is a program of the FCC designed to help families and households struggling to afford internet service during the COVID-19 pandemic. This new benefit will connect eligible households to jobs, critical healthcare services, virtual classrooms, and much more. For more information about the new program go to: <https://www.fcc.gov/broadbandbenefit>.



MEMBERSHIP



MEMBERSHIP

Thanks to everyone for being flexible and making it through the last year with us!

The fee for residents of the Whitewater School District is \$10 and non-residents is \$15. The funds support our front desk staff person for 15 hours per week. Memberships covers slightly more than half of this cost. The rest comes out of our fundraising monies. If you cannot afford the fee, we have a fund that will cover it for you. Please stop in or call the

office and let us know. We are trying to keep this affordable for everyone.

Thanks for your generosity and support of Seniors in the Park.

MOTORCYCLE RIDES

June 10—Take the beautiful ride to Galena. They have historic trolley rides (which are fabulous), museums, homes to tour, and great shops and restaurants. Depart at 8:00 am. Leader is needed. Rain date is June 17.



June 24—Ride to Waupaca for lunch at the Boathouse and then take a 1.5 hour boat tour on the Chain O' Lakes. **Registration in advance is required to access boat tickets in a timely manner.** Deb will monitor ticket availability and let people know when they are dwindling. We will also monitor weather before purchasing tickets. Depart at 8:00 am. Leader is needed. Rain date is July 23

July 9—Enjoy a fish fry lunch at Sunset Harbor, cross the Wisconsin River on the Merrimac Ferry (ice cream may be involved), and visit Wollersheim Winery & Distillery and walk their beautiful grounds. Depart at 10:00 am. Leader is needed. Rain date to be determined.

July 13—Car Show at Schopiere Tap—Bring a classic car or your motorcycle. Enjoy supper (if you want), the car show and ice cream. Depart at 4:30 pm.

July 18—Head north for the Rockton Chicken BBQ. Departure time TBD.

August is open and we need your ideas!

Riders must arrive prior to departure to show proof of insurance and fill out a participation form. Helmets are recommended. Check the Park Bench newsletter for upcoming rides or get on our email list.

GREETING CARDS

NEW cards are here! We have a great selection of Fravessi cards, including **Graduation**, Birthday, Thinking of You, Wedding, Anniversary, Pet Sympathy, Serious Illness and much more! Most cards are priced from \$1.00 to \$3.50. Stop in and check out our selection, during open hours.

Seniors in the Park welcomes Seniors, Boomers and Adults of all ages on our trips and to our programs.

VAN TRIPS ARE BACK!

Van trips are a go again, but because they are public transportation you must wear a mask while on the van.

Janesville Shopping Wednesday June 2

Pick-ups begin at 9:15. Please call to reserve your seat on the van by June 1 at noon. You can choose one or two stores on the north side of Janesville to be dropped off at. Van back in Whitewater approximately 12:30

Lunch Bunch

Thursday, June 10 depart 10:30 am
Enjoy a lunch at Café 26 in Milton. Please reserve your seat by Tuesday June 8

Fish Fry

Friday June 25 depart 4:00 pm
Enjoy the Fireside Fabulous Fish Fry. Please reserve your seat by Tuesday, June 22



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GREECE

October 11—19, 2021

Join Deb on this fun, historical island-hopping tour, which features Athens, Santorini and Mykonos. See the highlights of Athens, including the Acropolis and the Parthenon. Island hop to Mykonos by high speed ferry. Enjoy Greek tavernas, beaches and the small quaint towns of the island. Santorini is known as the “Black Pearl of the Aegean.” It is the most breathtaking of all the islands, where history and nature combine in this paradise. Tour includes home or local pick up, 11 meals, air transfers and tours per the itinerary and a local guide. \$3699 pp/dbl



MUSIC OF THE MOUNTAINS

October 3 - 10, 2021

See four live shows and tour the fabulous Biltmore Estate, tour the Titanic Museum, ride the Ober Gatlinburg Aerial Tram, tour the Great Smokey Mountains National Park with a local guide, narrated tour of Nashville, tour the Ryman Auditorium, dinner at the Opry Backstage Grill and a show at the Grand Ole Opry. \$2199 pp/dbl. Itinerary available by calling or going online to <https://www.whitewater-wi.gov/273/Seniors-In-the-Park> Mayflower Tours and Cruises

AUTUMN IN THE ADIRONDACKS

September 18—25, 2021

A beautiful autumn trip featuring a 1000 Island Cruise on the St Lawrence River and the Adirondack Scenic Railroad in the heart of the Adirondacks. Visit Singer Castle, an Antique Boat museum, tour Lake Placid site of two Winter Olympics, tour Saratoga Springs and the famed Race Track, enjoy a lunch cruise on Lake George, and spend one night at the Turning Stone Casino Resort. There is free home or local pick up at the center, and 13 meals included.

\$2069 pp dbf or add \$709 for sgl. Deposit is \$200 and the Cancellation Fee Waiver is \$125.

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TUSCANY AND THE ITALIAN RIVIERA

April 23-31 2022

From the rolling hills of Tuscany to the sun-soaked coast of the Italian Riviera, a romantic rendezvous with Italia awaits. Discover regal Turin, surrounded by alpine peaks. Revel in a 2-night stay on the stunning Riviera. Spend a day exploring the Cinque Terre's rugged coastline. Relax with a 3-night stay in a Tuscan estate and savor the sprawling vineyards and charming medieval hill towns of the region. Enjoy an interactive pasta-making demonstration. Visit Lucca, encircled by a stunning set of 16th century walls. Explore the iconic sites of Florence and the medieval charm of San Gimignano.

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LAKESHORE VIRTUAL MEMORY CAFES

A virtual Memory Café is a place where persons with Mild Cognitive Impairment, can join with their care partners to socialize and have fun with other people, going through similar things. Some are starting in person. The Cafés are on the 2nd Wednesday from 1-2 pm.

To register, please contact the ADRC of Walworth County by phone: (262) 741-3273 or email:

walcoADRC@co.walworth.wi.us.

On May 12, the topic is Explore the Great Outdoors.

CAREGIVER SUPPORT GROUPS

Access to support groups is by phone or online.

Virtual Event Listing for Caregivers

This is a one-stop-shop website for all caregiving support groups, virtual events, memory cafes, etc. at the wisconsincaregiver.org website. If the link doesn't take you to the correct page, click on Family Caregiver Support, then Virtual Events for Caregivers.



DEMENTIA FRIENDLY COMMUNITY (DFCI)

Monday, June 21, at 1:30 pm

With a vaccine on the horizon, we need to begin planning how to reopen the respite site, planning for education and training in the community, outreach, assisting caregivers and revisiting our goals. If you are interested in helping in any way or joining us, please call the center at 262-473-0535. Your caring, compassion, knowledge and skills are needed.

EASY ID & FILE OF LIFE

Tuesday June 15 5:30—7:00 pm

**Community Market
Downtown Whitewater**

People with cognitive impairment or memory loss that are at risk, or could be at risk, of getting lost or wandering are encouraged to complete the EZ-ID process. It's free and simple. Demographic information, digital fingerprints, and photos are saved to a jump drive which can be given to the police in the event of an emergency. The jump drive is placed in your File of Life which is placed on your refrigerator.

If you live alone, EZ-ID is also recommended for emergencies.

The **File of Life** will be available both at the Easy ID table and the Whitewater Dementia Friendly table with a purple dementia angel sticker or without. File of Life is also available at Starin Park during open hours.

Easy ID is sponsored by **Walworth County TRIAD** which is a non-profit organization which is part of a national community policing initiative wherein law enforcement professionals, first responders, seniors and community groups partner to meet the crime safety needs of seniors. TRIAD of Walworth County is on Facebook and their website is www.sewistriad.org



MEMORY SCREENING

Wednesday, June 16 1:00 pm

A memory screen is a wellness tool that helps identify possible changes in memory and cognition. The screen can create a baseline of where a person is currently functioning so that future changes can be monitored. It can also help further conversations, if the screen shows possible impairments.

Call 262-473-0535 to make a 15 minute appointment.

CARE TRANSITIONS—SAFETY PLANNING

Wednesday, June 9 12:00pm—1:00pm.

In this presentation we will discuss just a few safety areas including: home, internet and gun safety as well as wandering. Be better prepared for the future and keeping your loved one safe.

Presented by ADRC Dementia Care Specialists

Upcoming topics of discussion:

July- Driving

August- Grief

REMINDERS

If you change your email, phone number or address, please remember to let us know. There are times we need to contact you with cancellations or other information. Thanks for your help.

NEWSLETTER SUBSCRIPTION

To have the Seniors in the Park Newsletter mailed to your home for one year, send or drop off \$8.00 with your name and address. To receive the newsletter FREE, go online to wwparks.org, www.whitewater-wi.gov, click on Departments, then Seniors in the Park or ourseniorcenter.com/find/seniors-in-the-park.

Newsletters are also available outside the Starin Park Community Building on the post by the stairs.



NEW ONLINE SITE FOR OUR NEWSLETTER

For those of you who used OurSeniorCenter.com to find our newsletter, it is NOW MyCommunityOnline.com. It includes all listings of senior centers and their newsletters, as well as community and intergenerational centers, too! Just type in a zip code or name of the center. Several senior centers in the state are on this site.

⇒ Whitewater Dementia Friendly

⇒ Whitewater Parks and Recreation

⇒ Whitewater Aquatic & Fitness Center



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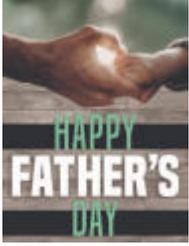
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Activity Calendar

June 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
	1 9:00 Weekly Walk 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 12:30 Sheepshead	2 8:00 Pickleball (A) 9:30 Jville Shopping 9:00 FUNctional Fitness (V) 10:30 Tai Chi (A) 12:30 Pickleball (A)	3 8:30—2:30 Joyful Toes 9:00 Pickleball (A) 10:00 Yoga with Brienne (V)	4 8:00 Pickleball (A) 9:00 Indoor Walking 12:30 Pickleball (A) CLOSED
7 8:00 Pickleball (A) 9:00 FUNctional Fitness-(V) 11:00 Book Club 12:30 Pickleball (A) 1:00 Canasta 1:00 Learn Bocce 1:00 Lawn Games 1:00 Mah Jongg	8 9:00 Weekly Walk 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 10:00 Bingo (AM) 12:30 Sheepshead 1:00 Movie "Nomadland" 1:00 Let's Paddle	9 8:00 Pickleball (A) 9:00 FUNctional Fitness (V) 10:30 Tai Chi (A) 12:30 Pickleball (A) 1:00 Pole Walking	10 8:00 Galena motorcycle ride 9:00 Hike with Ginny 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 10:30 Lunch Bunch 1:00 Watercolor (B)	11 8:00 Pickleball (A) 9:00 Indoor Walking 12:30 Pickleball (A) CLOSED
14 9:00 FUNctional Fitness-(V) 12:30 Pickleball (A) 1:00 Lawn Games 1:00 Mah Jongg 	15 9:00 Weekly Walk 9:00 Pickleball (A) 10:00 Outdoor Fitness 10:00 Yoga with Brienne 12:30 Sheepshead 4:00 Easy ID at the Market	16 8:00 Pickleball (A) 9:00 FUNctional Fitness (V) 10:30 Tai Chi (A) 12:30 Pickleball (A) CLOSED	17 8:00 Breakfast Bunch 9:00 Pickleball (A) 10:00 Yoga with Brienne 1:00 Watercolor (B)	18 8:00 Pickleball (A) 9:00 Indoor Walking 12:30 Pickleball (A) CLOSED 
21 8:00 Pickleball (A) 9:00 FUNctional Fitness-(V) 9:30 Pegs & Jokers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg 1:00 Lawn Games 1:30 DFCI Meeting	22 9:00 Weekly Walk 9:00 Pickleball (A) 10:00 Let's Paddle 10:00 Yoga with Brienne 10:00 Bingo 12:30 Sheepshead 1:00 Movie "The Father"	23 8:00 Pickleball (A) 9:00 FUNctional Fitness (V) 10:30 Tai Chi (A) 11:00 Volunteer Appreciation 12:30 Pickleball (A) Office closed	24 8:00 Waupaca motorcycle ride 9:00 Pickleball (A) 10:00 Yoga with Brienne 1:00 Watercolor (B)	25 8:00 Pickleball (A) 9:00 Indoor Walking 12:30 Pickleball (A) 4:00 Fish Fry CLOSED
28 8:00 Pickleball (A) 9:00 FUNctional Fitness-(V) 12:30 Pickleball (A) 1:00 Lawn Games 1:00 Mah Jongg Office closes at 1:00	29 9:00 Weekly Walk 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 12:30 Sheepshead 1:00 Movie: "Minari" Office closes at 1:00	30 8:00 Pickleball (A) 9:00 FUNctional Fitness (V) 10:30 Tai Chi (A) 12:30 Pickleball (A) CLOSED	Activities take place at the Starin Park Community Building unless otherwise noted. V=Virtual A=Downtown Armory, 146 W North St AM = Amphitheater at Cravath Lakefront B=In Person & Virtual C=Cravath Lakefront Ctr	

WALWORTH COUNTY NUTRITION SITE

Persons 60 and over and spouse, regardless of age, are eligible to participate. The suggested donation is \$3.00, but you may donate what you can. Those unable to contribute are still welcome at the site. Call 1-262-741-3333 to make a reservation by noon, one business day in advance. Reservations are required. **Call 1-262-741-3333 to CANCEL your meal no later than 8:00 am day of your reservation.** Please leave your name and dining center when calling. Meal site is at Brookdale Manor Monday, Wednesday, Thursday and Friday and at Blackhawk Manor on the third Tuesday of the month, serving at 11:30 am.

As of press time, meals are carry-out only at the Brookdale site.

MEALS ON WHEELS:

For information on or to order meals, contact Marguerite Willman, 708-822-0539. Meals only delivered in the city. Currently delivering three meals on Mondays and two on Thursdays.



WHITEWATER FOOD PANTRY:

At the Downtown Armory, 146 W. North St, Open Wednesdays and Thursdays 8:30 am-12:00 pm. Please wash your hands and practice social distancing.

COMMUNITY SPACE

Still distributing food Tuesday & Thursday 8:30-11 am, Wednesdays 3:30-7 pm and Saturdays 8:30 am-2 pm. Please wash your hands, practice social distancing and stay home if you are sick.

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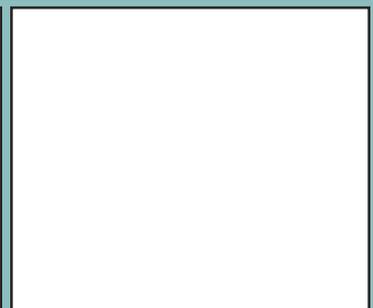
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NEW PARTICIPATION FORMS

If you haven't been to the center in the past few weeks, we have a new participation form for everyone to fill out. It's been a long time since some of you filled them out and we are finding lots of info that has changed. We also added a few categories for you to answer. The new sheets are on yellow, so if you haven't filled out a new form please stop in and do so. Thanks!

SENIOR FARMERS' MARKET NUTRITION PROGRAM

The Senior Farmers' Market Nutrition Program (Senior FMNP) provides older adults with a set of vouchers worth \$25 (one set per household) to purchase fresh, Wisconsin grown fruits, vegetables and herbs from certified farmers. At this time, the ADRC of Walworth County expects, but cannot guarantee, the program will be available to Walworth County residents in 2021. To receive distribution information when available, please contact Anna Blamer at 262-741-3309.



THERMOSTAT

The thermostat is set at 70 degrees in the building. Please bring a sweater or extra layer, if you think you will need it.



FAST FORWARD

Fast-Forward, an hour-long video on PBS about aging. This is a powerful video showing stigma against aging and a reminder to prepare for the future. PBS is offering the video thru the end of April in the link below. Click here to watch the film again: <https://www.pbs.org/video/fast-forward-eldngj/>



40TH ANNIVERSARY HELP NEEDED

The actual date of the opening of the Seniors in the Park program is June 28. That may be a little early to gather and celebrate, the festivities will take place August 22-28. In addition to help at events, I need you to help plan all of them. You can register to help at our kiosk. <https://schedulesplus.com/wwtr/kiosk/>

WIN!!! Raffle Tickets for prizes will be available at each event. Earn one by attending, earn 2 by bringing a new friend (50+), earn 5 for every hour you volunteer at an event. Prizes will be listed in next months newsletter.

4th of July Float—Let's make one! We need a trailer, a driver, place to work on it, people to work on the float and people to walk in the parade.

We will sponsor the **Concert in the Park** Tuesday, August 24. We will need help distributing ice cream treats and possibly assistance with Easy ID. If I have raffle prizes, help will be needed with distribution of tickets. (This is filled)

A **Community Picnic Celebration** will be on Sunday, August 22, 12 noon-3:00 pm. Help will be needed with set up, prepping, grilling and serving food, and clean up after. Assistance with monitoring and parking classic cars in the lot across from Fairhaven.

An **Open House** will be on Thursday, August 26 from 1:00—3:00 pm. Help will be needed to greet guests and serve cake and beverages. Help is needed planning the event and prepping a video.

Photos need to be gone through, scanned and a photos montage made for the anniversary. Can be done in your time but needs to be complete by August 18.



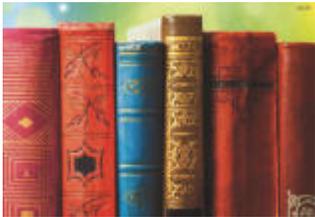
YOUR INPUT IS NEEDED—WALWORTH COUNTY AGING PLAN 2022–2025

Programs and services for older adults and adults with disabilities play a major role in the health of our community.

The Walworth County Aging and Disability Resource Center (ADRC) is developing a plan on how best to provide the services that keep older people healthy and independent. This plan will help to identify priorities and guide the ADRC staff with providing programs and services that best meet the needs of those living in Walworth County.

We need your help! We want to know what you think is important for individuals to be as independent as possible and have a good quality of life while they age. We have created a short survey we would like you to complete. The survey is available online or a paper version can be sent to you. The online survey link is <https://www.surveymonkey.com/r/ADRC2022-2025>. If you would like us to send you a paper version, please call Kyla at (262) 741-3378 or email kbarrows@co.walworth.wi.us to make this request.

LIBRARY HOME DELIVERY PROGRAM



The Irvin L. Young Memorial Library offers free home delivery of books, including large print and audio, magazines, movies on DVD and music on CD. You can have up to 30 items in any combination at a time. Items are delivered ten times a year (every 5 weeks) on a Thursday. Any city resident who is

temporarily or permanently unable to visit the library due to disability or health problems or who are unable to drive. Sign up by calling the library at 262-473-0530 and ask for the Home Delivery Program Coordinator. They will also help you sign up for a library card if you do not have one.

PARK BENCH ONLINE!



New Site Link.

You can now get your copy of *The Park Bench* online

by clicking on or going to the following link

MyCommunityOnline.com. Just type in a zip code or name of the center. Several senior centers in the state are on this site.

SENIORS IN THE PARK COMMUNICATION

Most of our communication is through email. Please check your junk/spam mail and add: wwtr@schedulesplus.com to your safe-sender list. SchedulesPlus is the software program we use at the center for checking in, registering you for classes and events and taking payments.



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SENIORS IN THE PARK

504 W Starin Rd, PO Box 178
Whitewater WI 53190

Phone 262-473-0535

Hours Monday—Thursday
9:00 am—3:00 pm
Closed Fridays

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Newsletter Editor

Romelle Koch

Parks & Recreation Director

Eric Boettcher

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

Seniors in the Park is a division of
Whitewater Parks and Recreation



40TH ANNIVERSARY—SAVE THE DATES!

A **Community Picnic Celebration** will be on Sunday, August 22, 12 noon-3:00 pm. Bring family and friends and help us celebrate with food, music, classic cars, and outdoor games.

We are hosting the **Concert in the Park featuring tony Rocker “Elvis”** on Tuesday, August 24 from 5:30—7 pm. Check out the Community Market and enjoy sweet treats at the concert.

Karolyn Alexander Tscharnack will be offering a **Free make and take card class** and will furnish all the supplies on Wednesday August 25 at 1:00 pm

An **Open House** will be on Thursday, August 26 from 1:00—3:00 pm. Stop in, leave a message in our book (or on something we will have). Enjoy cake, beverages and check out old photo albums and a video montage of our journey through the years.

WIN!!! Raffle Tickets for prizes will be available at each event. Participants and members earn one by attending, earn 2 by bringing a new friend (50+), earn 5 for every hour you volunteer at an event. Prizes will be listed in next months newsletter.

