



The Park Bench

January 2022

Seniors in the Park Newsletter

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!



Volume XXIII Issue 1

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BackADDRESS, Phone Numbers and Staff

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



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

MEMBERSHIP

2022



See page 3 for info on Membership.

SNOWSHOEING

Wednesday, January 12, 1:00 pm

Join Bonnie Wagner at Natureland Park. If you don't have snowshoes we may have some for you to try. Please register in advance so we can keep you informed of changes in date or venue. Register by Monday January 10 and let us know if you have snowshoes or may need a pair to try. First come, first served.

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, January 10, 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.

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.

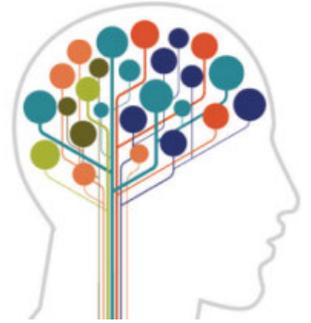
Hope this helps you to know which activities are online, in person, or both.

BOOST YOUR BRAIN & MEMORY



Mondays February 28—April 4
1:00 pm

Boost Your Brain & Memory, is a multi-faceted brain health program, that goes beyond simple brain games. The evidence-based program focuses on a variety of lifestyle factors that impact brain health and on memory strategies that participants can implement in their daily lives.



Boost Your Brain & Memory offers a unique, whole-person approach to brain fitness. The program incorporates video segments and instructor-led exercises to guide older adults through a comprehensive overview of: Physical Activity, Emotional Health, Intellectual Activity, Nutrition, Spiritual Activity and Social Engagement. Program participants learn practices that can help them live a healthier lifestyle, remember things better, be more organized, pay closer attention, and regulate their emotions.

Register by February 18. Class size is limited.

WILDFLOWER CLASS



Wednesdays, March 2—30, 12—1:30 pm

Wildflowers of Wisconsin will enable you to identify 200 of the most beautiful wildflowers of Wisconsin and the knowledge to better understand and enjoy them. Using the pictorial field guide, *Wildflowers of Wisconsin*, as our text, we will focus on one plant group per week: weedy species, prairies, southern woodlands, northern woodlands and wetlands. We will emphasize how to identify each wildflower, and you will become able to recognize many of these plants even when they are not in bloom. We will also touch upon wildflower natural history and ecology, basic botanical terminology and Wisconsin plant community types. The text book for the course, *Wildflowers of Wisconsin* by Stan Tekiela, is available in most libraries and bookstores. A few copies will be available for checkout at Seniors in the Park. Either edition of the text is acceptable.



Instructor: Teresa Golembiewski

Fee: \$5 members; \$10 non-members for binder & handouts.



“The French Dispatch”

Tuesday, January 11,
1:00 pm

(Comedy/Drama/Romance)
1 hour, 47 minutes (2021)
Rated R (nudity, language)



This homage to American journalism tells the tale of a Kansas-based newspaper located in a fictional French town, as it attempts to publish its final edition. It is told in three madcap storylines, enlisting a cast of International film stars, including Adrien Brody, Tilda Swinton, Frances McDormand, Timothee’ Chalamet, Owen Wilson, Henry Winkler, Willem Dafoe, Ed Norton, and Bill Murray. Written and directed by Wes Anderson.

“No Time to Die”

Tuesday, January 25, 1:00 pm

(Action/Adventure/Thriller)
2 hours, 43 minutes (2021)
Rated PG-13

Nobody does it better than Bond. James Bond. In his fifth and final outing as 007 (and the 25th film in the series), Daniel Craig plays a retired and world weary Bond who returns to MI6 only to find: he’s been replaced. Nevertheless, he must persevere to thwart a new supervillain (Rami Malek) armed with dangerous new nanotechnology. Also starring Ralph Fiennes (as M), Ben Whishaw (as Q), and Christoph Walz as Ernst Blofeld.

- ⇒ **Whitewater Dementia Friendly**
 - ⇒ **Whitewater Parks and Recreation**
 - ⇒ **Whitewater Aquatic & Fitness Center**
 - ⇒ **City of Whitewater are on Facebook.**
- Please friend us!**



MEMBERSHIP 2022

MEMBERSHIP



Thanks to everyone who joined last year! A quick reminder that membership for 2022 is 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 in the office and let us know. We are trying to keep this affordable for everyone.

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!

GREETING CARDS

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

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

“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** or 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: January 3 – 27

Fee: \$8.00 Member

\$13.00 Non-member

Deadline is Thursday, Dec. 30

INDOOR WALKING



Wednesdays & Fridays 9:00 am

Walk to ‘Walk Away the Pounds’ DVD’s.

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



WALKING PATH



Fort Healthcare and the Fort Atkinson Community Foundation are pleased to announce the opening of the Community Wellness Walking Path at Jansen’s Banquet Hall, 1245 Whitewater Avenue in Fort Atkinson. This collaboration with Jansen’s will be staffed by volunteers and will offer a safe walking environment during these winter months.

The Walking Path will be available from Monday through Friday, 8 a.m. to 1 p.m., through April 1, 2022. Guests are kindly asked to be masked appropriately at all times, keep an appropriate distance from other participants and change into dry shoes upon arrival. In the event of inclement weather, the Walking Path will follow the lead of the Fort Atkinson School District and will close if schools are closed or delayed. For the safety of our walkers, if you have any symptoms of illness, we ask that you please stay home. For more information, please contact Nicole Leibman at Nicole.Leibman@forthc.com or (920)568-5472.

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DHS Approved 4/22/2021

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WATERCOLOR—BASICS AND BEYOND



Thursdays, January 6-27, 1:00—3:30 pm

Please join Rita Carpenter for some watercolor fun! Week one and two, we will use watercolors to create some fun bird scenes. We will use a permanent black or sepia pen as well. We will finish up the month with some landscapes. Class is in person or online. Have to miss a class, we'll record it.



Supply list - reference photos (if you have), watercolor palette, watercolor paper, a piece of credit card or palette knife, cloth, painters tape, brushes, spray bottle, table cover, board, paper towel and any supplies you regularly use. Permanent pens Pitt or Micron. If you like to add napkins or papers to your work, please bring that and yes paste.

Fee: \$60 Deadline: December 30, 2021

WATERCOLOR BASICS AND BEYOND

Thursdays, February 3-24, 1:00—3:30 pm

Please join Rita Carpenter for some watercolor fun! First class we will paint a horse on gesso coated watercolor paper. You can do all of these on standard watercolor paper, if you like. I will have some gesso surfaces for sale, if you prefer that. We will paint animals this whole month. So, think about your reference photos, if you prefer to use your own.



Supply list - watercolor paints & paper, a piece of credit card or palette knife, cloth, painters tape, brushes, spray bottle, table cover, board, paper towel, any supplies you regularly use. Gesso prepared surface or plain watercolor paper. You choose. We may also put tissue on a piece of watercolor paper let dry and paint on it.

Fee: \$60.00 Deadline: January 27

SEWING GROUP



Fridays 10:00 am—3:00 pm

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, January 6

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. (\$17)



NEW Fee is \$17.00, starting January 2022.

Next Clinic: Thursday, February 3

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.



STAINED GLASS CLASS



**January 18 & 19
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 and ideas. 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, January 13

Next month: February 8 & 9

BOOK WORMS



Monday, January 3, 11:00 am

The Book Club will discuss *One Day in December* by Josie Silver. The February book is *The Little Paris Bookshop* by Nina George

Monsieur Perdu calls himself a literary apothecary. From his floating bookstore in a barge on the Seine, he prescribes novels for the hardships of life. Using his intuitive feel for the exact book a reader needs, Perdu mends broken hearts and souls. The only person he can't seem to heal through literature is himself; he's still haunted by heartbreak after his great love disappeared. She left him with only a letter, which he has never opened. After Perdu is finally tempted to read the letter, he hauls anchor and departs on a mission to the south of France, hoping to make peace with his loss and discover the end of the story.

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!



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.

PUZZLE EXCHANGE



Thursday, January 13 & 27, 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.



Tuesdays, 10:00 am

January 4: Culver's Bingo
January 11: Mulberry Glen Bingo
January 25: 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 * Jersey Mike's
Dalee Water Conditioning * Mirage Hair Studio * Rick's * Jessica's
Wal-Mart**

SNOW AND ICE REMOVAL REQUIRED

The owner, occupant, or person in charge of any building or lot fronting upon or adjoining any sidewalk shall remove all snow and ice from the sidewalk no later than twenty-four hours after a snow or ice event. When any ice is so formed on any sidewalk that it cannot be removed, the responsible party shall keep it sprinkled with salt or sand. If any such owner, occupant, or person in charge refuses or fails to comply with the provisions of this section within the time aforesaid, an appointed representative may remove such snow or ice and the cost shall be charged at a rate of one hundred dollars per hour, with a minimum charge of one hundred dollars. Contracted ice removal will be billed back to the owner. More detailed information is on the City of Whitewater website.

ACTIVITIES AT A GLANCE

“FUN”ctional Fitness (hybrid)—Mondays & Thursdays, 9:30 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
Pegs and Jokers—Third Monday at 9:30 am
Mah Jongg—Mondays, 1:00 pm
Sheepshead—Tuesdays 12:30 pm



JANESVILLE SHOPPING

Wednesday, January 5

Pick-ups begin at 9:15. Please call to reserve your seat on the van by the Monday prior. 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, January 13 Depart 10:45 am

Enjoy a lunch at the Whiskey Ranch between Whitewater and Delavan.

Breakfast Bunch

Thursday, January 20 Depart 8:15 am

Enjoy coffee, conversation and yummy breakfast at the Cracker Barrel in Janesville.

Fish Fry

Friday January 28 Depart 4:00 pm

Enjoy the fish fry at Café 26 in Milton. Please reserve your seat by Tuesday, January 25.

Lunch, Breakfast & Fish Fry

Fees: \$4.00 members; \$7.00 non-members



FUNDRAISING FOR A NEW MINI-BUS (SENIOR VAN)

We are going to begin looking for a new/used mini-bus in 2022 and will begin a fundraising campaign. It will be a three pronged approach using seniors in the Park savings, fundraising, and potentially some city funding. This is exciting as our current mini-bus is closing in on being 20 years old.

Hoping this will open doors to more trip opportunities fun outings for small groups.

We appreciate anything you would be willing to donate toward the fund. If you have any questions, please contact Deb.

Thanks all! You are an amazing group of people.

JANUARY

Office Closed:

Friday, December 31

January 3—6 @ 1:00

January 13 & 27 @ 1:00

All Fridays

Happy Birthday

Gary Kiger
Eunice Rowe
Betty Heth

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! \$3945 pp dbl. Premier

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



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! \$3899 pp dbl. Premier World Discovery

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.**



“Dementia doesn't rob someone of their dignity; it's our reaction to them that does.”
~Teepa Snow

WHITEWATER DEMENTIA FRIENDLY COMMUNITY INITIATIVE (DFCI)

Monday, January 10, 1:30 pm

We will be looking at the responses to our Dementia Survey, which will assist us in 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.

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.

FROM THE COORDINATOR



In December of 2016, I put an item in the newsletter asking people to share their passion and commitment about becoming a Dementia Friendly Community (DFC). A DFC is defined as one that is informed, safe and respectful of individuals with dementia and their families, provides supportive options, and fosters quality of life. Who knew that when I put out the call for a DFC group in Whitewater, that so many wonderful, experienced and dedicated people would come to the first meeting. The group has worked hard. The first step was a mission statement and goals. After that the group worked diligently to accomplish these:

- Developed informational brochures
- Wrote grants for funding the brochures and the Respite site
- Offered community educational programs
- Trained three memory screeners
- Three people became trainers for the Purple Angel business program,
- Worked with UW-W Public Relations class on campaigns for community and business awareness.
- Held 3 Virtual Dementia/Dementia Live activities
- Created a Facebook Page
- Opened a twice monthly respite site, Rockin' Respite, with two key volunteer leaders and 20+ more, to have fun one-on-one with guests.
- Worked with ILY Memorial Library to offer “Activity Boxes” for those with dementia
- Purchased resource books for both the Starin Park Community Building and the ILY Memorial Library
- Offered Dementia Friends© community information sessions.

We just shared a community survey and will be looking at new ideas and goals moving forward. We'd love you to join this fun, dynamic group of people. It's been one of the most rewarding programs I've been involved with in my 30 years of being a senior center director/coordinator.



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 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

January 2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRI/SAT/SUN |
|--|---|---|--|--|
| 3 8:00 Pickleball (A) 9:30 FUNfit-(H) 11:00 Book Club 11:00 Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg Office Closed 1:00 | 4 9:00 Pickleball (A) 10:00 Culver's Bingo 12:30 Sheepshead Office Closed 1:00 | 5 8:00 Pickleball (A) 9:00 Indoor Walking 9:15 Jville Shopping 12:30 Pickleball (A) 1:00 Great Decisions WWII 3:00 Roll Away Stress (H) Office Closed 1:00 | 6 8:30—3 Joyful Toes 9:00 Pickleball (A) 9:30 FUNfit-(H) 1:00 Watercolor Office Closed 1:00 | 7 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) Office Closed |
| 10 8:00 Pickleball (A) 9:30 FUNfit-(H) 11:00 Warblers 12:00 Senior Forum 12:30 Pickleball (A) 1:00 Mah Jongg 1:30 DFCI Mtg | 11 9:00 Pickleball (A) 9:30 Rockin' Respite 10:00 Mulberry Bingo 10:00 Yoga with Brienne (H) 12:30 Sheepshead 1:00 Movie "The French Dispatch" | 12 8:00 Pickleball (A) 9:00 Indoor Walking 12:30 Pickleball (A) 1:00 Great Decisions WWII 1:00 Snowshoe 3:00 Roll Away Stress (H) | 13 9:00 Pickleball (A) 9:30 FUNfit-(H) 10:00 Yoga with Brienne (IC) 10:30 Lunch Bunch 11:00 Puzzle Exchange 1:00 Watercolor Office Closed 1:00 | 14 8:00 Pickleball (A) 9:00 Indoor Walking 12:30 Pickleball (A) Office Closed Blood Drive Here |
| 17 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 | 18 9:00 Pickleball (A) 10:00 Yoga with Brienne (H) 12:30 Stain Glass-A 12:30 Sheepshead 2:00 Travel Preview | 19 8:00 Pickleball (A) 9:00 Indoor Walking 12:30 Stain Glass-A 12:30 Pickleball (A) 1:00 Great Decisions WWII 3:00 Roll Away Stress (H) | 20 8:15 Breakfast Bunch 9:00 Pickleball (A) 9:30 FUNfit-(H) 10:00 Yoga with Brienne (IC) 1:00 Watercolor | 21 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) 1:00 Tropical Party (AQ) Office Closed |
| 24 8:00 Pickleball (A) 9:30 FUNfit-(H) 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg | 25 9:00 Pickleball (A) 10:00 City Bingo 10:00 Yoga with Brienne (H) 12:30 Sheepshead 1:00 Movie: "No Time to Die" | 26 8:00 Pickleball (A) 9:00 Indoor Walking 12:30 Pickleball (A) 1:00 Great Decisions WWII 3:00 Roll Away Stress (H) | 27 9:00 Pickleball (A) 9:30 FUNfit-(H) 10:00 Yoga with Brienne (IC) 11:00 Puzzle Exchange 1:00 Watercolor Office Closed 1:00 | 28 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) 4:00 Fish Fry Office Closed |
| 31 8:00 Pickleball (A) 9:30 FUNfit-(H) 11:00 Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg |  | | 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 or a cancellation. 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.

WHITEWATER FOOD PANTRY:

At the Downtown Armory, 146 W. North St, Open Wednesdays and Thursdays, 8:30 am-12:00 pm.

COMMUNITY SPACE

Still distributing food Tuesday & Thursday, 8:30-11 am, Wednesdays, 3:30-7 pm and Saturdays, 8:30 am-12 pm.

FOODSHARE WISCONSIN

You may be eligible for FoodShare. Is money tight? FoodShare Wisconsin and the QUEST Card can help you through rough patches by providing money for groceries until you get back on your feet. The QUEST Card is accepted at most grocery stores in Wisconsin. The FoodShare Helpline wants to make applying for FoodShare as simple and stress-free as possible. They offer free help with the FoodShare application, either in person or over the phone. Call the FoodShare Helpline at 1-877-366-3635 or visit <https://www.getaquestcard.org/help-with-applications> to get started!



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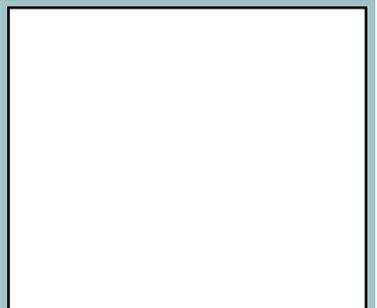
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FAIRHAVEN SPRING 2022 LECTURES— AMERICAN PROFILES

Mondays, 3:00 pm

Fairhaven Fellowship Hall, 435 W. Starin Rd.

Politicians, activists, musicians and every day citizens. Systems, inventions, and tragedies. This spring, we will put the spotlight on changemakers that have made history. From local stories to those that made a global impact, join us as we take a closer look at fascinating American profiles.

Feb. 7: Who are the Supremes? A Discussion of the Lives of Supreme Court Justices

Monica Lineberger, Assistant Professor, Political Science

The Supreme Court has worked to perpetuate the mysterious nature of judicial decision making and the work of its justices. Informal rules dictate that the justices rarely speak to the press about their work or political preferences. Yet Supreme Court justices are people with hobbies, interests, and fascinating histories. This lecture explores the lives of some of the most influential justices throughout time.

Feb. 14: Educational Innovators: Profiles from the American Past

Anne Durst, Associate Professor, Educational Foundations

Union in the 1850s, the community involved in John Dewey's Laboratory School at the turn of the twentieth century, and the Black teachers connected to the educational networks created by Carter G. Woodson and others in Jim Crow America.

Feb. 21: An Opportunity and a Burden: The Lives of Loyalist Women in Revolutionary Philadelphia

Kimberly Nath, Associate Professor, History

This lecture will explore the day to day lives of women during the occupation of Philadelphia in the midst of the American Revolution. As their husbands, sons, and brothers took up arms with British soldiers, women were left to negotiate the harsh realities of war. While some struggled to put food on the table and care for their children, others seized the opportunity to exert their own independence. These varied experiences represent the many ways in which they negotiated the war at home.

THANK YOU!

- ◆ Cash donations from **Miriam Debereiner, Leda Obenaur and Carolyn Behrens**
- ◆ Van donation **John Rowe**
- ◆ Lobby candy dish **Adelaide Atkielski**

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.

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WISCONSIN SENIOR MEDICARE PATROL

The Scoop—Wisconsin Senior Medicare Patrol’s quarterly newsletter, features information about Medicare fraud and scams, updates from Social Security,

winter safety, and so much more! The front page article provides an important follow up from a story that was featured in the September issue, outlining the final chapter of a Medicare fraud scheme involving a Wisconsin doctor. Reporting concerns is so important!

Please feel free to contact the Wisconsin Senior Medicare Patrol if you have any questions. We can be reached at our toll-free helpline, (888) 818-2611 or by email, smp-wi@gwaar.org.

If you would like to receive The Scoop, go the link/site below to receive it.

<https://gwaar.org/senior-medicare-patrol>

THYROID DISEASE AND HEARING LOSS

Nearly 60% of the estimated 20 million Americans who have thyroid disease aren’t aware that they have the condition. Another thing they may not know is that thyroid disease can impact your hearing. Since January is Thyroid Awareness Month, now’s the perfect time to learn more about the thyroid and your ears.

What Does the Thyroid Do?

The thyroid, a small butterfly-shaped gland on the front of your neck, produces thyroid hormones (TH) responsible for regulating many of the body’s daily functions. Every tissue and organ in the human body is affected by the thyroid.

When too little or too much TH is produced, your health can be affected. Hypothyroidism occurs when too little TH is produced, leading to weight gain, fatigue and depression. Hyperthyroidism occurs when too much TH is produced, causing faster heart rate, weight loss and tremors.

The Thyroid and Hearing Health

Research is still ongoing, but both hypothyroidism and hyperthyroidism have been linked to hearing loss. According to one study conducted in Taiwan, patients with a history of either condition were more likely to experience sudden sensorineural hearing loss. Even the treatment of thyroid problems can wreak havoc on your hearing. Thyroid cancer patients who undergo radiation therapy may experience hearing loss, while patients who use the thyroid eye disease drug Tepezza report hearing dysfunction as a side effect.⁴

Think you may have hearing loss due to a thyroid issue? 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.

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.



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.

WHITEWATER CITY MARKET

The City Market will be held at the Irvin L. Memorial Library Saturdays 9 am—noon through April 2022

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

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Parks & Recreation Director

Eric Boettcher

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

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