



The Park Bench

November 2022 *Seniors in the Park Newsletter*

Volume XXIII Issue 11

FALL PREVENTION

Wednesday, November 16, 1:30-3:00

Alyssa Patten and Bringa Johnson from Fort Healthcare will have a 30-45 minute presentation on how to prevent falls and other signs to be aware of. After the presentation, you will be able to have an individual fall assessment and ask questions.

Please register in advance. Call 262-473-0535

Deadline to register: November 11

Fall Prevention & Safety

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.



WHAT'S INSIDE

2-4, 6-7*Activities*

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

PUZZLE EXCHANGE

Thursdays November 10, 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.



No exchange November 24

BEGINNING SIGN LANGUAGE CLASS

Wednesdays, 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.



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

November 1 & 2, 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 27

Next class: December 6 & 7



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.

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

No class Wednesday, November 23.



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 registration forms, to pick the activities that interest you, at the front desk starting on Wednesday, November 2.. Please call 262-473-0535 with any questions.



“Where the Crawdads Sing”

Tuesday, November 8, 1 pm

(Drama/Mystery/Thriller)

Rated PG-13; 2 hours, 5 minutes (2022)

The film adaptation of the novel that has been on the New York Times Bestsellers List for over 3.5 years. A woman who raised herself in the marshes of the Deep South becomes a suspect in the murder of a man with whom she was once involved.

“Bullet Train”

Tuesday, November 22, 1 pm

(Action/Comedy/Thriller)

Rated R (violence, language); 2 hours, 7 minutes (2022)

International assassins board the world’s fastest train for a nonstop thrill ride to the end of their station, in life...

There’s action galore just around the bend ! Starring Brad Pitt and Sandra Bullock.

“The Daytrippers”

Tuesday, November 29, 1 pm

(Comedy/Drama) Rated R (sex, language);

1 hour, 27 minutes (1996)

On the day after Thanksgiving, a wife discovers a hidden love letter written to her husband by an unknown paramour, setting off the entire family’s madcap day drive, from Long Island to New York City, in search of the letter’s writer. Starring Stanley Tucci, Liev Schreiber, Marcia Gay Harden, and Anne Meara.

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**



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.

Fee: \$8 members; \$10 non-members.

Deadline: Friday, October 28

Minimum: 3 people

SENIOR FORUM

Monday, November 14, 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





“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: November 3-28
Fee: \$10.50 Member
\$21.00 Non-member



**Deadline is Tuesday, November 1,
by noon**

Next session is December 1-29
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

ADULT BALLET

**Tuesdays, December 6-27, 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.

Deadline to register: Friday, November 25

Fee: \$8 members; \$10 non-members

Minimum: 3 people

Please Call 262-473-0535 with any questions



WELCOME JEFFERSON COUNTY ADRC

Monday, December 14, 10:30

Alyssa Kulpa, Elder benefit Specialist from Jefferson County ADRC, will be here to talk about Medicare and other public benefits.

Dominic Wondolkowski, Supervisor at Jefferson County ADRC, will also be here to give a general overview of the ADRC and what they have to offer to the public.

Deadline to register: December 13

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Attorney David J. Nommensen
Attorney Julie H. Nommensen

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DHS Approved 4/22/2021

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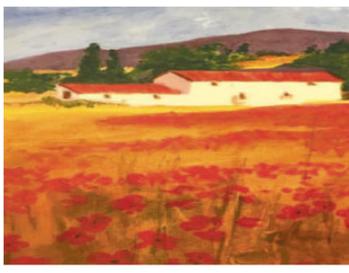
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BASICS AND BEYOND IN WATERCOLOR

Thursdays, December 1, 8, 15 & 22, 1:00 -3:30 pm

Please join Rita Carpenter for some watercolor fun! Have you ever wanted to use a limited palette to paint watercolors? Join Rita in December to paint some fabulous designs using just 3 paint colors. We will have fun painting and learning about colors. Just for fun on December 22 we will paint fun birds on cards.



Supply list: watercolor paints specifically (aureolin, cobalt, permanent rose watercolor paint) watercolor paper, a piece of credit card or palette knife, brushes, cloth, painters tape, brushes, water containers, spray bottle, table cover, board, paper towel, Kleenex, salt, any supplies you regularly use.

Fee: \$60

Minimum 6 people

Deadline: Thursday, November 24

NEW GROUPS AT SENIORS IN THE PARK!

Tuesdays, 12:30 pm (Euchre)
Thursdays, 12:30 pm (Cribbage)

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 and to register in advance



LEARN MAH JONGG

Mondays, November 7-28, 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



JOYFUL TOES



Thursday, November 3

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



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

Fee is \$17.00.

Get on the waiting list today!

Next Clinic: Thursday, December 1

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, November 7, 11:00 am

The Book Club will discuss *The Life and Times of the Thunderbolt Kid: a memoir* by Bill Bryson. The November book is *The Lincoln Highway* by Amor Towles.

In June 1954, eighteen-year-old Emmett Watson is driven home to Nebraska by the warden of the juvenile work farm, where he has just served fifteen months for involuntary manslaughter. His mother long gone, his father recently deceased and the family farm foreclosed upon by the bank, Emmett's intention is to pick up his eight-year-old brother, Billy, and head to California, where they can start their lives anew. But when the warden drives away, Emmett discovers that two friends from the work farm have hidden themselves in the trunk of the warden's car. Together, they have hatched an altogether different plan for Emmett's future, one that will take them all on a fateful journey in the opposite direction—to the City of New York.

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

Nov. 1: Culver's Bingo

Nov. 8: Mulberry Glen Bingo

Nov. 22: City Bingo

Join us for Bingo! Beverages are now available. Keep bringing your own snack. Thanks to Culver's and Mulberry Glen for sponsoring prizes.



City Bingo sponsors include:

**Dale's Bootery * Floral Villa * Binning & Dickens Insurance *
Dental Perfections * Brain Freeze * Taco Fresco * Jersey Mike's *
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.

POLAND FROM A CHAIR

Wednesday December 7 1:00-2:30

The travel bug is hard to get rid of! With COVID and prices, sometimes traveling isn't possible. We will enjoy some trivia, music and food. This way you get to experience a different culture without having to pay the crazy prices.

Fee: \$4 member; \$8 non-member

Deadline: Wednesday November 30



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.



CHRISTMAS CRAFT FAIR

Saturday, November 26, 10:00

The Gathering Place in Milton is hosting their first ever Craft Fair! Shop two levels of crafters for yourself or those special people on your gift list. There will be 26 tables of handmade items.

Deadline: Friday November 18

Fee: \$10 member 15 non-member

JANESVILLE SHOPPING

Wednesday, November 2

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, November 10, Depart at 10:30 am

For lunch we will be heading to Blue Bay in Mukwonago. Reserve your seat by Friday, November 4.

Breakfast Bunch

Thursday, November 17, Depart 8:15 am

Enjoy breakfast at Café 26 in Milton. Please reserve your seat by Friday, November 11.

Fish Fry

Friday, November 18, Depart 4:00 pm

This month we will head to Bark River Lanes in Rome. Please reserve your seat by Friday, November 18.

<p>Meal Outings Fees: \$4.00 members \$7.00 non-members</p>
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TRIP PREVIEWS

TRAVEL PREVIEW MAYFLOWER

Tuesday, November 1, 2:00 pm

Preview Iceland, Texas Cowboy country, and Alaska cruise. Please register in advance.

TRAVEL PREVIEW PREMIER WORLD DISCOVERY

Wednesday November 9, 10:30 am

Join us as we preview French Riviera & Provence and Southern Harmony. Please register in advance.

TRAVEL PREVIEW COLLETE

Tuesday December 6, 9:00 am

Preview Painted Canyons and Scotland. Please register in advance

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

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.



DISCOVER SCOTLAND

July 9-18, 2023

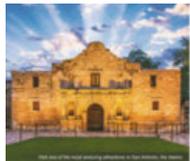
Get a chance to try playing the Bagpipe, watch a Sheep Dog demonstration and experience Scottish cooking. Enjoy the unspoiled landscapes as you journey into the Highlands. View the wonderful castles and scenery. Visit the ruins of Urquhart Castle before enjoying a cruise on Loch Ness. Visit one of Scotland's most remote towns, Thurso, on the North Coast.



PAINTED CANYONS OF THE WEST

September 24-October 2, 2023

Trek across the Southwest as you take in the dienna-colored canyons, towering spires and desert landscapes found in Utah's five antional parks. Visit Dead Horse Point State Park, Utah's Scenic Byway 24, Zion National Park, Las Vegas and much more. Hike the National Parks or visit museums.



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.

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 November 4.

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 November 9.

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 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

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 or 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 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, www.whitewater-wi.gov, click on Departments, then Seniors in the Park or MyCommunityOnline.com.

Newsletters are also available outside the Starin Park



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

November 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p>National Family Caregiver Month</p> 	<p>1</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) 12:30 Stained Glass (A) 12:30 Euchre 2:00 Travel Preview 3:30 Tap (A)</p>	<p>2</p> <p>8:00 Pickleball (A) 9:00 Indoor Walking 9:15 Jville Shopping 10:00 Sign Language 12:30 Pickleball (A) 12:30 Stained Glass (A) 1:30 Weekly Craft 3:30 Travelling Tellers</p>	<p>3</p> <p>8:00 Pickleball (A) 8:30 Joyful Toes 9:30 FUNfit (H) 10:00 Yoga with Brienne (HC) 12:30 Pickleball (A) 12:30 Cribbage 3:30 Travelling Tellers</p>	<p>4</p> <p>9:00 Indoor Walking 10:00 Sewing</p> <p>Office Closed</p>
<p>7</p> <p>9:30 FUNfit (H) 11:00 Warblers 11:00 Book Club 1:00 Mah Jongg 1:00 Learn Mah Jongg 1:00 Canasta</p>	<p>8</p> <p>9:30 Rockin' Respite 10:00 Mulberry Bingo 10:00 Yoga (HC) 11:00 BP Check 12:30 Euchre 1:00 Movie: "Where the Crawdads Sing" 3:30 Tap (A)</p>	<p>9</p> <p>9:00 Indoor Walking 10:00 Sign Language 10:30 Travel Preview 1:30 Weekly Craft</p>	<p>10</p> <p>8:00 Pickleball (A) 9:30 FUNfit (H) 10:00 Yoga with Brienne (HC) 10:30 Lunch Bunch 11:00 Puzzle Exchange 12:30 Pickleball (A) 12:30 Cribbage 1:00 OTR with Steve 1:00 Photo Album</p>	<p>11</p> <p>8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A)</p> <p>Office Closed</p>
<p>14</p> <p>8:00 Pickleball (A) 9:30 FUNfit-(H) 11:00 Warblers 12:00 Senior Forum 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Learn Mah Jongg 1:30 DFCI</p>	<p>15</p> <p>8:00 Pickleball (A) 10:00 Yoga with Brienne (HC) 11:00 BP Check 12:30 Euchre 12:30 Pickleball (A) 3:30 Tap (A)</p>	<p>16</p> <p>8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sign Language 12:30 Pickleball (A) 1:30 Weekly Craft 1:30 Fall Prevention</p>	<p>17</p> <p>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 1:00 Photo Album</p>	<p>18</p> <p>8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A)</p> <p>Office Closed</p>
<p>21</p> <p>8:00 Pickleball (A) 9:00 Pegs & Jokers 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>22</p> <p>8:00 Pickleball (A) 9:30 Rockin' Respite 10:00 City Bingo 11:00 BP Check 12:30 Euchre 12:30 Pickleball (A) 1:00 Movie: "Bullet Train" 3:30 Tap (A)</p>	<p>23</p> <p>8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sign Language 12:30 Pickleball (A)</p>	<p>24</p> <p>Office Closed</p> 	<p>25</p> <p>Office Closed</p>
<p>28</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</p>	<p>29</p> <p>8:00 Pickleball (A) 10:00 Yoga with Brienne (HC) 12:30 Euchre 12:30 Pickleball (A) 1:00 Movie "The Daytrippers"</p>	<p>30</p> <p>8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sign Language 12:30 Pickleball (A) 1:30 Weekly Craft</p>	<p>19</p> <p>8:30 Women's Day</p>	
<p>Activities take place at the Starin Park Community Building unless otherwise noted.</p> <p>A = Downtown Armory, 146 W North St. C = Cravath Lakefront H = Hybrid (In Person & Virtual) V = Virtual</p>				<p>26</p> <p>10:00 Craft Fair</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 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 if interested or have questions.

Rainbow Hospice Care Inpatient Center has volunteer opportunities. Office or administrative work, reception duties, patient helper including serving meals, Vigil Volunteers. They also are looking for volunteers nights and weekends. With any questions please call Jill Radke at 920-674-6255

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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.

FAIRHAVEN LECTURE SERIES

November 7: What Colfax, Barneveld, and Oakfield have in Common: the History of (E)F5 Tornadoes in Wisconsin. Presented by John Frye, Associate Professor, Geology, Geography, and Environmental Science.

November 14: The Lavinia Goodell Cases: Wisconsin's First Female Lawyer and Her Fight for Justice. Presented by Jennifer Motszko, Head of Archives.

WISCONSIN SENIOR MEDIAL PATROL: FRAUD ALERT

There are no new Medicare Cards! The callers often identify themselves as being from Medicare and that they are "just following up on the status of your Medicare card".

If you receive this type of call, simply hang up. There is NOT a new Medicare card. Not a plastic card, a card with a chip, a different colored card, a laminated option or a different card because of COVID-19. There are **NO NEW** Medicare cards, for any reason. Your paper red, white, and blue card is the only card issued by Medicare.

To contact Wisconsin Senior medical Patrol, call (888) 818-2611.

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.

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!

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- ⇒ 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



FROM THE COORDINATOR

Fall is definitely here! The trees are beautiful colors, there is a chill in the air and a few snowflakes here and there. We had a lot of fun trips this month and even better attendance! I hope to keep that going even after it starts to get colder.

Thank you for the understanding at the end of last month. We did not have internet for a few days which meant we could not answer our phones or get to the voicemails you left. We are back up and running, hopefully this will not happen again.

We have also started taxing our activities and cards. This does not change the price you pay. When you are checking out at home you will see a message at the top of the activities that states "Activity fees will add 5.5% sale tax when added to cart." please call us if you have any questions.

- Jennifer

