



# The Park Bench

Seniors in the Park Newsletter

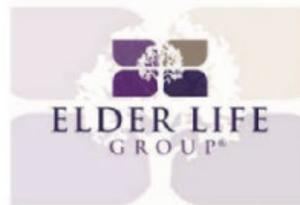
July 2022

## HOW TO PROTECT YOUR 'STUFF' FROM LONG-TERM CARE COSTS

Wednesday, July 13, 1:00 pm

Join us for an in-person educational workshop with Elder Life Group to discuss "How to Protect Your Stuff" from devastating long-term care costs. An Elder Life Advisor will discuss the reality of the long-term care crisis we face as we age, and the exceptions to the "rules" laid out for us. We will also identify planning options available to you that you may not be aware of! The first step in preparing for long-term care costs is education! Register by calling 262-473-0535. Please register in advance as refreshments will be provided. If gathering in person isn't possible, the workshop will be moved to a virtual presentation.

Deadline: July 6



Volume XXIII Issue 7

## WHAT'S INSIDE

- 2-4, 6-7 .....Activities
- 5, 11, 13....Support Our Sponsors & Meal Info
- 8-9.....Van, Extended Travel
- 10..... Dementia & Support
- 8, 11, 14-15 .....Information
- 12..... Calendar
- 14.....Volunteers
- Back .....ADDRESS, Phone Numbers, Staff & Survey

## 4TH OF JULY PARADE

Monday, July 4, 9:30 am

The City of Whitewater Park and Recreation will be walking in the 4th of July parade. Park and Recreation will be showing off all parts of Park and Rec, with a strong focus on the Aquatic Center this year. Feel free to wear your patriotic gear or your tropical pool gear. If you would like to join us in walking please call 262-473-0535. Parade is at 10:00 am.



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

## WHAT IS HEALTHY LIVING WITH DIABETES?

**Thursdays, July 7– August 11, 1:30-4:00 pm**

Healthy Living with Diabetes is an evidence-based program for adults of all ages—Who have type 2 diabetes, pre-diabetes or live with someone who does. In 6 weeks, you learn to take charge of your health and get back to doing the things that matter to you.

To register please call Chetney at 262-741-3309.

Cost: \$10.



## POLE WALKING REFRESHER CLASS

**Tuesday July 26, 9:00 am**

Have you taken a pole-walking class in the past and would like a refresher course? Here is your chance! Deb will be holding a class for those who have taken the class in the past. Whether you would like more practice or a reminder on what to do and how to do it, this is the class for you. Poles are provided or bring your adjustable poles. We do



have a few poles for sale along with the boots for the bottom of the poles you have.

Registration Deadline: Friday July 22

## NEW GROUPS COMING TO SENIORS IN THE PARK!

We will be starting two new groups this month! We have had a lot of requests for Cribbage and Euchre.

Cribbage will be Thursdays at 12:30 pm, starting July 14.

Euchre will be Tuesdays at 12:30 pm, starting July 12.



## LEARN MAH JONGG

**Mondays, July 11-25, 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.



## WHERE'S DEB

Just like the game, *Where's Waldo*, we will be doing a game of Where's Deb. At Deb's retirement party there were pictures of her on a stick. If you would like to take part in this event, please take a picture with you and Deb (on a stick) doing whatever it is that you do during the summer. Some ideas could be programs you are a part of, sitting outside enjoying the sun, places you travel. Please email it to Jennifer at [JFrench@whitewater-wi.gov](mailto:JFrench@whitewater-wi.gov). Since none of us were ready for Deb to leave, this is our way of keeping her around. We will also ask if Deb herself could send a picture every once in a while to actually show where she is.

## SHEEPSHEAD

Due to the low attendance at sheepshead the past few months, we will be cancelling sheepshead. If we seem to get enough interest later on we can always look into starting up another group.

Please call 262-473-0535 with any questions.

## 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. Bring in your at-home blood pressure cuffs 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.





**“Death on the Nile”**

**Tuesday, July 12, 1 pm**

(Crime/Drama/Mystery)

Rated PG-13; 2 hours, 7 minutes (2022)

Based upon the novel by Agatha Christie.

1937: while on vacation on a cruise on the Nile, Belgian sleuth Hercule Poirot (Kenneth Branagh) investigates the murder of a young heiress.

Among the suspects: Annette Bening, Gal Gadot, and Armie Hammer.

**“Return to Auschwitz: The Survival of Vladimir Munk”**

**Wednesday, July 20, 1 pm**

(Documentary)

1 hour

75 years ago, he lost his home and his family. Now he is going back. 95 year old Vladimir Munk, a Holocaust survivor, who eventually became a university professor, returns in 2020 to the Auschwitz-Birkenau Nazi concentration camp, where his parents and over 30 relatives were murdered during World War II. A telling, moving story...

**“Drive My Car”**

**Tuesday, July 26, 1 pm**

(Drama) Unrated film

2 hours, 59 minutes (2021).

Japanese, shown with English subtitles.

Oscar winner for Best International Feature Film 2022.

A renowned stage actor and director learns to cope with his wife’s unexpected passing when he receives an offer to direct a production of “Uncle Vanya” at a drama festival in Hiroshima. A taciturn young woman is assigned to chauffeur him in his beloved red Saab 900 Turbo.

The New York Times called this “a quiet masterpiece; considers grief, love, work and the soul-sustaining, life-shaping power of art.”

## CLASSIC CAR SHOW

**Wednesday, August 17 1:00-2:30 pm**



Bring a classic car to Starin Park for people to enjoy seeing. People will be able to wander and look at classic cars. We will also have yard games out for anyone to play. If you would like to bring a car, please call 262-473-0535 or email

Jfrench@whitewater-wi.gov. Thank you for sharing your vehicle!

## SENIOR FORUM

**Monday, July 11, 12:00 pm**

The group is currently working on helping Jennifer transition as smoothly as possible. We share ideas on where we might want to go on trips and what other programs might we want to offer. Please join us as we talk about how the Center is doing and what the community is up to as well.

## 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.-Fri., 8:00-11am; Mon., Wed. & Fri., 12:30-2:30 pm., Downtown Armory Gym

**Competitive Pickleball**—Tues. & Thurs., 1 2:30-2:30 pm, 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





## “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.

**Daily fee is \$1.50 members  
\$3.00 non-members**

## VIRTUAL “FUN”CTIONAL FITNESS



Dates: July 7-28

Fee: \$10.50 Member  
\$21.00 Non-member

**Deadline is Wednesday, June 29 by noon**

Next session is Aug. 1-29



## INDOOR WALKING

**Wednesdays & Fridays 9:00 am**

Walk to “Walk Away the Pounds” DVD's.

## YOGA WITH BRIENNE



**Tuesdays, July 12 – August 30, 10-11:00 am**

**Thursdays, July 7 - August 25, 10-11:00 am**

**No class July 24-August 6**

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: \$30 members; \$40 non-members

Thursday fee: \$30 members; \$40 non-members

**Registration Payment/Deadline: Wednesday, July 6 by noon**



## HIKES WITH GINNY

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

For the July hike, we will explore Brady's Rocks, a rock formation in the middle of the Scuppernong Prairie that was quarried by the pioneers. The walk is 3.5 miles round trip. Meet at 9 a.m. at the SITP parking lot, where we will carpool approximately 25 minutes to the trailhead. We will be back about noon. Please register in advance, by calling 262-473-0535. Call Ginny with questions at 262-473-3953.

Supplies: Sunscreen, bug repellent, hat or visor, and a water bottle.

Rain date is July 14



## COMPETATIVE PICKLEBALL

**Tuesday & Thursday 12:30-2:30**

We have had great turnout for our pickleball groups and continue to grow. With our groups getting bigger, we thought it was time to add another time to play. We will be adding a time to play more competitively. This group is for any individual who would like to have a more competitive and fast paced game.



## SUMMER SAFTEY

With summer finally here most of us want to be out in the sun as much as possible! Here are some ways to stay safe.

**Apply Sunscreen:** As we age, skin usually becomes thinner and more fragile. Putting adults at a higher risk for sunburn.

**Wear Sunglasses:** These protect our eyes from the sun's harmful rays.

**Stay Hydrated:** With the fluctuation in temperatures it can be easy to become dehydrated, this can cause many other complications.

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## WATERCOLOR CLASS— BASICS AND BEYOND



August 4-25, 1:00 pm



Rita Carpenter will be coming back in August for another fun watercolor class! We will have more information soon. If you are interested, please call 262-473-0535 for more information

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

Fee: \$60; Deadline: July 29; Minimum: 8 people

## WEEKLY CRAFTS



Tuesdays, July 19-August 9, 3:00pm

We will be doing some fun and easy crafts, with each week being something new! Week one will be garden markers, week two jar luminaries, week 3 Ombre towels and week 4 marble mugs. Does only one or two strike your fancy? Great, you can sign up for the ones you would like to do.

Daily fee: \$2 member; \$4 non-member

Deadline: July 5



## STORIES, SUNDAES, SENIORS, AND SHORTCAKES: OH MY!!



Wednesday August 3, 10:00 am

We will be meeting up with the Children's Summer Camp, at the concession stand at Treyton's Field of Dreams, for a fun morning of ice cream and stories. We will have all of the fixings for a wonderful ice cream sundae for you to enjoy, while you read or listen to books.

Please let us know if you would like to participate by calling 262-473-0535.

## JOYFUL TOES



Thursday, July 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, August 4

## 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, July 11, 11:00 am**

The Book Club will discuss *Wild: from lost to found on the Pacific Crest Trail* by Cheryl Strayed. The July book is *The Secret Keeper* by Kate Morton.

The Secret Keeper explores longings and dreams and the unexpected consequences they sometimes bring. It is an unforgettable story of lovers and friends, deception and passion that changed the world.

## 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**

**July 5: Culver's Bingo**

**July 12: Mulberry Glen Bingo**

**July 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 Jennifer.**

## STATE FAIR

**Thursday, August 4, 8:30 am-4:30 pm**

Enjoy a day of fun, food, entertainment, animals, shopping, cream puffs and more at the Wisconsin State Fair. Entrance fee, on your own, is \$12 for seniors (60 & over) and \$17 for adults (12 & over). They have not posted "at the gate deals" yet.

Fee: \$ 12 (transportation/parking/driver)

Depart Starin Park at 8:30; Return approx. 4:30 pm

Deadline is Thursday July 21

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

## 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, July 13**—We will be heading to Lake Geneva to tour the Mushroom garden. We will be stopping at Joni's Diner for lunch. Group departs 10:00 am. Rain date is July 14.

**Sunday July 17**—Join us for our annual chicken Ride. We will head north for the Rockton Chicken BBQ. Departure time 9:00am.

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 also scan and email your insurance info or drop it off in advance. 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.

## BELOIT SKY CARP

**Wednesday, August 10, 5:00 pm**

We will be heading to see the Beloit Sky Carp, formerly known as the Beloit Snappers. Please sign up by the deadline so we have enough time to get great seats.

Cost: \$26 for members \$30 for non-members.

Deadline: Wednesday, July 13.

## EATING OUT

### Lunch Bunch

**Thursday, July 14, Depart at 10:30**

Enjoy world-renowned professional BBQ at Elkhorn's Rib Fest. They will have a variety of BBQ options and food trucks, as well as other types of food if you are not a fan of BBQ. It is free admission; you just pay for your food. Please reserve your seat by Friday, July 8.

### Breakfast Bunch

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

We will be heading to Deb's Country Café for Breakfast. We haven't been there in a while, so it is time to go there again. Please reserve your seat by Friday, July 15.

### Fish Fry

**Friday, July 29, Depart 4:00pm**

Enjoy the fish fry at Someplace Else in Elkhorn. Please reserve your seat by Friday, July 22

## FLOWERS, BUGS, AND ANIMALS... OH MY!

**Wednesday July 27**

We will be heading to Olbrich Botanical Garden and to the Henry Vilas Zoo for a day outside. We will stop for lunch after the botanical gardens before heading to the zoo. Please register in advance.

Cost: \$10

Deadline: July 20

## JANESVILLE SHOPPING

**Wednesday, July 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

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

# Trips & 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.

## 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. **Deadline July 28th**

## TEXAS COWBOY COUNTRY

April 16-24, 2023

Visit the heart of Texas Cowboy Country. Travel from Oklahoma City to Kerrville and end in Fort Worth. Visit museum's such as the National Cowboy & Western Heritage Museum, the National Museum of the Pacific War, and the National Cowgirl Museum and Hall of Fame. Tour the Y.O. Ranch, a 40,000 acre ranch featuring exotic wildlife. You will also get the chance to tour Lyndon B. Johnson Ranch State Park and see the "Texas White House". Visit the historic Fort Worth Stockyards and see the "Drovers" bring in their herd of Texas Longhorns.



## ALASKA CRUISING ABOARD THE NOORDAM

July 25-August 6, 2023

Visit Fairbanks, "the Golden Heart City". Enjoy a narrated cruise aboard the Riverboat Discovery at Old Chena Village and an Alaska Salmon bake. Spend a night at Denali National park with a Natural History Tour. Enjoy tall tales, music and food at Alaska Cabin Nite. As well as touring the Alaska Wildlife Conservation Center. Experience an exciting seven-day Inside Passage cruise aboard Holland America's *Noordam*. While traveling the Inside Passage you may spot otters, seals, bears, eagles and deer. Experience the glaciers and animals as well as the small towns along the water.



## ICELAND LAND OF FIRE AND ICE

August 16-22, 2023

Unpack for 5 nights in Hveragerdi. Enjoy volcanoes, waterfalls, geothermal activity, nature and everything Iceland has to offer. Journey through small villages and farmlands to view Mt. Hekla. Visit the blue Lagoon and have an opportunity to soak in the pleasantly warm mineral- rich water. Visit the capital, Reykjavik, for a tour and some free time. Experience a full-day tour of the Golden Circle, enjoy scenic drives along with the geological and historic sites of the island. Before heading back to the hotel make a stop at a local farm to see Icelandic horses, as well as learn about the growing of healthy tomatoes using green energy, pure water and organic pest controls.



### TRIP PREVIEW

**Frida, July 22, 3:00pm**

Preview Texas Cowboy Country, Alaska Cruising and Iceland.

**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: 1<sup>st</sup> Friday of the month from 10:30 am to  
12:00 pm Next meeting is on: July 1.

### Lakeshore Memory Café

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

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

**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-6:00 pm 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](http://wisconsin caregiver.org) website.

## DEMENTIA RESOURCE LIST

Pat Metz, DFCI volunteer, has compiled a list of resources. Email [jfrench@whitewater-wi.gov](mailto: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 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](mailto:jfrench@whitewater-wi.gov) or [deb.weberpal@gmail.com](mailto:deb.weberpal@gmail.com).

### MEMORY ACTIVITY KITS AT THE LIBRARY

Irving L Young Memorial Library is now offering Memory Activity Kits for checkout. The kits, each with a different theme, have been created by library staff and are designed to spark memories, create positive feelings and increase meaningful activity for people living with dementia, Alzheimer's disease, MCI or other forms of memory loss.

Memory Activity Kits are interactive bundles of materials containing activities, books and items that center around a theme. Memory Activity Kits can be checked out on any valid library card, and are renewable. Please call 262-473-0530 for more information. You can see a video explaining the kits on the Irving L Young Memorial Library YouTube page.

### DFCI WOULD LIKE TO HEAR FROM YOU!

You are invited to submit a short piece about your experiences with dementia, Alzheimer's disease, or other forms of memory loss. This will be spread throughout the community to help others. You can submit with your name or remain anonymous.

Please email [jfrench@whitewater-wi.gov](mailto:jfrench@whitewater-wi.gov) with any questions.



## 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 [MyCommunityOnline.com](http://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](http://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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# Activity Calendar

## July 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p><b>Activities take place at the Starin Park Community Building unless otherwise noted.</b></p> <p><b>A=Downtown Armory, 146 W North St</b>  <b>C = Cravath Lakefront</b>  <b>H=Hybrid (In Person &amp; Virtual)</b>  <b>V=Virtual</b></p>				<p><b>1</b></p> <p>8:00 Pickleball (A)            9:00 Indoor Walking            10:00 Sewing            12:30 Pickleball (A)  <b>Office Closed</b></p>
<p><b>4</b></p> <p><b>Office Closed</b></p> 	<p><b>5</b></p> <p>8:00 Pickleball (A)            10:00 Culver's Bingo            10:00 Yoga with Brienne (HC)            11:00 BP Check            12:30 Pickleball (A)</p>	<p><b>6</b></p> <p>8:00 Pickleball (A)            9:00 Indoor Walking            9:15 Jville Shopping            12:30 Pickleball (A)            1:00 Sign Language</p> <p><b>Office Closed</b></p>	<p><b>7</b></p> <p>8:00 Pickleball (A)            9:00 Hike W/ Ginny            9:30 FUNfit-(H)            10:00 Yoga with Brienne (HC)            12:30 Pickleball (A)            1:00 Water Color  <b>1:30 Living With Diabetes</b></p>	<p><b>8</b></p> <p>8:00 Pickleball (A)            9:00 Indoor Walking            10:00 Sewing            12:30 Pickleball (A)  <b>Office Closed</b></p>
<p><b>11</b></p> <p>8:00 Pickleball (A)            9:30 FUNfit-(H)            11:00 Warblers  <b>11:00 Book Club</b>            12:00 Senior Forum            12:30 Pickleball (A)            1:00 Mah Jongg            1:00 Learn Mah Jongg            1:00 Canasta            1:30 DFCI Mtg</p>	<p><b>12</b></p> <p>8:00 Pickleball (A)            9:30 Rockin' Respite            10:00 Mulberry Bingo            10:00 Yoga with Brienne (HC)            11:00 BP Check            12:30 Euchre            12:30 Pickleball (A)            1:00 Movie: "Death on the Nile"</p>	<p><b>13</b></p> <p>8:00 Pickleball (A)            9:00 Indoor Walking  <b>10:00 Motorcycle Ride</b>            12:30 Pickleball (A)            1:00 Sign Language  <b>1:00 Protect Your Stuff</b></p>	<p><b>14</b></p> <p>8:00 Pickleball (A)            9:30 FUNfit-(H)            10:00 Yoga with Brienne (HC)            10:30 Lunch Bunch            12:30 Pickleball (A)            12:30 Cribbage            1:00 Water Color            1:30 Living With Diabetes</p>	<p><b>15</b></p> <p>8:00 Pickleball (A)            9:00 Indoor Walking            10:00 Sewing            12:30 Pickleball (A)  <b>Office Closed</b></p> <p><b>Sunday July 17</b>  <b>Motorcycle Ride</b></p>
<p><b>18</b></p> <p>8:00 Pickleball (A)            9:00 Pegs &amp; Jokers            9:30 FUNfit-(H)            11:00 Warblers            12:30 Pickleball (A)            1:00 Mah Jongg            1:00 Learn Mah Jongg</p>	<p><b>19</b></p> <p>8:00 Pickleball (A)            10:00 Yoga with Brienne (HC)            11:00 BP Check            12:30 Euchre            12:30 Pickleball (A)            3:00 Weekly Craft</p>	<p><b>20</b></p> <p>8:00 Pickleball (A)            9:00 Indoor Walking            12:30 Pickleball (A)            1:00 Sign Language            1:00 Movie "Return to Auschwitz"</p>	<p><b>21</b></p> <p>8:00 Pickleball (A)            8:15 Breakfast Bunch            9:30 FUNfit-(H)            10:00 Yoga HC)            12:30 Pickleball (A)            12:30 Cribbage            1:30 Living With Diabetes</p>	<p><b>22</b></p> <p>8:00 Pickleball (A)            9:00 Indoor Walking            10:00 Sewing            12:30 Pickleball (A)  <b>3:00 Trip Preview</b>  <b>Office Closed</b></p>
<p><b>25</b></p> <p>8:00 Pickleball (A)            9:30 FUNfit (H)            11:00 Warblers            12:30 Pickleball (A)            1:00 Mah Jongg            1:00 Learn Mah Jongg            1:00 Canasta</p>	<p><b>26</b></p> <p>8:00 Pickleball (A)  <b>9:00 Pole Walking</b>            9:30 Rockin' Respite            10:00 City Bingo            11:00 BP Check            12:30 Pickleball (A)            12:30 Euchre            1:00 Movie: "Drive My Car"            3:00 Weekly Craft</p>	<p><b>27</b></p> <p>8:00 Pickleball (A)            9:00 Indoor Walking  <b>10:00 Madison Trip</b>            12:30 Pickleball (A)            1:00 Sign Language</p>	<p><b>28</b></p> <p>8:00 Pickleball (A)            9:30 FUNfit (H)            12:30 Pickleball (A)            12:30 Cribbage            1:30 Living With Diabetes</p>	<p><b>29</b></p> <p>8:00 Pickleball (A)            9:00 Indoor Walking            10:00 Sewing            12:30 Pickleball (A)            4:00 Fish Fry  <b>Office Closed</b></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

**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.

**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 Summer. If interested, please email Liesl Schults Hying at [Lincsgarden@gmail.com](mailto:Lincsgarden@gmail.com) or call the school and leave a message for Liesl at 262-472-8500

**Whitewater Arts Alliance** is looking for docents/receptionists to keep their doors open Thursday– Sunday, 1-5 pm. They have two shifts each day 1-3pm and 3-5pm. Contact Ashe McDarison by emailing [wwartsalliance@gmail.com](mailto:wwartsalliance@gmail.com) if you are interested or have questions.

## OUR LIBRARY NEEDS NEW BOOKS

If you have been in our Library lately, you may have noticed how empty our book shelves are. Kathy Ross is in the process of updating our book selection. If you are also looking to clear off some of your bookshelves, we would be happy to take your books. We are looking for gently used books with the copy right of **2017 or later**. We are also looking for gently used large print books with any copywrite dates. If you have any questions please call 262-473-0535.

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## 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.

## 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.**

ADRC of Walworth County invites you to a viewing of SPARK, a documentary on Robin Williams and his journey with Lewy Body Dementia (LBD)

After the film we will have a small panel continuing the conversation on Lewy Body Dementia

**When:** 9am to 11:30am on August 5th, 2022  
**Where:** Walworth County Room at the Health and Human Services Building in Elkhorn or virtual

**SPARK**  
ROBIN WILLIAMS AND HIS BATTLE WITH LEWY BODY DEMENTIA

This movie was made possible by The Lewy Body Dementia Association  
General funding support for this film provided by Acadia Pharmaceuticals Inc.

**LBDA**  
**ACADIA**

Please Reserve your spot by calling 262-741-3273 or email: jsawyers@co.walworth.wi.us



## 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.



## FRIEND US ON FACEBOOK!

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



## LIBRARY PROGRAMS

### June 15–July 31: Summer Reading Program

Visit the library each week to get a button and play bingo to earn prizes.

### Every Friday, June 17-July 22, 1:00 pm: Crafternoon

- 7/1: Button Art
- 7/8: Etched Glass
- 7/15: Fabric Stamping
- 7/22: Craft Supply Swap

### Saturday July 9: Ferradermis Demonstration

Come see the high school robotics team.

### Monday, July 11, 10:30am: Memory Café

## WHITEWATER CITY MARKET

### Tuesdays, 4-7 pm

This market brings area farmers, artisans, food carts, craft beer, live music and much more. Market is located at the Historic Train Depot, 301 W. Whitewater St. City market runs May to October.

## WOMEN'S DOUBL'S TENNIS GROUP

### Mondays, 5:00 pm

Join a group of other ladies to play doubles tennis. They meet at Whitewater High School. For more information please call Jean Bula at 608-412-0066

Please cut out this "Thank You Coupon" and present it the next time you Patronize one of our Advertisers/Supporters

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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](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



## CONCERTS AND FAMILY FUN NIGHTS

### Thursdays, 7:00 pm Cravath Lakefront Park

Grab your lawn chairs and join us for Free concerts and family fun events.

### July 14: Piper Road Spring Band

Piper Road Spring Band was born into the age of rock & roll with individual backgrounds in classical, cowboy, folk, blues and Dixieland.

### July 21: Family Fitness Night in the Park

Join us for a night of moving and grooving and family fun.

### July 28: Big Rig Gig

The Trucks are coming back to the park!! Family friendly crafts and array of trucks will fill the park for a night of fun!!!

### August 4: Gary the Band & Summer Chili Cook Off

Singer/Songwriter trio. Making Music with friends. This band will be complimented with our first ever Summer Chili Cook Off.

Registration and Tasting will be open to the public.

### August 11: Palmyra Eagle Community Band

Palmyra-Eagle Community Band play music to put a smile on your face and tap in your toe. Performance will include music from the mid-nineteenth century to present day.

### August 18: Welcome Back Lake Party

Crafts, snacks, music and a family friendly party atmosphere to welcome back our lake.

### August 25: KG & The Ranger

Ride to the Old West with award-winning cowboy yodelers. They are Western entertainment guaranteed fun for all ages!