



The Park Bench

December 2021

Seniors in the Park Newsletter

HOLIDAY PARADE

Friday, December 3

The Holiday Parade is a really fun event with lots of activities downtown. We will meet at the Municipal Building at 5:25, Whitewater Street entrance, and walk to the parade start on 4th Street. The route has been shortened this year as most spectators are in the downtown area. Activities begin downtown at 4:00 pm and the parade begins at 6:00 pm. The route begins at 4th & Main and goes down Main Street and ends at the Cravath Lakefront Park.



We need two people to walk with the 40th Anniversary banner and 2—4 to distribute candy. Parks and Recreation is also holding an ornament decorating for the lighted tree. (See page 2)

HOLIDAY SING AND TREATS



Monday, December 13, 1:00 pm

The Whitewater Warblers will be leading Christmas Carols and fun songs starting around 1:00pm. We have plenty of books with all the words, if you need it. Singing is good for the soul and puts a smile on your face. Wear your festive finest and have a little holiday

cheer with us. When we're done with the fun, we'll have hot chocolate and treats available. There will also be door prizes. Please register in advance so we know how many goodies to have on hand.

Volume XXII Issue 12

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BackADDRESS, Phone Numbers and Staff

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

TROPICAL PARTY



Friday, January 21 1—3 pm
Aquatic Center Pool Deck

Enjoy the warmth of the Aquatic Center as we take you away to tropical sand beaches, island music, and fun! Listen and participate in steel drum music with Bahama Bob. He'll get your toes tapping and hips swaying. He also talks about the steel drum and how it came to be used in the Caribbean. There will be games, trivia, a Photo/Selfie Spot and more! We'll even teach you a hula dance. If you want to be in the pool, you can! We will have the entire pool to ourselves.

The event is free we just need your reservation!



BEGINNING SIGN LANGUAGE

There will be a Beginning Sign Language class starting the end of January. Let us know if you are interested. Day and time is to be determined. Nancy Brunner will continue teaching the class.

SENIOR FORUM



Monday, December 6
12:00 pm

The group is currently working on the goals setup through accreditation, and will discuss items and input from the 'Annual Meeting'. 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.

POSITIV-TREE

Help us see the GOOD of 2021. Take an ornament and write something on it that is GOOD. Add it to our Community Holiday Tree at Flat Iron Park (402 W Main Street, large evergreen west of Dam & Flag Poles). Bring your ornament and add it to the tree (we suggest a long string!). Ornaments can be placed starting December 6 and will be on display until January 14. Show us the GOOD!!



DECK THE HOUSE: CHRISTMAS LIGHT CONTEST & TOUR

Are you someone who loves to decorate for the Holiday Season, drive around and look at all the decorations? THIS PROGRAM IS FOR YOU! Participants will be able to upload a lit-up house picture, maps will then be created of all submissions, winners will be selected and awarded prizes. Watch the Whitewater Parks & Recreation Facebook page in November for registration link and map of all participants.



Nov. 22-Dec. 5: Home Registration
 Dec. 10: Viewing map link released
 Dec. 10-Dec. 19: Viewing and online voting Open
 Dec. 20: Community 1st-3rd place awarded
 Dec. 20-Dec. 24: Best in County open for voting

GREAT DECISIONS OF WORLD WAR II



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 January 3 to receive the zoom link.

January 5 Decisions Gone Wrong: Major Diplomatic and Strategic Mistakes
 January 12 Decisions that Saved Lives and Advanced Freedom
 January 19 Japan's Decision to Attack Pearl Harbor
 January 26 President Harry Truman's Decision to Bomb Hiroshima and Nagasaki
 February 2 Weather/Snow Makeup Day





“Mixed Nuts”
Tuesday, December 14
1:00 pm

(Comedy/Drama/Holiday)
 1 hour, 37 minutes
 Rated PG-13 (1994)

Unusual events occur on Christmas Eve at a crisis hotline in Venice, CA. Nora

Ephron (“Sleepless in Seattle”) wrote and directed this Yuletide comedy starring Steve Martin, Madeline Kahn, Rob Reiner, Rita Wilson and Jon Stewart.



“About Time”

Tuesday, December 28, 1 pm
 (Comedy/Drama/Romance/Fantasy) 2013

2 hours, 3 minutes;

Rated R (language/mild sex)

On his 21st birthday, a young man learns from his father that he has an unusual gift: the ability to travel back in time and relive moments in his life. This has pitfalls as well as benefits, which he can only learn from experience as he meets, woos and attempts to win his soulmate. A superb British cast stars Bill Nighy, Rachel McAdams, Tom Hollander and Margot Robbie. Written and directed by Richard Curtis (“4 Weddings and a Funeral” and “Love Actually”).

GREETING CARDS

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



MEMBERSHIP 2020

MEMBERSHIP



Thanks to everyone who joined last year! A quick reminder that membership dues for 2022 are now due. Those paid by February 19, will be eligible for drawing

prizes.

The fee for residents of the Whitewater School District is \$10 and non-residents is \$15. The funds support our front desk staff person for 15 hours per week. Memberships cover slightly more than half of this cost. The rest comes out of our fundraising monies. If you cannot afford the fee, we have a fund that will cover it for you. Please stop into the office and let us know. We are trying to keep this affordable for everyone.

ICONS—WHAT DO THEY MEAN?



We have the icon of a stick figure. This means the activity is in person.



The round computer icon means it is virtual. Hope this helps you to know which activities are online, in person, or both.

HEALTHY AND SAFE



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

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

“FUN”CTIONAL FITNESS



Mondays & Thursdays 9:30 am

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**



YOGA WITH BRIENNE



Tuesdays, Jan. 11-Feb. 22, 10-11:00 am
Thursdays, Jan. 13-Feb. 24, 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. Everyone will get the Zoom link.



Instructor is Brienne Brown, RYT

Tuesday fee: \$35 members; \$45 non-members

AT Starin Park Community Building

Thursday fee: \$35 members; \$45 non-members

AT The Innovation Center

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

Registration Payment/Deadline: Friday, January 7

Virtual “Fun”ctional Fitness

Dates: Dec. 6-20

Fee: \$5.00 Member

\$11.00 Non-member



Deadline is Friday, Dec. 3

INDOOR WALKING



Wednesdays & Fridays 9:00 am

Walk to ‘Walk Away the Pounds’ DVD’s.

BLOOD PRESSURE SCREENING



**Tuesday, December 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.



ROLL AWAY STRESS



**Wednesdays, 3:00—4:00 pm
January 5—February 16**

Using soft, foam rollers and balls, you will find those spots of tension and roll them away.

Rollers are available to check out if you do the class virtually. Class is in-person and virtual.

Everyone will get the Zoom link.

Fee: \$25 members; \$35 nonmembers

Deadline to register is December 29



CORE AND MORE CLASS



Thursdays, 8:30—9:00 am

Strengthen your core, hips and shoulders using various equipment. Bring a fitness (thicker) mat to class. You must be able to get up and down off the floor. We also stand and sit for some exercises.

Fee: \$1.50 per class members; \$3.00 nonmembers **Walk-in**
\$5.00 members; \$10 nonmembers Dec. 2—Dec. 16 **Virtual**

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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: November 24, Register online, email or call.

STAINED GLASS CLASS



December 7 & 8

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, December 2

Next month: January 18 & 19



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.

No sewing January 14.



JOYFUL TOES



Thursday, December 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 (\$15)

NEW Fee is \$17.00 starting January 2022.

Next Clinic: Thursday, Jan. 6



WHITEWATER WARBLERS



Mondays, 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.



ACTIVITIES AT A GLANCE

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

Core & More (hybrid)—Thursdays, 8:30 am

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

Indoor Walking—Wednesday & Friday 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, 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

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.

TAI CHI UPDATE

Still looking for a yang style teacher. Milton has a class on Mondays at 10:00 am. Different form, nice qigong warm up, no hundred zero postures. First class is free, \$3 after. The Gathering Place, 715 Campus St Milton. Janesville Senior Center also has a class. Call 608-755-3040 for more information.

BOOK WORMS



Monday, December 6, 11:00 am

The Book Club will discuss *This Tender Land* by William Krueger. The January book is *One Day in December* by Josie Silver.

Laurie doesn't believe in love at first sight, but then on a snowy December day she sees a man who she knows instantly is the one. Their eyes meet, there's a moment of pure magic... and then her bus drives away. Laurie spends a year looking for him but doesn't find him. Then they "reunite" at a Christmas party, when her best friend Sarah giddily introduces her new boyfriend to Laurie. It's Jack, the man from the bus. What follows for Laurie, Sarah and Jack is ten years of friendship, heartbreak, missed opportunities, roads not taken and destinies reconsidered. This book is a joyous, heartwarming and immensely moving love story to escape into and a reminder that fate takes inexplicable turns along the route to happiness.



Tuesdays, 10:00 am

December 7: Culver's Bingo

December 14: Mulberry Glen

December 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**

PUZZLE EXCHANGE



Thursday, December 9 11:00 am

If you have puzzles to exchange, great! If not, feel free to take one or two. Tables will be inside the building, adequately spaced. If you prefer to drive up, please call, and we will have items ready for curbside pick up. Puzzle exchange will now be on the second and fourth Thursday of the month at 11:00 am through April.

ROTARY GARDENS LIGHT SHOW



The wintery garden paths are brought to life with over a quarter-million lights, 100 beautifully decorated trees, over 2,500 luminaries, 500 dangling icicle lights hung from the tallest trees in the Garden and more. With photo op stops outside and yummy food inside, the event is sure to delight people of all ages.

Fee: \$15.00 (includes transportation and ticket)
The van will depart Starin Park at 4:00 pm.

Date: Thursday, December 9 Deadline: December 3
Date: Thursday, December 16 Deadline December 10

JANESVILLE SHOPPING

Wednesday, December 1

Pick-ups begin at 9:15. Please call to reserve your seat on the van by November 1 at noon. You can choose one or two stores on the north side of Janesville to be dropped off at. Van back in Whitewater approximately 12:30. \$3.00 per person

EATING OUT

Lunch Bunch
Thursday, December 9
Depart 10:30 am

Enjoy a lunch at the Parkview Café in Milton.

Breakfast Bunch
Thursday, December 2
Depart 8:15 am

Enjoy coffee, conversation and yummy breakfast at the group's favorite place, the Citrus Café in Janesville.

Fish Fry
Friday December 17, Depart 4:00 pm

Enjoy the fish fry at Paddy Coughlin's Irish Pub in Fort Atkinson. Please reserve your seat by Tuesday, December 14.

Lunch, Breakfast & Fish Fry
Fees: \$4.00 members; \$7.00 non-members



HOLIDAY OFFICE HOURS

Office Closed:

All Fridays
Wednesday, December 8
Thursday, December 23
Monday, December 27

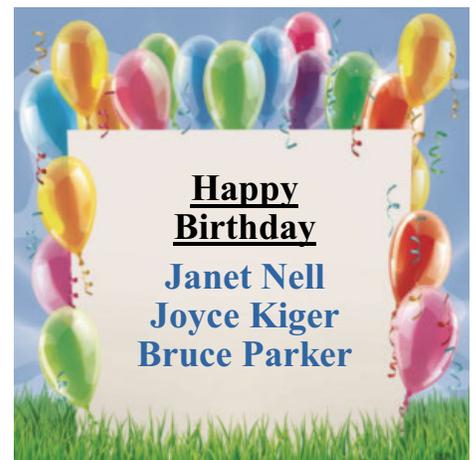
THERMOSTAT

The thermostat is set at a consistent temperature. Please bring a sweater or extra layer, if you think you will need it.



RECYCLING ELECTRONICS

Want to dispose of your old electronics? Seniors in the Park recycles cell phones, digital cameras, iPods and cordless phones as a fundraiser. Bring the items to the Starin Park Community Building during our open hours; Monday—Thursday, 8:30 am—3:00 pm.



Extended Travel

9

Adults of all ages are welcome on our trips. Please call or email for a brochure or more information. Brochures are also available in the lobby of the center.

IRELAND & CULINARY TUSCANY

Treasures of Ireland October 11—20, 2022

Tour Belfast and visit the Giant's Causeway, Tour Dublin, Trinity College and the Book of Kells, Cliffs of Moher, Ring of Kerry, Medieval Banquet, Kilarney, Limerick, Galway, a jaunting car ride and more!

Culinary Tour Through Tuscany October 11—19, 2022

Unpack for 7 nights and enjoy a boutique style hotel in Medieval Radda in the famous wine region of Chianti Tuscany. Experiences include: Truffle Hunting, Organic cooking Class. Several wineries and tastings, Tuscan Farmhouse dinner and wine, Boat excursion on Lake Trasimeno, walking tour of Florence, Gelato and cheese tastings, and so much more! \$3295 pp dbl. Premier World Discovery

Preview these two trips on January 18 at 2:00 pm. Please RSVP by January 14.



LADIES AMISH GETAWAY

May 16-18, 2022

Learn about Nappanee, Indiana's colorful history at Coppes Commons. Explore this countryside on a "Grab Bag Backroads Tour." Stop at Teaberry Wood Products to make your own "Square in a Square" Wooden Quilt Block, Fruit Hills Winery for a tasting of their wine and much more! \$849 pp dbl

COLORADO'S HISTORIC TRAINS

July 15-22, 2022

Experience SIX scenic rail excursions following historic routes of the Old West including the Leadville Colorado & Southern Railroad, the Durango & Silverton Narrow Gauge Railroad, voted one of the "Top Ten Most Exciting Rail Journeys in the World," the Cumbres & Toltec Scenic Railroad, the Royal Gorge Route Railroad across the famous Hanging Bridge, the Cripple Creek & Victor Narrow Gauge Railroad, and climb almost 7,500 feet on the Pikes Peak Cog Railway. \$3400 pp Dbl



MAJESTIC LAKES AND MOUNTAINS

October 4 -13, 2022

Visit Italy's fashion capital of Milan, relax in the tranquil surroundings of Lake Como and discover the charms of Bellagio and Como on this 9-day tour.

Experience a scenic rail journey on the Bernina Express. Sit back and relax as you experience the journey of a lifetime along this single-track railway through the magnificent Alps. Browse in the shops and boutiques and dine on local specialties for lunch while surrounded by beautiful scenery. \$4449 pp dbl



THE SEA ISLANDS—MAYFLOWER 2022 VALUE TOUR

March 27—April 3, 2022

This wonderful spring tour includes Charleston, Savannah and Beaufort.

Spend 3 nights in Beaufort and two nights in Pigeon Forge in the Smokey Mountains. Enjoy guided tours of Charleston, 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 pp dbl and tour activity level is Easy. **This date is sold out. Other dates are available.**



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. 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. 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 wisconsin caregiver.org website.

DEMENTIA RESOURCE LIST

Pat Metz, DFCI volunteer, has compiled a list of resources. Email dweberpal@whitewater-wi.gov if you would like a copy.

HOLIDAYS AND DEMENTIA

By adjusting your expectations and modifying some traditions, you may find meaningful ways to celebrate holidays.



Creating a Safe and Calm Space:

To create an appropriate environment during the holidays for the person with dementia:

- **Tone down decorations.** Avoid blinking lights or large decorative displays that can cause confusion. Avoid decorations that cause clutter or require you to rearrange a familiar room.
- **Avoid safety hazards.** Substitute electric candles for burning candles. If you light candles, don't leave them unattended. Avoid fragile decorations or decorations that could be mistaken for edible treats, such as artificial fruits. If you have a tree, secure it to a wall.
- **Play favorite music.** Familiar or favorite holiday music may be enjoyable. Adjust the volume to be relaxing and not distressing.

Adapting Holiday Activities:

- **Prepare together.** Mix batter, decorate cookies, open holiday cards or make simple decorations. Focus on the task rather than the outcome.
- **Host a small gathering.** Aim to keep celebrations quiet and relaxed.
- **Avoid disruptions.** Plan a gathering at the best time of day for the person with dementia. Keep daily routines in place as much as possible.
- **Provide a quiet place.** If you are having guests over, provide a quiet place for the person with dementia to have time alone or to visit with one person at a time.
- **Plan meaningful activities.** You might read a favorite holiday story, look at photo albums, watch a favorite holiday movie or sing songs.
- **Keep outings brief.** If you'll be attending a holiday gathering, plan to be brief or be prepared to leave early if necessary. Make sure there is a place to rest or take a break.

Celebrating at a Care Facility:

- **Celebrate in the most familiar setting.** Because a change in environment can cause distress, consider holding a small family celebration at the facility. You might participate in holiday activities planned for the residents.
- **Minimize visitor traffic.** Arrange for a few family members to drop in on different days. A large group may be overwhelming.

Preparing Holiday Visitors:

- **Provide an update.** Let guests know ahead of time about any changes in behavior or memory since their last visit. Providing a recent photo can help people prepare for changes in appearance.
- **Offer communication tips.** Suggest ways for guests to listen patiently, such as not criticizing repeated comments, not correcting errors and not interrupting.
- **Suggest activities.** Tell guests ahead of time what activities you have planned or suggest something they might bring, such as a photo album.

(Continued on page 14)

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.



- ⇒ Whitewater Dementia Friendly
- ⇒ Whitewater Parks and Recreation
- ⇒ Whitewater Aquatic & Fitness Center



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

FIND NEWSLETTERS 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 that publish with LPi, the Walworth County ADRC newsletter, and community and intergenerational centers, too! Just type in a zip code or name of the center.



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Activity Calendar

December 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 8:00 Pickleball (A) 9:00 Indoor Walking 9:15 Jville Shopping 12:30 Pickleball (A) 3:00 Roll Away Stress (H)</p>	<p>2 8:15 Breakfast Bunch 8:30—3 Joyful Toes 8:30 Core & More-H 9:00 Pickleball (A) 9:30 FUNfit-(H) 10:00 Yoga with Brienne (HC) 1:00 Watercolor</p>	<p>3 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) 6:00 Holiday Parade Office Closed</p>
<p>6 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 Canasta 1:00 Mah Jongg</p>	<p>7 9:00 Pickleball (A) 10:00 Culver's Bingo 10:00 Yoga with Brienne (HC) 12:30 Sheepshead 12:30 Stain Glass-A</p>	<p>8 8:00 Pickleball (A) 9:00 Indoor Walking 12:30 Pickleball (A) 12:30 Stain Glass-A 3:00 Roll Away Stress (H) Office Closed</p>	<p>9 8:30 Core & More-H 9:00 Pickleball (A) 9:30 FUNfit-(H) 10:00 Yoga with Brienne (HC) 10:30 Lunch Bunch 11:00 Puzzle Exchange 1:00 Watercolor 4:00 Rotary Gardens Lights Tour</p>	<p>10 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) Office Closed</p>
<p>13 8:00 Pickleball (A) 9:30 FUNfit-(H) 11:00 Warblers 12:30 Pickleball (A) 1:00 Holiday Sing and Treats</p>	<p>14 9:00 Pickleball (A) 9:30 Rockin' Respite 10:00 Mulberry Bingo 10:00 Yoga with Brienne (HC) 12:30 Sheepshead 1:00 Movie "Mixed Nuts"</p>	<p>15 8:00 Pickleball (A) 9:00 Indoor Walking 12:30 Pickleball (A) 3:00 Roll Away Stress (H)</p>	<p>16 8:30 Core & More-H 9:00 Pickleball (A) 9:30 FUNfit-(H) 10:00 Yoga with Brienne (HC) 1:00 Watercolor 4:00 Rotary Gardens Lights Tour</p>	<p>17 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) 4:00 Fish Fry Office Closed</p>
<p>20 8:00 Pickleball (A) 9:30 FUNfit-(H) 9:30 Pegs & Jokers 11:00 Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg</p>	<p>21 9:00 Pickleball (A) 10:00 City Bingo 10:00 Yoga with Brienne (HC) 12:30 Sheepshead</p>	<p>22 8:00 Pickleball (A) 9:00 Indoor Walking 12:30 Pickleball (A) 3:00 Roll Away Stress (H)</p>	<p>23 9:00 Pickleball (A) 10:00 Yoga with Brienne (HC) Office Closed</p>	<p>24 Closed 8:00 Pickleball (A) 12:30 Pickleball (A) </p>
<p>27 8:00 Pickleball (A) 12:30 Pickleball (A) City Holiday Office and Facility Closed</p>	<p>28 9:00 Pickleball (A) 9:30 Blood Pressure 10:00 City Bingo 12:30 Sheepshead 1:00 Movie: "About Time"</p>	<p>29 8:00 Pickleball (A) 9:00 Indoor Walking 12:30 Pickleball (A)</p>	<p>30 9:00 Pickleball (A)</p>	<p>31 8:00 Pickleball (A) 12:30 Pickleball (A) Office Closed Happy New Year! </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 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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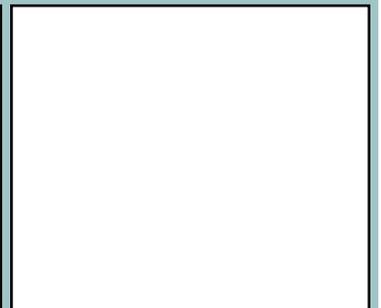
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(Cont. from page 8)

Taking Care of Yourself

Self-care is crucial for caregivers during the holidays. To make the season enjoyable:

- **Pick and choose.** Focus on the holiday activities and traditions that are most important to you. Remember that you can't do it all.
- **Manage others' expectations.** Set realistic expectations for what you can contribute to family holiday celebrations.
- **Delegate.** Let family and friends help with cleaning, addressing cards and shopping for gifts.
- **Make time for yourself.** Ask a family member or friend to give you a break so that you can enjoy a holiday outing without caregiving responsibilities.

Trusting Your Instincts

Simplifying celebrations, planning ahead and setting boundaries can help you minimize stress and create a pleasant holiday experience for you both.



HOLIDAY DECORATING

Stop in and help decorate our tree on Wednesday, December 1, at 10:00 am We have lots of beautiful ornaments and some decorations for the center. Help us make this a jolly holiday.

HOLIDAY UN-DECORATING

Join us on Wednesday, January 5, at 10 am to help put away the tree and decorations. We'll bring out the snow people then. Happy winter!

FROM THE COORDINATOR

Short and sweet this month! My wish for you is to have a wonderful Holiday Season with friends and family. Enjoy treats and good cheer! Tis the season to be jolly! Thank you all for a wonderful year, weird as it was. Looking forward to new adventures in 2022, Cheers!



SHINGLES

Shingles is a disease that causes a painful skin rash. About one in three people will get shingles, and your risk increases as you age. Talk with your doctor if you notice symptoms of shingles, such as:

- Burning, tingling, or numbness of the skin
- Feeling sick — chills, fever, upset stomach, or headache
- Fluid-filled blisters
- Skin that is sensitive to touch
- Mild itching to strong pain

Although there is no cure, shingles can be prevented and treated. Healthy adults age 50 and older should talk to their doctor about getting the shingles vaccine to reduce their risk.

Watch NIA's [new video about shingles](#) to learn more about symptoms, prevention, and treatment

Advertiser of the Month



My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

Visit us today:
mychoicewi.org/LPI
 1-800-963-0035

For more information on your long-term care options, contact your local ADRC.

DHS Approved 4/22/2021

WHITEWATER CITY MARKET

Whitewater City Market November 2021 through April 2022, Saturdays 9:00 am to 12:00 pm at the Irvin L. Memorial Library. To become a vendor, contact director@downtownwhitewater.com.

LITTLE FREE SLED SHED

A twist on the Little Free Library, the shed is in place at Tripp Lake Sledding Hill to give everyone an opportunity to go sledding during the winter months. Donations are also being accepted.

THE PSYCHOLOGY BEHIND WHY WE LISTEN TO MUSIC LOUDLY

Many of us have enjoyed our share of loud music over the years, whether blasting Led Zeppelin, Jennifer Lopez or Garth Brooks. The genre doesn't matter so much as the fact that we LIKE IT LOUD!

If you've ever wondered why, a pair of University of Auckland researchers have some answers. By interviewing nightclub staff and patrons in Auckland and learned that, simply put, loud music is associated with fun. Their theoretical model, called CAALM (Conditioning, Adaptation, Acculturation to Loud Music), helps explain this phenomenon in more detail.

Conditioning refers to pairing loud music with having fun—and eventually, the loud music itself elicits pleasure. Adaptation is the process of becoming acclimated to loud sounds, which might seem uncomfortably noisy at first, but we'll soon learn to tolerate them. Acculturation is our collective expectation that clubs, parties and similar events will inevitably play loud music.

CAALM also identifies four elements of loud music that stimulate us: Music arouses and excites us; our auditory systems evolved to warn us of dangers, and our ears are connected to parts of the brain associated with arousal.

Loud sounds offer refuge from the outside world, acting as a sort of cocoon that allows us to drown out other sounds—and even our own thoughts, masking our anxieties.

Loud music transports us to a more carefree place.

Loud music offers us a new, stronger identity based on power and toughness. Think of the anger and masculinity inherent in a lot of rock and rap music.

It's still important to protect your hearing, but now you understand on a deeper level why they're listening to loud music!

Contact an audiologist at Fort HealthCare Audiology at 920.563.6667 in Fort Atkinson or 262.473.8920 in Whitewater to learn more about hearing protection options, get help with your hearing or schedule a complimentary hearing screening.

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
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Phone 262-473-0535

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

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Romelle Koch

Parks & Recreation Director

Eric Boettcher

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www.wwparks.org
www.whitewater-wi.gov

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



Thank you to all the people who have donated money or in kind items to Seniors in the Park this year. Every little bit is greatly appreciated. (Apologies if someone was missed)

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Thank You. 