



The Park Bench

June 2023

Seniors in the Park Newsletter

JUNE IS BRAIN HEALTH AWARENESS MONTH



Volume XXIV Issue 6

WHAT'S INSIDE

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body. Start now. It's never too late or too early to incorporate healthy habits. Check out page 10 for ideas!

Break a sweat: Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.

Hit the books: Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at a local college, community center or online.

Butt out: Evidence shows that smoking increases risk of cognitive decline. Quitting smoking can reduce that risk to levels comparable to those who have not smoked.

Follow your heart: Evidence shows that risk factors for cardiovascular disease and stroke — obesity, high blood pressure and diabetes — negatively impact your cognitive health. Take care of your heart, and your brain just might follow.

Heads up! Brain injury can raise your risk of cognitive decline and dementia. Wear a seat belt, use a helmet when playing contact sports or riding a bike, and take steps to prevent falls.

Fuel up right: Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline. Although research on diet and cognitive function is limited, certain diets, including Mediterranean and Mediterranean-DASH (Dietary Approaches to Stop Hypertension), may contribute to risk reduction.

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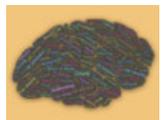
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DEMENTIA LIVE



Wednesday, June 14, 12:30-2:00 pm

Dementia live is a dementia simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it's like to live with cognitive impairment and sensory change.

To register, please call Tonya Runyard, Dementia Care Specialist for Jefferson County ADRC, at 920- 675-4035.

NATIONAL DAIRY MONTH CELEBRATION



Tuesday, June 20, 1:00 pm

National Dairy Month started out as a way to distribute extra milk during the warm months of summer. We will be making our own butter (and testing it on rolls), having a milking contest and try your hand at roping! Take a virtual tour of a dairy farm and play a small game while watching.

Deadline to register: **Thursday, June 15**

Fee: \$2 members, \$5 non-members

JOYFUL TOES



Thursday, June 1

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, July 6

STAINED GLASS

June 6 & 7, 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, June 1**

Next class: July 11 & 12



TATTING FROM THE BEGINNING

Thursdays, June 8-29, 10:30 am and 1:00 pm

Have you ever wanted to learn the delicate art form of tatting? Now is your chance! This class is for those who are starting from the very beginning.

Supplies: tatting shuttle (we will have a select few for sale)



Deadline to register: **Monday, June 5**

Please let us know what time you would like to register for.

Maximum per class: 3 people

WATERCOLOR CLASS- BASICS AND BEYOND

Thursday June 8 & 15, 1:00 pm

This month we will be painting cone flowers!

Supply list - reference photos (if you have), watercolor palette, watercolor paper, cloth, painters tape, brushes, spray bottle, table cover, board, paper towel, any supplies you normally use, carbon paper. Rita will supply gesso and applicator.

Deadline to register: Thursday, June 1

Fee: \$30





“Boy Erased”

Tuesday, June 13, 1 pm

(Biography/Drama) Rated R (language, sexual content)

1 hour, 55 minutes (2018)

A current topic of discussion is conversion therapy. In this thoughtful, well-acted film, the son of a Baptist minister participates in a church-supported gay conversion therapy program, after being outed to his parents. Starring Lucas Hedges, Russell Crowe, and Nicole Kidman.

“Triangle of Sadness”

Wednesday, June 21, 1 pm

(Comedy/Drama) Rated R (languages, sexual content) 2 hours, 27 minutes (2022)

On an eventful cruise for the super-rich on a luxury liner, social hierarchy turns this voyage into a literal ship of fools. Think “Love Boat” meets “Survivor.” Winner of Best Film at the Cannes Film Festival and nominated for 3 Academy Awards, including Best Picture. Stars Woody Harrelson and an international cast.

“Moving On”

Tuesday, June 27, 1 pm

(Comedy) Rated R (language) 1 hour, 25 minutes (2022)

Two old friends (Jane Fonda & Lily Tomlin) reconnect at a funeral and decide to get revenge on the widower (Malcolm McDowell), who messed with them decades before. Revenge is oh so sweet.



MEMORY SCREEN

Wednesday, June 14, 9 am–12 pm

A memory screen is a wellness tool that helps identify possible changes in memory and cognition. This only takes 15 minutes.

To get an appointment, call Tonya Runyard, Dementia Care Specialist, at the ADRC of Jefferson County, at 920-674-4035

WEDNESDAY MOVIES

It’s that time of year again, when Seniors in the Park becomes Whitewater’s “art house.” What is an art house? A cinema that shows films that are high quality, but may not be popular or successful, such as foreign films or ones made by small film companies. In addition to our regular films on the second, fourth, and fifth Tuesdays during May through September, we will be screening an art film on the middle Wednesday of those months at 1 pm.



SENIOR FORUM

Monday, July 14, 12:00 pm

This group shares 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. Senior Forum meets 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

“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

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: June 1-29

Fee: \$13.50 Member
\$27.00 Non-member

**Deadline is Wednesday, May 24,
by noon**

Next session is July 3-31



INDOOR WALKING

**Wednesdays & Fridays
9:00 am**

Walk to “Walk Away the Pounds”
DVD's.

YOGA WITH BRIENNE



**Tuesdays, July 11-August 29, 10-11:00 am
Thursdays, July 6-August 31; 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; \$49 non-members

Thursday fee: \$40 members; \$56 non-members

No class: July 31-August 4

MONTHLY HIKE

Thursday, June 1, 9:00 am



For the June hike, we will not need to drive to a trailhead because we are going to visit the UW-Whitewater Prairie & Nature Reserve just 2 blocks north of SITP. We should see many spring flowers blooming in the prairie and woods. Meet at 9 a.m. in the SITP parking lot. We will return about noon. Please register in advance and bring a hat, water bottle, insect protection and dress for the weather. Call Ginny at 262 473 3953 or the SITP office at 262-473-0535 with questions.

Deadline to register: Tuesday, May 30.

Next hike: August 3

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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HOW TO PROTECT YOUR STUFF FROM LONG-TERM CARE COSTS

Wednesday, June 28, 1:00pm

Join us for an in-person educational workshop with Elder Life Group to discuss “How to Protect Your Stuff” from devastating long-term care costs. An Elder Life Advisor will discuss the reality of the long-term care crisis we face as we age and the exceptions to the “rules” laid out for us. We will also identify planning options available to you that you may not be aware of! The first step in preparing for long-term care costs is education!

Register by calling 262-473-0535. Please register in advance as refreshments will be provided. If gathering in person isn't possible, the workshop will be moved to a virtual presentation.

Deadline to register: **Wednesday, June 14**

GARDENING CLUB

Tuesday, June 20, 2:00 pm

We are a group of garden lovers coming together to share our experiences, trade our gardening knowledge and work to make a positive impact on our environment. All levels are welcome no matter what your garden interests are. Meetings are monthly on the 3rd Tuesday @ 2:00 pm at the Starin Park Community Building.



Our mission is to “GROW WHERE WE’RE PLANTED” by:

- Gaining inspiration from club members and invited speakers
- Swapping seeds, plants, garden books, etc.
- Touring gardens, nurseries, etc.
- Helping pollinators by introducing more native plants wherever possible
- Volunteering with local garden projects to improve the spaces where Whitewater residents and visitors live, work, learn and play.

If you would like to come to the meeting, please call 262-473-0535 and ask for Debbie.

MIND OVER MATTER: HEALTHY BOWELS, HEALTHY BLADDER

Monday’s, July 10– August 7, 1:00 pm– 3:00 pm

This workshop is designed to give women the tools they need to take control of their bladder and bowel symptoms. The workshop consists of three 2-hour sessions that meet every other week. It provides information and group activities, along with simple exercises and dietary changes to practice at home.

For more information and to register, call **Chetney Blaszczyk at 262-741-3309**.

Suggested donation: \$10.00

LEARN MAH JONGG

Mondays, June 5-26, 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, June 5, 11:00 am

The Book Club will discuss *The Department of Rare Books and Special Collections* by Eva Jurczykhe. The June book is *Thirteen Moons* by Charles Frazier.

At the age of twelve, an orphan named Will Cooper is given a horse, a key and a map, and is sent on a journey through the uncharted wilderness of the Cherokee Nation. Will is a bound boy, obliged to run a remote Indian trading post. As he fulfills his lonesome duty, Will finds a father in Bear, a Cherokee chief, and is adopted by him and his people, developing relationships that ultimately forge Will's character. All the while, his love of Claire, the enigmatic and captivating charge of volatile and powerful Featherstone, will forever rule Will's heart. In a voice filled with both humor and yearning, Will tells of a lifelong search for home, the hunger for fortune and adventure, the rebuilding of a trampled culture, and above all an enduring pursuit of passion.

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



BINGO

Tuesdays, 10:00 am

June 6: Culver's Bingo

June 13: Mulberry Glen Bingo

June 27: 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**



ALASKA IN A CHAIR

Wednesday, July 26, 1:00 pm

Our armchair travel is back! In July, we will head to Alaska. Enjoy the views of mountains, glaciers and wildlife without having to get on a plane.

Deadline to register: **Wednesday, July 19**

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



Trips & Extended Travel

MADISON MALLARDS

Wednesday, July 12, 9:00 am

Take me out to the ball game! We will be heading to the Pepsi pre-game this year at the Madison Mallards. Enjoy some food before hand and then watch a fun game.

Pepsi tailgate package: \$35.00

Beer tailgate package: \$42.00

Deadline to register: **July 3**



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.



June 8: Depart at 10:00 am. On our way up to Baraboo to see the International Crane Foundation, we will stop for lunch; then head to the Crane foundation for a 1:00 tour time.

June 21: Depart at 7:30 am. Head to Anamosa, IA and stop at J & P Cycles and the national motorcycle museum. Stop for breakfast in Monroe before you get to J & P Cycles.

July 12: Head to Sheboygan for a full day of fun. Time and info coming soon

July 16: Depart at 9:00 am. Join us for our annual chicken ride. We will head north for the Rockton Chicken BBQ.

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.

EATING OUT

Lunch Bunch

Thursday, June 8, Depart at 10:30 am

For lunch we will be heading to Fort Family Restaurant, Fort Atkinson. Please reserve your seat by **Thursday, June 1.**

Breakfast Bunch

Thursday, June 15, Depart 8:15 am

Head to The Elk, in Elkhorn. Please reserve your seat by **Thursday, June 8.**

Fish Fry

Friday, June 30, Depart 4:00 pm

Enjoy fish fry at Snug Harbor, Delevan. Please reserve your seat by **Thursday, June 23.**

JANESVILLE SHOPPING

Wednesday, June 7

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

PRICE CHANGE

Due to the increase of prices, our eating-out trips are now \$5.00/person for members and \$8.00/person for non-members.

Please call 262-473-0535 with any questions

Meal Outings Travel Fees: \$5.00 members \$8.00 non-members
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Trips & Extended Travel

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

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



TRAVEL PREVIEW

Wednesday, June 14, 10:30 am

Take a peak at our Christmas in Quebec trip as well as a sneak peak at some of our upcoming trips with Premier World Discoveries as well.

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 June 2

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 June 14.

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.

BRAIN HEALTH (CONT.)

Catch some Zzz's: Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.

Take care of your mental health: Some studies link a history of depression with increased risk of cognitive decline, so seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Also, try to manage stress.

Buddy up: Staying socially engaged may support brain health. Pursue social activities that are meaningful to you. Find ways to be part of your local community — if you love animals, consider volunteering at a local shelter. If you enjoy singing, join a local choir or help at an after-school program. Or, just share activities with friends and family.

Stump yourself: Challenge and activate your mind. Build a piece of furniture. Complete a jigsaw puzzle. Do something artistic. Play games, such as bridge, that make you think strategically. Challenging your mind may have short and long-term benefits for your brain.

BRAIN FITNESS IDEAS

- Learn a dance
- Take a cooking class
- Learn to play an instrument
- Be Social! Friendships are important.
- Sing in a group
- Learn a new word each week and use it.
- Move! Keep the blood moving through the brain. Exercise is important!
- Take up a creative hobby especially one with fine motor skills like knitting, drawing or painting
- Do it differently—the way you drive home, use your opposite hand, pants on opposite leg first.
- Learn a new sport

WHITewater DEMENTIA FRIENDLY COMMUNITY INITIATIVE (DFCI)

Second Monday of each month at 1:30 pm

We are working on education and training in the community, outreach and supporting caregivers. If you are interested in helping in any way or joining us, please call the center at 262-473-0535. Your caring, compassion, knowledge and skills are needed.

NEW CARDS

Our new greeting cards have finally arrived! Stop in and see the new birthday, sympathy, thank you and get well cards we have for sale.

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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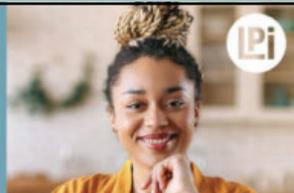
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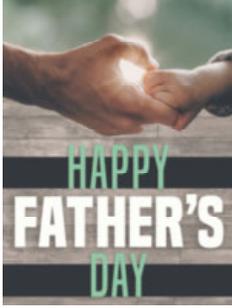
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Activity Calendar

June 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) 8:30 Joyful Toes 9:00 Hikes with Ginny 9:30 FUNfit (H) 10:00 Yoga with Brienne (HC) 12:30 Pickleball (A) 12:30 Cribbage</p>	<p>2</p> <p>8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A)</p> <p>Office Closed</p>
<p>5</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>6</p> <p>8:00 Pickleball (A) 10:00 Culver's Bingo 10:00 Yoga (HC) 11:00 BP Check 12:30 Stained Glass (A) 12:30 Pickleball (A)</p>	<p>7</p> <p>8:00 Pickleball (A) 9:00 Indoor Walking 9:15 Jville Shopping 10:45 Sign Language 12:30 Pickleball (A) 12:30 Stained Glass (A)</p>	<p>8</p> <p>8:00 Pickleball (A) 9:30 FUNfit (H) 10:00 Motorcycle Ride 10:00 Yoga with Brienne (HC) 10:30 Tatting 10:30 Lunch Bunch 12:30 Pickleball (A) 12:30 Cribbage 1:00 Water color 1:00 Tatting</p>	<p>9</p> <p>8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A)</p> <p>Office Closed</p>
<p>12</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>13</p> <p>8:00 Pickleball (A) 9:15 Rockin' Respite 10:00 Mulberry Bingo 10:00 Yoga with Brienne (HC) 11:00 BP Check 12:30 Pickleball (A) 1:00 Movie: "Boy Erased"</p>	<p>14</p> <p>8:00 Pickleball (A) 9:00 Indoor Walking 9:00 Memory Screen 10:30 Travel Preview 10:45 Sign Language 12:30 Pickleball (A) 12:30 Dementia Live</p>	<p>15</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 Watercolor 1:00 Tatting</p>	<p>16</p> <p>8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A)</p> <p>Office Closed</p>
<p>19</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>20</p> <p>8:00 Pickleball (A) 10:00 Yoga(HC) 11:00 BP Check 12:30 Pickleball (A) 1:00 National Dairy Month Celebration 2:00 Garden Club</p>	<p>21</p> <p>7:30 Motorcycle Ride 8:00 Pickleball (A) 9:00 Indoor Walking 10:45 Sign Language 12:30 Pickleball (A) 1:00 Movie: "Triangle of Sadness"</p>	<p>22</p> <p>8:00 Pickleball (A) 9:30 FUNfit (H) 10:00 Yoga with Brienne (HC) 10:30 Tatting 12:30 Cribbage 1:00 Tatting</p>	<p>23</p> <p>8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A)</p> <p>Office Closed</p>
<p>26</p> <p>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</p>	<p>27</p> <p>8:00 Pickleball (A) 9:15 Rockin' Respite 10:00 City Bingo 10:00 Yoga(HC) 11:00 BP Check 12:30 Pickleball (A) 1:00 Movie: "Moving On"</p>	<p>28</p> <p>8:00 Pickleball (A) 9:00 Indoor Walking 10:45 Sign Language 12:30 Pickleball (A) 1:00 Protect Your Stuff</p>	<p>29</p> <p>8:00 Pickleball (A) 9:30 FUNfit (H) 10:00 Yoga with Brienne (HC) 10:30 Tatting 12:30 Pickleball (A) 12:30 Cribbage 1:00 Tatting</p>	<p>30</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>

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!



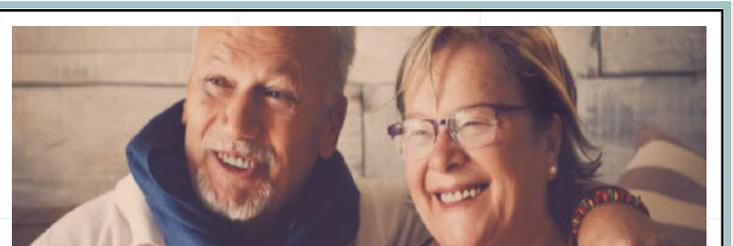
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ARE ALWAYS EASIER IN ADVANCE

Making your funeral arrangements in advance ensures that your loved ones avoid stress later. It's easy to do, and we're here to help at Nitardy Funeral Homes.

By choosing your desires and preferences for your funeral or cremation service ahead of time, you help ensure that your family and friends avoid stress. That way, when the time comes, they can focus on what truly matters: celebrating your life.

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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 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 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:

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 TUTORS

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



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.

PAYING FOR CLASSES ONLINE

If you pay for a class online with PayPal or with your credit card, please remember or write down the payment. All credit card or debit card transactions go through PayPal. You do not need a PayPal account to use your card. Thanks for your help!

Go to <https://schedulesplus.com/wwtr/kiosk> and click on register. You must be in our system with phone number and birthdate and not be pre-registered for the class or trip. When you get to the payment area, you may have to scroll down to use a credit or debit card, unless you want to use PayPal. **Credit cards cannot be used once past the event/class deadline.**

2ND ANNUAL CAR SHOW

Wednesday, June 7, 10:30-11:30 am
Front parking lot of Lakeland Health Care Center

We are looking for classic and sports cars, motorcycles, trucks or any motorized vehicle to show our residents a great time at a car show! Entry is free and you can arrive as early as 9:30 am for your spot. Donuts provided! If you have or know of someone who has any of these kinds of motor vehicles, please send them our way! It will be a fun time for them, and they can make a difference in the lives of our residents. There will be a first-place prize chosen by our residents!!

To RSVP, Call Lakeland Health Care Center in Elkhorn at 262-741-3677

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American Wholesale Furniture
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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

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



VOLUNTEER APPRECIATION

April 19, we hosted our volunteer appreciation event. Our Volunteers donated 2,561 hours in 2022. The value of this donated time is \$38,415! We appreciate all of the help that we receive. This year's theme was the Senior Globes; we walked the red carpet, had popcorn cupcakes and sparkling grape juice. We had planned for a showing of Driving Miss Daisy. Unfortunately, we lost power just before the start of our event. It was still a great time, and it was lovely to see people that we don't always see.

