



The Park Bench

February 2024

Seniors in the Park Newsletter



SCHOLARLY SCOOP: BLACK NEIGHBORHOODS IN NYC, 1990-2020

Friday, February 2, 10:30-11:30 am

This study investigates the distinct residential patterns and varying neighborhood conditions experienced by different Black subgroups in New York City between 1990 and 2020. Utilizing Geographic Information Systems (GIS) to analyze data from the US Decennial Census, the study reveals that Afro-Caribbeans and African Americans occupy distinct spatial clusters within the city, facing pronounced differences in terms of socio-economic indicators within their respective neighborhoods.

Wenquan Zhang is a faculty member of the Department of Sociology, Criminology, and Anthropology at the University of Wisconsin-Whitewater. As a quantitative researcher, his research interests include immigrant settlement, residential segregation, neighborhood transition, and GIS analysis

Please call 262-473-0535 to register in advance

SOUND HEALING

Wednesday, February 21, 1:00-2:00 pm

Sound is an ancient form of healing that brings us back to nature. Singing bowls send out vibrations when rung or played by striking the bowl or dragging the striker along the rim.

Sound healing works by the high vibrations of the crystal quartz penetrate and do work on specific parts of your being. Some benefits include: Relief of stress, worry, anxiety, and depression.

Fee: \$20.00

Deadline to Register: Wednesday, February 14

Maximum: 8 People



Volume XXV Issue 2

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WEEKLY NEWS-LETTER UPDATE

Each Sunday we will send out an email with that week's activities. If you would like to be a part of that email list please let us know. To get on the list please either call 262-473-0535 or email JFrench@whitewater-wi.gov.

WII BOWLING

Third Monday of the month at 10:45 am

Every third Monday we will have Wii Bowling at the center. Come in and play a friendly game of bowling. Please call 262-473-0535 to register

WiiBOWLING

PUZZLE EXCHANGE



February 8 & 22, 11:00 am

If you have puzzles to exchange, great! If not, feel free to take one or two. Puzzle exchange will go through April.

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.

SENIOR FORUM

Monday, March 11, 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.

HISTORY STORIES

Wednesday, January 24-February 14, 1:00 pm

Dr. Haney will be back to talk about war heroes and much more

Wed. Jan. 24 --What Price For Glory? A Century of Olympic Controversies

Wed. Jan. 31—Unsung Civilian World War Two Heroes

Wed. Feb. 7— More Unsung Civilian World War Two Heroes

Wed. Feb. 14—Still MoreHeroes

Wed. Feb 28 —Snow Makeup Day if needed

This presentation will be in person and virtual

For the virtual link please register by Monday, January 22



WOMEN'S DAY

Saturday, February 24, 8:00-1:30

Mark your calendars! Enjoy the day with other women and learn new things, experience a lot of laughs and make lasting memories.

More information to come later in January. We will be trying something new this year, we will only be doing a half day event and some hors d'oeuvres around 12:00.

Please call 262-473-0535 with any questions

Adults 18 and over are welcome!

Fee: \$30 per person. Any money left over from this day will go to our Rockin' Respite program

JOIDES EXPEDITION 399

Thursday, February 22, 11-12 pm

Sarah Treadwell will be at the center again to give a presentation on the trip she took out to water. Sarah was on an expedition on board the JOIDES Expedition 399, which explored "extreme parts of the Atlantic Ocean" from April– June 2023.

The last time she was here she was just about to embark on the wonderful journey. She is now back to give an update on how it went and what she found.

Deadline to register: Thursday, February 15





“The Holdovers”
Tuesday, February 13, 1 pm,
(Drama/Comedy) Rated R (language)
2 hours, 13 minutes (2023).

A cranky history teacher (Paul Giamatti) at an obscure Eastern prep school is forced to stay on campus over the Holidays with the few students and staff (DaVine Joy Randolph) that have no place to go. Golden Globes were awarded for Best Actor; Supporting Actress.

“Maestro”
Tuesday, February 27, 1 pm
(Biography/Drama/History/Music/Romance)
2 hours, 9 minutes (2023)

A love story chronicling the lifelong relationship of conductor-composer Leonard Bernstein and his wife/actress Felicia Cohn. Written, directed, and starring Bradley Cooper and Carey Mulligan. Many Golden Globe nominations and much Oscar buzz for this film.

THE HEALTHY BRAIN OBJECTIVE



Wednesday, February 14, 10:30-11:30 am

The Healthy Brain Objective (HBO) is a Walworth County program that connects seniors who are trying to maintain a healthy brain. We will use various exercises that will target aspects of our cognitive skills that we likely do not use on a regular day.

Please call 262-473-0535 to register

This program will be put on by Jake Sawyers Dementia Care Specialist with Walworth County and Tonya Runyard Dementia Care Specialist with Jefferson County.

OLD TIME RADIO

Thursday, February 22, 1:00 pm

Old Time Radio used to be one of the most popular forms of entertainment that started in the 1920s.

This month we will enjoy two drama series Dragnet and Johnny Dollar.

Call 262-473-0535 to register



LAS VEGAS IN A CHAIR

Tuesday, February 20, 10:00 am

Take a trip to Las Vegas for cheaper than you could get a flight out there. We will take a look at how the Hoover Dam was built, some of the wonderful places you may remember visiting, what it looks like now, and Jennifer’s wedding. There may also be a guest appearance of her wedding dress!

Fee: \$2.00-member, \$5.00 non-member

Deadline to register Tuesday, January 13

ACTIVITIES AT A GLANCE

- Bingo**—First, second & fourth Tues., 10:00 am
- Book Club**—First Mon., 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
- Fitness Drumming**— Wednesday 10:30 am
- “FUN”ctional Fitness (hybrid)**—Mon. & Thurs., 9:30 am
- Hand and Foot**—Second & Fourth Mon., 1:00 pm
- Indoor Walking**—Wed. & Fri., 9:00 am
- Mah Jongg**—Mon., 1:00 pm
- Pegs and Jokers**—Third Mon., 9:00 am
- Pickleball**—Mon.-Fri., 8:00-11am; Mon., Wed. & Fri., 12:30-2:30 pm., Downtown Armory Gym
- Puzzle Exchange**—2nd & 4th Thurs. 11:00-12:00
- Sewing Group**—Fri., 10:00 am
- Sign Language**—Wed., 10:45 am
- Warblers**—Mon., 11:00 am
- Yoga (Hybrid)**—Tues. or Thurs., 10:00 am



Be Healthy!



“FUN”CTIONAL FITNESS



Mondays & Thursdays, 9:30 am

Experience a dynamic routine to promote coordination, balance, strength and flexibility. All levels of ability are welcome. Class is in-person or online. Online will sign up for the month of classes, and in-person will pay as you go from your prepay.

**Daily fee is \$1.50 members
\$3.00 non-members**

VIRTUAL “FUN’CTIONAL” FITNESS



Dates: February 1-29
Fee: \$13.50 Member
\$27.00 Non-member

**Deadline is Tuesday, January 30,
by noon**

Next session is March 4-28

BALLET/TAP CLASS

**Tuesdays, March 5-26, 3:15-4:15
pm, Armory Dance Studio**

All levels welcome. The first half hour will be ballet, and the second half will be tap. If you don't have dance shoes, that is fine. Regular shoes will work.

Fee: \$4.00 member; \$8.00 Non-Member

YOGA WITH BRIENNE

**Tuesdays, March 5– April 30 , 10-11:00 am
Thursdays, March 7– April 25, 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 community building 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: \$40 members; \$56 non-members



FITNESS DRUMMING

Wednesdays, 10:30 am

Get a great cardio workout while listening to songs that get you moving and grooving! Bring your own supplies.

If you need to purchase an exercise ball we do have a few at the center you can buy for \$10.00. We supply the drum sticks

Call 262-473-0535 with questions.

INDOOR WALKING

Wednesdays & Fridays 9:00 am

Looking for something to do while the weather is crummy? Come to our indoor walking group. Wednesdays we walk to different videos that will get you moving and your heart rate up. Friday's we will walk to “walking off the pounds” DVDs.



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enhances a vital aging
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DHS Approved 4/22/2021



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STAINED GLASS

February 13 & 14, 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: \$20.00 members \$30.00 non-members.

Deadline to register: Monday, February 5

Next Class: March 5 & 6

GARDEN CLUB

Tuesday, February 20, 2:00pm

This month we'll be having our first "SEED SWAP" and exploring various seed companies. What are your favorites and why? This is a good time to inventory your seeds so maybe there'll be extras to SWAP!

"Whitewater Growers" meet the third Tuesday of each month at 2:00 pm. There are so many benefits to gardening such as meeting fellow gardeners and learning from each other. We will be meeting through the winter since there are many interesting gardening subjects to explore.

It is not too late to do "winter sowing". We'd love to help you get started on growing your own flowers and veggies! Bring any questions to the meeting!

Please call 262-473-0535 to register



POWERFUL TOOLS FOR CAREGIVERS

Tuesdays, March 5– April 9, 11-12:30

Caring for someone with an injury or illness— such as dementia, cancer, heart disease, Parkinson's disease, stroke or others— can be physically, emotionally and financially demanding. Taking care of yourself is important. This program can show you the way!

Suggested contribution \$10.00

To register call 262-741-3309

JOIN JENNIFER AND MATT IN VEGAS: FROM YOUR HOME

Sunday, February 4, 7:00pm

There will be a live stream of Jennifer's wedding through the chapel.

The link is below, or go to the Hitchin' Post Wedding chapel website and click the live button. We will be showing it at the Vegas in a Chair event also.

<https://webcasting.cashmanpro.com/cc/watchliveevent.cfm?eventID=225913>

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, February 5, 11:00 am

The Book Club will Discuss *The Other Einstein: A Novel* by Marie Benedict. The February book is *Lady Tan's Circle of Women* by Lisa See.

From a young age, Yunxian learns about women's illnesses, many of which relate to childbearing, alongside a young midwife-in-training, Meiling. The two girls find fast friendship and a mutual purpose—despite the prohibition that a doctor should never touch blood while a midwife comes in frequent contact with it—and they vow to be forever friends, sharing in each other's joys and struggles. No mud, no lotus, they tell themselves: from adversity beauty can bloom.

But when Yunxian is sent into an arranged marriage, her mother-in-law forbids her from seeing Meiling and from helping the women and girls in the household. Yunxian is to act like a proper wife—embroider bound-foot slippers, recite poetry, give birth to sons, and stay forever within the walls of the family compound, the Garden of Fragrant Delights.

How might a woman like Yunxian break free of these traditions and lead a life of such importance that many of her remedies are still used five centuries later? How might the power of friendship support or complicate these efforts? A captivating story of women helping each other, *Lady Tan's Circle of Women* is a triumphant reimagining of the life of one person who was remarkable in the Ming dynasty and would be considered remarkable today.

TOENAIL CLINIC

Thursday, February 1

It is their Mission to provide the best possible, safe, and cost-effective foot and toenail care to the general community in an accessible location.

They are caring, professional Registered Nurses, trained and/or certified in Foot and Nail Care. **Please call their office to schedule an appointment at (262) 719-0336.**

Cost: \$35.00 Cash or Check



BINGO

Tuesdays, 10:00 am

Feb 6: Culver's Bingo

Feb 13: Mulberry Glen Bingo

Feb 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 * Kwik Trip**



TECH TUTORS

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



LIBRARY UPDATE

We greatly appreciate all of the books that have been donated to our Library.

To be sure that our library has current books please check the copyright date prior to bringing them in. If the copyright date is 2019 or newer we would love to have them. Thank you for your understanding and we appreciate your time.

We will take large print books of any copyright date.

MILWAUKEE ADMIRALS GAME

Wednesday, March 13, 8:30 am

Head to the Panther Arena to see the Admirals take on the Manitoba Moose. We will leave Starin Park at 8:30 am for the 10:30 game. After the game we will head back to Whitewater.

Panther Arena is cashless. Credit/ Debit only

Deadline to register: Wednesday, February 14

Fee: \$20.00 member; \$30.00 non member



EATING OUT

Lunch Bunch

Thursday, February 8, Depart at 10:30 am

For lunch we will be heading to Delavan Family Restaurant, in Delavan . Please reserve your seat by **Thursday, February 1.**

Breakfast Bunch

Thursday, February 15 , Depart 8:15 am

Head to the Country Side Restaurant, in Darien. Please reserve your seat by **Thursday, February 8.**

Fish Fry

Friday, February 23, Depart 4:00 pm

Enjoy a fish fry at Wayside Inn, in Jefferson . Please reserve your seat by **Thursday, February 15.**

Meal Outings Travel Fees:

\$5.00 members

\$8.00 non-members

VISIT LAKE COUNTY

Wednesday, April 24, 8:15 am

We will be taking a coach bus down to Lake County. We will stop at Lambs Farm for a meet and greet with time to shop. We will also have lunch there as well. After lunch head to North Shore Distillery for a tour along with a cocktail and cannoli pairing.

8:15 pickup Whitewater

8:45 pickup Elkhorn

Fee: \$106 (price includes: bus fee, lunch, tastings and tours)

Deadline to register: Thursday, March 21 by noon

Minimum: 30 people

JANESVILLE SHOPPING

Wednesday, February 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 pm.

\$3.00 per person

Places that we have stopped in the past: Menards, Home Depot, Goodwill, Hobby Lobby, Kohl's, Walmart, Woodman's and other stores as well.

LAKE GENEVA WINTERFEST

**Saturday, February 3,
9:00 am**



Head down to Lake Geneva to see the snow sculptures. This is Lake Geneva's 29th annual Winterfest. The competitors will have 3 days to create their snow sculptures starting on January 31. We will stop at Next Door Pub for lunch before we head back to Whitewater.

Please note there is quite a bit of walking outside.

Deadline to register: Thursday, January 18

Fee: \$10.00 member; \$15.00 non member

DAYS WE GO ON OUR TRIPS

Janesville Shopping: First Wednesday of every month

Lunch Bunch: Second Thursday of every month

Breakfast Bunch : Third Thursday of every month

Fish Fry: Last Friday of every month (unless noted otherwise)

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.

GREAT TRAINS & GRAND CANYONS

May 5– May 11, 2024

Spend five nights in Sedona as you enjoy a Sedona Trolley Tour, drive through Oak Creek Canyon, and board the Grand Canyon Railway for a two hour tour. Visit the Montezuma Castle National Monument which contains ruins of a cliff dwelling built in the 12th and 13th century. Before you go enjoy a day of leisure in Sedona.

Tour Rate: \$3,199 per person double, \$4,049 single

GREAT CANADIAN CITIES

July 24– August 2, 2024

Get a the feel of France without having to fly as far. Take a city tour of Montreal, Quebec, Toronto, and Niagara Falls. Take the 1000 Islands cruise and see some large, small and tiny islands. Enjoy your farewell dinner at the world famous Skylon Tower.

Tour Rates: \$4,099 per person double; \$5,224 single

HIGHLIGHTS OF ITALY'S AMALFI COAST

October 8-October 15, 2024

Enjoy a walking tour of Sorrento and try some freshly made mozzarella cheese. Have a day to yourself or take an excursion to the Isle of Capri. Take a guided tour to Naples and enjoy a panoramic Naples City Tour. Experience a guided tour of Pompeii then continue onto the “Eternal City” of Rome.

Tour Rates: \$3,995 per person double; \$4,695 single

KINGDOMS OF SOUTHEAST ASIA

December 28, 2024– January 15, 2025

Take 19 days to explore the culture of South East Asia. Start your morning with Tai Chi in the park with locals. Eat traditional cuisine and take an immersive cooking class. Start your trip in Hanoi, Vietnam and end in Bangkok, Thailand.

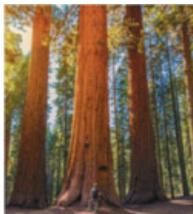
Tour Rates: \$6,399 per person double; \$7,049 single

PACIFIC NORTHWEST & CALIFORNIA

October 7-14, 2024

Make your way from Washington to California on this wonderful 8-day trip. Enjoy the Washington State Ferry, local winery, Redwood National Park, Golden Gate Bridge and much more.

Tour Rate: \$3,999 Per person double, \$4,899 single



HAWAIIAN ADVENTURE

March 27– April 5, 2025

Aloha! Start your trip on the sun-drenched beaches of Waikiki. Visit the WWII Valor in the Pacific National Monument, visit a coffee bean farm and enjoy their coffee.

Tour Rate: \$5,999 per person double; \$5,949 per person triple; \$7,699 single



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 December 1.

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 December 13.

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.

ROCKIN' RESPITE VOLUNTEERS NEEDED

Volunteer with Guests: Play games, sing, exercise and just have FUN! Spend three hours once or twice a month with our lovely guests. Respite is held on the second and fourth Tuesday of the month. Times would either be 9:30-12:30 or 12:30-3:30. If interested, please call 262-473-0535. No knowledge needed; you will be trained.

Activity Planner: Plan or facilitate activities one or two times a month from 9:30-3:30. You can do anything from singing and playing games to making crafts or doing puzzles. Whatever interests you works for our guests. If you are interested please call 262-473-0535.

DEMENTIA CAREGIVER SUPPORT GROUP

3rd Wednesday of the Month
10:30am – 11:30am

UW-Whitewater CEC Building
1260 W Main St, Whitewater



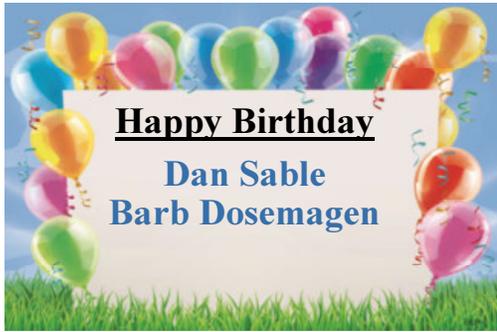
Respite Services will be provided thanks to Mulberry Glen Senior Living Community. RSVP will be required by 4pm the Tuesday before the meeting.

For more information contact Jake Sawyers at:
262-741-3273 or jsawyers@co.walworth.wi.us

WHITewater DEMENTIA FRIENDLY COMMUNITY INITIATIVE (DFCI)

Third Monday of each month, 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.



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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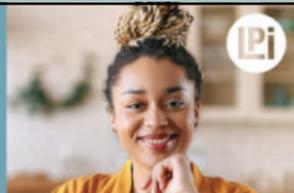
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Activity Calendar

February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p>Activities are held at Starin Park Community Building unless otherwise noted.</p> <p>A = Downtown Armory C = Cravath Lakefront H = Hybrid (In Person & Virtual) V = Virtual</p>			<p>1</p> <p>8:00 Pickleball (A) 8:30 Toenail Clinic 9:30 FUNfit (H) 10:00 Yoga with Brienne (HC) 12:30 Pickleball (A)</p> <p>Office Closed at 1:00 pm</p>	<p>2</p> <p>8:00 Pickleball (A) 9:00 Indoor Walking 10:30 Scholarly Scoop 12:00 Sewing 12:30 Pickleball (A)</p> <p>Office Closed</p>
<p>5</p> <p>8:00 Pickleball (A) 9:30 FUNfit-(H) 11:00 Book Club 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Canasta</p> <p>Office Closed at 1:00 pm</p>	<p>6</p> <p>8:00 Pickleball (A) 10:00 Culver's Bingo 10:00 Yoga with Brienne (HC) 11:00 BP Check 12:30 Pickleball (A)</p> <p>Office closed at 1:00 pm</p>	<p>7</p> <p>8:00 Pickleball (A) 9:00 Indoor Walking 9:15 Jville Shopping 10:30 Fitness Drumming 10:45 Sign Language 12:30 Pickleball (A) 1:00 Dr. Haney Lecture</p> <p>Office closed at 1:00 pm</p>	<p>8</p> <p>8:00 Pickleball (A) 9:30 FUNfit (H) 10:00 Yoga (HC) 10:30 Lunch Bunch 11:00 Puzzle Exchange 12:30 Pickleball (A)</p> <p>Office Closed at 1:00 pm</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 Hand and Foot</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) 12:30 Stained Glass (A) 1:00 Movie "The Holdovers"</p>	<p>14</p> <p>8:00 Pickleball (A) 9:00 Indoor Walking 10:30 Fitness Drumming 10:30 Healthy Brain Objective 10:45 Sign Language 12:30 Pickleball (A) 12:30 Stained Glass (A) 1:00 Dr. Haney Lecture</p> <p>HAPPY VALENTINE'S DAY</p>	<p>15</p> <p>8:00 Pickleball (A) 8:15 Breakfast Bunch 9:30 FUNfit (H) 12:30 Pickleball (A)</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) 9:30 FUNfit-(H) 10:45 WII Bowling 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Canasta 1:30 DFCI</p>	<p>20</p> <p>8:00 Pickleball (A) 10:00 Vegas in a Chair 11:00 BP Check 12:30 Pickleball (A) 2:00 Garden Club</p>	<p>21</p> <p>8:00 Pickleball (A) 9:00 Indoor Walking 10:30 Fitness Drumming 10:45 Sign Language 12:30 Pickleball (A) 1:00 Sound Healing</p>	<p>22</p> <p>8:00 Pickleball (A) 9:30 FUNfit (H) 11:00 Puzzle Exchange 11:00 JOIDES 12:30 Pickleball (A) 1:00 OTR</p>	<p>23</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>24</p> <p>8:00 Women's Day</p>
<p>26</p> <p>8:00 Pickleball (A) 9:30 FUNfit-(H) 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Hand and Foot</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 "Maestro"</p>	<p>28</p> <p>8:00 Pickleball (A) 9:00 Indoor Walking 10:30 Fitness Drumming 10:45 Sign Language 12:30 Pickleball (A)</p>	<p>29</p> <p>8:00 Pickleball (A) 9:30 FUNfit (H) 10:00 Yoga with Brienne (HC) 12:30 Pickleball (A)</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-11:30 am.

THE COMMUNITY SPACE:

Still distributing food Tuesdays, 8:30-11 am, Wednesdays, 3:30-7 pm, and Saturdays, 8:30 am-11:45 am.

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!



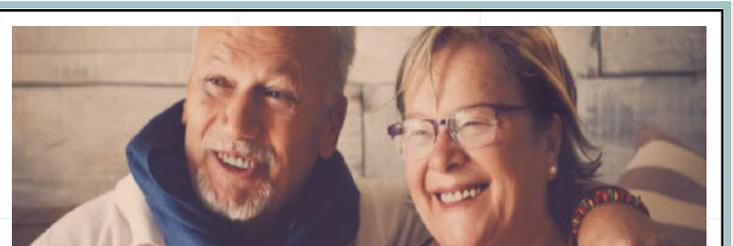
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VOLUNTEERS NEEDED

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.

IGETS Intergenerational Technology Services (IGeTS) at University of Wisconsin-Whitewater, is looking for community volunteers. IGeTS is open Monday thru Thursday from 8:30 – 1:30 . If you have a basic level understanding of how to use technology and passion for helping others learn, we would love to hear from you. For more information please contact Tanya Mordecai at igets@uww.edu or call 262-472-1837.

POLAR PLUNGE AND CHILI COOK OFF

Saturday, March 9

This year the Polar Plunge is located at the Aquatic Center. This will be the first ever all inclusive plunge here in Wisconsin.

We will also have our chili cookoff again. If you are interested in participating fill out the form and either mail it in or bring it to Starin Park.

Advertiser of the Month

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LIFE PLAN COMMUNITY

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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.



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.

PLACES TO FIND OUR NEWSLETTERS

Looking for the newsletter in person? Below are some places that also have them:

- Aquatic Center
- Associated Bank
- Blackhawk Apartments
- Brookdale Apartments
- Culver's
- Dale's Bootery
- Downtown Whitewater
- Fairhaven
- First Citizens Bank
- Fort Community Credit Union
- Jessica's Restaurant
- Library
- Mulberry Glen Apartments
- Municipal Building
- Prairie Village
- Premier Bank
- Robin's Nest
- Roots Hair Studio
- Studio 154 Main St.
- Whitewater Woods Apartments

RESEARCHERS AT THE UNIVERSITY OF WISCONSIN-MADISON SEEK VOLUNTEERS FOR IMPROVING BLADDER AND BOWEL HEALTH

Researchers at the University of Wisconsin– Madison seek women volunteers, age 50 or older, for a research study about incontinence (bladder or bowel leakage). The purpose of this study is to see how women use an online program that offers sample exercises, and tips on eating and drinking intended to prevent or improve the symptoms of incontinence.

Who Can Participate?

- Women 50 years and older
- Have access to email
- Have an internet– connected device
- Individuals able to read and write English

What does Participation involve?

- Using a free online continence program
- Completing 4 surveys spread over 6 months
- Some participants will be invited to participate in a video or phone interview
- Participants will receive up to \$125 for their time and participation

Want to learn more or join the study? Please visit <http://www.obgyn.wisc.edu/womenonthego>.

If you have questions, you can also contact one of the lead researchers, Megan Piper, by phone (608-265-5472) or email (mep@ctri.wisc.edu).

TECHNOLOGY ASSISTANCE FOR YOUR DEVICE

IGeTS services include group training classes, one-on-one technology support and telehealth visit support. Group training classes are offered daily on a rotating basis, and include such topics as Apple Devices: The Basics, Android Devices: The Basics, and how to protect yourself against cyber threats. One-on-one support services to address individual technology needs and questions are also available by appointment. IGeTS services are provided primarily by students attending the University of Wisconsin - Whitewater, and are available in both English and Spanish.

IGeTS is open Monday – Thursday from 8:30am – 1:30pm and is located in UW-Whitewater’s Community Engagement Center at 1260 W. Main Street, Room 124, Whitewater, WI 53190. To learn more about IGeTS services or to access the January group training class schedule visit <https://www.uww.edu/igets> , call 262-472-1837 or email igets@uww.edu .

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

Parks & Recreation Director

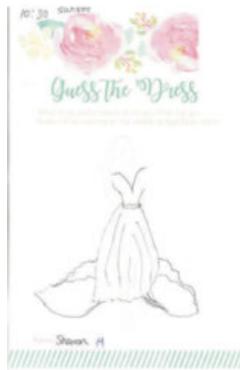
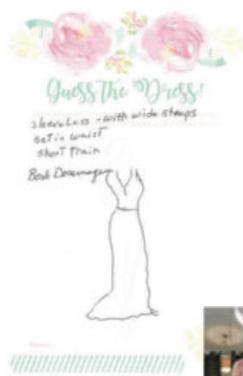
Kevin Boehm

Websites: schedulesplus.com/wwtr
www.wwparks.org
www.whitewater-wi.gov

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



WEDDING DRESS SUBMISSIONS ARE IN!!



Free bodice &
long train

Similar to upper right
corner picture.

Very pretty.

