



The Park Bench

February 2022

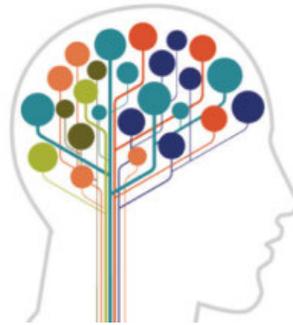
Seniors in the Park Newsletter

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.

Volume XXIII Issue 2

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BackADDRESS, Phone Numbers and Staff

SCHOLARLY SCOOP RETURNS!



The 1918-1919 Pandemic, Revisited

Friday, February 4, 10:30 am

I was pleased to join the Scoop over a year ago, to share a few thoughts on the historical parallels between the 1918-19 global flu and current COVID19 pandemics. At our talk, I'd like to revisit that conversation and then discuss what has happened in the meantime. While many similarities persist between the two pandemics, political polarization, new media, and the resurgence of what Hofstadter calls "the paranoid style in American politics" have set COVID19 apart from all prior pandemics.



Dr. Karl Brown teaches Modern European History at UW-W Whitewater. He lives here in Whitewater with his wife Brienne and children, Margaret and Nels. Karl is on the Executive Board of the Whitewater League of Women Voters and invites new and returning members to get involved with our upcoming local elections. The event is hybrid. Register by Wednesday, February 2 to receive the zoom link.

MEMBERSHIP

2022



See page 3 for info on Membership.

SNOWSHOEING

Tuesday February 22, 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 Friday February 18 and let us know if you have snowshoes or may need a pair to try. First come, first served.

SENIOR FORUM

Monday, February 14, 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.

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

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 group will go on a hike in April. Date and time TBA.

SCHOLARLY SCOOP



'Will humanity bring about its own demise?'

March 4, 10:30 am

Technological advancements that have made modern civilization possible have brought about a quality of life unsurpassed in human history; they have also brought about new risks that threaten the very existence of humanity. In this talk, major risks to humanity will be discussed with a particular focus on the existential threats for which humanity is a principal cause: nuclear war, climate change, pandemic disease, and artificial intelligence. What is being done to prevent these threats from occurring?



Jonah Ralston is an associate professor of political science at UW-Whitewater and coordinator of the university's public policy and administration program. He has held appointments as faculty sustainability fellow and as a community-based learning fellow. Prior to his current position he was employed as a program analyst for a non-partisan legislative service agency in Wisconsin. His research interests are primarily focused on science and environmental policy.



“Spencer”
Tuesday, February 8
1:00 pm
(Biography/Drama)
Rated R (language)
1 hour, 57 minutes (2021)



During her Christmas holiday with the Royal Family at their estate, Diana Spencer, struggling with depression and her wandering husband, decides to end her decade-long marriage to Princes Charles. Kristen Stewart, as Princess Diana, has been receiving Oscar buzz for this performance, as has this film. (Oscar Nominations are to be announced early this morning, February 8.)

“Roma”
Tuesday, February 22, 1:00 pm
(Drama)

Rated R (language/nudity);
2 hours, 15 minutes (2018)

Spanish/Mexican language with English subtitles.

A year in the life of a middle class family and their maid, in Mexico City in the early 1970's. A slice-of-life film that you won't soon forget. Filmed in black & white. Three Awards, 2019: Best Foreign Film, Best Cinematography, Best Director.

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



MEMBERSHIP 2022



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 Valentine's Day, 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**

Virtual “Fun”ctional Fitness



Dates: January 31—Feb. 24

Fee: \$12.00 Member
\$17.00 Non-member

Deadline is Thursday, Jan. 27

INDOOR WALKING



Wednesdays & Fridays 9:00 am

Walk to ‘Walk Away the Pounds’ DVD's.

ROLL AWAY STRESS



**Wednesdays, 3:00—4:00 pm
March 2—April 20**

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: \$20 members; \$30 nonmembers
Deadline to register is February 28

No class March 23



YOGA WITH BRIENNE



Tuesdays, Mar. 1—Apr. 26

10-11:00 am**

Thursdays, Mar. 3—Apr. 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**, or you can also join online. Everyone will get the Zoom link.

Instructor is Brienne Brown, RYT

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

**AT Starin Park Community Building

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

**AT The Innovation Center

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

Registration Payment/Deadline: Friday, February 25

No classes March 22 & 24

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, 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 February 4.



STAINED GLASS CLASS



February 8 & 9

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, February 3

Next month: March 15 & 16



JOYFUL TOES



Thursday, February 3

This service is by **6Appointment 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, March 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.

SENIOR MEDICARE PATROL NEW WEBSITE

The Wisconsin Senior Medicare Patrol—whose mission is to empower older adults to prevent health care fraud in Wisconsin—has launched a new website <https://www.smpwi.org> to make the organization more accessible to the older adult population.

“Medicare fraud, abuse, and errors are a huge problem, and Medicare recipients are constantly being targeted,” said Ingrid Kunding, Project Manager for Wisconsin Senior Medicare Patrol. “It’s our job to help Wisconsin Medicare beneficiaries and their advocates prevent, detect, and report health care fraud, abuse, and errors.”

BOOK WORMS



Monday, February 7, 11:00 am

The Book Club will discuss *The Little Paris Bookshop* by Nina George. The March book is *The Mermaid Chair* by Sue Monk Kidd.

Sue Monk Kidd, author of *The Secret Life of Bees*, in her luminous new novel, has woven a transcendent tale that will thrill her legion of fans. Telling the story of Jessie Sullivan -- a love story between a woman and a monk, a woman and her husband, and ultimately a woman and her own soul. She charts a journey of awakening and self-discovery illuminated with a brilliance that only a writer of her ability could conjure.

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



Monday, February 7 & 21, 10:30 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 first and third Monday of the month at 10:30 am through April.

THANK YOU

Barb Koch has been calling Bingo for us for several years now. Her last time calling bingo will be Tuesday, January 25. She brings great jokes to share before bingo and makes it fun with lots of different bingo card designs. Thanks Barb, we'll miss you!



Tuesdays, 10:00 am

February 1: Culver's Bingo**

February 8: Mulberry Glen Bingo**

February 22: 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**

****All dates dependent on finding a Bingo caller**

NEW BINGO CALLER NEEDED

With Barb leaving we are need of a bingo caller(s) on the first, second, and fourth Tuesdays of the month from 10 –11 am. Call one, two or three weeks. We don't want the program to fizzle out.



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, February 2

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, February 10 Depart 10:45 am

Enjoy a lunch at the Kosh Cabin outside of Newville. Their Thursday special is a steak sandwich

Breakfast Bunch

Thursday, February 17 Depart 8:15 am

Enjoy coffee, conversation and yummy breakfast at the Fort Atkinson Family Restaurant.

Fish Fry

Friday February 25 Depart 4:00 pm

Enjoy the fish fry at the Fireside in Fort Atkinson. Please reserve your seat by Tuesday, February 23.

Lunch, Breakfast & Fish Fry

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

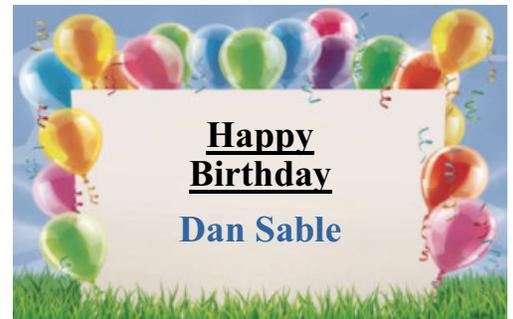
FUNDRAISING FOR A NEW MINI-BUS (SENIOR VAN)

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 and 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.



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

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

Preview the following four trips on February 9 at 2:00 pm. Please RSVP by February 4.



COLORADO'S HISTORIC TRAINS

July 15-22, 2022 (almost sold out)

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, February 7, 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 second 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. Will be in Whitewater in March.

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.

DEMENTIA RESOURCE LIST

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

HEALTH LITERACY FOR CAREGIVERS

What is “health literacy”? According to the CDC website, it is “the degree to which individuals have the ability to find, understand, and use information and services to inform health-related decisions and actions for themselves and others.” The simple phrase “information and services” is short but it means hundreds of websites, thousands of articles and millions of new vocabulary words. How to sort it all out?

To help raise the health literacy of unpaid caregivers of dementia patients, a free, 1-hour Zoom workshop is available on several dates throughout January and February (see below). The workshop will help you manage the barrage of information available. You will learn that people with Alzheimer’s and dementia may have poor health literacy and that it actually affects their health. And the health of their caregivers. Good health literacy will help you communicate better with doctors, pharmacists and family. It will help you navigate the hundreds of pages of info available on the web, which ones to use and which to ignore. Caregivers are urged to take advantage of this free one-hour Zoom presentation. Email Julia@wisconsinliteracy.org with day and time you will attend at least two business days in advance.

Dates include:

Jan 26 6 pm, Feb 1 & 3 at 10 am or 6 pm, Feb 7 at 11 am or 5:30 pm, Feb 9 10 am, Feb 11 11am, Feb 15 10 am or 6 pm, Feb 21 10 am, Feb 22 11 am or 6 pm, Feb 23 10 am or 5:30 pm.

WI FAMILY CAREGIVER SUPPORT PROGRAM

Another resource for caregivers is Wisconsin’s Family Caregiver Support Program’s website: <https://wisconsincaregiver.org>. Caregivers can visit the website to enroll with Trualta’s eLearning programs. Programing is free.





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

February 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
	1 9:00 Pickleball (A) 10:00 Culver's Bingo 10:00 Yoga with Brienne (H) 12:30 Sheepshead	2 8:00 Pickleball (A) 9:00 Indoor Walking 9:15 Jville Shopping 12:30 Pickleball (A) 3:00 Roll Away Stress (H) Office Closed	3 8:30—3 Joyful Toes 9:00 Pickleball (A) 9:30 FUNfit-(H) 10:00 Yoga with Brienne (HIC) 10:30 Begin Sign 1:00 Watercolor	4 8:00 Pickleball (A) 9:00 Indoor Walking 10:30 Scholarly Scoop 12:30 Pickleball (A) Office Closed at noon
7 8:00 Pickleball (A) 9:30 FUNfit-(H) 11:00 Book Club 11:00 Warblers 10:30 Puzzle Exchange 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg 1:30 DFCI Mtg	8 9:00 Pickleball (A) 9:30 Rockin' Respite 10:00 Mulberry Bingo 10:00 Yoga with Brienne (H) 12:30 Stain Glass-A 12:30 Sheepshead 1:00 Movie "Spenser"	9 8:00 Pickleball (A) 9:00 Indoor Walking 12:30 Stain Glass-A 12:30 Pickleball (A) 2:00 Travel Preview Mayflower Tours 3:00 Roll Away Stress (H)	10 9:00 Pickleball (A) 9:30 FUNfit-(H) 10:00 Yoga with Brienne (HIC) 10:30 Begin Sign 10:30 Lunch Bunch 1:00 Watercolor	11 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) Office Closed
14 ♥ 9:30 FUNfit-(H) 11:00 Warblers 12:00 Senior Forum 1:00 Mah Jongg	15 9:00 Pickleball (A) 10:00 Yoga with Brienne (H) 12:30 Sheepshead	16 8:00 Pickleball (A) 9:00 Indoor Walking 12:30 Pickleball (A) 3:00 Roll Away Stress (H)	17 8:15 Breakfast Bunch 9:00 Pickleball (A) 9:30 FUNfit-(H) 10:00 Yoga with Brienne (HIC) 10:30 Begin Sign 1:00 Watercolor Office Closed 1:00	18 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) Office Closed
21 8:00 Pickleball (A) 9:30 FUNfit-(H) 9:30 Pegs & Jokers 11:00 Warblers 10:30 Puzzle Exchange 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg Office closed 1:00	22 9:00 Pickleball (A) 10:00 City Bingo 10:00 Yoga with Brienne (H) 12:30 Sheepshead 1:00 Movie: "Roma" 1:00 Snowshoe Office Closed 1:00	23 8:00 Pickleball (A) 9:00 Indoor Walking 12:30 Pickleball (A) Office Closed	24 9:00 Pickleball (A) 9:30 FUNfit-(H) 10:00 Yoga with Brienne (HIC) 10:30 Begin Sign 1:00 Watercolor Office Closed 1:00	25 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) 4:00 Fish Fry Office Closed
28 8:00 Pickleball (A) 9:30 FUNfit-(H) 11:00 Warblers 12:30 Pickleball (A) 1:00 Brain Health 1:00 Mah Jongg			Activities take place at the Starin Park Community Building unless otherwise noted. A=Downtown Armory, 146 W North St IC=Innovation Center 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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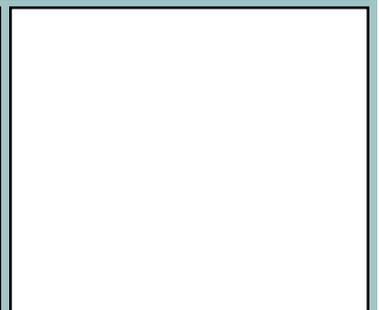
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FAIRHAVEN SPRING 2022 LECTURES—AMERICAN PROFILES

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.

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

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.

Feb. 28: Life at the Intersections: The Labor, Activism, and Legacy of Pauli Murray
Ashley Barnes-Gilbert, Lecturer, Women's and Gender Studies

Activist. Lawyer. Episcopal Priest. Author. Multiracial. LGBTQ+. Pauli Murray lived at the intersections of oppression, dedicating their life to fighting for labor rights, racial equity, feminist ideals, and the advancement of social justice for all. This profile will cover their life and their legacy, demonstrating how Murray's approach to social justice activism serves as an indelible primer for social justice advocates today.

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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POOR HEART HEALTH CAN CONTRIBUTE TO HEARING LOSS

It's February, so get ready to focus on chocolate, roses, heart-shaped cards—and heart health? Widely known as the month of Valentine's Day, February is also American Heart Month. Hearing involves several parts of your body, including the inner ear and the cochlea. If these parts do not get an adequate blood supply due to an improperly functioning heart, your hearing can be affected. Your inner ear is particularly sensitive to blood flow, so obstructions in your arteries and veins—symptoms of poor cardiovascular health—can impact the peripheral and central auditory systems, leading to hearing loss. In addition, the cochlea, a fluid-filled tube in the inner ear that translates sound into nerve impulses, can fail to work properly when damaged or subjected to decreased blood flow. A study of 1,600 patients with a history of cardiovascular disease showed they were 54% more likely to experience impaired cochlear function, further evidence of how essential blood flow is to good hearing. And if you already know you have some form of cardiovascular disease, it's time to have a real heart-to-heart with an audiologist about getting a hearing evaluation. If you suspect hearing loss, please 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.

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.

OTHER SERVICES

- Free wifi access
- A document shredder is available (1-inch stack of documents or less to shred)
- There are books, magazines and puzzles available to borrow FREE from our library.
- Newcomer tours are offered by appointment.

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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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
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Front Desk

Debbie Andrus

Newsletter Editor

Romelle Koch

Parks & Recreation Director

Eric Boettcher

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

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



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5:00 PM-5:30 PM
(SUBJECT TO CHANGE)

MASKS REQUIRED – 6 FT. PERSONAL DISTANCING EXPECTED.

Menu: Spaghetti, 2 Italian meatballs, Choice of Marinara or Alfredo sauce, with Parmesan cheese, Italian spices.

AT: CONGREGATIONAL UNITED CHURCH OF CHRIST
133 S. Franklin Street, Whitewater, WI

Coordinated by: Congregational UCC and First English Lutheran Church, Whitewater, WI

Accessible