



The Park Bench

July 2021

Seniors in the Park Newsletter

40TH ANNIVERSARY—SAVE THE DATES!



The theme for the anniversary is “Better with Age!”

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.

A **Free Make and Take Card class** is being offered by Karolyn Alexander Tscharnack on Wednesday August 25 at 1:00 or 2:15 pm. She will furnish all the supplies. (See page 6 for more details)

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. We will also have the unveiling of the **Anniversary Quilt** our sewers have been working on.

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

Volunteers are needed! If you can help out at any of these events, please see page 14 for what is needed. You can sign up to volunteer by calling or at our kiosk: <https://schedulesplus.com/wwtr/kiosk/>. Volunteers receive one of our 40th anniversary t-shirts. Give us your size when you sign up.

40TH ANNIVERSARY T-SHIRTS

Our ruby red t-shirts (because 40th anniversary is ruby) proclaim, “Better with Age” on the front and have our 40th logo on the back. Volunteers will receive their shirt free and others will be able to purchase one for \$10. I have ordered a few extra, so get your order in! Samples available after July 5.



Volume XXII Issue 7

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

40th Anniversary

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 2004 to today from the Forum minutes and newsletters

2004

- Book club started
- Senior intern Sally Wellnitz fills in when Dea Creanza leaves
- August—Deb Weberpal hired as Senior Coordinator

2005

- First Easter Bunny Luncheon Fundraiser/Community event held in conjunction with Optimist Easter Egg Hunt
- Acoustic tiles installed in West Room
- First “One Stop Shop” Fundraiser held at the Armory

2006 25th Anniversary of Seniors in the Park

- Mary Zordel begins teaching Functional Fitness on Thursdays
- New curtains and blinds installed in West Room
- Mardi Gras/25th Anniversary Dance at the Armory
- Started doing car inspections and cleaning with high school students
- Anniversary Open House and Ice Cream Social in June
- Working on a 25th anniversary Cookbook
- Anniversary float in the 4th of July parade “We’re off our Rockers” - We are out fishing, hiking, golfing, biking, bowling, dancing, etc.
- Anniversary picnic in the Starin Park Shelter. Jason the Juggler entertained, Watermelon Seed Spitting contest, Pie Auction fundraiser ending with a pie in the face to Auctioneer/Parks & Rec Director Tom Barnes.
- Sound system purchased for fitness and movies
- In December, learned about the new Prairie Village Complex

2007

- Formed a committee to look into a new van
- Shared stories for the Whitewater Home Coming event
- Parks & Rec Director Tom Barnes (18 yrs) and Recreation (16 yrs) and Senior (9 yrs) Coordinator DeAnna Brunner, both left Whitewater Parks and Recreation (DeAnna is the reason I came to Whitewater)
- Started working on our first Accreditation
- Matt Amundson hired as Park and Rec Director
- Started cell phone recycling as a fundraiser with volunteer Linda Loomer
- First watercolor class with Marilyn Fuerstenberg
- Van Million Penny Fundraiser started
- Our current mission statement became official

2008

- Changed the Senior Meeting title to Senior Forum
- First mention in minutes of dropping senior from the title of the group
- No Bake—Bake Sale Fundraiser for the van

2009

- Started requiring participation forms
- Approved to paint lobby and library green
- First Accreditation reviewed and awarded
- A Nelson demo van was purchased



TAI CHI AND WUJI GONG

10:00 am Qi Gong (by the power near the concession stand)

10:45 Tai Chi (east end of the parking lot under the trees)

Weather related site changes: Rain, under the concession stand (building with blue roof). Storms, meet at the Armory Gym.

Ken started doing Wuji Gong (From the Emei Qigong tradition) a couple months ago. It's simple and easy and is more accessible than tai chi for many seniors. No experience needed.

Emei Qigong is a school of Chan (Zen) Qigong that promotes good health, emotional balance, and spiritual awareness through practices that strengthen the body's vital energy. It is a complete and comprehensive system with simple, effective practices for beginning students and a graduated series of trainings that allow dedicated students to deepen their ability and advance spiritually.

HIKES WITH GINNY

Thursday July 8, 9:00 am

Hike the Nordic Trails on Hwy H north of La Grange. We will meet at SITP to carpool, state park sticker is required to park at the trails. Suggested items to bring include: water, hat, sunscreen, bug spray or whatever you feel you need for the hike. Please register in advance. Next hike will be August 12 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 # 5211.12 Thursday July 15 @ 10:00 am

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

LET'S PADDLE!

Tuesday, July 13, 9:00 am 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, July 8.



CLASSIC CARS NEEDED

July 22 and August 22

The Fairhaven parade will happen again on Thursday July 22 with the parade only going through the Fairhaven campus. Parade begins at 2:00. Cars will once again meet in the Starin Park parking lot.

Classic cars are also needed for the 40th Anniversary picnic on Sunday August 22. The event starts at noon and the Starin parking lot across from Fairhaven will be blocked off for classic cars only. Please call the center if you will have a car here for the Anniversary picnic. Thanks!!



LAWN GAMES

Mondays, 10:00 am

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.

TENNIS WOMEN NEEDED

Senior women are needed who are interested in playing Masters Tennis or regular tennis. For info call Jean Bula 608-412-0066 or Sue Leffingwell 262-527-7331

HYBRID "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: July 7-29

Fee: \$11.00 Member
\$16 Non-member

Register at the kiosk or call to use your prepay.

Maximum in person is 20

Deadline is Friday, July 2



INDOOR WALKING

Fridays 9:00 am

Walk to 'Walk Away the Pounds' DVD's.

JOYFUL TOES

Thursday, July 8

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, August 5



COORDINATOR'S COMMENTS

State Accreditation is done! We had our review on Friday, June 18 and it went well. Thanks to the committee that helped with the process: Mark Dorn, Faye Schultz, Bobbie Flanders, Ellen Long, Eda Wilson, Diane Garvens, Virginia Epps, and Kathy Brimmer. They all brought something unique to the table. I'm grateful for their time and talents.

More activities are starting to be in person or hybrid. Fitness and yoga will be both in July, with limits on numbers in person. The beauty of technology is that we can do both and accommodate those who can't or don't want to be in persona and those that do.

One big project down, now onto the 40th Anniversary! We will have 40th Anniversary t-shirts available, if you would like to purchase one, or if you are volunteering, you will get one to wear at the event you volunteer at. Sign up online or call to volunteer. We need lots of help at our many events.

Grateful and happy, Deb



YOGA WITH BRIENNE

Tuesdays, July 6—August 31, 10—11:00 am
Thursdays, July 8—Sept. 2 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. You can also join online.

Instructor is Brienne Brown, RYT

Tuesday fee: \$45 members; \$55 non-members

Thursday fee: \$45 members;; \$55 non-members

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

Registration Payment/Deadline: Friday, July 2.



ACTIVITES AT A GLANCE

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

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

Tai Chi—Wednesdays, 10:45am at Starin Park

Wuji Gong—Wednesdays, 10:00 at Starin Park

Indoor Walking—Fridays, 9:00 am

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

Bingo—First, second and fourth Tuesdays 10:00 am

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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40TH ANNIVERSARY MAKE AND TAKE FREE EVENT—JUST BECAUSE

August 25 1:00—2:00 and 2:15—3:15

To celebrate 40 years of Seniors in the Park please join Karolyn Alexander for a hands-on activity to create your own unique one-of-a-kind note card. All supplies will be furnished including an envelope. Did you know that August 27 is “Just Because Day”? Why not surprise someone by sending them your original note card, “Just Because”. Bring an address and stamp and send it out right away! Want to do one or more extra cards? Donate \$1-\$2 per card.

You are welcome to drop in at any time between 1:00 and 3:15 pm. However, Karolyn will give a brief demonstration at 1:00 pm and again at 2:15. Sample note cards will be available to inspire you. Advance registration is requested so we have enough materials for everyone by August 23. Call 262-473-0535, email dweberpal@whitewater-wi.gov or go online

Limit 15 attendees per session.

ABSTRACT COLLAGE—WORKING IN SERIES

Mondays
August 2—23
1:00—4:00 pm
Open to all levels

This four-week workshop will focus on creating a series of small collages. Subject matter will be abstract composition with a theme of personal memories (trips, events, collections, people, etc.). A supply list will be sent upon registration.

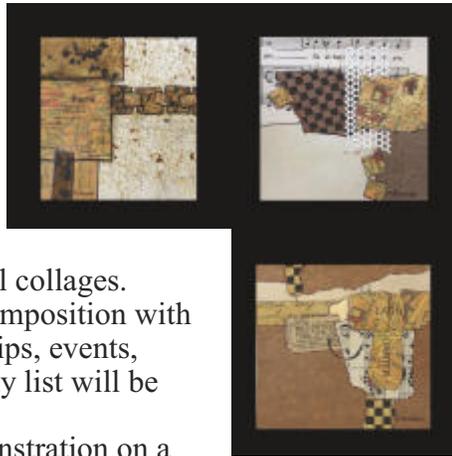
Each session will include a demonstration on a technique or concept and plenty of time for individual work with optional one-on-one coaching. Beginning, intermediate and advanced concepts will be covered.

Instructor: Karolyn Alexander Tscharnack

Cost: \$15 per class or \$50.00 session fee for all 4 classes for those who are pre-registered. Session fee is payable to the instructor on August 2nd by cash or check.

Deadline: Monday, July 26 by calling the Starin Park Community Center at 262-473-0535, at the kiosk, or send email to karolynalexander@att.net or text to 262-203-3144.

Minimum – 8 people Maximum – 12 people
If minimum is met, walk-ins may attend for the \$15 per class fee.
Please call ahead to make sure the class minimum has been met.



SEWING GROUP

Fridays 10:00 am

Join other sewers and share ideas, get help, and have fun. Bring your machine and anything you may need. Either bring a lunch or go out with the group. Stay as long or short as you want. Questions, call Carolyn at 262-903-5678.



WATERCOLOR CLASS: BASICS AND BEYOND

August 5—26 1:00—3:30

Please join Rita Carpenter for some watercolor fun! Subjects to be covered include lighthouses and rocks. You will learn how to paint shadows on white lighthouses and several techniques to paint rocks.

Fee: \$50.00

Deadline: Friday
July 30



LEARN OR REFRESH MAH JONGG

Mondays in August, 1:00 pm

Diane will be back in August to help you learn Mah Jongg or refresh your game. It's been awhile for some people so let us know if you will be here to learn or play.



TECH TUTORS

Our tech Tutors are back and ready to help out. Call to set up an appointment.



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, July 12, 11:00 am

The Book Club will discuss *Dear Edward* by Anne Napolitano. The August book is *The Secret Life of Bees* by Sue Monk Kidd.

The story of Lily Owens, whose life has been shaped around the blurred memory of the afternoon her mother was killed in 1964.. When her fierce-hearted black "stand-in mother," Rosaleen, insults three of the deepest racists in town, Lily decides to spring them both free. They escape to Tiburon, South Carolina--a town that holds the secret to her mother's past. Taken in by an eccentric trio of black beekeeping sister, Lily is introduced to their mesmerizing world of bees and honey, and the Black Madonna.



Tuesdays, 10:00 am

July 6 Culver's Bingo

July 13 Mulberry Glen

July 20 Misc. & City Bingo

Join us for Bingo! Beverages will be available starting in July. Keep bringing your own snack. Thanks to **Culver's and Mulberry Glen** for sponsoring prizes. City Bingo sponsors include:

**Dale's Bootery * Floral Villa * Binning & Dickens Insurance
Dental Perfections * Brain Freeze * Taco Fresco
Dalee Water Conditioning * Whitewater City Market * Rick's**

REGISTRATION KIOSK ON-DEMAND & 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 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.



"Judas and the Black Messiah"

Tuesday, July 13, 1:00 pm

(Biography/Drama/History) 2 hours, 6 minutes (2021)

Rated R (Violence, profanity)

In 1966, William O'Neal (the Judas) is offered a plea deal by J. Edgar Hoover to infiltrate the Illinois chapter of the Black Panther Party to gather intelligence on Chairman Fred Hampton (The Black Messiah). Stars Oscar winner (Best Supporting Actor) Daniel Kaluuya, LaKeith Stanfield, and Martin Sheen. This is a powerful interpretation of American racial history.

"The Little Things"

Tuesday, July 27, 1:00 pm

(Crime/Drama/Thriller) 2 hours, 8 minutes (2021)

Rated R (Violence, profanity, intense scenes)

A burnt-out California deputy sheriff (Denzel Washington) teams up with a crack LAPD detective (Rami Malek) in the search for a serial killer (Jared Leto) who is terrorizing Los Angeles. This is an edge-of-your-seat police/crime story! Globe and Oscar nominations for Jared Leto.

MOTORCYCLE RIDES

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.



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 9:00 am. Leader is Bill Mc Cormick.

July 21—Waupaca Boat ride trip (cancelled from June) 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.** Depart at 8:00 am. Leader is needed. Rain date is July 23

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.

MADISON MALLARDS

Wednesday, July 14 (Van)

As of press time, working on a trip to the Mallards for a 12:05 game. Call for details and get your reservation & payment in today!



WISCONSIN STATE FAIR

Thursday August 5 (Van)

It's Fair time! Spend the morning and part of the afternoon at the fair. Enjoy Cream puffs, entertainment, food and more! Entrance fee is on your own. As of press time, no discounts were posted and senior fee is \$9.

Fee: \$12 members, \$17 non members (transportation, parking & driver)
Deadline: July 23 Depart 8:30 am; return approx. 4:30 pm



AUTUMN APPLE TRIP (WINE, TOO!)

Thursday, September 30

Ride a coach bus to Ski Hi Apple Orchard with yummy treats, apples and a beautiful view of the surrounding area. Have an included lunch in Baraboo. Enjoy wine tasting at the Balanced Rock Winery and stroll the beautiful grounds at Wollersheim Winery and Distillery. (Tasting may be on your own; will know more in July.) There may be a surprise stop, if time permits.

Fee: \$50 (no Wollersheim tour) OR \$60ish (with Wollersheim group tour). Deadline: August 26
Depart: 8:00 am Starin Park and 8:30 am Fort Atkinson. Return approx: Starin 6:00 pm Fort 5:30 pm

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, July 7

Pick-ups begin at 9:15. Please call to reserve your seat on the van by July 6 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, July 8 Depart 10:30 am

Enjoy a lunch at the Blue Bay Inn in Mukwonago. Please reserve your seat by Tues. July 6

Breakfast Bunch Thursday, July 15, 8:15 am

Enjoy coffee, conversation and yummy breakfast by joining the Breakfast Bunch. Eat at the Princess Café in East Troy.

Fish Fry

Friday July 23, depart 4:00 pm
Enjoy the fish fry at Someplace Else in Elkhorn Please reserve your seat by Tuesday, July 20. We sold out last month!

GREECE

October 11—19, 2021 Last Chance to Sign up!

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
Virtual travel presentation available. Contact the office.



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.

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. Throughout your journey, discover a land rich in history, culture and cuisine. 9 days, 11 meals. Airfare included out of Milwaukee. Collette Tours

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

LAKESHORE MEMORY CAFES

A 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. The Cafés are on the 2nd Wednesday from 1-2 pm. The July Café is at Riverside Park, 517 Congress St. in Burlington with the topic of Mark Twain.

To register, please contact the ADRC of Walworth County by phone: (262) 741-3273 or email: walcoADRC@co.walworth.wi.us.

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 INITIATIVE (DFCI)



Monday, July 12, at 1:30 pm

We are reopening the respite site, planning for education and training in the community, outreach, and supporting caregivers. 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.

ROCKIN' RESPITE OPENS JULY 13!

We are so excited to be reopening the respite site on July 13! Thanks to all the volunteers who are returning and the new volunteers who will be joining us. A huge shout out to Pat Metz who has been keeping our caregivers informed through out Covid and will once again be the site coordinator. Tracy Rusch from Mulberry Glen will be the activity coordinator. Mulberry Glen also furnishes the meals for the site. July will begin with 4 guests and if all goes well we will be able to add two more guests in August.



If you have been considering volunteering, please sign up as we are in need of people to spend a minimum of three hours a month with our guests. There is training by the FHC nurse on dementia and friending your guest. It's a fun and interesting three hours. Call or email for more information.

As we start back up, we also need supplies: Small cans of regular and decaf coffee, sugar free instant lemonade, coffee creamer, non-sugar sweetener packets, granola bars and protein bars. Thanks for your generosity.

CARE TRANSITIONS—DRIVING

Wednesday, July 14 12:00pm—1:00pm.

Some medical conditions (such as dementia) or medications can make a person unfit to drive. Doctors can make this determination but families have to enforce. A person with dementia may forget this directive and drive, anyway. Enforcing the order can be a challenge. Registration Link: dhs.wi.gov/dcs-webinars

Presented by ADRC Dementia Care Specialists

Upcoming topics of discussion: August- Grief

UPCOMING EVENTS:

July 12th NEW Book Club- *Creating Moments of Joy* by Jolene Brackey

August 5th- Dr. Alexis Eastman from UW Madison presentation 'What to Expect in Dementia'

November 4th and 11th- Elder Law and Financial Advisor Presentations (Noon and 6pm)

November 18th- Teepa Snow- Dementia Extraordinaire 'Humor and Caregiving'

To register or get more information call 920-675-4035 or email heatherj@jeffersoncountywi.gov. sponsored by the Dementia Care Specialist of Jefferson County. All are welcome!

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



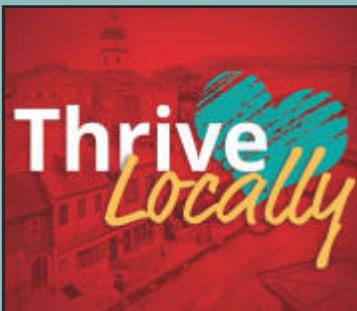
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Activity Calendar

July 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p>Activities take place at the Starin Park Community Building unless otherwise noted.</p> <p>A=Downtown Armory, 146 W North St H=Hybrid (In Person & Virtual) C=Cravath Lakefront Ctr V=Virtual</p>			<p>1 9:00 Pickleball (A) 10:00 Yoga with Brienne (HC)</p> <p>Office closes at 1:00</p>	<p>2 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A)</p>
<p>5 CLOSED</p> 	<p>6 9:00 Weekly Walk 9:00 Pickleball (A) 10:00 Yoga with Brienne (HC) 10:00 Culver's Bingo 12:30 Sheepshead</p>	<p>7 8:00 Pickleball (A) 9:00 FUNctional Fitness (H) 9:15 Jville Shopping 10:00 Wuji Gong 10:45 Tai Chi 12:30 Pickleball (A)</p>	<p>8 8:30—2:30 Joyful Toes 9:00 Hike with Ginny 9:00 Pickleball (A) 10:00 Yoga with Brienne (HC) 10:30 Lunch Bunch 1:00 Watercolor (B)</p>	<p>9 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Fish Fry motorcycle ride 10:00 Sewing 12:30 Pickleball (A)</p> <p>OFFICE CLOSED</p>
<p>12 8:00 Pickleball (A) 9:00 FUNctional Fitness-(H) 10:00 Lawn Games 11:00 Book Club 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg 1:30 DFCI Meeting</p>	<p>13 9:30 Let's Paddle 9:30 Rockin' Respite 10:00 Mulberry Bingo 10:00 Yoga with Brienne (HC) 12:30 Sheepshead 1:00 Movie "Judas and The Black Messiah" 4:30 Ride or take classic car to Shopiere Tap</p>	<p>14 8:00 Pickleball (A) 9:00 FUNctional Fitness (H) 9:45 Mallards Trip 10:00 Wuji Gong 10:45 Tai Chi 12:30 Pickleball (A)</p>	<p>15 8:15 Breakfast Bunch 9:00 Pickleball (A) 10:00 Yoga with Brienne (HC) 10:00 Pole Walking</p>	<p>16 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A)</p> <p>18 9:00 Chicken BBQ motorcycle ride</p>
<p>19 8:00 Pickleball (A) 9:00 FUNctional Fitness-(H) 9:30 Pegs & Jokers 10:00 Lawn Games 12:30 Pickleball (A) 1:00 Mah Jongg</p>	<p>20 9:00 Pickleball (A) 10:00 Yoga with Brienne (HC) 12:30 Sheepshead</p>	<p>21 8:00 Waupaca Motorcycle Ride 8:00 Pickleball (A) 9:00 FUNctional Fitness (H) 10:00 Wuji Gong 10:45 Tai Chi 12:30 Pickleball (A)</p>	<p>22 9:00 Pickleball (A) 10:00 Yoga with Brienne (HC) 2:00 Car Parade @ Fairhaven</p>	<p>23 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) 4:00 Fish Fry</p>
<p>26 8:00 Pickleball (A) 9:00 FUNctional Fitness-(H) 10:00 Lawn Games 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg</p>	<p>27 9:00 Pickleball (A) 9:30 Rockin' Respite 10:00 City Bingo 10:00 Yoga with Brienne (HC) 12:30 Sheepshead 1:00 Movie: "The Little Things"</p>	<p>28 8:00 Pickleball (A) 9:00 FUNctional Fitness (H) 10:00 Wuji Gong 10:45 Tai Chi 12:30 Pickleball (A)</p>	<p>29 9:00 Pickleball (A) 10:00 Yoga with Brienne (HC)</p> <p>OFFICE CLOSED</p>	<p>30 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A)</p> <p>OFFICE CLOSED</p>

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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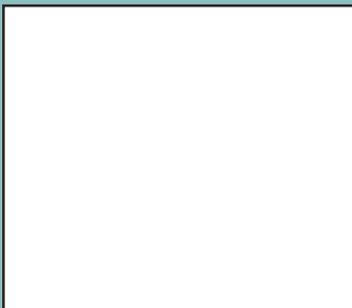
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Virginia Epps, and Kathy
Brimmer

- * **Bonnie Wagner** for being the fitness helper throughout Covid
- * To the **Parks and Recreation Crew** for helping with Volunteer Appreciation
- * Bingo Donations—**Betty Sweno, Rose Ellestad, Myrtle Roberts and Mark Dorn**
- * Cash Donation—**Anonymous**

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.

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 73 degrees in the building. Please bring a sweater or extra layer, if you think you will need it.



40TH ANNIVERSARY HELP NEEDED

The actual date of the opening of the Seniors in the Park program is June 28. When planning, this seemed a little early to gather and celebrate, so the festivities will take place August 22-28. 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 an event: earn 2 by bringing a new friend (50+): earn 5 for every hour you volunteer at an event. Prizes will be listed in next month's newsletter.

FREE T-SHIRTS get one by volunteering at an event. They will also be available for sale for \$10 (see page 1).

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. Help monitor and play lawn games. Assistance with monitoring and parking classic cars in the lot across from Fairhaven.

Classic Car Show will be part of the picnic celebration. Let us know if you will be attending with a classic car. The parking lot closest to Starin Rd (across from Fairhaven) will be set aside for classic cars.

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.

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



COMMON AND SUDDEN EYE CONDITIONS THAT CAN IMPACT YOUR VISION

Date and time TBD

As we age, taking care of our health is more important than ever. This is especially true when it comes to caring for our senses. Eyes and vision are no exception to this rule, yet many times this is an area where we neglect receiving care. With regular care, seniors can properly take care of their eyes, allowing them to maintain functionality and independence.

Dr. Moseman will share information about cataracts, glaucoma, dry eyes, and macular degeneration in this presentation. She also will discuss how it's possible to have a "stroke in the eye," or an inflamed blood vessel that leads to the eye, which can both result in sudden decreased vision. One is painful and one is painless, but both can be life threatening and require immediate attention. There are also some medications that can cause eye symptoms, occasionally including vision loss, and it is important to know your risks and be screened appropriately. Your independence, especially driving and safety from falls, depends on your eye health.

Presentation will be in person or virtual.

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.

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>.

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](https://www.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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Front Desk

Debbie Andrus

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



THE MAGIC OF MUSIC & BRAIN ACTIVITY

Alzheimer's affects an estimated 5.5 million Americans and is the sixth-leading cause of death in the U.S., killing more than breast cancer and prostate cancer combined. It is the only leading cause of death that cannot be prevented, cured or slowed.

While there is no cure for Alzheimer's, certain therapies have proven effective in helping patients recall memories and emotions. Research has found that music improves mental performance. Both singing along and listening to music are impactful, with singing along showing the most improvement.

Researchers attribute this boost in brain activity to the following factors:

- **Music evokes emotion that can restore memory** more effectively than anything else. Incorporating music into everyday activities can help people develop a rhythm that allows them to recall the memory of that activity.
- **Musical aptitude and appreciation are two of the last remaining abilities** in people with dementia.
- **Music fosters emotional and physical closeness.**
- **Singing stimulates the brain.**
- **Music can change mood, help individuals manage stress, stimulate positive interactions and improve cognitive function.**

For more information on hearing and brain health, contact an audiologist at Fort HealthCare Audiology at 920.563.6667 to schedule a hearing evaluation or complimentary hearing screening.