



# The Park Bench

**October 2022**

*Seniors in the Park Newsletter*

## MEMORY SCREENING EVENT

**Wednesday, October 19, 9am– 3pm**

A Memory Screen is a wellness tool that helps identify possible changes in memory and cognition; it creates a baseline of where a person is at so that future changes can be monitored. This screening is **free** and only takes 15 Minutes!



To register, please call Jake Sawyers, Dementia Care Specialist at the ADRC of Walworth County, at 262-741-3273

## WISCONSIN HISTORY STORIES

**Wednesdays, 1:00 pm**

Join Dr. Richard Haney for lively and informational presentations. This talk will be in-person only.

- October 5: Since Statehood: Voting Rights, Civil Rights and Some Interesting Governors
- October 12: Bryan, Birge, Beer, Baseball and the U.S. Air Force
- October 19: 1920s in Wisconsin: The “Wireless”, “Recycling”, Wood, Cars, Coolidge, ( and Commies)
- October 26: Wisconsin Life When Our Grandparents Were Young

Please register in advance by calling 262-473-0535



**Volume XXIII Issue 10**

## 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*

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

## PUZZLE EXCHANGE

**Thursdays October 13 & 27,  
11:00am**

If you have puzzles to exchange, great! If not, feel free to take one or two. Tables will be inside the building. Puzzle exchange will go through the month of April.



## SCHOLARLY SCOOP UPDATE

Unfortunately Scholarly Scoop will have to be cancelled for this fall. We will try to get speakers for the spring semester. Please call 262-473-0535 with any questions.

**Cancelled**

## OTR WITH STEVE

**Thursday, November 10, 1-3 pm**

Do you miss sitting on the floor and listening to the radio? Come and enjoy some Old Time Radio (OTR) with Steve Atkinson (you won't have to sit on the floor though). Listen to those stories that you haven't heard in a while.

Please register in advance.

Deadline to register: Thursday November 3

## STAINED GLASS

**October 11 & 12, 12:30 pm, 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 instructions and ideas.

Supplies to bring: Safety glasses, an old towel, scissors and a 100-watt soldering iron, if you have one. Instructor is: Caroline Britton.

Fee: \$15.00 members \$20.00 non-members.

Deadline to register: Thursday, October 6

**Next class: November 1 & 2**

## WEEKLY CRAFT

**Wednesdays, November 2-30, 1:30 pm**

With the holiday season and gift giving right around the corner we will be doing another weekly craft. You are able to sign up for the ones that interest you. Week one will be rustic wooden ornaments. Week two we will make snowman soup. Week three will be a snowman top hat and week four we will be making winter-themed votive holders.

Deadline to register : Thursday, October 27

Fee: \$2 member \$4 non-member

**No class Wednesday, November 23.**

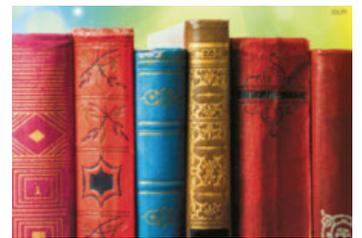


## TRAVELING TELLERS

**November 2 & 3, 3:30 pm**

The summer camp loved the reading and ice cream, so we are looking at possibly doing that again with the afterschool programs. The city has two afterschool programs—one at Washington elementary and one at Lincoln elementary. We will go to them, read some stories and have a snack with them. Please register in advance.

Transportation will be on your own



## BREAKFAST AND WARBLERS

**Monday October 10, 10:30-11:30 am**



Enjoy the four seasons as the Warblers take us from spring to winter. We will have light refreshments to enjoy while they perform.

Deadline to register: Wednesday, October 5

Please register in advance so we know how much food to get.



### “Mrs. Harris Goes to Paris”

**Tuesday, October 11, 1 pm**

(Comedy/Drama)

Rated PG; 1 hour, 55 minutes (2022)

A widowed cleaning lady in 1950’s London falls madly in love with a couture Dior dress and decides that she must have one of her own. After she works, starves and gambles to raise the funds to pursue her dream, she embarks on a Paris adventure, to the House of Dior.

### “CODA”

**Tuesday, October 18, 1 pm**

(Comedy/Drama/Music)

Rated PG-13; 1 hour, 51 minutes (2021)

As a CODA (Child of Deaf Adults), Ruby is the only hearing person in her deaf family. When the family’s fishing business is threatened, Ruby finds herself torn between pursuing her passion at music college, and her fear of abandoning her parents. Winner of 3 Oscars, including Best Picture, Supporting Actor and Screenplay.

### “A Ghost Story”

**Tuesday, October 25, 1 pm**

(Drama/Fantasy/Romance)

Rated R (language); 1 hour, 32 minutes (2017)

It’s almost Halloween, and spirits are in the air! In this unusual tale of love, loss and legacy, a recently deceased husband/father (Casey Affleck) returns to his suburban home...as a ghost, to observe his widow’s (Rooney Mara) life after his death. A pensive, thoughtful and haunting film.

## ADULT TAP CLASS

**Tuesdays, November 1-22, 3:30-4:30 pm,  
Armory Dance Studio**

Strap on your tapping shoes and join us as we learn tap. This is for any level, whether you have tapped in the past or this is the first time putting on tap shoes. If you don’t have tap shoes and want to try the class first you can wear regular shoes.

There is no fee.

**Deadline: Friday, October 28**

Minimum: 3 people

## SENIOR FORUM

**Monday, October 10, 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 we might 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

- Bingo**—First, second, fourth Tues., 10:00 am
- Book Club**—First Monday, 11:00. Books available at Senior Center
- Canasta**—First, Third & Fifth Mon., 1:00 pm
- Competitive Pickleball**—Tues. & Thurs., 12:30-2:30 pm, Downtown Armory Gym
- Cribbage**—Thursdays, 12:30 pm
- Euchre**—Tuesdays, 12:30 pm
- “FUN”ctional Fitness (hybrid)**—Mondays & Thursdays, 9:30 am
- Indoor Walking**—Wednesdays & Fridays, 9:00 am
- Mah Jongg**—Mondays, 1:00 pm
- Pegs and Jokers**—Third Mon., 9:00 am
- Pickleball**—Mon.-Fri., 8:00-11am; Mon., Wed. & Fri., 12:30-2:30 pm., Downtown Armory Gym
- Sewing Group**—Fridays, 10:00 am
- Warblers**—Mondays, 11:00 am
- Yoga (Hybrid)**—Tuesday or Thursday, 10:00 am

## MAKE A PHOTO ALBUM

**Thursday, November 10 & 17, 1:00 pm**

Make this small colorful album for a trip, a special outing with a grandchild or what you wish. You will need: an empty cereal box, at least 15 pictures, a 12 inch ruler, scissors, 1/4 inch wide good ribbon, stickers and letters (related to your theme), and tacky glue. Card stock and double sided tape will be provided.

**Deadline: Thursday, November 3**



# Be Healthy!



## “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: October 3-31  
Fee: \$13.50 Member  
\$27.00 Non-member



**Deadline is Thursday, September 29 by noon**

Next session is November 3-28  
**No Class November 24**



## INDOOR WALKING

**Wednesdays & Fridays 9:00 am**

Walk to “Walk Away the Pounds” DVD's.

## YOGA WITH BRIENNE



**Tuesdays, November 1 –December 20;  
10-11:00 am**

**Thursdays, November 3-December 22, 10-11:00 am**

**No class November 22 & 24**

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: \$35 members; \$40 non-members

Thursday fee: \$35 members; \$40 non-members

**Deadline to register: Thursday, October 27**

## HIKES WITH GINNY

**Thursday October 6, 9:00 am**

This is our last hike of 2022! We will be heading to Bald Bluff, one of the highest points in Jefferson County and a wonderful lookout for watching fall color arriving in the Kettle Moraine. We will meet at 9:00 am at the Starin Park parking lot, where we will carpool

approximately 15 minutes to the trailhead. We will be back around noon. Remember to bring a hat, water bottle, a rain jacket and bug repellent if you wish.

Please register in advance by calling 262-473-0535. Call Ginny at 262-473-3953 or Seniors in the Park with any questions.

**Rain Date October 13**



## ADULT BALLET

**Tuesdays, October 4-25, 3:30– 4:30 pm.  
Armory Dance Studio**

Ballet is great for working on balance and strength. This class is for all levels of dancer (beginner to advanced); we will modify to fit the classes and individuals needs. There is no fee.

Deadline to register: Friday, September 30

Minimum: 3 people

Please Call 262-473-0535 with any questions



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DHS Approved 4/22/2021

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## BASICS AND BEYOND IN WATERCOLOR

**Thursday October 27 & November 3,  
1:00-3:30 pm**

This two week watercolor class with Rita Carpenter will cover a grape leaves lesson.

Supply List: Wax paper, scissors, salt, gauze (very stringy– in roll form), frozen grape leaves( don't take out of freezer until right before using), watercolor paper (140 lb cold press), watercolor paints and brushes, water containers, fine mist spray bottle, Mr. Clean Eraser, Unryu paper, small piece of acetate, watercolor pencils and sanding paper

Fee: \$30

Deadline: October 1

Minimum: 8 people



## JOYFUL TOES



**Thursday, October 6**

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.**

**Get on the waiting list today!**

Next Clinic: Thursday, November 3

## BEGINNING SIGN LANGUAGE CLASS

**Wednesdays at 10:00 am**

Nancy Brunner is teaching Sign Language class. If you are interested please register in advance. Please call 262-473-0535 with any questions

## NEW GROUPS AT SENIORS IN THE PARK!

**Tuesdays, 12:30 pm (Euchre)**

**Thursdays, 12:30 pm ( Cribbage)**

July brought two new groups, and we will keep them going! Euchre is every Tuesday at 12:30 pm and Cribbage is every Thursday at 12:30 pm. Please call 262-473-0535 with any questions.



## LEARN MAH JONGG

**Mondays, October 3-31, 1:00 pm**

Interested in learning how to play Mah Jongg? Diane Schwab is back and is willing to teach anyone who is interested. Please call, 262-473-0535, ahead of time to reserve your seat and to make sure our teacher will be there that day.



## 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.



## 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.



## BOOK WORMS



**Monday, October 3, 11:00 am**

The Book Club will discuss *My Italian Bulldozer* by Alexander McCall Smith. The October book is *The Life and Times of the Thunderbolt Kid: a memoir* by Bill Bryson.

Bill Bryson was born in the middle of the American century—1951—in the middle of the United States—Des Moines, Iowa—in the middle of the largest generation in American history—the baby boomers. As one of the best and funniest writers alive, he is perfectly positioned to mine his memories of a totally all-American childhood for 24-carat memoir gold. Like millions of his generational peers, Bill Bryson grew up with a rich fantasy life as a superhero. In his case, he ran around his house and neighborhood with an old football jersey with a thunderbolt on it and a towel about his neck that served as his cape, leaping tall buildings in a single bound and vanquishing awful evildoers (and morons)—in his head—as "The Thunderbolt Kid."

## 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**  
**Oct. 4: Culver's Bingo**  
**Oct. 11: Mulberry Glen Bingo**  
**Oct. 25: 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.**

## WOMEN'S DAY

**Saturday, November 19, 8:30-4:00**

This year Seniors in the Park will be hosting another Women's day event. There will be more information to come. Please call 262-473-0535 with any questions.

## BLOOD PRESSURE CHECKS

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

Feel free to stop in the Senior Center to get your blood pressure checked. Bring in your at-home blood pressure cuffs to make sure they are accurate.



## JANESVILLE SHOPPING

**Wednesday, October 5**

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

## HISTORIC NARRATED BOAT TOUR

**Saturday, October 8, 12:15 pm**

Enjoy a nice Saturday out! Stop for a quick snack and break at E and S Sweets or Espresso Love Coffee in Mukwonago. Then head to Milwaukee for the Historic Narrated Boat Tour on the Milwaukee River. On our way back, we will stop for dinner at Kelly's Bleachers in Big Bend. Tickets are purchased in advance, so please register ahead of time.

Fee: Members \$30; non-members \$40 (includes bus and boat)

Deadline: Monday, September 19

**Get on the waiting list today!**

## HOLY HILL TRIP

**Monday, October 17, 10:30 am**

Head up to Holy Hill and enjoy ice cream at Mickey's Fresh Frozen Custard. Then head over to Holy Hill to enjoy the lovely fall colors and the great view. On your way home, stop and see the Holy Hill Skeletons. Each year it is a different theme. Deadline: Friday, October 14

Fee: \$10 members; \$15 non-members (includes travel and parking)

Get on the waiting list today!

## LOOKING FOR VAN DRIVERS

We are looking for a few more van drivers to add to our list. If interested, please email Jennifer at [JFrench@whitewater-wi.gov](mailto:JFrench@whitewater-wi.gov) or call 262-473-0535. CDL License is preferred.

## EATING OUT

### Lunch Bunch

**Thursday, Oct 13, Depart at 10:30 am**

For lunch we will be heading to Princess Café in East Troy. Reserve your seat by Friday, October 7.

### Breakfast Bunch

**Thursday, October 20, Depart 8:15 am**

Enjoy breakfast at Edge of Town Café in Palmyra. Please reserve your seat by Friday, October 14.

### Fish Fry

**Friday, October 28, Depart 4:00 pm**

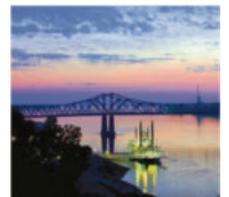
This month we will head to My Apartment Pub & Grill in Janesville. Please reserve your seat by Friday, October 21.

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

## SOUTHERN HARMONY

**February 26– March 3, 2023**

Visit New Orleans and the French Quarter. Enjoy New Orleans' Café du Monde for café au lait and beignets, later take a relaxing river cruise on the Mississippi. View the city on a New Orleans City Tour. Head over to Alabama to visit Bellingrath Gardens & Home. As well as a Biloxi Shrimp Boat Cruise.



# Trips & Extended Travel

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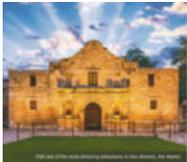
Adults of all ages are welcome on our trips. Please call or email for a brochure or more information. Brochures are also available in the lobby of the center.

## 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.



## 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.



## FRENCH RIVIERA & PROVENCE

March 21-28, 2023

Stay for 6 nights at a hotel in Nice, France. Travel to Aix-en-Provence ( city of art and light). Enjoy leisure time to do a little shopping, visit museums or spend a day relaxing by the sea in Nice. Take the opportunity to visit San Remo, Italy. Wander the massive street markets and cobble stone streets. Visit Monte Carlo for a tour of the city along with visiting the famous Casino Monte Carlo. Enjoy the wonderful climate that this part of the region has to offer. Even in the winter months the café terraces are filled with people.



## 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 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.



## 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*. Experience the glaciers and animals as well as the small towns along the water.

**Travel Preview**  
**Tuesday, November 1**  
**2:00pm**  
Preview Iceland, Texas Cowboy country, and Alaska cruise. 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: First Friday of the month from 10:30 am to 12:00 pm. Next meeting is on October 7.

### Lakeshore Memory Café

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

When: Second Wednesday of the month from 1:30-3:00 pm. Next meeting is on October 12.

**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 4:30-6:00 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

Rockin' Respite is looking for anyone interested in becoming the activity planner. We need someone this month and going forward! It could be one or two days per month. Respite is held from 9:30-3:30 pm. You could do the morning or afternoon or all day. A nurse is onsite and there is a volunteer assigned to each guest (only 4 guests at this time). Sing, play games, do art projects, cook, or whatever is in the person's wheelhouse to make a fun, active day for our guests. Let Jennifer know if you or anyone else you know are interested by calling 262-473-0535.

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

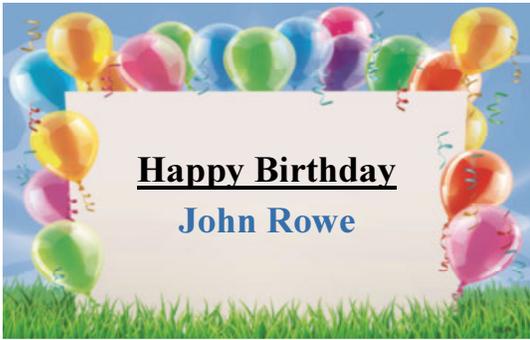
Irving L Young Memorial Library is now offering Memory Activity Kits for checkout. The kits, each with a different theme, have been created by library staff and are designed to spark memories, create positive feelings and increase meaningful activity for people living with dementia, Alzheimer's disease,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



## 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

## October 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<b>3</b> 8:00 Pickleball (A) 9:30 FUNfit (H) 11:00 Warblers 11:00 Book Club 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Learn Mah Jongg 1:00 Canasta	<b>4</b> 8:00 Pickleball (A) 10:00 Culver's Bingo 10:00 Yoga with Brienne (HC) 11:00 BP Check 12:30 Pickleball (A) 12:30 Euchre 3:30 Ballet (A)	<b>5</b> 8:00 Pickleball (A) 9:00 Indoor Walking 9:15 Jville Shopping 10:00 Sign Language 12:30 Pickleball (A) <b>1:00 Dr. Haney Lecture</b>	<b>6</b> 8:00 Pickleball (A) <b>8:30 Joyful Toes</b> <b>9:00 Hikes with Ginny</b> 9:30 FUNfit (H) 10:00 Yoga with Brienne (HC) 12:30 Pickleball (A) 12:30 Cribbage	<b>7</b> 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) <b>Office Closed</b> <hr/> <b>8</b> <b>12:15 River Cruise</b>
<b>10</b> 8:00 Pickleball (A) 9:30 FUNfit (H) <b>10:30 Warblers Performance</b> 12:00 Senior Forum 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Learn Mah Jongg 1:30 DFCI	<b>11</b> 8:00 Pickleball (A) 9:30 Rockin' Respite 10:00 Mulberry Bingo 10:00 Yoga (HC) 11:00 BP Check 12:30 Pickleball (A) 12:30 Stained Glass (A) 12:30 Euchre 1:00 Movie: "Mrs. Harris Goes to Paris" 3:30 Ballet (A)	<b>12</b> 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sign Language 12:30 Pickleball (A) 12:30 Stained Glass (A) 1:00 Dr. Haney Lecture	<b>13</b> 8:00 Pickleball (A) 9:30 FUNfit (H) 10:00 Yoga with Brienne (HC) 10:30 Lunch Bunch <b>11:00 Puzzle Exchange</b> 12:30 Pickleball (A) 12:30 Cribbage	<b>14</b> 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) <b>Office Closed</b>
<b>17</b> 8:00 Pickleball (A) 9:00 Pegs & Jokers 9:30 FUNfit-(H) <b>10:30 Holy Hill Trip</b> 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Learn Mah Jongg 1:00 Canasta	<b>18</b> 8:00 Pickleball (A) 10:00 Yoga with Brienne (HC) 11:00 BP Check 12:30 Euchre 12:30 Pickleball (A) 1:00 Movie "CODA" 3:30 Ballet (A)	<b>19</b> 8:00 Pickleball (A) 9:00 Indoor Walking <b>9:00 Memory Screen Event</b> 10:00 Sign Language 12:30 Pickleball (A) 1:00 Dr. Haney Lecture	<b>20</b> 8:00 Pickleball (A) 8:15 Breakfast Bunch 9:30 FUNfit-(H) 10:00 Yoga with Brienne (HC) 12:30 Pickleball (A) 12:30 Cribbage	<b>21</b> 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) <b>Office Closed</b>
<b>24</b> 8:00 Pickleball (A) 9:30 FUNfit-(H) 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Learn Mah Jongg	<b>25</b> 8:00 Pickleball (A) 9:30 Rockin' Respite 10:00 City Bingo 10:00 Yoga (HC) 11:00 BP Check 12:30 Euchre 12:30 Pickleball (A) 1:00 Movie: "A Ghost Story" 3:30 Ballet (A)	<b>26</b> 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sign Language 12:30 Pickleball (A) 1:00 Dr. Haney Lecture	<b>27</b> 8:00 Pickleball (A) 9:30 FUNfit-(H) 10:00 Yoga with Brienne (HC) <b>11:00 Puzzle Exchange</b> 12:30 Pickleball (A) 12:30 Cribbage 1:00 Water Color <b>Office Closed at 1:00</b>	<b>28</b> 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) 4:00 Fish Fry <b>Office Closed</b>
<b>31</b> 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><b>HAPPY HALLOWEEN!</b></p>			<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>

## 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 Tuesdays, 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

### LOOKING FOR VOLUNTEER VAN DRIVERS

We are looking for a few more van drivers to add to our list. If interested, please email Jennifer at [JFrench@whitewater-wi.gov](mailto:JFrench@whitewater-wi.gov) or call 262-473-0535. CDL License is preferred.

### ROCKIN' RESPITE HELP

Rockin' Respite is looking for anyone interested in becoming the activity planner. We need someone this month and going forward! It could be one or two days per month. Respite is held from 9:30 am-3:30 pm. You could do the morning or afternoon or all day. A nurse is onsite and there is a volunteer assigned to each guest (only 4 guests at this time). Sing, play games, do art projects, cook or whatever is in the person's wheelhouse to make a fun, active day for our guests. Let Jennifer know if you or anyone else you know are interested by calling 262-473-0535.

### 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.

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

## IRVIN L YOUNG LIBRARY IN SEARCH OF WHITEWATER MEMORABELIA

The Irvin L. Young Memorial Library recently began circulating Memory Activity Kits designed for use by people living with memory loss. In the hopes of creating one on Whitewater history, the library is seeking small, durable items of Whitewater memorabilia. These items could be promotional items or advertising swag from current or past local businesses, sports medals or mascot items from the high school, or even postcards of Whitewater landmarks. Such items could include pens, keychains, coin purses or other pocket size keepsakes. As long as the item is clearly identifiable as belonging to Whitewater, about the size of an apple or smaller and sturdy, it could be used in the Whitewater History Memory Activity Kit! If you have anything appropriate you can spare, please consider donating it to the library.

Donations can be dropped off at 431 W. Center St. during open hours or left at The Senior Center. If you have any questions, please call Suzanne at 262-473-0530.

### 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.**

## STORY CORE

We invite you to share and record a conversation with a family member or friend for generations to come with our new Gathering and Sharing Stories initiative.

Bridges Library System and 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! The interviews will be on October 21, 22, and 24. All stories are recorded with a trained facilitator from Dwight Foster Public Library. Recordings can then be added to the StoryCorps Archive and Library of Congress (optional) or kept private based on the participants' wishes. Participants are given access to their copies of their conversations as well.

If interested please contact: Amy Christian at [achristian@fortlibrary.org](mailto:achristian@fortlibrary.org) or 920-563-7790.

## WHITewater COLLECTS

The 9th annual Whitewater Collects show will be held on Saturday, October 8, 2022 from 12:00 PM to 3:00 PM at the Cravath Community Lakefront Center, 341 S Fremont St, Whitewater. This popular annual event is put on by the Whitewater Historical Society and is free and open to the public.

In addition to viewing the displays of area collectors, visitors can receive free verbal professional evaluations of up to two antique or vintage items from noted auctioneer, Carol Miller. Ms. Miller is the owner of Bailey's Honor Auction and Estate Services, LLC.

Collections being displayed this year include vintage Fiesta Ware, historical political memorabilia, antique muffineers, antique Stan-hopes, autographs of famous people, antique children's pull toys, face jugs, Whitewater Pottery, antique pyrography, Pescheret art, hunting bows, and many more!

If you would like to display a collection (space is still available) or get more information, contact Jan Goder at [jgoder1976@gmail.com](mailto:jgoder1976@gmail.com) or 262-949-0644. Collections can be antique, vintage, or contemporary.

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## SENIORS IN THE PARK COMMUNICATION

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**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!

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## SENIORS IN THE PARK

504 W Starin Rd, PO Box 178  
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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



## FROM THE COORDINATOR

We are finally into my favorite time of year! Carving pumpkins, wearing sweaters, costumes and bundling up in blankets is what I look forward to most! We have a few pictures from last months activities. The squirrel stuffed animal is from our Stevie search. We also had a great turnout for our acrylic painting class. Pickleball also enjoyed a lovely potluck to celebrate the end of the summer.

