



The Park Bench

May 2022

Seniors in the Park Newsletter

SCHOLARLY SCOOP



How can remote sensing help us map the most popular urban trees of Southern Wisconsin?

May 6, 10:30 am

Urban trees provide numerous ecosystem services, plus many social, economic, health and aesthetic benefits. Urban forest managers understand that to develop strategies for sustainable urban planning, it is necessary to identify and map tree species. Traditional tree monitoring programs rely heavily on field methods that are time-consuming and labor-intensive. To facilitate tree surveying, we evaluated the suitability of hyperspectral remote sensing to characterize 14 tree species in Southern Wisconsin.

Rocio Duchesne, an Associate Professor of Geography & Environmental Sciences, focuses on the application of remote sensing and geographic information systems to better understand the natural environment.



AUTHOR AND BOOK PRESENTATION

Monday, May 16, 1:00 pm

We are excited to welcome back Debra Oas as she shares with us her new novel. She has two published (fictional) novels, "*Sinister Bay*," published in 2019 and most recently "*Whitewater Witch*," published in 2022. The books are part of a series called cryptid mysteries, with three more mystery stories planned. *Whitewater Witch*, which takes place in Whitewater, WI, featuring the eerie background of the famed Second Salem.

Debra is a retired Aquatics professional and, after 27+ years in that field, has returned to her first love, writing. She studied journalism, worked as a newspaper reporter and did freelance writing for various magazines and publications.



Volume XXIII Issue 5

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

WEDNESDAY MOVIES ARE BACK!

Join Mark as he happily brings back Wednesday Movies. He will show foreign and documentary films once a month. Join us for our first movie
“Licorice Pizza”

Wednesday, May 25, 1:00 pm

(Comedy, Drama, Romance)

Rated R (Language, Sexual References, Drugs)

2 hour, 13 minutes; (2021)



Growing up, running around, and falling in love for the first time in the San Fernando Valley, California, in 1973, this film was nominated for 3 Oscars: Best Picture, Director, Original Screenplay. Stars Alana Haim, Cooper Hoffman, and Sean Penn.

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, May 9, 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.

LEARN MAH JONGG

Mondays, May 2-23, 1:00 pm

Interested in learning how to play Mah Jongg? Diane Schwab is back and is willing to teach anyone that is interested. Please reserve your seat.



FROM THE COORDINATOR

Thank you to all who have made my transition easy. I appreciate all of your time and patience as I learn the ropes. I would like to thank Deb for her guidance and encouragement as I navigated everything she does. I wish her all the best as she enjoys retirement and hope she will visit and participate in some of our classes. I am looking forward to learning more as I continue on.



- Jennifer

REMINDER

If you change your email, phone number, or address, please remember to let us know. There are times we need to contact you with cancellations or other information. Thanks for your help.

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

“West Side Story”

Tuesday, May 10, 1:00 pm

(Musical/Drama/Romance)

Rated PG-13; 2 hour, 36 minutes;
(2021)

This reimagining of the 1961 classic musical was nominated for Best Picture, and garnered a best support actress Oscar for Ariana DeBose. Directed by Steven Spielberg, it stars Ansel Elgort, Rachel Zegler, and Rita Moreno.

“C’mon, C’mon”

Tuesday, May 24, 1:00 pm

(Drama/Family)

Rated R (Language);
1 hour, 49 minutes; (2021)

When his sister asks him to look after her precocious nine year old son, a radio journalist (Joaquin Phoenix) embarks on a cross country trip with his nephew to show him life away from the big city. Nominee for 2022 AARP Movies for Grownups Best Intergenerational film.

“Somewhere in Time”

Tuesday, May 31, 1:00 pm

(Romance/ Fantasy)

Rated PG ; 1 hour, 43 minutes; (1980)

This classic romance is a much requested film! A modern day Chicago playwright (Christopher Reeve) travels back in time to meet the actress (Jane Seymour) whose vintage portrait hangs in the Grand Hotel. Filmed on location at the Grand Hotel, Mackinac Island, MI. It also stars: Christopher Plummer, Teresa Wright, and William Macy. Memorable musical score by John Barry.

POLE WALKING

June 1, 1:00 pm

Do you have poles and want to know how to use them more efficiently and effectively? Maybe you just want to see what they are or to vary your workout. You can increase your cardio workout by 20% and calorie burn by up to 48% more using poles! Lessen the impact on joints, naturally align your spine, and work your core. Poles provided or bring your adjustable poles.

Fee: \$10 member; \$15 non-member

Registration Deadline: Friday May 27

CELEBRATE BRAIN HEALTH MONTH

June 30, 1:00 pm

Join us as we celebrate Brain Health month. Chetney Blaszczyk RDN, CD is ADRC Nutrition & Health Promotion Coordinator with Walworth County Health and Human Services.

Chetney will be presenting the MIND Diet. This focuses on a few different diets and how to improve your brain health as well as your physical health. Please sign up 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., 8:00-11am & 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, 9:00 am

Mah Jongg—Mondays, 1:00 pm

Sheepshead—Tuesdays, 12:30 pm





“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: May 2-May 26
Fee: \$12.00 Member
\$17.00 Non-member

Deadline is Friday, April 29

Next session is June 6-30



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 May 5, 9:00 am

The May hike will be at Pioneer Kiln Trail starting at the Oleson Cabin on Duffin road. Many of the wildflowers should be on display in both the prairie and woodland.

Enjoy the sun, wildlife, and flowers on your hike this month. We will meet at the Starin Park parking lot at 9 am. and carpool to the parking spot on Duffin road. Everyone is welcome! Please register in advance. Rain date is May 12.



BLOOD PRESSURE CHECKS

Every Tuesday from 11:00 am -12:00 pm



Feel free to stop into the Senior Center to get your blood pressure checked. You can also bring in your at home blood pressure cuff to make sure they are accurate. Jennifer will be putting to use her knowledge from her previous employment, working in a cardiac department, and bringing it to the Senior Center.

STAND UP AND MOVE MORE

Fridays June 3-24, 1-3 pm

Stand Up and Move is not an exercise program. Rather, it’s a program to help people to stand more and for longer periods of time. Participants meet for 4 weeks– 2 hours each week. A refresher session follows at week 8. Class is facilitated by Jennifer French.
Registration Deadline: Friday May, 27

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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.

GLASS ETCHING



June 2, 1:00 pm

Join Jennifer French for glass etching. We will make our glass have a little more pizzazz using a glass etching cream. The process will take about 30 minutes, after we can enjoy some treats and beverages. We will have pre-cut designs in the next newsletter, for you to pick from.

Supply list: A smooth glass you would like etched.



STAINED GLASS CLASS



May 17 & 18, 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, May 12

Next month: June 17 & 18



JOYFUL TOES



Thursday, May 5

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, June 2



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.



BOOK WORMS



Monday, May 2, 11:00 am

The Book Club will discuss *The Baker's Secret* by Stephen P. Kiernan. The May book is *When All is Said* by Anne Griffin.

When All is Said chronicles the life of Maurice Hannigan from a bar stool in a grand hotel, as the 84 year old raises a toast to the five most significant people in his life. Even as he is talking to the reader, Hannigan is really addressing his son, Kevin, who is the absent witness of the entire tale. Kevin lives across the ocean with his wife and Hannigan's grandchildren, Adam and Catorina. The tale reads like a solo theatrical show, with enough character to hold a live audience.

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.



BINGO

Tuesdays, 10:00 am

May 3: Culver's Bingo

May 10: Mulberry Glen Bingo

May 24: 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 Jennifer.

SAVE THE DATE: SENIOR PICNIC

June 22, 12:00 pm

We will be having our annual picnic June 22. More information to come. The rain date will be June 29.



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, May 4

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, May 12, Depart 10:30 am

Enjoy a lunch at Hering's Towne Inn in Jefferson. Please reserve your seat by May 6.

Breakfast Bunch

Thursday, May 19, Depart 8:15 am

Enjoy breakfast at Natalie's Parkview Café in Milton. Please reserve your seat by May 13.

Fish Fry

Friday, May 27, Depart 4:00pm

Enjoy the fish fry at Sullivan Saloon in Sullivan. We will be trying a new restaurant this month. Please reserve your seat by Friday, May 25.

MALARDS GAME

Thursday, June 16

As of press time, working on a trip to the Mallards for a 12:06 game. Call for details and get your reservation and payment in today!



Deadline for tickets is June, 3

MORE TRIPS TO COME



Keep an eye out for more van trips this summer!

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

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 & 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.**

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

TRIP PREVIEW

Wednesday, May 18
1:00 pm

Preview the Tropical Costa Rica Trip. Please register in advance.

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: 1st Friday of the month from 10:30am to 12:00pm Next meeting is on: May 6

Lakeshore Memory Café

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

When: 2nd Wednesday of the month from 1:30 - 3:00pm Next meeting is on: May 11

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

- All are welcome, but topics will focus on adult children who are caring for a parent living with a form of dementia. Each month topics will be associated with caregiving and coping strategies, dementia care and sharing of our caregiving journey. Meets the first Monday of the month from 4:30 pm-6:00pm at the Matheson Library in Elkhorn.
- Access to support groups is by phone or online. This is a one-stop-shop website for all caregiving support groups, virtual events, memory cafes, etc. at the wisconsin caregiver.org website.

DEMENTIA RESOURCE LIST

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

VOLUNTEER OPPORTUNITIES

YOUR TIME AND TALENTS ARE NEEDED

The Whitewater Dementia Friendly Community Initiative (DFCI) and the Rockin' Respite need people to help with our mission of community education and caregiver support.

Rockin' Respite gives caregivers a break two days per month, on the second and fourth Tuesday. Afternoon volunteers are needed to interact one-on-one with a guest, play games, and have fun from 12:15 – 3:30 pm. We are also looking for a person or persons to be the site coordinator. This position sets up, takes care of snacks and beverages, assists where needed, monitors supplies and puts everything away. Can be both Tuesdays or pick one.

The DFCI meets on the second Monday at 1:30 pm at the Starin Park Community Building. We plan and work on community education and awareness and caregiver support.

If you could spare a couple of hours a month to help us make Whitewater Dementia Friendly we would love to have you join us. Call Jennifer at 262-473-0535 or email jfrench@whitewater-wi.gov or deb.weberpal@gmail.com.

TEEPA SNOW IN WHITEWATER

Wednesday, June 15

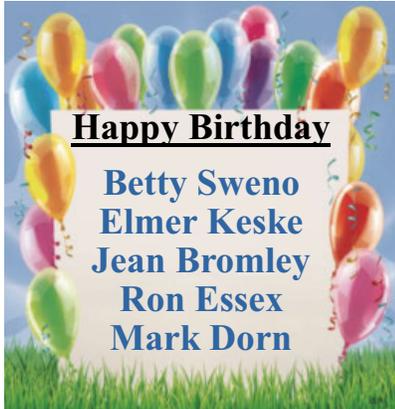
Teepa Snow, is one of the world's leading advocates and educators for individuals living with dementia. Her user-friendly approaches provide guidance and leadership to nationally promote best care practices.



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.

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* at Young Auditorium. The event is free and open to the public. Registration is required and will be accepted online until noon on Friday, June 10, 2022, visit <https://www.uww.edu/ce/teepa> to register

Free parking will be available the day of the event in campus lots 1 and 2.



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 MyCommunityOnline.com.

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

May 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
2 8:00 Pickleball (A) 9:30 FUNfit-(H) 11:00 Book Club 11:00 Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg 1:00 Learn Mah Jongg	3 8:00 Pickleball (A) 10:00 Culver's Bingo 10:00 Yoga with Brienne (HC) 11:00 BP Check 12:30 Sheepshead	4 8:00 Pickleball (A) 9:00 Indoor Walking 9:15 Jville Shopping 12:30 Pickleball (A) 1:00 Sign Language	5 8:00 Pickleball (A) 8:30—3 Joyful Toes 9:00 Hike w/ Ginny 9:30 FUNfit-(H) 10:00 Yoga with Brienne (HC) 1:00 Watercolor	6 8:00 Pickleball (A) 9:00 Indoor Walking 10:30 Scholarly Scoop 12:30 Pickleball (A) Office Closed
9 8:00 Pickleball (A) 9:30 FUNfit-(H) 11:00 Warblers 12:00 Senior Forum 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg 1:00 Learn Mah Jongg 1:30 DFCI Mtg	10 8:00 Pickleball (A) 9:30 Rockin' Respite 10:00 Mulberry Bingo 10:00 Yoga with Brienne (HC) 11:00 BP Check 12:30 Sheepshead 1:00 Movie "West Side Story"	11 8:00 Pickleball (A) 9:00 Indoor Walking 12:30 Pickleball (A) 1:00 Sign Language 1:00 Aging Advocacy Day	12 8:00 Pickleball (A) 9:30 FUNfit-(H) 10:00 Yoga with Brienne (HC) 10:30 Lunch Bunch 1:00 Watercolor	13 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) Office Closed
16 8:00 Pickleball 9:00 Pegs & Jokers 9:30 FUNfit-(H) 11:00 Warblers 12:30 Pickleball 1:00 Author & Book Presentation 1:00 Mah Jongg 1:00 Learn Mah Jongg 1:00 Canasta	17 8:00 Pickleball (A) 10:00 Yoga with Brienne (HC) 11:00 BP Check 12:30 Stain Glass-A 12:30 Sheepshead	18 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Motorcycle Ride 12:30 Pickleball (A) 12:30 Stain Glass-A 1:00 Sign Language 1:00 Travel Preview	19 8:00 Pickleball (A) 8:15 Breakfast Bunch 9:30 FUNfit-(H) 10:00 Yoga with Brienne (HC) 1:00 Watercolor	20 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) 10-12 Walworth County Open House Office Closed
23 8:00 Pickleball (A) 9:30 FUNfit-(H) 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Learn Mah Jongg	24 8:00 Pickleball (A) 9:30 Rockin' Respite 10:00 City Bingo 10:00 Yoga with Brienne (HC) 11:00 BP Check 12:30 Sheepshead 1:00 Movie "C'mon C'mon"	25 8:00 Pickleball (A) 9:00 Indoor Walking 12:30 Pickleball (A) 1:00 Sign Language 1:00 Movie "Licorice Pizza"	26 8:00 Pickleball (A) 9:30 FUNfit-(H) 10:00 Yoga with Brienne (HC)	27 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) 4:00 Fish Fry Office Closed
30 Memorial Day  Office Closed	31 8:00 Pickleball (A) 10:00 Yoga with Brienne (HC) 11:00 BP Check 12:30 Sheepshead 1:00 Movie: "Somewhere in Time"	1 8:00 Pickleball (A) 9:00 Indoor Walking 12:30 Pickleball (A) 1:00 Sign Language 1:00 Pole Walking 	Activities take place at the Starin Park Community Building unless otherwise noted. A=Downtown Armory, 146 W North St C = Cravath Lakefront 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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VOLUNTEERS NEEDED

Friday, 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!

Rockin' Respite gives caregivers a break two days per month, on the second and fourth Tuesday. Afternoon volunteers are needed to interact one-on-one with a guest, play games, and have fun from 12:15 – 3:30 pm.

Rockin' Respite Site Coordinator We are also looking for a person or persons to be the site coordinator. This position sets up, takes care of snacks and beverages, assists where needed, monitors supplies and puts everything away. Can be both Tuesdays or pick one.

The DFCI meets on the second Monday at 1:30 pm at the Starin Park Community Building. We plan and work on community education and awareness and caregiver support. If you could spare a couple of hours a month to help us make Whitewater Dementia Friendly we would love to have you join us.

Lincoln Elementary Garden is looking for gardeners, educators, project- people, community builders, outdoor enthusiasts. They are looking for adults who like teaching and projects to assist gatherings on Mondays in May and in Summer. If interested please email Liesl Schults Hying at Lincsgarden@gmail.com or call the school and leave a message for Liesl at 262-472-8500

SITP Garden is looking for some help starting in May. Sometimes it takes a while for our seasonal help to get to us with all of the other gardens around town. We are looking for a volunteer to help weed and care for our garden during the time that the seasonal help cannot get to the gardens. Please contact

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/>

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.



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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WALWORTH COUNTY DEPARTEMENT OF HEALTH AND HUMAN SERVICES OPEN HOUSE

May 20 10 a.m.-12 pm

Come celebrate Older American's month with Walworth County and see their new Health and Human Services Building, located at 1910 County Road NN, Elkhorn, WI 53121. There will be entertainment, snacks, information, socialization and fun! FREE bingo provided by the Walworth County Council of the American Legion from 10:30-11:30 a.m. Live entertainment from 10-10:30 am and 11:30-12 noon.

IDEAS FOR PROGRAMS/EVENTS

We are always looking for new ideas and programs to host here at Seniors in The Park. If there is anything you are interested in, that you would like to see a class on. Or would like to share your talent and teach a class please talk to Jennifer French or email at JFrench@whitewater-wi.gov. We always love to have new classes to offer.

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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

FRIEND US ON FACEBOOK!

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



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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

Jennifer French
jfrench@whitewater-wi.gov

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



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: