



# The Park Bench

**April 2023**

*Seniors in the Park Newsletter*

## SCHOLARLY SCOOP

**Friday, April 7, 10:30 am**

Where do Pharmaceuticals Come From?

Have you ever wondered where prescription drugs come from? This layman's style lecture will guide you through the (sometimes) complex process by which prescription drugs go from an idea in a notebook to a bottle on a pharmacist's shelf. Topics will include discovery, clinical trials, generics and the regulatory environment in which this all takes place.

A native Wisconsinite, Dr. Eric Stoner earned his Ph.D. in Organic Chemistry at the Massachusetts Institute of Technology in 1991. For the next 20 years, he worked as a pharmaceutical process chemist with Abbott Labs (now AbbVie) developing new medications. Since then, he has been an Adjunct Professor of Chemistry at UW-Whitewater (and the Rock county campus).

Deadline to register: Monday, April 3



**Volume XXIV Issue 4**

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## THE HEALING GARDEN

**Wednesday, April 26, 10:30 am**

We will discuss some of the great plants and features that we can include in our gardens to offer a sensory experience and peaceful respite. Mark will use examples from the Edgerton Hospital and Health Services healing garden to illustrate some ideas for making our gardens engaging, soothing, sensory-focused and beautiful.

Mark Dwyer is the garden manager at the 3-acre healing garden at the Edgerton Hospital and Health Services. Mark designed the garden in 2011 and now leads an amazing team of volunteers in caring for this engaging and accessible garden space for patients, staff and visitors (open to the public!). Prior to this, Mark was the Director of Horticulture at Rotary Botanical Gardens in Janesville, WI for 21 years.

Deadline to register: Thursday, April 20.

## GARDENING CLUB

**Tuesday, April 18, 2:00 pm**

We had our first gardening club meeting in March, and it was wonderful! We are looking to meet once a month on the third Tuesday at 2:00 pm. If you would like to come to the meeting, please call 262-473-0535 and ask for Debbie.



## OFFICE CLOSED

Jennifer will be working from city hall Wednesdays and Fridays for the month of April. The programs will still happen as they are scheduled. Please call 262-473-0535 with any questions.



## OLD TIME RADIO WITH STEVE

**Thursday, April 13, 1-3 pm**

In April, listen to the old-time radio shows Abbot and Costello, CBS World News 1942, and Avalon Time, Red Shelton. 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, April 6**

## STAINED GLASS

**April 4 & 5, 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 30**

Next class: May 16 & 17



## VOLUNTEER APPRECIATION

**Tuesday, April 19 1:00-3:00**

Seniors in the park is Rolling out the red carpet for our volunteers. Seniors in the Park wants them to feel like a star! We would like to take the time to thank all of our volunteers for helping with all they do. We would not be able to work as well as we do without our volunteers. From helping with newsletter distributions to teaching classes we appreciate every volunteer.

Come in your best dressed attire for this Senior (Golden) Globes event. Dress as casual or as fancy as you would like

Deadline to register: Tuesday April 11

## 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 Whale”**  
**Tuesday, April 11, 1 pm**  
**(Drama) Rated R (language); 1 hour, 57 minutes**  
**(2022)**

A reclusive, morbidly obese English teacher (Brendan Fraser), suffering from congestive heart failure, attempts to reconnect with his estranged daughter (Hong Chau). Oscar nominations included Best Actor and Supporting Actress.

**“Living”**  
**Tuesday, April 25, 1 pm**  
**(Drama) Rated PG-13; 1 hour, 42 minutes (2022)**

In 1950’s London, a humorless civil servant (Bill Nighy) receiving a grim medical diagnosis, suddenly takes time off from work to finally experience life ... while he still can. Bill Nighy was nominated for a Best Actor Oscar for this bittersweet film. Seniors in the Park filmgoers will fondly recall his portrayal of Billy Mack, the burned out rock and roller in “Love Actually.”

## MONTHLY HIKE

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

For the first hike of 2023, we will walk on the Ice Age Trail, north of the Esterly Road crossing. With the early spring in progress, we will surely see sprouts and maybe even spring flowers. Meet at 9 am in the Seniors in the Park parking lot, and we will carpool to the trail head on Esterly Rd., off Co. Hwy. P, south of Whitewater. We will return about noon. Please register in advance and bring a hat, water bottle and dress for the weather. Call Ginny at 262-473-3953 or the Senior Center office with questions.

Deadline to register: Tuesday, April 4

## CONGRATS!

Winners of \$10 Chamber Checks for the Membership drawing are:

Leta Obenauer  
 Bonnie Noonan  
 Ginger Katzman  
 Kathy Garvin  
 Arlo Butt  
 Jamey Fitzpatrick

Christy Goodger  
 Judy Dern  
 Bonita Schauder  
 Deborah Gaworski  
 Nancy Haugen  
 Carol Elsen

## SENIOR FORUM

**Monday, May 8, 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, 10:45 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: April 3-27

Fee: \$12.00 Member  
\$24.00 Non-member

**Deadline is Wednesday, March 30,  
by noon**

Next session is May 1-25



## INDOOR WALKING

**Wednesdays & Fridays**

**9:00 am**

Walk to “Walk Away the Pounds”  
DVD's.

## YOGA WITH BRIENNE



**Tuesdays, May 2 - June 27, 10-11:00 am**

**Thursdays, May 4 – June 29; 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: \$45 members; \$63 non-members

Thursday fee: \$45 members; \$63 non-members

Deadline to Register: **Thursday, April 27**

## ADULT BALLET AND TAP CLASS

**Tuesdays, April 4-25, 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 30**

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.



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

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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, April 6**

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, May 4



## LEARN MAH JONGG

**Mondays, April 3-24, 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, April 3, 11:00 am**

The Book Club will discuss *Educated* by Tara Westover. The April book is *The Book Woman's Daughter* by Kim Michele Richardson

In the ruggedness of the beautiful Kentucky mountains, Honey Lovett has always known that the old ways can make a hard life harder. As the daughter of the famed blue-skinned, Troublesome Creek packhorse librarian, Honey, and her family have been hiding from the law all her life. But when her mother and father are imprisoned, Honey realizes she must fight to stay free, or risk being sent away for good.

## SENIOR SPOTLIGHT

We have so many individuals here at Seniors in the Park. We would love to share your story. If you would like to share your story please let Jennifer know. We will try to do a senior spotlight each month.

Please call 262-473-0535 with any questions.

## 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**

**Apr. 4: Culver's Bingo**

**Apr. 11: Mulberry Glen Bingo**

**Apr. 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**

## PUZZLE EXCHANGE

**Thursdays April 13 & 27, 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.



## WISCONSIN SINGERS AT EDGERTON PERFORMING ARTS CENTER

**Saturday, April 22, 12:00 pm**

Have lunch at Café on Main in Edgerton before heading to the Performing Arts Center. Enjoy a 90-minute revue-style show put on by talented UW students. Students handle many of the elements of production, from marketing to management and touring logistics. After the 2:00 performance, stop at Campbell Boys 53534 for some ice cream or sweet treat.

Fee: \$23 members; \$30 non-members

Deadline to register: Thursday, April 6

## MOTORCYCLE RIDES

We had a great planning session in March and have rides planned through August. If you have an idea for a ride in September please let Jennifer know.



**May 24:** Depart from Starin Park at 9:30. Head to Rockton to see Rockton's Historic Auto Attractions museum. On your way back stop and get lunch where the group agrees on.

Rides depart from Starin Park. On long trips, breaks are about every 1 1/2 hours, if we have not arrived at a destination. Let us know if you are willing to lead a ride. Riders must arrive prior to departure to show proof of insurance (card you should be carrying), if this is your first ride with us in 2023. You can also scan and email your insurance info or drop it off in advance. A participation form is needed if you have not ridden with us recently. Helmets are recommended. Call with your email, and we'll keep you current on upcoming rides and rain dates.

## JANESVILLE SHOPPING

**Wednesday, April 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

## EATING OUT

### Lunch Bunch

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

For lunch we will be heading to Paddy Coughlin's Pub in Fort Atkinson. Please reserve your seat by **Thursday, April 6.**

### Breakfast Bunch

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

Head to Natalie's Parkview Café, Milton. Please reserve your seat by **Thursday, April 13.**

### Fish Fry

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

Enjoy fish fry at Anchor Inn, Newville. Please reserve your seat by **Thursday, April 20.**

**Meal Outings Travel Fees:**  
**\$5.00 members**  
**\$8.00 non-members**

# Trips & Extended Travel

9

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

## 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 April 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 April 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

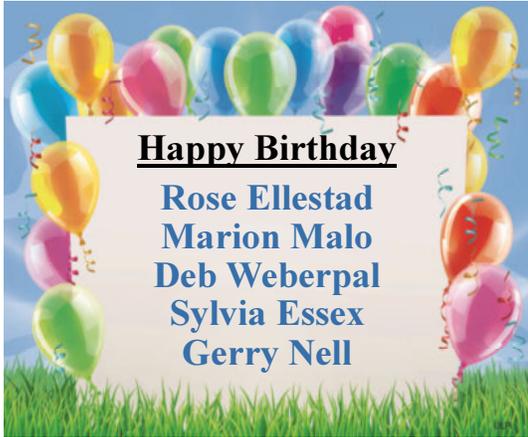
Irving L Young Memorial Library is now offering Memory Activity Kits for checkout. The kits, each with a different theme, have been created by library staff and are designed to spark memories, create positive feelings and increase meaningful activity for people living with dementia, Alzheimer's disease,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

## April 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<b>3</b> 9:30 FUNfit (H) 11:00 Warblers 11:00 Book Club 1:00 Mah Jongg 1:00 Learn Mah Jongg 1:00 Canasta	<b>4</b> 10:00 Culver's Bingo 10:00 Yoga (HC) 11:00 BP Check 12:30 Euchre 12:30 Stained Glass 3:30 Ballet / Tap (A)	<b>5</b> 9:00 Indoor Walking 9:15 Jville Shopping 10:30 Stained Glass 10:45 Sign Language  <b>Office Closed</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 <b>10:30 Scholarly Scoop</b> 12:00 Sewing 12:30 Pickleball (A)  <b>Office Closed</b>
<b>10</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 1:30 DFCI	<b>11</b> 8:00 Pickleball (A) 10:00 Mulberry Bingo 10:00 Yoga (HC) 11:00 BP Check 12:30 Euchre 12:30 Pickleball (A) 1:00 Movie: "The Whale" 3:30 Ballet / Tap (A)	<b>12</b> 8:00 Pickleball (A) 9:00 Indoor Walking 10:45 Sign Language 12:30 Pickleball (A) <b>1:00 Welcome to Medicare</b>  <b>Office Closed</b>	<b>13</b> 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 1:00 Paint time with Rita 1:00 Weekly Craft	<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 and Jokers 9:30 FUNfit-(H) 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) 3:30 Ballet / Tap(A) <b>2:00 Garden Club</b>	<b>19</b> 8:00 Pickleball (A) 9:00 Indoor Walking 10:45 Sign Language 12:30 Pickleball (A) <b>1:00 Volunteer Appreciation</b>  <b>Office Closed</b>	<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 1:00 Paint time with Rita 1:00 Weekly Craft	<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) 10:00 City Bingo 10:00 Yoga(HC) 11:00 BP Check 12:30 Euchre 12:30 Pickleball (A) 1:00 Movie: "Living" 3:30 Ballet/ Tap (A)	<b>26</b> 8:00 Pickleball (A) 9:00 Indoor Walking <b>10:30 The Healing Garden</b> 10:45 Sign Language 12:30 Pickleball (A) <b>Office Closed</b>	<b>27</b> 8:00 Pickleball (A) 9:30 FUNfit (H) 10:00 Yoga with Brienne (HC) 11:00 Puzzle Exchange 12:30 Pickleball (A) 12:30 Cribbage 1:00 Paint time with Rita 1:00 Weekly Craft	<b>28</b> 9:00 Indoor Walking 10:00 Sewing 4:00 Fish Fry  <b>Office Closed</b>



**Activities take place at the Starin Park Community Building unless otherwise noted.**

**A = Downtown Armory, 146 W North St.  
 C = Cravath Lakefront  
 H = Hybrid (In Person & Virtual)  
 V = Virtual**

## WALWORTH COUNTY NUTRITION SITE

Persons 60 and over and spouse, regardless of age, are eligible to participate. The suggested donation is \$3.00, but you may donate what you can. Those unable to contribute are still welcome at the site. Call 1-262-741-3333 to make a reservation by noon, one business day in advance or a cancellation. Reservations are required. **Call 1-262-741-3333 to CANCEL your meal no later than 8:00 am day of your reservation.** Please leave your name and dining center when calling. Meal is at Brookdale Manor Monday thru Friday, serving at 11:30 am.

## MEALS ON WHEELS:

For information on or to order meals, contact Marguerite Willman, 708-822-0539. Meals only delivered in the city.

## WHITEWATER FOOD PANTRY:

At the Downtown Armory, 146 W. North St, Open Wednesdays and Thursdays, 8:30 am-12:00 pm.

## THE COMMUNITY SPACE:

Still distributing food 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 6 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.

**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

## Advertiser of the Month

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111E Main Street, Palmyra ~ (262) 495-2118  
[lori@bancoinsurance.com](mailto:lori@bancoinsurance.com)

[www.bancoinsurance.com](http://www.bancoinsurance.com)

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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.

### TECH TUTORS

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



## STEPPING ON FALLS PREVENTION WORKSHOP

**Monday, April 3–May 15, 10-12 pm, 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 falls-prevention journey!

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

## 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.

## BIRTHDAY IN OUR NEWSLETTER

If you would like your name in our newsletter on your birthday month, please either call 262-473-0535 or email Jennifer at [Jfrench@whitewater-wi.gov](mailto:Jfrench@whitewater-wi.gov).

## 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
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504 W Starin Rd, PO Box 178  
Whitewater WI 53190

Phone 262-473-0535

Hours Monday—Thursday  
9:00 am—3:00 pm  
Closed Fridays

### Senior Coordinator

Jennifer French  
jfrench@whitewater-wi.gov

### Front Desk

Debbie Andrus

### Newsletter Editor

Romelle Koch

### Parks & Recreation Director

Eric Boettcher

Websites: [schedulesplus.com/wwtr](http://schedulesplus.com/wwtr)  
[www.wwparks.org](http://www.wwparks.org)  
[www.whitewater-wi.gov](http://www.whitewater-wi.gov)

Seniors in the Park is a division of  
Whitewater Parks and Recreation



## STEVIE MUGS FOR SALE!!

Our chili cook off went well! We still have some Stevie mugs available for purchase if you are interested. These make great gifts, decorations, and even to drink your coffee or tea from. If you are interested in purchasing a mug please contact Jennifer. Mugs are \$10 a piece. All proceeds go toward Seniors in the Park

