



The Park Bench

September 2021

Seniors in the Park Newsletter

SENIOR CENTER MONTH: VITAL CONNECTIONS, CHALLENGES AND CHANGE

Today's senior centers are delivering vital connections to help all older adults age well. Senior centers offer a vibrant, action packed combination of learning opportunities, fitness and wellness programs, creative classes and volunteer opportunities, which are in person and online.

During the pandemic the center pivoted to provide presentations and classes online, outdoor opportunities, and a safe meeting space for small groups. September is National Senior Center month and Seniors in the Park is celebrating these shared experiences that deliver vital connections to aging well for older adults.

From financial planning events to technology tutoring and classes to services like the toenail clinic, Seniors in the Park is a community nexus where seniors find friendship, meaning, and purpose.

“Betty Friedan said, ‘Aging is not “lost youth” but a new stage of opportunity and Strength.’” Our members are finding opportunity and strength every day. They demand the opportunity to continue connecting. We serve them and the community the best we can with fun and engaging programs while also providing practical tools and resources to help them stay healthy and independent.

This month emphasizes the tremendous potential that senior centers deliver in their communities, including programming that empowers older adults to holistically age well and strengthen mind, body, spirit, and community connections.



Volume XXII Issue 9

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BackADDRESS, Phone Numbers and Staff

All in person classes and activities are pandemic dependent. We may start requiring masks at any time. If you are not vaccinated, you MUST wear a mask in our building. Please sanitize when in the building, and stay home if you do not feel well. Thanks for keeping everyone safe!

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

WHITEWATER WARBLERS

Join this group on Mondays 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

Thursday, October 7
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: Thursday, Sept. 30

MEDICARE SCHOLAR EVENT

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. RSVP by Friday, Sept. 3. (newsletter sponsor)



"HOW TO PROTECT YOUR STUFF"

Wednesday, September 15, 1:00 pm

Join us for an in-person or virtual educational workshop with Elder Life Group to discuss "How to Protect Your Stuff" from devastating long-term care costs. An Elder Life Advisor will discuss the reality of the Long-Term care crisis we face as we age and the exceptions to the "rules" laid out for us. We will also identify planning options available to you that you may not be aware of! The first step in preparing for long-term care costs is education! Register by calling, emailing or going online by September 13, as refreshments will be provided. We hope to be able to provide hybrid (virtual and in-person) but, if gathering in person isn't possible, the workshop will be moved to a virtual presentation.



CARDIOVASCULAR GENETIC TESTING FRAUD

The latest growing genetic testing fraud trend focuses on cardiovascular genetic testing. Scammers are offering Medicare beneficiaries genetic testing cheek swabs to obtain their Medicare information for fraudulent billing purposes or possibly medical identity theft. There have been reports of scammers calling Medicare beneficiaries, claiming their cardiologist wants them to have this test and offering to send a kit. Their goal it is to get people's Medicare information, which scammers can use to bill Medicare for medically unnecessary genetic testing. Here are several ways cardiovascular genetic testing is advertised: • Cardio/cardiac genetic screening/test • Cardiovascular genetic screening/test • Comprehensive cardiovascular panel • Comprehensive cardiomyopathy NSG • Cardiovascular disease genetic kit • Hereditary cardiovascular profile. If Medicare denies a cardiovascular genetic test claim, a beneficiary might be responsible for the entire cost of the test: The average cost is \$9,000 to \$11,000.

MILLIONS OF CONVERSATIONS

Wednesday October 6, 1:00 pm

Millions of conversations will happen today, but there is one few of us have had. A conversation about the care we want when seriously ill or nearing the end of life. A conversation about the person we'd like to speak for us if we can't do it ourselves. All it takes is a car accident or a stroke. This conversation is important for anyone over the age of 18 and best of all, the conversation and documents are FREE!

Sharing your wishes with family members, friends and care providers now can help prevent unnecessary suffering, both for you and for the ones you love. Fort Healthcare can bring the benefits of Advance Care Planning to you. It is simply the process of talking about your end of life wishes and documenting them.

Join Lori Partol, Medical Social Worker at Fort Healthcare. It's one of the best conversations you'll have! You will have an opportunity to complete a document. If you wish to do this or think you will want to do this, bring names and phone numbers of the people you would trust to carry out your health care wishes.

Deadline to register is Friday, October 1.



“Queen Bees”

Tuesday, September 14, 1:00 pm
(Comedy/Drama/Romance)
1 hour, 47 minutes; Rated PG-13 (2021)

After reluctantly agreeing to move into a seniors retirement home, Helen (Ellen Burstyn), an independent widow, learns it's

much like high school—full of cliques and flirtatious suitors. The cast includes Jane Curtin, Ann-Margaret, Christopher Lloyd and James Caan.

“A Quiet Place: Part 2”

Tuesday, September 28, 1:00 pm
(Drama/Thriller/Sci-Fi)
1 hour, 37 minutes: Rated PG-13 (2020)

After the death of her husband (John Krasinski), Evelyn Abbott (Emily Blunt) finds herself on her own, with two young teens, a defenseless newborn son and nowhere to hide. Forced to venture into the unknown, the family realizes that the creatures that hunt by sound are not the only threats lurking beyond.

Written and directed by John Krasinski, Emily Blunt's real-life husband.

LAWN GAMES: BOCCE & KUBB



Mondays, 1:00 pm

Play Bocce with Bobbie on Mondays September 13 & 27 at 1:00 pm.

Learn and play Kubb on Monday, September 20 with Ralph. Come on down to the park,

bring a friend, if you want, have fun and socialize while playing Bocce or Kubb.

Please Register in advance so we know how to plan. Thanks!

CHICKEN FOOT DOMINOES



Tuesday, September 7 1:00 pm

Join the fun every first Tuesday of the month!

LEARN MAH JONGG



Mondays in September 1:00 pm

Diane will 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.

CONCERTS IN THE PARK

Tuesdays 5:30 pm at Cravath Lakefront

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



“FUN”CTIONAL FITNESS

**Mondays & Thursdays
9:30 am beginning Sept 9**

Experience a dynamic routine to promote coordination, balance, strength and flexibility. All levels of ability are welcome. Class is in-person or online. Online will sign up for the month of classes and in person will pay as you go from your prepay. All is dependent on Covid.

**Daily fee is \$1.50 members
\$3.00 non-members**

Virtual “Fun”ctional Fitness

Dates: Sept. 9-30

Fee: \$10.00 Member
\$16.00 Non-member

Deadline is Friday, Sept. 3



INDOOR WALKING

Wednesdays & Fridays 9:00 am

Walk to ‘Walk Away the Pounds’ DVD's.

COMING IN OCTOBER

Watch for Core and More and Roll Away Stress classes to return in October.

TAI CHI AND WUJI GONG

Thursdays, 10:00 am Qi Gong (by the power near the concession stand)
Thursdays, 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 September 9, 9:00 am

Hike at Stute Springs off Hwy. 59 on County Z near the KMSF headquarters near Eagle. We will meet at the Starin Park parking lot and carpool. Suggested items to bring include: water, hat, sunscreen, bug spray or whatever you feel you need for the hike. Please register in advance.

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



BLOOD PRESSURE SCREENING

Tuesday, September 28, 9:30-10:00 am

A Whitewater Fire Department EMT will be here to do free blood pressure checks. They hope to be here every 4th Tuesday, if there is a need.



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MIXED MEDIA ABSTRACT WITH COLLAGE – WORKING IN SERIES PART 2

Mondays, October 4—25
1:00—4:00 pm

This four-week workshop with Karolyn Alexander will focus on creating a series of abstract paintings with collage. Abstract composition will be discussed and, using a personal theme, will be encouraged. Some experience with collage is recommended for this class. Each session will include a discussion and demonstration on a technique or concept and plenty of time for individual painting with optional one-on-one coaching. Beginning, intermediate and advanced concepts will be covered. A supply list will be sent upon registration.



Karolyn Alexander Tscharnack is a Whitewater artist who has been painting and creating collages for over 18 years. To see examples of her art, visit her website at: www.karolyn.biz

Fee: \$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 October 4 by cash or check.

Deadline: Friday, September 24, by sending email to karolynalexander@att.net, sending text to Karolyn at 262-203-3144 or by calling the Senior Center.

WATERCOLOR-BASICS AND BEYOND



Dec 2—16 1:00—3:30

Join Rita Carpenter for some watercolor fun! Week one we will use liquid watercolors to create some fun winter scenes and cards. Rita will have some liquid watercolors to share. We will also work with regular watercolors and

paint some barn/winter scenes.

Supply list: watercolor paints, watercolor paper, butcher tray or plastic tray, a piece of credit card or palette knife, palette paper if you don't have butcher tray, cloth, painters tape, brushes, spray bottle, table

Fee: \$40.00

Deadline: October 21 Register online, email or call.

COORDINATOR'S COMMENTS



August certainly was a hoot! Thanks all for the fun times and happy memories. I'll have lots of photos in next month's newsletter.

We received our third accreditation and now it's time to start working on those goals. Two of the most important, or should I say those to pursue first as suggested by the review team are:

- An elected advisory group. Most centers have them. They solidify us as an entity. They advocate for us, especially as needs grow. They bring issues and ideas to the coordinator.
- Starting the process toward expansion or a new facility. We need to show numbers, usage, and that we serve and keep people engaged and healthy. We need to state the case publicly.
- Of course, the process and the segue into a new coordinator.

We had a lot of great goals in our accreditation this time. Some I'll get started, some will be completed, and some will be handed to the new person. If you are interested in helping us move forward, change, and improve, let me know! Thanks! ~Deb

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



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. **Learn to Zoom** in case the pandemic blows up again!! Call Now!



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 Kindle Fire, 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/>

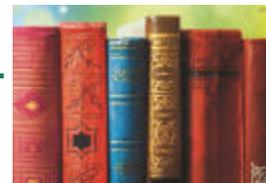
The kiosk is your go-to place to register, join your activity and check out On-Demand classes and presentations in the Virtual Center. You can also now cancel a reservation you made for an activity, that does not include payment at the kiosk. Call or email if you need assistance with the kiosk.

BOOK WORMS

Monday, September 13, 11:00 am

The Book Club will discuss *American Dirt* by Jeanine Cummins. The October book is *Raft of Stars* by Andrew Graff.

Two boys, involved in a shooting, flee into the Wisconsin north woods and build a raft to escape down a raging river. Rural Wisconsin in the mid-1990s is the setting for Graff's memorable story of loss, violence, adventure and redemption. Four adults track the boys toward the novel's heart-pounding climax on the edge of a gorge and a conclusion that beautifully makes manifest the grace these characters find in the wilderness and one another. This timeless story runs like the river itself amid the vividly rendered landscape of the Upper Midwest.



Tuesdays, 10:00 am

September 7 Culver's Bingo
September 14 Mulberry Glen
September 28 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



DEMENTIA FRIENDS

Changing the way people Think, Act and Talk about Dementia!



Thursday September 9, 9:00 am or
Friday September 10 at 10:00 am

Dementia Friends is a campaign to tackle the stigma and lack of understanding around dementia. It is the biggest ever initiative to change people's perceptions of dementia. It aims to transform the way we think, talk and act about the disease. The Dementia Friends session helps you learn about dementia and the small ways you can help. From telling friends about the program to visiting someone you know living with dementia, every action counts. According to statistics, over 200 people could be living in Whitewater with dementia. They need to be understood and supported. Let's make Whitewater more inclusive!

This community informational session, lasting one hour, is interactive and for anyone wanting to understand about dementia.

Deadline to register is September 3.

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

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: August 20

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



MOTORCYCLE RIDES

Thursday September 16

We may try to work in an Apple Orchard and maybe some trains or where would you like to go? Call with ideas. Depart at 9:30 am.

Saturday, October 2: Holy Hill and Fox and Hound Restaurant?

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

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VAN TRIPS ARE BACK!

Beloit Farmer's Market

Saturday Sept. 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 very close.

Fee: \$6.00 member

\$9.00 non-member

Janesville Shopping Wednesday, Sept. 1

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

Enjoy a lunch at the Moy's in Elkhorn. A group favorite!

Fee: \$4.00 member

\$7.00 non-member

Breakfast Bunch

Thursday, September 16, 8:15 am

Enjoy coffee, conversation and yummy breakfast. Going to the Elk Restaurant in downtown Elkhorn

Fee: \$4.00 members

\$7.00 non-member

Fish Fry

Friday September 24
Depart 4:00 pm

Enjoy the fish fry at Koshkonong Mounds. Please reserve your seat by Tuesday, September 21

Fee: \$4.00 member

\$7.00 non-member

HISTORY STORIES

Wednesdays 1:00 pm

Join Dr. Richard Haney for lively and informational presentations. Thanks to UW –W Continuing Education for sponsoring this series. All talks are in person or virtual. Sign up by October 18 to receive the zoom link.



October 20—Unsung Civilian World War II Heroes
October 27—More Unsung Civilian World War II Heroes
November 3—Twentieth [and 21st] Century Profiles in Courage
November 10—More Twentieth [and 21st] Century Profiles in Courage

ACTIVITIES AT A GLANCE

“FUN”ctional Fitness (hybrid)—Mondays & Thursdays, 9:30 am

Yoga (Hybrid)—Tuesdays or Thursdays, 10:00 am

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

Wuji Gong—Thursdays, 10:00 at Starin Park

Indoor Walking—Wednesdays & 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

Warblers—Mondays 11:00 am

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

Chicken Foot Dominoes—First Tuesday 1:00 pm

Pegs and Jokers—Third Monday at 9:30 am

Mah Jongg—Mondays, 1:00 pm

Sheepshead—Tuesdays 12:30 pm

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.

Collette Tours

<https://gateway.gocollette.com/link/1048816>



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

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 Lakeshore Memory Café is the 2nd Wednesday from 1-2 pm. The September 8th Café is at Barrett Memorial Library in Williams Bay and the topic is Preserving Your Harvest. To register, please contact the ADRC of Walworth Co. by phone: (262) 741-3273 or email: walcoADRC@co.walworth.wi.us.

The Glacial River Memory Project will rotate between the four libraries in Fort Atkinson, Jefferson, Whitewater and Palmyra.

September 13th at 10:30 the first café will be at the Jefferson Public Library and the theme will be School Days. This event is currently planned for in person. Registration is required and can be made online at: <https://www.librarymemoryproject.org/events/>

For questions or to register by phone, call Jill Fuller at 262-896-8085.

CAREGIVER SUPPORT GROUPS

Access to support groups is by phone or online. 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 doesn't rob someone of their dignity; it's our reaction to them that does.”

THE REMEMBER PROJECT

Tuesday, September 28 1—3 pm or 6—8 pm

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.

Arthur Monsetin's adult children have come together to decide a course of action for their beloved father who is struggling with Alzheimer's disease. Long ingrained familial tensions come to the surface as Peter, Karen and Jamie wrestle with how best to treasure their father as they also come to terms with his limitations.

The ADRCs of Kenosha, Racine and Walworth are offering 'In the Garden' with in-person viewing options at Health and Human Services, 1910 County Road NN, Elkhorn, WI 53121 or online. Reservations required for both and can be reserved at <https://krw-garden2021.eventbrite.com>

UPCOMING EVENTS:

- **September 9 or 10—Dementia Friends Educational sessions (see page 7)**
- **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 on the November events call 920-675-4035 or email heatherj@jeffersoncountywi.gov. sponsored by the Dementia Care Specialist of Jefferson County. All are welcome!

Respite Fun!

JOIN US!

Help us as we educate the community and support care partners and those with dementia on their journey through the disease. It's an eye opening and rewarding group. The Whitewater Dementia Friendly Community Initiative meets on the second Monday of the month at 1:30. Hope you can join us.



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.



FIND OUR NEWSLETTER ONLINE

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

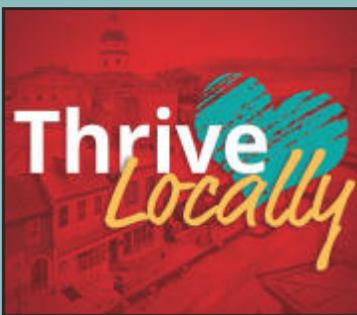


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Activity Calendar

September 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p>Activities take place at the Starin Park Community Building unless otherwise noted.</p> <p>AQ—Whitewater Aquatic Center A=Downtown Armory, 146 W North St C=Cravath Lakefront Ctr H=Hybrid (In Person & Virtual) V=Virtual</p>		<p>1</p> <p>8:00 Pickleball (A) 9:00 FUNctional Fitness (H) 9:15 Jville Shopping 12:30 Pickleball (A)</p>	<p>2</p> <p>8:30—2:30 Joyful Toes 9:00 Pickleball (A) 10:00 Yoga with Brienne (AQ) 10:00 Wuji Gong 10:45 Tai Chi</p>	<p>3</p> <p>8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A)</p> <p>Office Closed</p>
<p>6</p> <p>CLOSED LABOR DAY</p> 	<p>7</p> <p>9:00 Pickleball (A) 10:00 Culver's Bingo 10:00 Yoga with Brienne (HC) 12:30 Sheepshead 1:00 Dominoes 5:00 Snapper game Departs 5:30 Family Fun Night (C)</p>	<p>8</p> <p>8:00 Pickleball (A) 9:00 Indoor Walking 12:30 Pickleball (A) 1:00 Medicare Scholar</p>	<p>9</p> <p>9:00 Dementia Friends 9:00 Hike with Ginny 9:00 Pickleball (A) 9:30 FUNfit-(H) 10:00 Yoga with Brienne (HC) 10:00 Wuji Gong 10:45 Tai Chi 10:30 Lunch Bunch</p>	<p>10</p> <p>8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Dementia Friends 10:00 Sewing 12:30 Pickleball (A)</p> <p>Office Closed</p>
<p>13</p> <p>8:00 Pickleball (A) 9:30 FUNfit-(H) 11:00 Book Club 11:00 Warblers 12:00 Senior Forum 12:30 Pickleball (A) 1:00 Bocce 1:00 Canasta 1:00 Mah Jongg 1:00 Learn Mah Jongg 1:30 DFCI Meeting (H)</p>	<p>14</p> <p>9:00 Pickleball (A) 9:30 Rockin' Respite 10:00 Mulberry Bingo 10:00 Yoga with Brienne (HC) 12:30 Sheepshead 1:00 Movie "Queen Bees" 5:30 Concert in the Park (C)</p>	<p>15</p> <p>8:00 Pickleball (A) 9:00 Indoor Walking 12:30 Pickleball (A) 1:00 Protect Your Stuff (H)</p>	<p>16</p> <p>8:15 Breakfast Bunch 9:00 Pickleball (A) 9:30 Cycle Ride 9:30 FUNfit-(H) 10:00 Yoga with Brienne (HC) 10:00 Wuji Gong 10:45 Tai Chi</p>	<p>17</p> <p>8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A)</p> <p>Office Closed</p>
<p>20</p> <p>8:00 Pickleball (A) 9:30 FUNfit-(H) 9:30 Pegs & Jokers 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Learn Mah Jongg 1:00 Kubb Office Closed 1:00</p>	<p>21</p> <p>9:00 Pickleball (A) 10:00 Yoga with Brienne (HC) 12:30 Stained Glass (A) 12:30 Sheepshead</p> <p>Office Closed 1:00</p>	<p>22</p> <p>8:00 Pickleball (A) 9:00 Indoor Walking 12:30 Stained Glass (A) 12:30 Pickleball (A)</p> 	<p>23</p> <p>9:00 Pickleball (A) 9:30 FUNfit-(H) 10:00 Yoga with Brienne (HC) 10:00 Wuji Gong 10:45 Tai Chi</p> <p>Office Closed 1:00</p>	<p>24</p> <p>9:00 Indoor Walking 10:00 Sewing 4:00 Fish Fry</p> <p>Office Closed</p>
<p>27</p> <p>8:00 Pickleball (A) 9:30 FUNfit-(H) 11:00 Warblers 12:30 Pickleball (A) 1:00 Bocce 1:00 Canasta 1:00 Mah Jongg 1:00 Learn Mah Jongg</p>	<p>28</p> <p>9:00 Pickleball (A) 9:30 Blood Pressure 9:30 Rockin' Respite 10:00 City Bingo 10:00 Yoga with Brienne (HC) 12:30 Sheepshead 1:00 Movie: "A Quiet Place: Part 2"</p>	<p>29</p> <p>8:00 Pickleball (A) 9:00 Indoor Walking 12:30 Pickleball (A)</p>	<p>30</p> <p>8:00 Apple/Wine trip departs 9:00 Pickleball (A) 9:30 FUNfit-(H) 10:00 Yoga with Brienne (HC) 10:00 Wuji Gong 10:45 Tai Chi</p>	

WALWORTH COUNTY NUTRITION SITE—OPEN

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 thru Friday, serving at 11:30 am.

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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By choosing your desires and preferences for your funeral or cremation service ahead of time, you help ensure that your family and friends avoid stress. That way, when the time comes, they can focus on what truly matters: celebrating your life.

Nitardy
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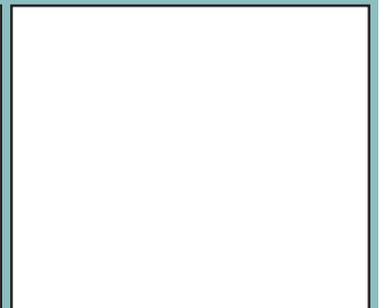
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The Amazing Anniversary Volunteers:

Carolyn Behrens, Rita Carpenter, Mark Dorn, Bob Ehrike, Mary Anne Ehrike, Karen Ferrell, Bobbie Flanders, Carolyn Haas, Carol Holford, Linda Kinson, Rod

Lorenz, Gloria O'Donnell, Jane Roberts, John Rowe, Dan Sable, Faye Skelton, Diana Stettner, Karen Strauss, and Lyn Wolfe.

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, providing brats and buns, and they also provide meals and an activity coordinator for Rockin' Respite.

Anna Walls—cash donation

MEMBERSHIP RAFFLE WINNERS

Anne Perkell—841 Brew House
Linda Heesch—Second Salem
Larry Hasterock—Fanatico
Nancy Labovitch—Jessica's
Barbara Bren—Sweet Spot
Leroy Van Antwerp—Chamber checks
Emily Scheunemann—Wine



SUCCESSFUL AGING: STRESS MANAGEMENT AND HEALTHY IMMUNE SYSTEM

Friday, September 3 12:00-1:00pm

Learn natural, practical solutions to manage stress and promote a healthy immune system for successful aging. Dr. Ruddy, ND will talk about an essential, holistic regimen that's proven to improve our health and resilience in each decade of life.

Advance registration required for this Zoom webinar: https://mononaterrace.zoom.us/webinar/register/WN_Ud7u4Y2cTq-CFRXeK2wRQA or go to the website to register <https://www.mononaterrace.com/> and click on Event Calendar tab.



Newsletter distribution: Help is needed to drop off newsletters at Culvers and Robin's Nest once a month.

Powerful Tools for Caregivers Leaders Training: This evidenced based workshop meets 1x per week for six weeks. There are two co-leaders per class, so you'll never teach a class alone. WIHA provides a script for each lesson so the leader will know exactly what to say. Once a leader completes the training, we will work to schedule a date and time for a workshop. Virtual Leader Training is October 25-29 9 am—noon. Commitment is lead one or two workshops per year.

SENIOR FORUM

Monday, September 13, 12:00 pm

If you would like a voice in how the Senior Center is administered and how we should look in the future, attend a meeting and share your ideas. Give your input on membership, fundraisers, trips, activities and classes.

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.



JOYFUL TOES

Thursday, September 2

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, Oct. 7**



40TH ANNIVERSARY T-SHIRTS

Shirts are available for purchase for \$10. There are a couple of XLs and one small left as of press time.



PARTICIPANTS NEEDED

For a Study Investigating Privacy and Security in Smart Medical Devices

Researchers in Gerontology and Computer Science from the University of Wisconsin-Whitewater are conducting a study to investigate privacy and security of smart medical devices. They are seeking older Wisconsinites who are willing to participate in an interview about their use of smart medical devices. A smart medical device monitors personal health information and is equipped with wireless technology; it includes things such as a smart glucose monitor, smart watch, smart hearing aid, smart glasses, etc.

To participate in the interview study, you must live in Wisconsin, be age 60+, use two or more smart medical devices, speak and read English and be in good health. If you are interested, please complete a four-minute survey (link below) or call the research team at 262-472-1162 to confirm your eligibility. Researchers are conducting phone or virtual interviews between August and December 2021. Interviews are 60-90 minutes and dates/times of interviews are flexible. Interview participants will receive a \$25 gift card.

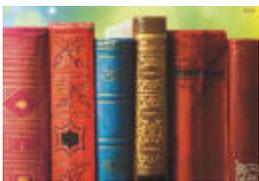
http://uwwhitewater.co1.qualtrics.com/jfe/form/SV_ahmdbql4VPVL58a

FIBER THERAPY CRAFT GROUP

Last Thursday, 6:00 pm

Do you dabble in the fiber arts? Join our virtual craft circle. Whether you knit, crochet or stitch, you're invited to unwind and unravel with fellow crafters. Share what you're working on and learn from others. Beginners and experts are welcome. This is not a formal class, attendees must supply their own crafting materials. Register at whitewaterlibrary.org

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

Senior Coordinator

Deb Weberpal, CPRP
dweberpal@whitewater-wi.gov

Front Desk

Debbie Andrus

Newsletter Editor

Romelle Koch

Parks & Recreation Director

Eric Boettcher

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

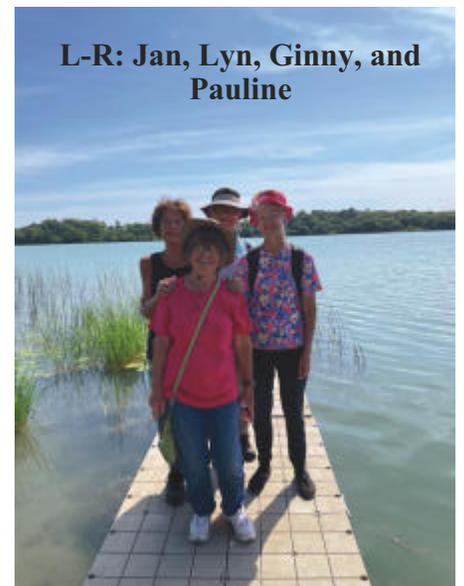
Seniors in the Park is a division of
Whitewater Parks and Recreation



Receiving the plaque for our third Accreditation from Peer Review chairperson Chris Nye, Fort Atkinson. Thanks to the volunteer committee: Kathy Brimmer, Mark Dorn, Virginia Epps, Diane Garvens, Bobbie Flanders, Ellen Long, Faye Skelton, and Eda Wilson.



We had a great time on our Lulu Lake Hike. It's a very special area, many native plants, clear spring water in the Mukwonago River and Lulu Lake, and classic kettle moraine terrain, which is very well managed by the Nature Conservancy. Just the right length for our hike.



L-R: Jan, Lyn, Ginny, and Pauline