



The Park Bench

March 2023

Seniors in the Park Newsletter

SCHOLARLY SCOOP

Friday, March 17, 10:30 am

Seeing Through Religion. What is religion? We may take it for granted that religion is something out there in the world, but most cultures had no word for religion prior to the 19th century. Many of the things we call religions weren't called religions until then either. In this talk, I'll show you that religion is not something out there in the world; it is the glasses with which you see the world. I'll help you take those glasses off and see the world with new eyes.



Nathan McGovern is Associate Professor of Asian Religions at UW-Whitewater. He has lived in five countries and specializes in the study of Buddhism in India and Thailand. He is the author of *The Snake of the Mongoose*, a book on the origins of Buddhism and Hinduism.

Deadline to Register: Wednesday March 15

Please call 262-473-0535 if you would like to attend virtually.

IN SEARCH OF EARTH'S SECRETS

Wednesday, March 15, 10:00-12:30 pm



Sarah is the host of The Space Case Sarah Show with Kovi and Benjamin on iRoc Space Radio. She is also a science writer for Blue Marble Space Institute of Science, lead production assistant for NASA's Ask an Astrobiologist, an onboard communications officer on the JOIDES Resolution Expedition 399, a NASA/JPL Solar System Ambassador, sidewalk astronomer, analog astronaut, graduate student at UW-Whitewater, and mom extraordinaire.

Join Sarah March 15th to hear about her research and other fun things.

Deadline to register: **Wednesday, March 8**

Volume XXIV Issue 3

WHAT'S INSIDE

2-4, 6-7Activities

5, 11, 13....Support Our Sponsors & Meal Info

8-9.....Van, Extended Travel

10..... Dementia & Support

8, 11, 14-15Information

12..... Calendar

14.....Volunteers

BackADDRESS, Phone Numbers, Staff

FIRST DAY OF SPRING IS ALMOST HERE!

March 20th is the first day of spring! Keep an eye out for the Tulips to start popping up and the birds to come back.



FRANCE IN A CHAIR

Wednesday, March 22, 1:00-2:30 pm

Bonjour, Oui, Merci, Faire la Fete! Hello, Yes, Party! Come and enjoy some treats as we take you to France without having to pay the crazy travel prices.

Deadline to register: **Wednesday, March 15**

Fee: \$4.00 members; \$8.00 non-members

GARDENING CLUB

We are looking to see if there would be any interest in starting a gardening club here at Seniors in the Park. It would probably be once a month on a Friday around 10:00 am. This is where you can share ideas, what worked and didn't work.....

Please call 262-473-0535 and ask for Debbie.

OTR WITH STEVE

Thursday, March 16, 1-3 pm

In March, listen to the radio shows of Jack Benny and Gunsmoke. There might be a fun newscast added as well. If you have any suggestions of radio shows, call 262-473-0535 and let us know what you'd like to hear.

Please register in advance.

Deadline to register: **Thursday, March 9.**

STAINED GLASS

March 14 & 15, 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, March 9**

Next class: April 4 & 5



THE POWER OF GRATITUDE WORKSHOP



LIVE LIFE
Spiritual Direction
Live the song of your soul

Wednesday, March 15, 1:00-3:00 pm

Gratitude is the cornerstone of joyful living. When we focus on what we do have rather than what we do not have, we cultivate greater joy and satisfaction in our lives and create an energy and opening for more good to come into our lives. Learn gratitude practices that are easy to implement into your daily routine.

Fee: \$15.00

Deadline to Register: Wednesday, March 8

WELCOME TO MEDICARE WORKSHOP

Wednesday, April 12 at 1:00 PM

Julie Juranek, Elder benefit Specialist at Walworth County ADRC, will be at Seniors in the park to present a Welcome to Medicare workshop. This workshop will provide information about Medicare for individuals turning 65 years of age, those over 65 and planning to retire, or individuals with disabilities that have received Social Security Disability for 24 months or have End Stage Renal Disease or Amyotrophic Lateral Sclerosis.

This workshop will be held at Starin Park Community Building.

Deadline to register: **Wednesday, April 5**



“The Fablemans”

Tuesday, March 14, 1pm

(Drama) Rated PG-13; 2 hours, 31 minutes (2022)

Loosely based on Steven Spielberg’s childhood growing up in post-World War 2 Arizona, from age 7 to 18. A young, impressionable Sammy Fableman explores how the power of movies helps us see the truth about ourselves and others. Starring Michelle Williams, Judd Hirsch, Paul Dano and Seth Rogan. Nominated for 7 Oscars, including Best Film, Screenplay, Music, Actress and Actor.

“Women Talking”

Tuesday, March 28, 1 pm

(Drama) Rated PG-13; 1 hour 44 minutes (2022)

A group of Mennonite women, who have been victims of sexual assault by a sect of men in their small Bolivian colony, come together after years of silence to form a secret council to discuss their options and ultimately their decision to seek their own justice. Its stars include Rooney Mara, Claire Foy, Frances McDormand and Ben Wishhaw. Based on the novel, this film received Oscar nominations for Best Film and Screenplay.

TATTING FROM THE BEGINNING

Thursdays, March 9-30, 10:30 am

Learn the intricate art of tatting! Use knots and loops to create beautiful lace flowers and much more. All supplies are provided you just need to bring yourself. This class is for those who are beginners.

Maximum: 6 people

Bring your own shuttle, or we will have a limited amount for sale



CHILI COOK OFF AND POLAR PLUNGE

Saturday, March 18

The city of Whitewater will be doing another Polar Plunge this year! Seniors in the Park will also be doing their annual Chili Cook Off. Let Jennifer know if you would like to submit a chili.

If you would like to plunge or know someone that would like to, please go to <https://polarplungewi.org/>.

SENIOR FORUM

Monday, March 13, 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. This year, the Senior Forum is meeting every other month.

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., 8:00-11 am; Mon., Wed. & Fri., 12:30-2:30 pm., Downtown Armory Gym
- Puzzle Exchange**—Second & Fourth Thursdays
- Sewing Group**—Fridays, 10:00 am
- Sign Language**—Wednesdays, 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: March 2-30
Fee: \$13.50 Member
\$27.00 Non-member

**Deadline is Wednesday, March 1,
by noon**

Next session is April 3-27



INDOOR WALKING

Wednesdays & Fridays

9:00 am

Walk to “Walk Away the Pounds”
DVD's.

YOGA WITH BRIENNE



Tuesdays, March 7 - April 25, 10-11:00 am
Thursdays, March 9 – April 27; 10-11:00 am

This one-hour class will focus on basic yoga postures. You will stretch, strengthen and tone your entire body. Optimal alignment, concentration and relaxation are promoted in every class. The class will be in-person at Cravath Lakefront Center, or you can also join online. Everyone will get the Zoom link.

Instructor is Brienne Brown, RYT

Tuesday fee: \$35 members; \$45 non-members

Thursday fee: \$35 members; \$45 non-members

Deadline to Register: **Thursday, March 2**

No class March 27-31

ADULT BALLET AND TAP CLASS

Tuesdays, March 7-28, 3:30-4:30 pm, Armory Dance Studio

We will be doing a ballet/tap class. This way we get a little bit of everything during the hour class. The first 30 min will be ballet and the last 30 min will be tap. This is still a class for anyone that would like to take the class.

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

Deadline: **Thursday, March 2**

Minimum: 3 people



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.



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DHS Approved 4/22/2021

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PAINT TIME WITH RITA

Thursdays, April 13-20, 1:00-3:00 pm

Come and enjoy relaxing and painting with creative friends! There will be a short technique demo each week, and the remainder of the time will be to just relax and paint. Rita will be available to critique or help you finish paintings. Come join us for an afternoon of painting!



Deadline to register: **April 6**

Fee: \$7.00 per session

WEEKLY CRAFTS

Thursdays, 1:00 pm

April 13: Knitting a scarf without needles

April 20: Reusable dryer balls

April 27: T shirt Macramé Plant Hanger

Deadline to register: **Thursday, April 6**

Fee per class: \$8.00 Members; \$12.00 non-members



JOYFUL TOES

Thursday, March 2

Currently, toe nail clinic is filling up nearly two months in advance. We do have cancellations on a regular basis, so we highly encourage you to get on the waiting list, and we will do our best to get you in.

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, April 6



LEARN MAH JONGG

Mondays, March 6-27, 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.



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, March 6, 11:00 am

The Book Club will discuss *Send for Me* by Lauren Fox. The March book is *Educated* by Tara Westover.

Tara Westover was 17 the first time she set foot in a classroom. Born to survivalists in the mountains of Idaho, she prepared for the end of the world by stockpiling home-canned peaches and sleeping with her "head-for-the-hills bag". In the summer she stewed herbs for her mother, a midwife and healer, and in the winter she salvaged in her father's junkyard.

Educated is an account of the struggle for self-invention. It is a tale of fierce family loyalty and of the grief that comes with severing the closest of ties. With the acute insight that distinguishes all great writers, Westover has crafted a universal coming-of-age story that gets to the heart of what an education is and what it offers: the perspective to see one's life through new eyes and the will to change it.

WINTER WEATHER REMINDER

With the winter weather in full swing, this is just a reminder that the Center is closed if Whitewater schools are closed.

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

Mar. 7: Culver's Bingo

Mar. 14: Mulberry Glen Bingo

Mar. 28: 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**

PUZZLE EXCHANGE

Thursdays March 9 & 23, 11:00 am

Come and see the many options we have for puzzles! If you have puzzles to exchange, great! If not, feel free to take one or two. There will be tables up with puzzles on display, this way you can easily see what we have. Remember a bag or basket, it will make it easier to carry them out.



HY-VEE GROCERY STORE

Tuesday, March 21, 11:00

Janesville has a new addition! Take a trip to see the new Hy-Vee and what it has to offer. Walk around the store and see the great selections of baked goods and much more. Or stop to get something to eat.

Fee: \$10.00

Deadline to register: Tuesday, March 14



MOTORCYCLE TRIP PLANNING

Wednesday, March 8, 9:30 am



It is time to start planning for this summer's motorcycle trips! If you can't make it feel free to send your ideas to Jennifer. Please let us know you will be coming by calling 262-473-0535

EATING OUT

Lunch Bunch

Thursday, March 9, Depart at 10:30 am

For lunch we will be heading to Brickhaus Café, Jefferson. Please reserve your seat by **Thursday, March 2**.

Breakfast Bunch

Thursday, March 16, Depart 8:15 am

Head to Blue Bay in Mukwonago. Please reserve your seat by **Thursday, March 9**.

Fish Fry

Friday, March 31, Depart 4:00 pm

Enjoy fish fry at Anns Farmington Inn, Helenville. Please reserve your seat by **Thursday, March 23**.

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

JANESVILLE SHOPPING

Wednesday, March 1

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

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.

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.



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.



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.



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.



MONTREAL & QUEBEC CITY CHRISTMAS MARKETS

November 30- December 4, 2023

See the Notre Dame Cathedral, take a train ride to Quebec City, eat some delicious treats. Spend some time on the cobblestone streets looking at festive holiday decorations and lighting. Take a tour of Quebec where you will be introduced to Old & New Quebec, North America's only walled city. In Quebec City the residents are French Canadian from their food and customs to their language and way of thinking



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 March 3.

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 March 8.

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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March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p>Activities take place at the Starin Park Community Building unless otherwise noted.</p> <p>A = Downtown Armory, 146 W North St. C = Cravath Lakefront H = Hybrid (In Person & Virtual) V = Virtual</p>		<p>1</p> <p>8:00 Pickleball (A) 9:00 Indoor Walking 9:15 Jville Shopping 10:00 Sign Language 12:30 Pickleball (A)</p>	<p>2</p> <p>8:00 Pickleball (A) 8:30 Joyful Toes 9:30 FUNfit (H) 12:30 Pickleball (A) 12:30 Cribbage</p>	<p>3</p> <p>8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A)</p> <p>Office Closed</p>
<p>6</p> <p>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</p>	<p>7</p> <p>8:00 Pickleball (A) 10:00 Culver's Bingo 10:00 Yoga (HC) 11:00 BP Check 12:30 Euchre 12:30 Pickleball (A) 3:30 Ballet / Tap (A)</p>	<p>8</p> <p>8:00 Pickleball (A) 9:00 Indoor Walking 9:30 Motorcycle Planning 10:00 Sign Language 12:30 Pickleball (A)</p>	<p>9</p> <p>8:00 Pickleball (A) 9:30 FUNfit (H) 10:00 Yoga with Brienne (HC) 10:30 Tatting 10:30 Lunch Bunch 11:00 Puzzle Exchange 12:30 Pickleball (A) 12:30 Cribbage</p>	<p>10</p> <p>8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A)</p> <p>Office Closed</p>
<p>13</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 1:00 DFCI</p>	<p>14</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) 12:30 Stained Glass (A) 1:00 Movie: "The Fablemans" 3:30 Ballet / Tap(A)</p>	<p>15</p> <p>8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Search of Earth's Secrets 10:00 Sign Language 12:30 Pickleball (A) 12:30 Stained Glass (A) 1:00 Power of Gratitude</p>	<p>16</p> <p>8:00 Pickleball (A) 8:15 Breakfast Bunch 9:30 FUNfit-(H) 10:00 Yoga with Brienne (HC) 10:30 Tatting 12:30 Pickleball (A) 12:30 Cribbage 1:00 OTR</p>	<p>17</p> <p>8:00 Pickleball (A) 9:00 Indoor Walking 10:30 Scholarly Scoop 10:00 Sewing 12:30 Pickleball (A)</p> <p>Office Closed</p>
<p>20</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>21</p> <p>8:00 Pickleball (A) 10:00 Yoga(HC) 11:00 Hy- Vee trip 11:00 BP Check 12:30 Euchre 12:30 Pickleball (A) 3:30 Ballet/ Tap (A)</p>	<p>22</p> <p>8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sign Language 12:30 Pickleball (A) 1:00 France in a Chair</p> 	<p>23</p> <p>8:00 Pickleball (A) 9:30 FUNfit (H) 10:00 Yoga with Brienne (HC) 10:30 Tatting 11:00 Puzzle Exchange 12:30 Pickleball (A) 12:30 Cribbage</p>	<p>24</p> <p>8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A)</p> <p>Office Closed</p>
<p>27</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>28</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: "Women Talking" 3:30 Ballet/ Tap (A)</p>	<p>29</p> <p>8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sign Language 12:30 Pickleball (A)</p>	<p>30</p> <p>8:00 Pickleball (A) 9:30 FUNfit (H) 10:30 Tatting 12:30 Pickleball (A) 12:30 Cribbage</p>	<p>31</p> <p>8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) 4:00 Fish Fry</p> <p>Office Closed</p>
				<p>12</p> 
				<p>18</p> <p>Chili Cook off and Polar Plunge</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

MARK YOUR CALANDERS

Here are a few dates that the Senior Center will be closed in 2023 in observance of holidays:

Friday, April 7
 Monday, May 29
 Tuesday, July 4
 Monday, September 4
 Thursday, November 23
 Friday, November 24
 Friday, December 22
 Monday, December 25

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.

TECH TUTOR

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



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.

STEPPING ON FALLS PREVENTION WORKSHOP

Monday, April 3– May 15, 10-12 pm at Prairie village by Fairhaven community center

You will be provided with ongoing falls prevention exercises and education from community experts to support you in your fall's prevention journey!

Do you want to learn more or register? Call Michelle Strege 262-409-8585

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



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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

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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



TROPICAL PARTY

We had a blast at our yearly tropical party last month! We had some great tropical treats, punch, and coffee. Listened to tropical music while enjoying the warmth of the Aquatic Center. Some of the participants enjoyed learning different exercises for arthritis and balance that can be done in a pool! The Aquatic Center put together fun goodie bags with a free day pass to the Aquatic Center and other fun goodies.

Not shown in Picture Mark Dorn
and Sharron McCarthy

