



The Park Bench

March 2022

Seniors in the Park Newsletter

WELCOME JENNIFER!

Hello! My name is Jennifer French; I am 26 years old and live in Harvard, Illinois. I grew up in Elkhorn and came to Whitewater for college. I graduated in 2019 with a Bachelor's in Science and Education, emphasis in Health, Human Performance and Recreation. One of my hobbies is dance. I have danced since I was 2 ½ and taught/assisted dance classes since I was 12 years old.



I taught dance with the Whitewater Parks and Recreation department until August of 2020. Some of my other hobbies are reading, playing with my dog and spending time with my family. Prior to starting with the City of Whitewater in 2021, I worked at Waukesha Memorial Hospital, as an Exercise Specialist, in the heart and vascular department. I really missed the Whitewater community, which convinced me to change my career and return back to Whitewater. I am extremely excited to be joining the Senior Center and continuing to be a part of this wonderful community.

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.



Volume XXIII Issue 2

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



PARTY WEEK— SAVE THE DATES!

April 19 will be the Volunteer Appreciation event from 1:00—2:30 pm.

April 21 will be Deb's Retirement Party from 1:00—2:30 pm.

There will be more information in the April newsletter. It will be a fun week!

SENIOR FORUM

Monday, March 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.

AARP SMART DRIVER CLASS

April 11, 12:00-4:00 pm

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



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

Bring your AARP member card to receive the discount. You may also be eligible to receive an insurance discount, consult your agent for details. Deadline to register: Friday, April 1

SCHOLARLY SCOOP



Should We Reform The Supreme Court?

Friday, April 1, 10:30 am

Some have alleged that seats on the Supreme Court have been stolen by partisan operatives. Now the legitimacy of the entire institution has been called into question, with many Americans demanding reforms to both the nomination process, as well as the fundamental structure of the Court itself. Come join us to learn more about these proposals. What problems would they solve? What problems would they create? Do you think we should reform the Supreme Court?

Eric Loepp is an Associate Professor of Political Science and Director of the Learning Technology Center at the UW-Whitewater.

WANT TO BE PART OF HISTORY?

Wednesday, April 13 1:00 pm

The Dwight Foster Public Library has partnered with StoryCorps, a national oral history non-profit, to record and preserve community stories and we'd love for you to be part of it!

StoryCorps' mission is to preserve and share humanity's stories to build connections between people and create a more just and compassionate world. At the same time, StoryCorps is creating an invaluable archive for future generations online and in the Library of Congress.

Amy Christian, a trained facilitator from Dwight Foster Public Library will be giving information about this project and how you can be a part of it. The project will be May 11-20, 2022.

Participants will have up to 40 minutes to record a conversation, can choose their conversation partner, and what they would like to talk about. Two microphones. Two people. One incredible conversation.



It's Oscars Month and the Seniors in the Park Bijou Theatre will be showing three of the Nominated Films. The Academy Awards ceremony is Sunday evening, March 27. Movie Buff Mark will have movie-related treats at each showing!



“Belfast”

Tuesday, March 8, 1 pm
(Biography/Drama/History)

Rated PG-13; 1 hour, 38 minutes (2021)

A young boy and his working-class Belfast family experience the tumultuous “Troubles” in Northern Ireland. Nominated for Best Picture, Sound, Best Original Screenplay, Best Director, Best Supporting Actress (Judi Dench), and Best Supporting Actor (Ciaran Hinds).

“King Richard”

Tuesday, March 22, 1 pm
(Biography/Drama/Sports)

Rated PG-13; 2 hours, 24 minutes (2021)

The story of tennis Super Stars Venus and Serena Williams and their coach and Father, Richard Williams (Will Smith; Best Actor nomination). Also nominations for Best Supporting Actress (Aunjanue Ellis), Best Original Screenplay, and Best Picture.

“The Eyes of Tammy Faye”

Tuesday, March 29, 1 pm
(Biography/Drama/Romance)

Rated PG-13; 2 hours, 6 minutes (2021)

The rise, fall and comeback of Televangelists Jim and Tammy Faye Baker, PTL, CBN and the 700 Club. (Andrew Garfield and Jessica Chastain; Best Actress nomination). Also nominated for Best Makeup & Hairstyling.

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

FROM THE COORDINATOR

Seventeen and 2/3 years sure flies by when you're having fun! I have totally enjoyed getting to know so many of you through the years. It's been a blast! You've helped me to create so many memories from special events to trips to everyday happenings. I've also been fortunate to work with wonderful colleagues at the city and especially in the Parks and Recreation Department.



Retirement beckons and I am ready. Like many people, there are a lot of things I have put off doing or didn't have time to do, that I am looking forward to. One is spending more time with the grandchildren, including the newest one. I see adventures and fun in their futures.

I'll get back to my hobby of calligraphy and want to learn watercolor. My taiji and meditation practices are time consuming, but so valuable. With family in Arizona and Florida, I may get to escape some in the winter months. Travel is also high on the retirement list, with several states I haven't been to. There are still some other countries on the bucket list, but not too many.

Don't worry, I'll be around here, too. I'll continue volunteering for the Dementia Friendly group and pop in for classes and activities here and there. I'll also support Jennifer, as needed. I will miss your smiling (masked) faces and your incredible energy.

Love and hugs, Deb

PS: Retirement Party on page 2. Last day, April 22.

NEW GREETING CARDS HAVE ARRIVED

We have a great selection of Fravessi cards, including St. Patrick'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.





“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: February 28-March 31

Fee: \$15.00 Member
\$20.00 Non-member

Deadline is Thursday, February 24

Next session is April 4-28



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 is February 28
No class March 23



YOGA WITH BRIENNE

**Tuesdays, March 1-April 26
10-11:00 am****

**Thursdays, March 3-April 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

Registration Payment/Deadline: Friday, February 25

No classes March 22 & 24



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!



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WATERCOLOR—BASICS & BEYOND

Thursdays, March 3-17, 1:00-3:30 pm

Do you have some favorite flowers you have wanted to paint? Join Rita Carpenter in March to paint some fabulous, fun florals! Think about your reference photos incase you prefer to use your own.

Supply list - watercolor paints, watercolor paper, a piece of credit card or palette knife, cloth, painters tape, brushes, water containers, spray bottle, table cover, board, paper towel, any supplies you regularly use.

Fee: \$45.00, **Deadline is February 24**

Minimum of 5 people for the class to run. Please call before first class to make sure the minimum is met.



WATERCOLOR—BASICS & BEYOND

Thursdays, April 7, 14, 28 1:00-3:30 pm



Please join Rita Carpenter for some watercolor fun! Week one - "What can our brushes do for us?" We will cover different types of brushes and the strokes they can make. We will use these brush strokes to paint some Spring wreaths/ foliage/ loose flowers.

Fee: \$45 for all 3 classes. Deadline: April 1

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, any supplies you regularly use. Permanent pens(Pitt or Micron), carbon paper, tracing paper



STAINED GLASS CLASS

**March 15 & 16
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, March 10

Next month: April 19 & 20



JOYFUL TOES



Thursday, March 3

This service is by appointment only. Please call the center at 262-473-0535 to make an appointment.



Deb Scullin, RN, provides the service. Please bring a towel, correct change or check made out to Deb Scullin.

Fee is \$17.00.

Next Clinic: Thursday, April 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.



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 March 4 and 25.

BOOK WORMS



Monday, March 7, 11:00 am

The Book Club will discuss *The Mermaid Chair* by Sue Monk Kidd. The April book is *The Personal Librarian* by Marie Benedict.

The remarkable, little-known story of Belle da Costa Greene, J. P. Morgan's personal librarian—who became one of the most powerful women in New York despite the dangerous secret she kept in order to make her dreams come true, from *New York Times* bestselling author Marie Benedict and acclaimed author Victoria Christopher Murray.

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, March 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 to Leroy VanAntwerp for volunteering to call!



Tuesdays, 10:00 am

March 1: Culver's Bingo

March 8: Mulberry Glen Bingo

March 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
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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, 1:00 pm
Pegs and Jokers—Third Monday, 9:30 am
Mah Jongg—Mondays, 1:00 pm
Sheepshead—Tuesdays, 12:30 pm



MOTORCYCLE TRIP PLANNING



Wednesday, March 9 9:00 am

Let us know where you want to go and days that work best for you to go on rides. Long or short, north or south, bring ideas and we'll have a great summer of rides!

JANESVILLE SHOPPING—CANCELLED

EATING OUT

Lunch Bunch

Thursday, March 10 Depart 10:45 am

Enjoy a lunch at the Paddy's in Fort Atkinson for an early Irish meal.

Breakfast Bunch

Thursday, March 17 Depart 8:15 am

Enjoy breakfast at the The Elk in Elkhorn. They have a lovely Rueben omelet. A little corned beef on St. Paddy's Day.

Fish Frys

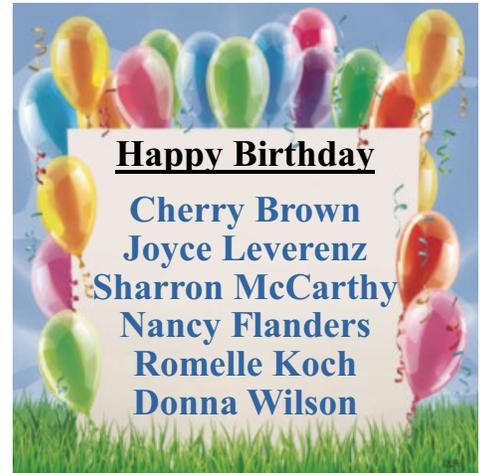
Friday March 4, Depart 4:00 pm

Enjoy the fish fry at the Real MacCoys. Please reserve your seat by Tuesday, March 23.

Friday April 1, Depart 3:30 pm

Enjoy the fish fry at Anne's Farmington Inn in Helenville. Please reserve your seat by Tuesday, March 29.

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



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.



Sunday, March 13

Advertiser of the Month

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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 & SAN ANTONIO HOLIDAY

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. **Deadline to register is April 10.**



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! \$4095 pp dbl. Premier World Discovery. **Deadline to register is April 10.**

****NEW**** San Antonio Holiday November 30—December 4, 2022

Stay in downtown San Antonio for four days and enjoy highlights of the area. These include: a San Antonio City tour, learn about the Alamo at an IMAX theater and then visit, a Riverwalk Cruise, tour the LBJ Ranch and the German settlement of Fredericksburg, and experience the Fiesta de las Luminarias along the Riverwalk. There is an optional tour of Austin, including the Capitol, a City tour, the LBJ Library, and the State History Museum. \$2075 pp dbl (includes booking discount) Premier World Discovery. **Deadline to register is May 20**



COLORADO'S HISTORIC TRAINS

July 15-22, 2022 (sold out) (Possible June dates)

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 **Deadline to register is April 10.**



“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, March 14, 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](https://www.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.

TEEPA SNOW IN WHITEWATER

Wednesday, June 15

Teepa Snow, is one of the world's leading advocates and educators for individuals living with dementia. Her user-friendly approaches provide guidance and leadership to nationally promote best care practices.

Rainbow Hospice Care, Fairhaven Senior Services, Fort HealthCare and the UW-Whitewater School of Graduate Studies and Continuing Education, have teamed up to present *A Day With Teepa Snow*. Snow will speak at Young Auditorium on the UW-Whitewater campus, and the event is free and open to the public. Registration is required and will be accepted online until noon on Friday, June 10, 2022.

Snow will present the topic of *A Positive Approach to Dementia Care* in the morning session, which runs from 9:00 am to 11:45 am. Snow will highlight *Coping with Challenging Situations in Dementia Care* in her afternoon talk from 1:00 to 3:30 pm. Registrants can sign up for one or both sessions. A boxed lunch will also be provided at no additional cost for only afternoon and full-day attendees. Doors will open at 8 a.m.

Thanks to the generosity of UW-Whitewater Parking Services, free parking will be available the day of the event in campus lots 1 and 2. **Limited respite care spots are also available at Starin Park** and the respite site for the day is being sponsored by Capri Communities, Seniors in the Park and the Whitewater Dementia Friendly Community Initiative. Contact (262) 473-0535 before June 1.

To register for one or both sessions of *A Day with Teepa Snow* visit <https://www.uww.edu/ce/teepa>.

WI FAMILY CAREGIVER SUPPORT PROGRAM

Another resource for caregivers is Wisconsin's Family Caregiver Support Program's website:

<https://www.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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March 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 12:00 Wildflower Class 12:30 Pickleball (A) 3:00 Roll Away Stress (H)	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) 4:00 Fish Fry 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 Brain Health 1:00 Canasta 1:00 Mah Jongg	8 9:00 Pickleball (A) 9:30 Rockin' Respite 10:00 Mulberry Bingo 10:00 Yoga with Brienne (H) 12:30 Sheepshead 1:00 Movie "Belfast"	9 8:00 Pickleball (A) 9:00 Indoor Walking 9:00 Motorcycle Planning 12:00 Wildflower Class 12:30 Pickleball (A) 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 10:45 Lunch Bunch 1:00 Watercolor	11 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) Office Closed
14 8:00 Pickleball 9:30 FUNfit-(H) 11:00 Warblers 12:00 Senior Forum 12:30 Pickleball 1:00 Brain Health 1:00 Mah Jongg 1:30 DFCI Mtg	15 9:00 Pickleball (A) 9:30 Rockin' Respite 10:00 Yoga with Brienne (H) 12:30 Sheepshead 12:30 Stain Glass-A	16 8:00 Pickleball (A) 9:00 Indoor Walking 12:00 Wildflower Class 12:30 Pickleball (A) 12:30 Stain Glass-A 3:00 Roll A way Stress (H)	17 St Patrick's 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	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 Brain Health 1:00 Canasta 1:00 Mah Jongg Office closed 1:30	22 9:00 Pickleball (A) 10:00 City Bingo 12:30 Sheepshead 1:00 Movie: "King Richard" Office Closed 1:00	23 8:00 Pickleball (A) 9:00 Indoor Walking 12:00 Wildflower Class 12:30 Pickleball (A) Office Closed	24 9:00 Pickleball (A) 9:30 FUNfit-(H) 10:30 Begin Sign Office Closed 1:00	25 8:00 Pickleball (A) 9:00 Indoor Walking 12:30 Pickleball (A) 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	29 8:00 Pickleball (A) 10:00 Yoga with Brienne (H) 12:30 Sheepshead 1:00 Movie: "The Eyes of Tammy Faye"	30 8:00 Pickleball (A) 9:00 Indoor Walking 12:00 Wildflower Class 12:30 Pickleball (A) 3:00 Roll A way Stress (H)	31 9:00 Pickleball (A) 9:30 FUNfit-(H) 10:00 Yoga with Brienne (HIC) 10:30 Begin Sign	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.

THE COMMUNITY SPACE

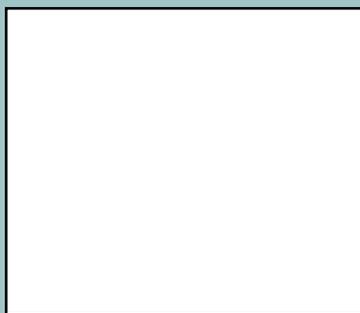
Still distributing food Tuesday & Thursday, 8:30-11 am, Wednesdays, 3:30-7 pm, and Saturdays, 8:30 am-12 pm.

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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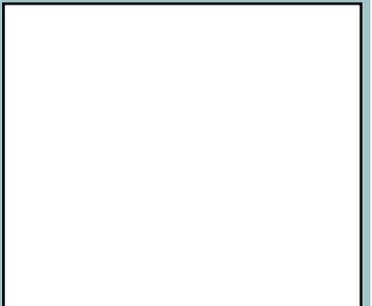
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FAIRHAVEN SPRING 2022 LECTURES—AMERICAN PROFILES

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.

Mar. 7: Forgetting and Remembering the “Spanish” Flu Pandemic

Karl Brown, Associate Professor, History

The “Spanish” flu pandemic of 1918-19 went largely ignored by historians and the general public alike until COVID19 struck in March 2019. This talk will describe the WWI-era pandemic, suggest some possible reasons for this historical amnesia, and conclude with a discussion of what lessons we can draw from this previous crisis to aid us in our current one.

Mar. 14: Flaco Jiménez and the Accordion: Global Intersections

Erin Brauer, Assistant Professor, Music

Texas-Mexican accordion music, called conjunto, has historically formed a symbol of cultural identity for the rural, working-class, border community. Yet, in recent years, artists like Flaco Jiménez have pushed the boundaries of the tradition through global performances, the use of popular music, and collaborations with mainstream rock stars. This presentation traces the life and career of Flaco Jiménez.

Mar. 21: Profile of Wisconsin Mass Media History

Brian Shanen, Lecturer, Communication

Wisconsin is known for the likes of Frank Lloyd Wright, and Harry Houdini. We will tell the tale of 3 of those stories. The creation of stop-motion photography by H.H. Bennet, that has allowed us to capture those great Packers moments, to the "Motown of Blues" in Grafton Wisconsin, and establishment of the Barnum Circus in Delevan (a root of advertising). The landscape of what we colloquially know as "the media" would look very different if it were not for the efforts in Wisconsin.

Mar. 28: The Poison Widow of Whitewater: Mystery, Mayhem, and Murder

Jennifer Motzko, Digital Scholarship & Preservation Archivist

In September 1923, the Whitewater community woke to the stunning news that one of their own had been arrested for attempting to poison her four children. While in custody, Myrtle Schaudé confessed to murdering her husband with poison a year earlier. This presentation will explore the murder that rocked our small town, the motive behind the madness, and the sensational court case that captivated the community.

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.



3G WIRELESS NETWORK SHUTDOWN

As wireless carriers prepare to shut down their 3G networks over the coming months, find out how you could be affected by checking out the Federal Communications Commission's (FCCs) Consumer Guide: https://www.fcc.gov/sites/default/files/plan_ahead_for_3g_shutoff_consumer_guide.pdf?

VISION LOSS TECHNOLOGY ASSISTANCE

Visit the website <https://ophthalmicedge.org/patient/> to get information on Remote Visual Assistance, Health and Well Being, Making Adjustments and Voices of Experience. Tons of good information to assist you in navigating vision loss with technology.



BE ALERT FOR COVID-19 TESTING SCAMS

With the expansion of Covid test accessibility, people may have questions about how and where to get tested for the virus, what costs are covered, and by whom. There are options available for testing sites and home test kits. But be aware that, with this increase in testing, there is also an increase in scams, making it increasingly important to be informed.

Please see the SMP Fraud Alert, at the website below, addressing the questions and potential scams related to Covid testing.

DON'T GET SCAMMED

Phyllis Weisberg is sharing her story so others don't get scammed. A scammer stole \$20,000 from Phyllis. Her story and tips to prevent others from becoming victims of fraud is one of the new resources on cyber security for older adults at the National Council on Aging (NCOA). Go to <https://www.ncoa.org/> and in the search box (top right), type scam to read the story, find out how to take action, and how to report a scam. Plus, find many other articles on current scams and how to avoid them.

SENIOR MEDICARE PATROL (SMP) 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. Stay updated on current scams and other helpful information.

“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.”

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.

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

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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*



WORLD HEARING DAY

Hearing loss is a global phenomenon—nearly 477 million people around the world have it. To raise awareness on how to prevent hearing loss World Health Organization (WHO) created World Hearing Day, held on March 3 each year.

Hearing loss caused by aging cannot be prevented. However, noise-induced hearing loss is preventable. Regular, repeat exposure to unsafe volume levels, such as listening to loud music can cause hearing loss. Exposure to excessively loud noise for long periods in the workplace or at home while using a leaf blower, lawnmower or power tools can also result in noise-induced hearing loss.

You can take steps to protect yourself. When you're around loud sounds, always use hearing protection. Turn down the volume, especially when listening to your personal audio player, and consider listening for less time. If you are around loud noises in public, move away from the sound source.

Following these tips can help you maintain good hearing health for years to come. And since hearing loss is linked to many other health conditions, such as cognitive decline, depression and balance problems, you'll also help your whole body stay healthy.

Think you may have hearing loss or want to know more about custom ear protection? Contact an audiologist at Fort HealthCare Audiology at 920.563.6667 in Fort Atkinson or 262.473.8920 in Whitewater for a complimentary hearing screening.