



The Park Bench

August 2021

Seniors in the Park Newsletter

40TH ANNIVERSARY—LET’S CELEBRATE!

Volume XXII Issue 8



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.

Concert in the Park featuring Tony

Rocker “Elvis” on Tuesday, August 24 from 5:30—7 pm at the Cravath Lakefront. 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)

Open House: 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 local gift certificates to area businesses and restaurants.

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 can purchase one for \$10. I have ordered a few extra, so get your order in!



WHAT’S INSIDE

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5, 11, 13....Support Our Sponsors & Meal Info

8-9...Van, Bus, Cycle Travel

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BackADDRESS, Phone Numbers and Staff

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

SENIORS IN THE PARK HISTORY

Watch the September and October newsletters for more history.

WHITEWATER WARBLERS

Join this group as they return to singing on Monday, August 9 at 11:00 am. It's a fun group of people with HUGE hearts. Music and socializing are proven to be good for health and brain fitness, so come join us. You don't need to read music; just enjoy singing and having fun.

AARP SMART DRIVER CLASS

Friday,
September 10
12—4:00 pm

The AARP Smart Driver Safety Program

is an updated four-hour classroom course. It is research based to help older drivers become more aware of changes that occur due to aging and how to adjust accordingly. The course has been updated with new material including: Defensive driving techniques, New laws and rules of the road; How to deal with aggressive drivers; How medications may affect driving; How to safely use anti-lock brakes, air bags and safety belts and Navigating roundabouts. Please arrive 15 minutes early.

Fee: \$20 for AARP members; \$25 for nonmembers

Bring your driver's license and your AARP member card or number to receive the discount. You may also be eligible to receive an insurance discount, consult your agent for details.

Deadline to register: Thursday, Sept. 2



Summer Time and the livin' is easy, as are our three August movies: Pack up your troubles and leave 'em at the door and smile, smile, smile for some movie time fun!

“Barb and Star Go to Vista Del Mar”

Tuesday, August 10, 1 pm

(Comedy) 1 hour, 47 minutes; Rated PG-13 (2021)

Two best friends, Barb and Star, leave their small Nebraska hometown for the first time, ever, to go on vacation at Vista Del Mar, a glam Florida luxury resort, the likes of which they could never imagine. Soon the duo find themselves involved in romance, adventure, and intrigue. Written by and starring Kristen Wiig (“Bridesmaids”); and Jamie Dornan, Damon Wayans, Jr. This movie is an absolute hoot!

“Emma”

Tuesday, August 24, 1 pm

(Comedy/Drama/Romance) 2 hours, 4 minutes; Rated PG (2021)

A requested film: Jane Austen's beloved costume comedy: in 1800's England, a well-meaning but selfish young woman meddles in the love lives of her friends. A star-studded adaptation: Anya Taylor-Joy, Johnny Flynn, Rupert Graves, Bill Nighy.

“The Phantom”

Tuesday, August 31, 1 pm

(Action/Adventure/Fantasy) 1 hour, 40 minutes; Rated PG-13 (1996)

It's “Saturday afternoon” at the Seniors in the Park Bijou! 400 years ago a young boy survives a pirate attack off the African coast that takes his father's life. Washed ashore near The Deep Woods, he swears to devote his life to bringing down piracy, greed, cruelty, and injustice, as The Phantom. His role is passed down from father to son, leading people to believe he is an immortal, “The Ghost Who Walks.” In present-day New York City, The Phantom must thwart an evil criminal businessman from obtaining four magic skulls that would give him the secret to ultimate power. Based on the daily/Sunday comic strip still running today. Starring Catherine Zeta-Jones, Billy Zane, Treat Williams, and Patrick McGoohan.



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)

If it rains, the group will meet in the Starin Park Community Building.

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 through breathwork.

Please sign up in advance for your first class.



HIKES WITH GINNY

Thursday August 12 9:00 am

Hike LuLu Lake area for 1—2 hours, depending on what the group would like to do. We will meet at Starin to carpool and it is approximately half

and hour to the hike destination. 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 is September 9.

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.

Tuesday, August 17 @ 10:00 am

Fee: \$10 member; \$15 non-member Deadline: Thursday, August 12

CONCERTS IN THE PARK

Tuesdays 5:30 pm at Cravath Lakefront

July 27—Duke Otherwise—Music for kids of all ages

August 3—Gary the Band—Our favorite band two years ago

August 10—The Remedy

August 17—Piper Road Spring Band

August 24—Tony Rocker AKA Elvis—Seniors in the Park Anniversary

August 31—Tit for Tat: Irish Traditional Music

September 7—Mark Hayward: yo-yo performer and comedy juggler

September 14—N.E.W. Piano Guys: dueling pianos



CLASSIC CARS NEEDED

August 22

Classic cars are 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!!



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

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.

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. Class is in-person or online. Please sign up for the class you prefer.

Dates: August 2 –Sept 1

Fee: \$15.00 Member
\$21 Non-member

Maximum in person is 24

Deadline is Friday, July 30

After Labor day we will return to Monday/Thursday class at 9:30 with pay per class for in-person participants.



INDOOR WALKING

Fridays 9:00 am

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

JOYFUL TOES

Thursday, August 5

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, Sept. 2



COORDINATOR'S COMMENTS

It's finally here!!! Our 40th anniversary celebration week! I'm so excited to be celebrating 40 years of fun, learning, traveling, exploring, wellness, and making new friends. Come to as many events as you can and join the parties. We always have a good time. If you can spare an hour or two to help at the community picnic, lots of volunteers are still needed to help set-up, serve and the always fun, never boring—cleanup. (maybe not quite, but people are needed). I've been here 17 of the 40 years, yikes! The journey has been spectacular and you all have made it so. Keep doing what you do and Seniors in the Park will grow for another 40 years.



Grateful and happy, Deb

YOGA WITH BRIENNE

Tuesdays, Sept. 7—Oct 26, 10—11:00 am**

Thursdays, Sept 9—Oct 28 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.

**If Brienne is called out of town class will be at 9:00 am at the Whitewater Aquatic and Fitness Center with Lorelei Instructor is Brienne Brown, RYT

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

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

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

Registration Payment/Deadline: Thursday, September 2



ACTIVITIES 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

Sewing Group—Fridays 10:00 am

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

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

Canasta—First, Third & Fifth 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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Seniors in the Park, Whitewater, WI A 4C 01-1235

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.

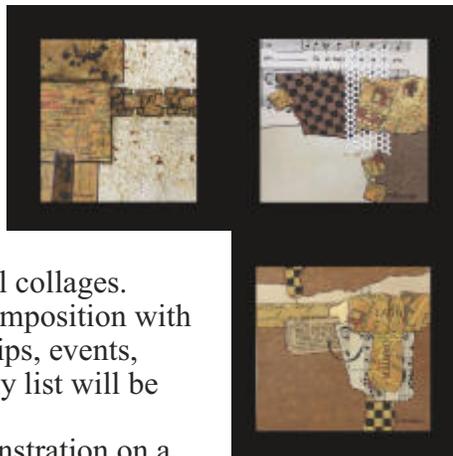
Instructor: Karolyn Alexander Tscharnack

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.



STAINED GLASS CLASS

September 21 & 22
12:30 pm at the 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. Supplies to bring: Safety glasses, an old towel, scissors and a 100-watt soldering iron, if you have one. The instructor: is Caroline Britton. Fee: \$15.00 members; \$20.00 non-members

Deadline: Thursday, September 16



WATERCOLOR CLASS: BASICS AND BEYOND

August 5—19 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: \$40.00

Deadline: Friday July 30



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.



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.

REGISTRATION KIOSK ON-DEMAND & HOW TO CANCEL A RESERVATION

Bookmark/save this registration link:

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

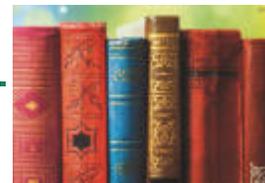
The kiosk is your go-to place to register, join your activity and check out On-Demand classes and presentations in the Virtual Center. You can also now cancel a reservation you made for an activity, that does not include payment at the kiosk. Call or email if you need assistance with the kiosk.

BOOK WORMS

Monday, August 2 11:00 am

The Book Club will discuss *The Secret Life of Bees* by Sue Monk Kidd. The September book is *American Dirt* by Jeanine Cummins.

American Dirt is an urgent, blistering, unforgettable book. Lydia Quixano Pérez lives in the Mexican city of Acapulco. She runs a bookstore. She has a son, Luca, the love of her life, and a wonderful husband who is a journalist. And while there are cracks beginning to show in Acapulco because of the drug cartels, her life is, by and large, fairly comfortable. In her portrayal of Lydia and Luca, Jeanine Cummins has given face to migrants everywhere who flee violence and near-certain death in search of only one thing: a chance at life.



Tuesdays, 10:00 am

August 3 Culver's Bingo

August 10 Mulberry Glen

August 24 Misc. & City Bingo

Join us for Bingo! Beverages are now available. 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**

ORIGINAL MEDICARE vs. MEDICARE ADVANTAGE

Wednesday, September 8, 1:00 pm

Choosing between Original Medicare or a Medicare Advantage plan can be confusing for many. Both options provide different opportunities to enroll, coverage, provider choices, billing processes, prescription coverage and extras. It's important to understand how each program operates so you can make an informed decision. If you are confused about the differences or just want to learn more please come attend this Medicare Scholar event hosted by local Whitewater broker Jean Linos- ePlatinum Health. If you cannot attend the meeting or would like a private, no obligation consultation please call Jean at 262-458-2880 to schedule an appointment. Please RSVP by Friday, September 3. (Jean is a newsletter sponsor)



Bus, Van & Motorcycle Trips



AUTUMN APPLE & WINE TRIP

Thursday, September 30

Ride a coach bus to Ski Hi Apple Orchard with yummy treats, apples and a beautiful view of the surrounding area.

Enjoy wine tasting at the Balanced Rock Winery. Have an included lunch in Baraboo. At Wollersheim Winery and Distillery, you have the choice of a flight of 5 wines or 3 spirits to taste. There may be a surprise stop, if time permits.

Fee: \$60.00

Deadline: August 26

Depart: 8:00 am Starin Park and 8:30 am Fort Atkinson Pick n Save

Return approx: Fort 5:30 pm; Starin 6:00 pm

BELOIT SNAPPERS

Wednesday, August 4

Tuesday, September 7

The new ball field will be open! Take in a Beloit Snappers minor league game. Check out the mascot, Snappy, and all the fun between innings.

Fee: \$24 members; \$30 nonmembers

Deadline: July 23 (August game)

August 13 (September game)

Depart 5:00 pm and return after the game approx. 10:30 pm



WISCONSIN STATE FAIR

Thursday August 5

It's Fair time! Spend a fun day at the fair. Enjoy Cream puffs, entertainment, food and more! Entrance fee is on your own. Bring 2 cans of fruit, pears or peaches, and entry fee is \$2.00. Senior entry fee is \$9.

Fee: \$12 members, \$17 non members (transportation, parking & driver)

Deadline: July 27

Depart 10:00 am; Return dependent on group and traffic (6:00ish)



MOTORCYCLE RIDES

Wednesday August 11

It's a mystery! We'll depart at 8:00 am and head south. I have two ideas in mind, either nostalgia or boats, trolleys and food. Sign up in advance and you

may find out the secret! Rain date is August 18.

Riders must arrive prior to departure to show proof of insurance and fill out a participation form. Helmets are recommended.

VAN TRIPS ARE BACK!

Janesville Shopping

Wednesday, August 4

Pick-ups begin at 9:15.

Please call to reserve your seat on the van by August 2 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. \$3.00 per person



Lunch Bunch

Thursday, August 12

Depart 10:30 am

Enjoy a lunch at the LD's Barbeque in East Troy. You won't leave hungry!

Fee: \$4.00 member

\$7.00 non-member

Breakfast Bunch

Thursday, August 19, 8:15 am

Enjoy coffee, conversation and yummy breakfast. Going to the restaurant at Abel's Corners which has new owners.

Fee: \$4.00 members

\$7.00 non-member

Fish Fry

Friday August 27,

Depart 4:00 pm

Enjoy the fish fry at Ley's Bark River Lanes in Rome. Please reserve your seat by Tuesday, August 20.

Fee: \$4.00 member

\$7.00 non-member

Beloit Farmer's Market

Saturday September 11

Depart 8:15 am

The second largest market in the state is in Beloit. There will be a lot of walking on this trip as parking might not be too close.

Fee: \$6.00 member

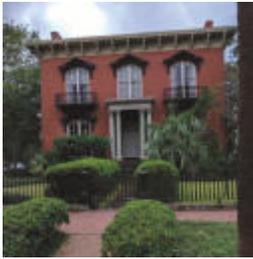
\$9.00 non-member

MUSIC OF THE MOUNTAINS

October 3—10, 2021

View the gorgeous Smokey Mountains on this musical adventure! See four live shows, tour the fabulous Biltmore Estate and the Titanic Museum, ride the Ober Gatlinburg Aerial Tram, tour the Great Smokey Mountains National Park with a local guide, have a 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

THE SEA ISLANDS—MAYFLOWER 2022 VALUE TOUR



This wonderful spring tour includes Charleston, Savannah, and Beaufort.

Spend 3 nights in Beaufort whose entire downtown is an historic district and two nights in Pigeon Forge in the Smokey Mountains. Enjoy guided tours of Charleston, Boone Hall Plantation, and Penn Center Museum and learn about Gullah culture. Visit Hunting Island State Park.

Enjoy a narrated horse-drawn carriage tour and

river cruise in Beaufort. Take a trolley tour in Savannah. A guided tour of the Great Smokey Mountain National Park, and more is included! This 8 day tour is \$1659 and tour activity level is Easy. Call or email for a brochure and dates.

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 Italian Riviera. Spend a day exploring 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.

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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.

EASY ID & FILE OF LIFE

Tuesday August 24 4:00—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



CARE TRANSITIONS—GRIEF

Wednesday, August 11 12:00pm—1:00pm.

No information on the topic as of press time, but should be interesting as caregivers experience a wide range of grief.

Registration Link: dhs.wi.gov/dcs-webinars

Presented by ADRC Dementia Care Specialists

Upcoming topics of discussion: September- Palliative Care
October- Family Conflict and Changes in Social Support

UPCOMING EVENTS:

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



⇒ City of Whitewater are on Facebook. Please friend us!



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Activity Calendar

August 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
2 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 1:00 Mixed Media	3 9:00 Pickleball (A) 10:00 Yoga with Brienne (AQ) 10:00 Culver's Bingo 12:30 Sheepshead	4 8:00 Pickleball (A) 9:00 FUNctional Fitness (H) 9:15 Jville Shopping 12:30 Pickleball (A) 5:00 Snapper game departs Office Closed 1:00	5 8:30—2:30 Joyful Toes 9:00 Pickleball (A) 10:00 State Fair Departs 10:00 Yoga with Brienne (AQ) 10:00 Wuji Gong 10:45 Tai Chi 1:00 Watercolor (H)	6 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A)
9 8:00 Pickleball (A) 9:00 FUNctional Fitness-(H) 10:00 Lawn Games 11:00 Senior Forum 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Mixed Media 1:30 DFCI Meeting	10 9:00 Pickleball (A) 9:30 Rockin' Respite 10:00 Mulberry Bingo 10:00 Yoga with Brienne (HC) 12:30 Sheepshead 1:00 Movie "Barb & Star Go to Vista del Mar"	11 8:00 Mystery Ride Departs 8:00 Pickleball (A) 9:00 FUNctional Fitness (H) 12:30 Pickleball (A)	12 9:00 Hike with Ginny 9:00 Pickleball (A) 10:00 Yoga with Brienne (HC) 10:00 Wuji Gong 10:45 Tai Chi 10:30 Lunch Bunch 1:00 Watercolor (H) Office Closed 12:00	13 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A)
16 8:00 Pickleball (A) 9:00 FUNctional Fitness-(H) 9:30 Pegs & Jokers 10:00 Lawn Games 11:00 Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg 1:00 Mixed Media	17 9:00 Pickleball (A) 10:00 Pole Walking 10:00 Yoga with Brienne (HC) 12:30 Sheepshead	18 8:00 Pickleball (A) 9:00 FUNctional Fitness (H) 12:30 Pickleball (A)	19 8:15 Breakfast Bunch 9:00 Pickleball (A) 10:00 Yoga with Brienne (HC) 10:00 Wuji Gong 10:45 Tai Chi 1:00 Watercolor (H)	20 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) Office Closed
23 8:00 Pickleball (A) 9:00 FUNctional Fitness-(H) 10:00 Lawn Games 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Mixed Media	24 9:00 Pickleball (A) 9:30 Rockin' Respite 10:00 City Bingo 10:00 Yoga with Brienne (HC) 12:30 Sheepshead 1:00 Movie: "Emma" 5:30—Concert with Tony Rocker (C)	25 8:00 Pickleball (A) 9:00 FUNctional Fitness (H) 12:30 Pickleball (A) 1:00 Make & Take 2:15 Make & Take	26 9:00 Pickleball (A) 10:00 Yoga with Brienne (HC) 10:00 Wuji Gong 10:45 Tai Chi 1:00—3:00 Open House Anniversary Celebration	27 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) 4:00 Fish Fry Office Closed
30 8:00 Pickleball (A) 9:00 FUNctional Fitness-(H) 10:00 Lawn Games 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg	31 9:00 Pickleball (A) 10:00 Yoga with Brienne (HC) 12:30 Sheepshead 1:00 Movie: "The Phantom"		Activities take place at the Starin Park Community Building unless otherwise noted. AQ—Whitewater Aquatic Center A=Downtown Armory, 146 W North St C=Cravath Lakefront Ctr H=Hybrid (In Person & Virtual) V=Virtual	

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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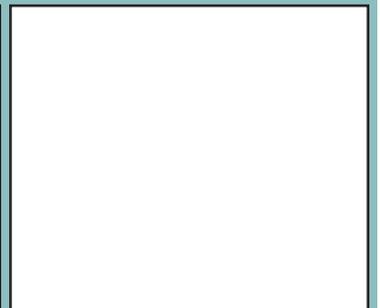
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- * **Carol Holford**— newer books donated
- * **Chris Sauer**—Cash donation
- * **Bonnie Wagner**—boom box to Respite
- * **Jan Goder, Mark Dorn, Eric Boettcher and family**

for walking in the 4th of July parade.

- * **Pat Channing and Jeanne Obmascher** for loaning us their cars for the 4th of July parade.
- Mary Edwards, Russ Rogers, & Bruce Parker** for driving cars & **Dean Zweifel** for driving the van

SPECIAL THANKS go out to **Mulberry Glen/Capri Communities** for sponsoring the 40th Anniversary Banner on Main Street. They are sending setup help for the Anniversary Picnic and they also provide meals and an activity coordinator for Rockin' Respite.

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).

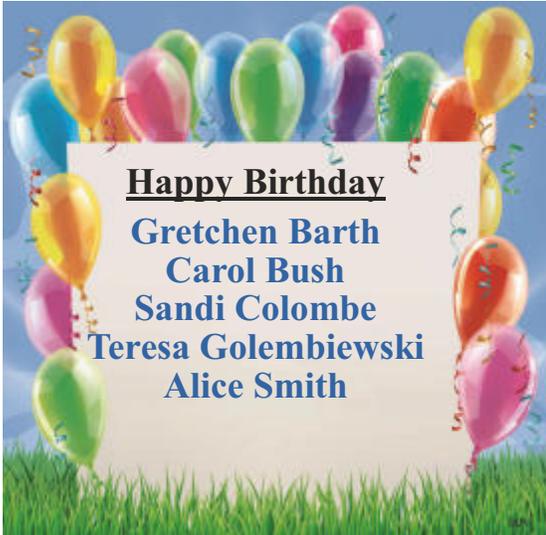
A Community Picnic Celebration will be on Sunday, August 22, 12 noon-3:00 pm. Help will be needed with set up, prepping, grilling and serving food, and clean up after. Help monitor and play lawn games. Assistance with monitoring and parking classic cars in the lot across from Fairhaven.

A 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.





SAVE THE DATES

October 6, 1:00 pm—
Advance Directives
with Lori Partol, Fort
Healthcare

**October 20—Nov. 10
at 1:00 pm**
History lectures with
Dr. Haney

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.

THE REMEMBER PROJECT

September 28

The Remember Project is a two-hour event that includes a one-act play performed by professional actors who bring to life real issues connected to the care, diagnosis, and experience of dementia and how relationships can be tested in unexpected ways. Following the performance, audience members meet the actors and take part in a facilitated conversation about the themes, metaphors, and impact of memory loss depicted in the plays.



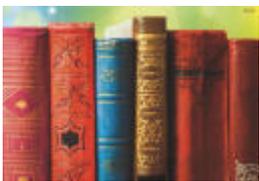
The ADRCs of Kenosha, Racine and Walworth will be offering In the Garden on Tuesday, September 28th at 1-3PM and 6-8PM. Participants will have the opportunity to join together with others for a shared screening or participate from home by using their own computer or iPad. In-person viewing options include Health and Human Services, 1910 County Road NN, Elkhorn, WI 53121 or Grace Church, 3626 Highway 31, Racine, WI 53405.

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.



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.

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SENIORS IN THE PARK

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Whitewater WI 53190

Phone 262-473-0535

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

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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



HEARING AND COGNITION

Many of us take hearing for granted, but humans are unique in the way we interpret noises from our environment: We are able to utilize cognitive processes (knowledge, memory and intelligence) with the sensory input we receive. This allows us to communicate, learn, and share thoughts and ideas. When treating hearing loss, audiologists' understanding of the interaction between hearing and cognition plays a crucial role in providing patients with a reliable and effective solution.

Our peripheral and central nervous systems extract and interpret information from multiple, competing sounds in our environment, assigning meaning to what might otherwise be considered background clutter. When a person's hearing is compromised, the cognitive system has to work harder to listen and process sounds. As the brain is working overtime to allocate the cognitive resources to make up for hearing loss and decipher a person's environment, it's utilizing resources it would otherwise use to retain and form new memories.

Aural rehabilitation can help by training the brain to improve cognition. Providing the best sound quality delivered at the best possible signal-to-noise ratio eases the cognitive burden, improving the ability to hear while reducing the effects of cognitive decline, such as dementia. In short, the easier it is to listen, the better our ability to hear.

Think you or a loved one may have hearing loss? Contact an audiologist at Fort HealthCare Audiology at 920.563.6667 in Fort Atkinson or 262.473.8920 in Whitewater to schedule a hearing evaluation or complimentary hearing screening.