



# The Park Bench

April 2022

Seniors in the Park Newsletter

## VOLUNTEERS ROCK!

Tuesday, April 19 1:00-3:00 pm

Celebrating those amazing people who volunteered in 2021! We'll have treats, surprises, giveaways, and a short program at 1:00.

At 1:30, get ready to "Rock Out" with Marcie and the Highlights! You can listen, sing along, or move your groove thing to their great tunes. It will be a rockin' good time, so don't miss the fun. Please register to attend by April 13 so we have enough treats and surprises for everyone.



Volume XXIII Issue 4

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## ADVENTURE AWAITS!

Thursday, April 21 1:00-2:30 pm

Celebrate Deb's Retirement and all of the work she has done to make the senior center and the community great! Her travel themed retirement party will be one for the books. Enjoy cake and other sweet treats, as well as the Senior Center Warblers, a photo/selfie spot and games.

Please RSVP ahead of time by calling the center at 262-473-0535 or email [jfrench@whitewater-wi.gov](mailto:jfrench@whitewater-wi.gov).



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

## 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 round-abouts. Please arrive 15 minutes early to fill out a form, show your AARP card and pay the fee.

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

**‘Will humanity bring about its own demise?’**

**April 1, 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.



## THE ARBORETUM AT STARIN PARK

**Wednesday, April 6, 1:30 pm**

The City of Whitewater won Level I accreditation of *The Arboretum At Starin Park* last year from the international accrediting group, ArbNet. We also applied for and were awarded a \$25,000 matching grant from the WI-DNR to begin development of this new overlay of our beautiful Starin Park.

We will be planting 150 trees and shrubs in 2022 throughout the park as we begin the development of this ‘outdoor classroom’. In addition we're working on a Welcome Center and the installation of our first three ‘micro-climate’ areas in 2022. This will be a multi year ongoing project. The Urban Forestry Commission (UFC) has been working to raise money to use as seed money (tree money) from local donors for this project during the last year. Come and hear about the arboretum as well as upcoming Earth Day, Arbor Day and Migratory Bird Day celebrations and our 1st Annual Community Tree Sale that will be taking place at Starin Park during the last two weeks of April. We’d be happy to answer your questions and share the details of this wonderful development with you.

## ACTIVITY SURVEY

The back page has an activity survey. Please take the time to fill it out and return. If you have any resources for any of the activities you would like to do, please also share.

Thanks all! We’re only as good as your ideas.





For over ten years, I have been showing films at Seniors in the Park, thanks to Deb Weberpal. Deb and I hope we have selected films that have not only entertained, but also enlightened you. We have prided ourselves on showing films that are current, contemporary, and, at times, controversial. We welcome Jennifer to our Seniors in the Park Bijou. As they say in the business, "The Show Must Go On"

Sincerely,  
Mark Dorn

**"The Smallest Show on Earth"**  
**Tuesday, April 12, 1:00 pm (Comedy)**

Rated G; 1 hour, 20 minutes  
Black and white; (1957); British

A young couple (Bill Travers and Virginia McKenna) inherit a debt-ridden old movie theater, appropriately nicknamed "The Flea Pit," and the three eccentric senior citizens who work there (Margaret Rutherford, Peter Sellers, Bernard Miles). An amusing, beautiful little comedy! This film is dedicated to Deb, for allowing me to show movies to some of the smallest (and largest) crowds, ever!

**"Parallel Mothers"**

**Tuesday, April 26, 1:00 pm (Drama)**

Rated R (sexuality); 2 hours, 3 minutes; (2021);  
Spanish with English subtitles

The story of two mothers who give birth the same day: one is exultant, the other, an adolescent, is scared, repentant and traumatized.

Nominations for Best Actress (Penelope Cruz), director (Pedro Almodovar) and Best Foreign Film.

## NEW GREETING CARDS!

We have a great selection of Fravessi cards, including Easter, 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.

## 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.

## CRIBBAGE



We have had a request to play cribbage here. Would you like to play? Available times are Tuesday, Wednesday and Thursday mornings or Wednesday or Thursday afternoons. Please call the center if you are interested, with days/times of your preference. Fifteen two, fifteen four.....

## SENIOR FORUM

**Monday, April 11, 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.

**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: April 4-28  
Fee: \$12.00 Member  
\$17.00 Non-member



**Deadline is Friday, April 1**

Next session is May 2-26



## INDOOR WALKING

**Wednesdays & Fridays 9:00 am**

Walk to ‘Walk Away the Pounds’ DVD’s.

## YOGA WITH BRIENNE



**Tuesdays, May 3 – June 21 10—11:00 am**  
**Thursdays, May 5 - June 23 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. The class will be in-person at Cravath Lakefront Center, or you can also join online. Everyone will get the Zoom link.

Instructor is Brienne Brown, RYT

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

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

**Registration Payment/Deadline: Monday, May 2 by noon**

## HIKES WITH GINNY

**Thursday April 7, 9:00 am**

The April hike will be at Kettle Moraine Oak Opening where we will walk on the Ice Age Trail through a State Natural Area that has received several years of management. The featured terrain is a group dry hill prairies, known as “goat prairies”, where we may find some early Spring blooms, such as pasqueflower. We will meet at the Starin Park parking lot at 9 a.m. and carpool to the parking spot on Young Rd. just north of Co. Hwy. H. Everyone is welcome! Please register in advance.



## 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



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## WATERCOLOR—BASICS & BEYOND

Thursdays, April 7 & 14, 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: \$30; Deadline: April 1 Minimum 5 people

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

## WATERCOLOR—BASICS AND BEYOND



May 5—19, 1:00–3:30 pm

Please join Rita Carpenter for some watercolor fun! We will work on painting water. We will paint an egret with water and also a landscape with water.

Fee: \$45; Deadline is April 28

Minimum 8 people

Supply list: reference photos (if you have), watercolor palette, watercolor paper, a piece of

credit card or palette knife, cloth/ rag, water container, fine mister, salt, painters tape, brushes, spray bottle, table cover, board, paper towel, any supplies you regularly use. Permanent pens (Pitt or Micron), masking fluid.



## STAINED GLASS CLASS

April 19 & 20

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, April 14

**Next month: May 17 & 18**



## JOYFUL TOES



Thursday, April 7

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, May 5



## 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 April 1**



## BOOK WORMS



**Monday, April 4, 11:00 am**

The Book Club will discuss *The Personal Librarian* by Marie Benedict. The May book is *The Baker's Secret* by Stephen P. Kiernan.

On June 5, 1944, as dawn rises over a small town on the Normandy coast of France, Emmanuelle is making the bread that has sustained her fellow villagers in the dark days since the Germans invaded her country. Only twenty-two, Emma learned to bake at the side of a master, Ezra Kuchen, the village baker since before she was born. Apprenticed to Ezra at thirteen, she was powerless to help when they pulled Ezra from his shop at gunpoint, the first of many villagers stolen away and never seen again. In the years that her sleepy coastal village has suffered under the enemy, Emma has silently, stealthily fought back. Under the cold, watchful eyes of armed soldiers, she builds a clandestine network of barter and trade that she and the villagers use to thwart their occupiers.

But her gift to the village is more than these few crusty loaves. Emma gives the people a taste of hope—the faith that one day the Allies will arrive to save them.

## TECH TUTORS

Our tech Tutors are back and ready to help out. Call to set up an appointment.



## ONLINE REGISTRATION

**Bookmark/save this registration link:**

**<https://schedulesplus.com/wwtr/kiosk/>**

The kiosk is your go-to place to register, join your activity and watch videos of classes and presentations. in the On-Demand area of our Kiosk. 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.



**Tuesdays, 10:00 am**

**April 5: Culver's Bingo**

**April 12: Mulberry Glen Bingo**

**April 26: 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**

**We still have bingo sponsors to visit and request donations. Please check the list with Deb.**

## PUZZLE EXCHANGE



**Monday, April 4 10:30 am**

This is the last official puzzle exchange until fall. You can always stop in and dig through our piles. If you have puzzles to exchange, great! If not, feel free to take one or two.

## 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.

## MOTORCYCLE RIDES

We had a great planning session in March and have rides planned through July. If you have an idea for a ride in mid-August, please let us know.



**Wednesday, May 18**—We will take the back roads up to Fitchburg to dine at the Green Lantern and on the way home stop in Stoughton at Livsreise, which means life's journey in Norwegian. It is an interactive and cultural experience. Rain date is Thursday, May 19. Group departs at 10:00 am

**Wednesday, June 8**—We travel to Hartford to dine at the Mine Shaft and visit the Hartford Auto Museum. Rain date is Thursday, June 9. Trip departs at 9:00 am.

**Friday June 17**—Ride the backroads to Mount Horeb and have fish fry at the Grumpy Troll. There will be some time to explore downtown. Group departs at 2:30. Rain date is June 24.

**Wednesday, June 22**—Ride to Wisconsin Dells to have lunch at the Grateful Shed. This 60's-themed restaurant/bar is amazing! Ride south to Balanced Rock Winery and maybe a stop at Delaney's. Depart at 9:30 am.

Rides depart from Starin Park. On long trips, breaks are about every 1 1/2 hours, if we have not arrived at a destination. Let us know if you are willing to lead a ride. Riders must arrive prior to departure to show proof of insurance (card you should be carrying), if this is your first ride with us in 2022. You can scan and email your insurance info or drop it off in advance, too. A participation form is needed if you have not ridden with us recently. Helmets are recommended. Call with your email, and we'll keep you current on upcoming rides and rain dates.

## JANESVILLE SHOPPING

**Wednesday, April 6**

Pick-ups begin at 9:15. Please call to reserve your spot 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, April 14, Depart 10:30 am**

Enjoy a lunch at The Golden Corral in Janesville. Covid prevented us from going in 2020, so lets go there!

**Breakfast Bunch**

**Thursday, April 21, Depart 8:15 am**

Enjoy breakfast at the The Elk in Elkhorn. They have a lovely Rueben omelet.

**Fish Fry**

**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.

**Meal Outings Fees:**  
**\$4.00 members**  
**\$7.00 non-members**

## CONGRATS!

Winners of \$10 Chamber Checks for the Membership drawing are:

Betty Murray Faye Skelton  
 Steve Atkinson Pete Kelly  
 Chuck Coulter Denise Maple  
 Bonnie Schauder Julie Wolf  
 Jeanne Shiras Gerry Palmer  
 Carolyn Behrens Ron Essex

## Happy Birthday

Rose Ellestad  
 Marion Malo  
 Deb Weberpal  
 Gerry Nell  
 Sylvia Essex

## 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.

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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.**

#### TRIP PREVIEW

Wednesday, April 27  
1:00 pm

Preview Culinary Italy and San Antonio Holiday  
Please register in advance.

### \*\*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**

## 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.**



## TROPICAL COSTA RICA

### January 28—February 5, 2023

Lush forests and stunning waterfalls...rumbling volcanoes and endless coastlines...Costa Rica is a paradise teeming with exotic plants and incredible animals. Luxuriate at a resort for two nights at Playa Carrillo, Guanacaste, known for its breathtaking beauty and fine sandy beaches. Spend two nights in Monteverde's lush cloud forest. Experience the forest canopy on your choice of a hanging bridges nature walk or an exhilarating zip lining tour. Explore part of the 20,000 acre nature preserve of Cano Negro on a riverboat adventure. Enjoy the tranquil views of the Arenal Volcano from your hotel. Explore San Jose's Plaza de Cultura and view the magnificent National Theatre. You will find a slice of paradise and so much more. Collette Travel **Travel Show: Wednesday, May 18<sup>th</sup> at 1:00 pm**



## 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.

### Walworth County Memory Café

Where: Walworth County HHS building;  
1910 County Road NN, Elkhorn

When: 1<sup>st</sup> Friday of the month from 10:30am to 12:00pm  
Next meeting is on: 4/1/2022

### Lakeshore Memory Café

Where: Matheson Memorial Library  
101 N. Wisconsin Street, Elkhorn

When: 2<sup>nd</sup> Wednesday of the month from 1:30 - 3:00pm  
Next meeting is on: 4/13/2022

**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 [wisconsincaregiver.org](http://wisconsincaregiver.org) website.

## DEMENTIA RESOURCE LIST

Pat Metz, DFCI volunteer, has compiled a list of resources. Email [dweberpal@whitewater-wi.gov](mailto:dweberpal@whitewater-wi.gov) or [jfrench@whitewater-wi.gov](mailto:jfrench@whitewater-wi.gov), if you would like a copy.

## WHITEWATER DEMENTIA FRIENDLY COMMUNITY INITIATIVE (DFCI)

**Monday, April 11 1:30 pm**

We are working on 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.

## 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://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](http://wwparks.org), [www.whitewater-wi.gov](http://www.whitewater-wi.gov), click on Departments, then Seniors in the Park or [ourseniorcenter.com/find/seniors-in-the-park](http://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](http://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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## April 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p>Activities take place at the Starin Park Community Building unless otherwise noted.</p> <p>A=Downtown Armory, 146 W North St C = Cravath Lakefront H=Hybrid (In Person &amp; Virtual) V=Virtual</p>				<p><b>1 April Fool's</b> 9:00 Indoor Walking <b>10:30 Scholarly Scoop</b> 3:30 Fish Fry</p> <p>Office Closed at noon</p>
<p><b>4</b> 9:30 FUNfit-(H) 11:00 Book Club 11:00 Warblers 10:30 Puzzle Exchange 1:00 Brain Health 1:00 Canasta 1:00 Mah Jongg</p>	<p><b>5 VOTE!</b> 10:00 Culver's Bingo 10:00 Yoga with Brienne (HC) 12:30 Sheepshead</p>	<p><b>6</b> 9:00 Indoor Walking 9:15 Jville Shopping 12:30 Pickleball (A) <b>1:30 Starin Park Arboretum</b> 3:00 Roll Away Stress (H)</p>	<p><b>7</b> 8:30—3 Joyful Toes 8:00 Pickleball (A) 9:00 Hike w/ Ginny 9:30 FUNfit-(H) 10:00 Yoga with Brienne (HC) 1:00 Watercolor</p> <p>Office Closed 1:00</p>	<p><b>8</b> 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A)</p> <p>Office Closed</p>
<p><b>11</b> 8:00 Pickleball 9:30 FUNfit-(H) 11:00 Warblers <b>12:00 AARP Smart Driver</b> 12:00 Senior Forum 12:30 Pickleball 1:00 Mah Jongg 1:30 DFCI Mtg</p>	<p><b>12</b> 8:00 Pickleball (A) 9:30 Rockin' Respite 10:00 Mulberry Bingo 10:00 Yoga with Brienne (HC) 12:30 Sheepshead 1:00 Movie "The Smallest Show on Earth"</p>	<p><b>13</b> 8:00 Pickleball (A) 9:00 Indoor Walking 12:30 Pickleball (A) <b>1:00 Story Core</b> 3:00 Roll Away Stress (H)</p>	<p><b>14</b> 8:00 Pickleball (A) 9:30 FUNfit-(H) 10:00 Yoga with Brienne (HC) 10:30 Lunch Bunch 1:00 Watercolor</p>	<p><b>15</b> 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A)</p> <p>Office Closed</p> 
<p><b>18</b> 8:00 Pickleball (A) 9:30 FUNfit-(H) 9:30 Pegs &amp; Jokers 11:00 Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg</p>	<p><b>19</b> 8:00 Pickleball (A) 10:00 Yoga with Brienne (HC) 12:30 Stain Glass-A <b>1:00 Volunteer Appreciation Party</b></p> 	<p><b>20</b> 8:00 Pickleball (A) 9:00 Indoor Walking 12:30 Pickleball (A) 12:30 Stain Glass-A 3:00 Roll Away Stress (H)</p>	<p><b>21</b> 8:15 Breakfast Bunch 8:00 Pickleball (A) 9:30 FUNfit-(H) 10:00 Yoga with Brienne (HC) <b>1:00 Deb's Retirement Party</b></p> 	<p><b>22</b> 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A)</p> <p>Office Closed</p>
<p><b>25</b> 8:00 Pickleball (A) 9:30 FUNfit-(H) 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg</p>	<p><b>26</b> 8:00 Pickleball (A) 9:30 Rockin' Respite 10:00 City Bingo 10:00 Yoga with Brienne (HC) 12:30 Sheepshead 1:00 Movie: "Parallel Mothers"</p>	<p><b>27</b> 8:00 Pickleball (A) 9:00 Indoor Walking 12:30 Pickleball (A) <b>1:00 Travel Preview</b></p>	<p><b>28</b> 8:00 Pickleball (A) 9:30 FUNfit-(H) 10:00 Yoga with Brienne (HC)</p> <p>Office Closed 1:00</p>	<p><b>29</b> 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A)</p> <p>Office Closed</p>

## WALWORTH COUNTY NUTRITION SITE

Persons 60 and over and spouse, regardless of age, are eligible to participate. The suggested donation is \$3.00, but you may donate what you can. Those unable to contribute are still welcome at the site. Call 1-262-741-3333 to make a reservation by noon, one business day in advance 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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## VOLUNTEERS NEEDED

**Fridays, April 1 and May 6 from 10:00-10:30 am** —helping to check in people arriving for the Scholarly Scoop. Call the office to share your time and talents. Thanks!

## AGING ADVOCACY DAY

**May 11**

Join members from the Wisconsin Aging Advocacy Network (WAAN) online to help educate state legislators about priority issues impacting older adults and caregivers in Wisconsin! No experience is necessary; online training is provided prior to your phone calls to your state lawmakers or staff. Agenda for the day: 1:00—2:30 p.m.: Advocacy training. 2:30 p.m.—4:00 p.m. Make calls to state legislators. A script will be provided and times to call will be arranged. **Your voice can make a difference!**

**Register at:**

<https://gwaar.wufoo.com/forms/wisconsin-aging-advocacy-day-2022/>

## 1ST ANNUAL TREE SALE

Shop for a great selection of beautiful, healthy, primarily native trees and shrubs that will thrive in southeast Wisconsin. The sale is sponsored by the Urban Forestry Commission, City of Whitewater, and Parks & Recreation with proceeds to support the Arboretum at Starin Park.

The trees and shrubs have been carefully curated by tree experts and are sourced from top nurseries. They are being offered at competitive prices.

Urban Forestry Commission members and others will be on hand to provide selection and planting advice.

Trees can be browsed, purchased, and picked up

- On Earth Day, Friday, April 22 from 1 pm until 6 pm,
- On Saturday April 23 from 10 am until 2 pm,
- On Arbor Day, Friday April 29 from 1 pm until 6 pm,
- On Saturday, April 30 from 10 am until noon.

Location: The lower shelter in Starin Park

None of the trees or shrubs will be too big to fit in the back hatch of an SUV.

**Custom Bluebird Nest Boxes also on sale!**

Build a more diverse and resilient tree canopy in our communities. Support native wildlife, save the birds and butterflies. Help support the Arboretum At Starin Park!



## 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](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.

## 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. 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.

**April 11: Wendell Willkie and the We Want Willke Campaign**  
Dick Haven, Professor Emeritus, Communication  
He was a businessman who had never run for office. He was a former member of the Democratic Party, who didn't join the Republican Party until one year before the 1940 Presidential election. He was Wendell Willkie: A New York City CEO of an energy holding company and the surprise 1940 Republican presidential nominee.

## 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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- ⇒ Whitewater Parks and Recreation
- ⇒ Whitewater Aquatic & Fitness Center
- ⇒ City of Whitewater



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Phone 262-473-0535

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

### Senior Coordinator

Deb Weberpal, CPRP  
dweberpal@whitewater-wi.gov

### Front Desk

Debbie Andrus

### Newsletter Editor

Romelle Koch

### Parks & Recreation Director

Eric Boettcher

Websites: [schedulesplus.com/wwtr](http://schedulesplus.com/wwtr)  
[www.wwparks.org](http://www.wwparks.org)  
[www.whitewater-wi.gov](http://www.whitewater-wi.gov)

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



## ACTIVITY SURVEY

Please fill out and return to Senior in the Park. Thank you!  
Check all boxes that you enjoy doing or would like to see here.

### Organized Activities

Bingo  Movies  
 Singing  Guest Speakers  
 Walking  Board Games  
 Outdoor Games  Dancing

**Other:**

### Life Enrichment

Brain Fitness  Gardening  
 Social Activities  Journaling  
 Wellness  Men's Fitness  
 Spirituality  Environment  
 Educational speakers  
 Advocacy  Financial

**Other:**

### Travel

Gardens  Museums  Food  
 Festivals.  Art Galleries  
 Ball Games/Sports  Casino  
 Historical Sites  Wine/Beer  
 Shopping  International  
 3-5 Day Domestic  Cultural

**Other:**

### Creative Arts

Watercolor  Acrylic  
 Colored Pencils  Pastels  
 Sketching/Drawing  
 Crafts  Cooking

**Other:**