



The Park Bench

April 2024

Seniors in the Park Newsletter



SCHOLARLY SCOOP: COMMUNITY CONNECTIONS AND REASONS FOR LIVING: DEVELOPMENTAL PERSPECTIVES ON SUICIDE PREVENTION

Friday, April 5, 10:30-11:30 am

Rising suicide rates across the lifespan are a matter of growing concern in the US and globally. The WHO states that the mental health crisis is going to surpass the COVID pandemic in terms of the burden of disease. The public health guidelines for suicide prevention recommend a focus on prevention, intervention, and postvention for suicide prevention. This session will begin with an examination of the nature of suicidal thinking via a cognitive theory of suicide. We will then exam the role of community, connections and reasons for living in mediating suicidal thinking. The presentation is interactive with audience participation encouraged.

Dr. Aruna Jha is Social Work faculty at UWW and is an expert in suicide prevention. She is fluent in several languages having worked in India, Germany, and Sweden prior to migrating to the US in 1984. Dr. Jha's approach to suicide prevention training highlights the impact of cultural values, social factors, and life transitions on suicidal ideation and behavior.

DEMENTIA FRIENDS: CHANGING THE WAY WE THINK, TALK AND ACT ABOUT DEMENTIA



Wednesday, April 10, 2:30-3:30 pm

Dementia Friends is the biggest ever initiative to change people's perceptions of dementia. It aims to transform the way we think, talk and act about the disease. The Dementia Friends session helps you learn about dementia and the small ways you can help. From telling friends about the program to visiting someone you know living with dementia, every action counts. The session lasts approximately one hour

This program can also be presented to friends around your kitchen table, your local church group, scouts, etc. Find out how you can be part of the way people think, talk and act about dementia. To register contact Jennifer Jackson at 262-473-0535 or email JJackson@whitewater-wi.gov.

Deadline to register is Friday, April 5

Volume XXV Issue 4

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BLOOD PRESSURE CHECKS



Every Tuesday from
10:30-11:00 am

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.

PUZZLE EXCHANGE



April 11 & 25, 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.

SENIOR FORUM

Monday, May 13, 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.

PRESIDENTIAL ELECTION

Tuesday April 2

This year is another presidential election year! Did you know that the first lever style voting machine was used in 1892? Before that they used the Acme Voting Machine or orally.



DEMENTIA IS EVERYONE'S BUSINESS

Tuesday, April 16, 7:30 – 8:30 am Deadline Friday, April 12

Thursday, April 18, 6:30 – 7:30 pm Deadline Monday, April 15

Those with dementia and their caregivers touch us all because they represent family members, friends, co-workers, neighbors, colleagues, clients, and customers. Making it easier for people with dementia to do business has clear benefits because 70% of people with dementia live at home. They and their caregivers will use businesses that are easy to navigate and have helpful, aware staff.

Dementia Friendly Training is a free 60-minute training for management and staff of businesses, service organizations and churches to understand dementia and take action to create an environment that is safe, respectful, and welcoming for people living with dementia.

In the training you learn: Learn what dementia is, get some facts about Alzheimer's, Recognize the signs of dementia, learn tips for communicating and interacting with a person who has dementia, get ideas for creating a dementia friendly physical space, and Become familiar with resources in your community.

You can also schedule a flexible session on-site.

To register for the training please contact Jennifer Jackson at 262-473-0535 or email JJackson@whitewater-wi.gov.

HEALTHY BRAIN OBJECTIVE (HBO)

Friday, April 19, 2:00 pm

Are you 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.

Have fun and exercise your brain with the Dementia Care Specialists of Jefferson & Walworth counties.

We will play games, if you have questions you are able to ask them, or just come to have fun!

Call 262-473-0535 to register

BALLET/TAP CLASS

Tuesdays, April 9-30 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



“Indiana Jones and the Dial of Destiny”
Tuesday, April 9, 1 pm
(Adventure/Action) Rated PG-13
2 hours, 34 minutes (2023)

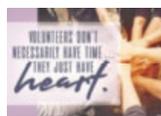
In this fifth installment, Indy (Harrison Ford) now a college professor approaching retirement, is forced to re-enter the fray in the battle between good and evil: a dial that can change time and reverse the outcome of World War 2! Also starring Antonio Banderas, Karen Allen, and John Rhys-Davies.

“A Haunting in Venice”
Tuesday, April 23, 1 pm
(Mystery/Drama) Rated PG-13.
1 hour, 43 minutes (2023)

Agatha Christie’s celebrated sleuth Hercules Poirot, now retired and living in self imposed exile in Venice, reluctantly attends a Halloween séance in a “haunted” palazzo. When one of the guests is murdered, Poirot is, once again, on the hunt. Kenneth Branagh, Tina Fey, Michelle Yeoh star.

“Priscilla”
Tuesday, April 30, 1 pm
(Biography/Drama) Rated R (language)
1 hour, 53 minutes (2023).

The story of Elvis Presley’s wife, Priscilla, the mother of Lisa Marie. Starring Jacob Elordi (Elvis), and Cailee Spaeny (Priscilla). Directed by Sofia Coppola.



VOLUNTEER APPRECIATION

Wednesday, April 17, 1-3 pm

We would like to say Muchas Gracias to our volunteers. Come celebrate our volunteers with a mariachi band and some delicious treats!

Deadline to register: Thursday, April 11

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

DIAMOND PAINTING

April, 18 & 19, 1:00

Diamond Painting is a very addicting hobby. It is similar to paint by number without the mess of paint. Use sparkly diamonds to create a fun work of art!



You can make many different things with Diamond Painting, this time we will make a basic picture.

Deadline to register: Tuesday, April 16

PEGS AND JOKERS

Third Monday of the month at 9:00 am

Pegs and Jokers is a fast paced game of strategy and luck. Players race their pegs around a track according to the cards they are dealt. This game can be played in teams or individually. This game is similar to Parcheesi and Sorry.

Never played before? No worries! They will teach you as you go.

The next time they play will be Monday, April 15.

Call 262-473-0535 with any questions



“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 1-28

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

Deadline is Thursday, March 28

Next session is May 2-30



INDOOR WALKING

**Wednesdays & Fridays
9:00 am**

Get your heart rate up while walking with a fun group. We will walk to “walking off the pounds” DVDs.

YOGA WITH BRIENNE

**Tuesdays, May 7– June 25 , 10-11:00 am
Thursdays, May 2– June 27, 10-11:00 am**

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

Instructor is Brienne Brown, RYT

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

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



HIKES WITH GINNY

Thursday, April 4, 9am– 12 pm

We will visit the trails of the UW-Whitewater nature reserve only a few minutes’ walk from the Seniors in the Park parking lot. Meet there at 9 a.m. and we will be finished about noon. Please register in advance and bring a hat, water bottle, comfortable shoes and dress for the weather. Call Ginny at 262 473 3953 or Seniors in the Park at 262-473-0535 with questions.



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. We supply drum sticks



Call 262-473-0535 with questions.

TAI CHI FOR ARTHRITIS AND FALL PREVENTION

Wednesday and Friday, April 10-May 31, 8:00 am– 9:00am, Armory Dance Studio

Master the art of Tai Chi. This gentle movement will help with arthritis and fall prevention. We will work on strength, power, and deliberate movements. This class is open to anyone who would like to take it, you do not have to know Tai Chi or have Arthritis to enjoy this course.

Deadline to register: Monday, April 8

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GARDEN CLUB

Tuesday, April 16, 2:00pm

Come join "Whitewater Growers" as we hear a presentation from UW Extension Horticulturalist, Julie Hill, on *Container Gardening*. We meet the 3rd Tuesday of each month and offer many opportunities to increase gardening knowledge and fun experiences with field trips, nursery and garden tours, educational speakers, community service and more.

All levels of gardening are welcome—even if you only have house plants! Please call 262-473-0535 for more info.



FLIPPO

**Thursday, May 16,
1:00**

This game is similar to bingo but uses decks of cards!

Grab your lucky deck or borrow one of ours as you get the chance to win prizes from Village Care-giving.

Call 262-473-0535 to register



HISTORY OF THE MADISON MALLARDS

MALLARDS Thursday, April 25, 1:00 pm

Learn the history and how the Mallards have gotten to where they are now! Come and get excited for our trip to see them play in June!

Call 262-473-0535 to register in advance



STAINED GLASS

May 14 & 15, 12:30 pm, Downtown Armory Lower Level

All Levels are welcome at the class. Whether you are a seasoned glass cutter or new to this craft, you can receive one-on-one instructions and ideas.

Supplies to bring: Safety glasses, an old towel, scissors and a 100-watt soldering iron, if you have one.

Instructor is Caroline Britton.

Fee: \$20.00 members \$30.00 non-members.

Deadline to register: Thursday, March 9

COFFEE HOUR

Tuesday, April 16, 10:30

The third Tuesday of each month we will host a coffee hour. We will have coffee and tea.

If you would like to bring a treat let us know!

Register in advance by calling 262-473-0535



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 1, 11:00 am

The Book Club will Discuss *The Diamond Eye* by Kate Quinn. The April book is *Still Alice* by Lisa Genova

Alice Howland is proud of the life she worked so hard to build. At fifty years old, she's a cognitive psychology professor at Harvard and a world-renowned expert in linguistics with a successful husband and three grown children. When she becomes increasingly disoriented and forgetful, a tragic diagnosis changes her life—and her relationship with her family and the world—forever. As she struggles to cope with Alzheimer's, she learns that her worth is comprised of far more than her ability to remember.

Did you know: Our book club rents the books from the library. We have someone who volunteers to pick them up, so you don't have to. Then at the next book club a volunteer will take the books back to the library. No need to purchase a book for this book club.

TOENAIL CLINIC

Thursday, April 11

Toe Nail Trimmers, LLC mission is 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

April 2: Culver's Bingo

April 9: Mulberry Glen Bingo

April 23: 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 TUTOR

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



MOTORCYCLE PLANNING

Wednesday, April 16, 1:00 pm

It is that time of year again! We will meet and plan some of our Motorcycle trips for this year. Bring some ideas where you would like to go.

We will try to plan as many as we can at this meeting.



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)

Minimum: 30 people

EATING OUT

Lunch Bunch

Thursday, April 11, Depart at 10:30 am

For lunch we will be heading to Golden Corral , in Janesville. Please reserve your seat by **Thursday, April 4**

Breakfast Bunch

Thursday, April 18 , Depart 8:15 am

Head to The Elk, in Elkhorn. Please reserve your seat by **Thursday, April 11.**

Fish Fry

Friday, April 26, Depart 4:00 pm

Enjoy a fish fry at Ann's Farmington Inn, in Helenville . Please reserve your seat by **Thursday, April 18**

Meal Outings Travel Fees:

\$5.00 members

\$8.00 non-members

10 CHIMNEYS TOUR

Wednesday, May 22

Visit the estate created by theater legends Alfred Lunt and Lynn Fontanne. Get the chance to see the wonderful estate and learn a little more about Alfred and Lynn as you go.

Deadline to register: Monday, May 13

Fee: \$40 member; \$45 non-member

JANESVILLE SHOPPING

Wednesday, April 3

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.

TRAVEL PREVIEW

Friday, April 19, 10:30 am

Premier World Discovery will be coming to promote their holiday tours.

We are offering Historic Savannah & Charleston Holiday as well as New York City Holiday.

Deadline to register: Thursday, April 18

Call 262-473-0535 with any questions



MADISON MALLARDS

Thursday, June 20

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: June 6

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 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 fare-well 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 SOUTH-EAST 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



NEW YORK CITY HOLIDAY

December 6-10, 2024

Enjoy 4 nights in the big apple. Get the chance to see the 9/11 memorial, a Broadway show, Rockettes and much more! You will be able to get some of your Christmas shopping done when you visit the Christmas Store.

Tour Rate: \$3,675 per person double; \$4,670 single



HISTORIC SAVANNAH & CHARLESTON HOLIDAY

December 4-10, 2024

Looking for somewhere warm to go right before the holidays? Spend 2 nights in Chareleston, SC, 2 nights in Savannah, GA and 2 nights at Jekyll Island Club. Enjoy city tours of Savannah and Chareleston and enjoy a nice meal at Jekyll Island Club. Take in the views on a Beaufort Carriage Ride while you are there.



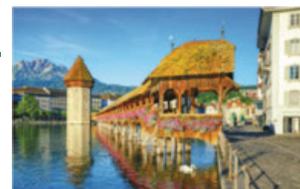
Tour Rate: \$3,425 per person double; \$4,400 single

TULIP TIME ON JEWELS OF THE RHINE

April 23–May 3, 2025

Spend 11 days overseas and visit 4 countries. Spend 7 of those nights on the Rhine. Explore Keukenhof Gardens, visit Unesco World Heritage Sites, and have plenty of on shore excursions to pick form.

Tour Rates: Prices vary depending on what type of room you prefer.



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

Do you enjoy playing games, conversing with people, and helping others? If so, check out Rockin' Respite. Spend time one-on-one with a person with mild cognitive impairment. You are welcome to drop in, see what we do, and decide if you'd like to volunteer. One of our volunteers commented, "What I like most about volunteering for Respite is knowing how much of a difference it makes, not only to those coming to Respite, but to the Caregivers."

Time commitment is the second or fourth Tuesday from 9:30 – 12:30 or 12:30 – 3:30. A short training is provided. Contact Jennifer to set up a time to check us out. (We really need some men to volunteer as we have three men currently at respite.)

DEMENTIA CAREGIVER SUPPORT GROUP

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

UW-Whitewater CEC Building
1260 W Main St, Whitewater



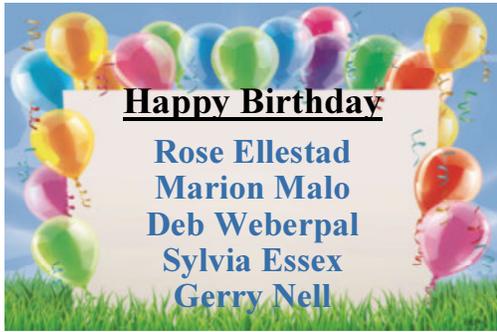
Respite Services will be provided thanks to Mulberry Glen Senior Living Community. RSVP will be required by 4pm the Tuesday before the meeting.

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

WHITWATER 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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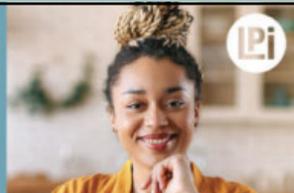
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Activity Calendar

April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
1 9:30 FUNfit-(H) 11:00 Book Club 11:00 Warblers 1:00 Mah Jongg 1:00 Canasta 	2 10:00 Culver's Bingo 10:00 Yoga with Brienne (HC) 10:30 BP Check 11:30 Tai Chi	3 9:00 Indoor Walking 9:15 Jville Shopping 10:30 Fitness Drumming 10:45 Sign Language	4 8:00 Pickleball (A) 9:00 Hike with Ginny 9:30 FUNfit (H) 10:00 Yoga (HC) 11:30 Tai Chi 12:30 Pickleball (A)	5 8:00 Pickleball (A) 9:00 Indoor Walking 10:30 Scholarly Scoop 12:00 Sewing 12:30 Pickleball (A) Office Closed
8 8:00 Pickleball (A) 9:30 FUNfit-(H) 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Hand and Foot	9 8:00 Pickleball (A) 9:15 Rockin Respite 10:00 Mulberry Bingo 10:00 Yoga with Brienne (HC) 10:30 BP Check 12:30 Pickleball (A) 1:00 Movie "Indiana Jones and the Dial of Destiny" 3:15 Ballet/ Tap (A)	10 8:00 Pickleball (A) 8:00 Tai Chi 9:00 Indoor Walking 10:30 Fitness Drumming 10:45 Sign Language 12:30 Pickleball (A) 2:30 Dementia Friends	11 8:00 Pickleball (A) 8:30 Toe clinic 9:30 FUNfit (H) 10:00 Yoga (HC) 10:30 Lunch Bunch 11:00 Puzzle Exchange 12:30 Pickleball (A)	12 8:00 Pickleball (A) 8:00 Tai Chi 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) Office Closed
15 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 Canasta 1:30 DFCI	16 7:30 Purple Angels 8:00 Pickleball (A) 10:00 Yoga with Brienne (HC) 10:30 BP Check 10:30 Coffee Hour 12:30 Pickleball (A) 1:00 Moto Planning 2:00 Garden Club 3:15 Ballet/ Tap (A)	17 8:00 Pickleball (A) 8:00 Tai Chi 9:00 Indoor Walking 10:30 Fitness Drumming 10:45 Sign Language 12:30 Pickleball (A) 1:00 Volunteer Appreciation	18 8:00 Pickleball (A) 8:15 Breakfast Bunch 9:30 FUNfit (H) 10:00 Yoga with Brienne (HC) 12:30 Pickleball (A) 1:00 Diamond Painting 6:30 Purple Angels	19 8:00 Tai Chi 9:00 Indoor Walking 10:30 Travel Preview 10:00 Sewing 1:00 Diamond Painting 2:00 Healthy Brian Objective Office Closed
22 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 Hand and Foot	23 8:00 Pickleball (A) 9:15 Rockin Respite 10:00 City Bingo 10:00 Yoga with Brienne (HC) 10:30 BP Check 12:30 Pickleball (A) 1:00 Movie "A Haunting in Venice" 3:15 Ballet/ Tap (A)	24 8:00 Pickleball (A) 8:00 Tai Chi 9:00 Indoor Walking 10:30 Fitness Drumming 10:45 Sign Language 12:30 Pickleball (A)	25 8:00 Pickleball (A) 9:30 FUNfit (H) 10:00 Yoga with Brienne (HC) 11:00 Puzzle Exchange 12:30 Pickleball (A) 1:00 Mallards History	26 8:00 Pickleball (A) 8:00 Tai Chi 9-12 Make a difference day 12:00 sewing 12:30 Pickleball (A) 4:00 Fish Fry Office Closed
29 8:00 Pickleball (A) 9:30 FUNfit-(H) 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Canasta	30 8:00 Pickleball (A) 10:00 Yoga(HC) 10:30 BP Check 12:30 Pickleball (A) 1:00 Movie "Priscilla" 3:15 Ballet/ Tap (A)	Activities are held at Starin Park Community Building unless otherwise noted. A = Downtown Armory 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-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.

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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

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 .

FARIHAVEN LECTURE SERIES

Lectures held on Mondays at 3:00pm in Olm Fellowship Hall of Fairhaven Senior Services.

April 8:

Manufacturing “talent:” How I Teach the Art of Performing

Benjamin Whitcomb, professor, Music

April 22:

Nice Poets. Rude Poets: Satire and Obscenity in Arabic Political Poetry

Asmahan Sallah, associate professor, Literature, Writing, and Film

April 29:

Is the Golden– Age of the Broadway Musical Still Golden?

Bruce Cohen, associate professor, Theatre and Dance

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 Jackson
jjackson@whitewater-wi.gov

Front Desk

Debbie Andrus

Parks & Recreation Director

Kevin Boehm

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

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