



The Park Bench

June 2024

Seniors in the Park Newsletter



STROKE 101

Tuesday, June 4, 1:00

Raylene Swan, a Registered Nurse and a Stroke Program Coordinator for Aurora Summit, will be at the center to talk about strokes.

Her presentation will be on risk factors, signs, and symptoms. She will also be available to answer questions and assist individuals with a personalized stroke risk assessment (you will need a working email for the assessment)

Deadline to register: Thursday, May 30

WALK WITH EASE

Tuesdays, July 23-August 27, 9-10 am

Looking for relief from arthritis pain? Just want to be active? The Arthritis Foundations Walk with Ease program can teach you how to safely make physical activity part of your everyday life.

Deadline to Register: July 9

Call 262-741-3309 with questions and to register.

Suggested Contribution of \$10.00

COOKING CLASS

Wednesday, June 12, 11:00am-1:00pm

Savor the flavors of Thailand!! Join us for a live demonstration and tasting of Thai spring rolls, Tom Kha Soup, and Thai Iced Tea. Secure your spot now for an adventure of flavors and cultural immersion brought to you by Signal Health Group of Southern Wisconsin.

Menu:

- Thai Spring Roll (Demonstration)
- Tom Kha Soup (Sampling)
- Thai Iced Tea (Sampling)

Maximum: 11 people

Deadline to Register: Wednesday, June 5

Fee: \$15 for members; \$20 for non members



Volume XXV Issue 6

WHAT'S INSIDE

2-4, 6-7..... *Activities*

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

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

10 *Dementia & Support*

8, 11, 14-15*Information*

12 *Calendar*

14 *Volunteers*

Back ADDRESS, Phone Numbers, Staff

NO FITNESS DRUMMING UNTIL FALL

Fitness drumming will be taking a break for the summer. We will start back up once school starts.

BIRTHDAY IN THE NEWSLETTER

Want us to put your name in the newsletter on your birthday month? Let us know! Either call 262-473-0535 or email jjackson@whitewater-wi.gov to let us know. We only put birthdays in if we get permission.

COFFEE HOUR



Tuesday, June 18, 10:30 am

Come enjoy some fun conversation while eating some delicious treats and drinking coffee.

If you don't drink coffee we have tea, hot chocolate, and water as well! Call 262-473-0535 to register.

CROCHETT BASKET

Wednesdays, July 10- 31, 10:30-11:30 am

This easy pattern is great for the newest or advanced crocheter. This bricken basket can be great for storing items, lunch/purse or a gift for someone.

Fee: \$5.00

Deadline to Register: Wednesday, July 3

Supplies you will need: Size J,K, or L hook

AUTHOR BOOK TALK



Wednesday, June 26, 1:00pm

Hear about Lynne Shaner's first novel, *Journey to Everland Bay*. When an ordinary day at the museum takes an extraordinary turn, Jemma is rocketed to an Everland Bay Institute under violent siege, where dark-arts mages threaten everything important to her. Once there, she joins forces with her companions and works feverishly to save Everland Bay from crumbling under enemy attack. In so doing, she finds a path to her own strength and mastery, and her heart's true home.

Lynne Shaner has been captivated by fantasy, myth, and fairy tales since childhood. She lives in Wisconsin close enough to Lake Michigan to walk to the shoreline every day. Lynne lives with her husband, and Merlin, her small, adorable pup. When not writing, she can be found reading and knitting in her garden, where she grows herbs, flowers and story ideas. She holds a master's degree in creative writing/fiction from Johns Hopkins.



GARDEN CLUB

Tuesday, June 18, 2:00pm

Come be a part of this year's community project—the making of a new native plant garden at Starin Park Community Building. If you need to divide your native perennials and want to donate them we will have lots of room for them. Stop by sometime to view the progress of the garden beds and/or visit us at our next meeting! We have a wonderful time growing together! Please call 262-473-0535 for more info.

AUTHOR BOOK TALK

Tuesday, June 18, 1:00pm

Debra Oas has four published fictional novels: "Sinister Bay"; "Whitewater Witch"; "Mountain Walker"; and most recently "The Rune Stone Curse". The books are part of a series called Cryptid Mysteries. There are three more Cryptid Mystery novels planned.

Mountain Walker will take the reader to the mountains of Colorado, and will include a few of the characters from the first two books. *The Rune Stone Curse* is set in the backdrop of Northern Minnesota near the locale of the famous Kensington Rune Stone, and includes a number of characters from the first three novels.

Debra is a retired Aquatics Director. Following more than 25 years in the Aquatics field, she happily returned to her first love of writing. She studied journalism and has written freelance articles for various publications.





“Past Lives”

Wednesday, June 5, 1 pm
(Drama/Romance)

Rated PG-13, 1 hour, 45 minutes. (2023)

Language: Korean Subtitles: English

Did you ever have a very close boyfriend or girlfriend and became separated by a move... but still remembered them and thought of them, over the years..? In our monthly art film, two deeply connected Korean childhood friends are torn apart. 20 years later, they are reunited for one week to ponder the meaning of life, love and destiny. A pensive, thoughtful film which was nominated for Best Motion Picture, Screenplay and Actress.

“My Big Fat Greek Wedding 3”

Tuesday, June 11, 1 pm
(Comedy/Romance/Travel)

Rated PG-13; 1 hour, 32 minutes (2023)

After the passing of their family’s patriarch, Tuola (Nia Vardalos) attempts to locate her father’s childhood friends in Greece for a Big Fat Family Reunion! Family, fun and beautiful locales! Also stars John Corbett, Lainie Kazan, Andrea Martin and John Constantine.

“Mudbound”

Tuesday, June 25
(Drama/War/Historical)

Rated R (violence, language); 2 hours, 14 minutes (2017)

Two men, black and white, return from World War 2, to work on a farm in rural Mississippi, where they struggle to deal with racism and adjusting to life after war. A highly regarded film depicting the times. Nominated for 4 Oscars;
an AARP Best Movies for Grownups.

JUNE IS BRAIN HEALTH AWARENESS MONTH

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.

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.

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.

TECH TUTORS

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





“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 3-27

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

Deadline is Thursday, May 30, by noon

Next session is July 2-31



INDOOR WALKING

**Wednesdays &
Fridays 9:00 am**

Looking for something to do while the weather is crummy? Come to our indoor walking group. We will walk to “walking off the pounds” DVDs.

YOGA WITH BRIENNE

**Tuesdays, July 2– August 27 , 10-11:00 am
Thursdays, July 11– August 29, 10-11:00 am**

This one-hour class will focus on basic yoga postures. You will stretch, strengthen and tone your entire body. Optimal alignment, concentration and relaxation are promoted in every class. The class will be in-person at Cravath Lakefront 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

No Class July 4



TAI CHI FOR ARTHRITIS AND FALL PREVENTION– 16 WEEK CLASS

Wednesdays, June 5– September 18, 3:15-4:15 pm

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, June 3

HIKES WITH GINNY

Thursday, June 6, 9am– 12 pm

Please join us for the June hike when we will look for early summer flowers in the woods and prairies of Kettle Moraine Oak Opening State Natural Area. Meet at 9 a.m. in the SITP parking lot and we will carpool to the trail head. 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 Seniors in the Park at 262-473-0535 with questions.



TAI CHI FOR ARTHRITIS AND FALL PREVENTION– 8 WEEK CLASS

Wednesdays & Fridays June 5– July 26, 8:00—9:00 am

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, June 3

THRIVE LOCALLY



**ARE YOU REACHING
THE MEMBERS IN YOUR
COMMUNITY?**

To advertise here
visit [lpicommunities.com
/adcreator](http://lpicommunities.com/adcreator)



**my choice
WISCONSIN**

My Choice Wisconsin
is a managed care organization that
serves government-funded programs
to seniors and adults with disabilities
in over 50 Wisconsin counties.

Visit us today:
mychoicewi.org/LPI
1-800-963-0035

For more information on your long-term care
options, contact your local ADRC.

DHS Approved 4/22/2021



JERRY MOOREN
107 S. Main Street
Fort Atkinson, WI 53538
(920) 563-0820 | Fax: (920) 563-0830
service@jmcarpets.net
www.jmcarpets.net

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit
www.mycommunityonline.com

ADVERTISE HERE
to reach your community



Call 800-950-9952

**AUMANN'S
SERVICE INC.**

Body Specialists
Quality Painting
24 Hr. Towing
122 E. Dane • (920) 674-2349
After Hours (920) 674-6164



532 W. Main St. • 262-473-4175
Visit our website: tincherrealty.com



**Fairhaven
Senior Services**

Offering a full range of senior
living and health care services

- Prairie Village Homes
- Senior Apartments w/
Levels of Care
- 47 New Assisted Living Units
- End of Summer 2024
- Hearthstone Memory Care

435 W. Starin Road, Whitewater
262-473-2140 • www.fairhaven.org

WHITEWATER FIRE, EMS, AND POLICE STATION TOUR

Monday, June 24, 1:00 pm, Whitewater Municipal Building Main Lobby

You know they are here for you but have you ever wanted to see behind the scenes? We will get a chance to tour the police department and the Fire and EMS department and hear about their day to day as well.

Deadline to register: Thursday, June 20



WATER COLOR

Thursdays, June 13 & 20, 1:00pm

Would you like to explore Gouache, India ink and watercolor?

If you would, consider this workshop! It's such a fun way to make a painting look vintage. There is a lot of drying time, so I would ask you to bring multiple black and white reference photos.

This way you can do several paintings at once.

Supplies needed: Board for drying your painting on 1-2 Arches 140lb cold press water color paper 11'x 15' 2-3 pieces, watercolors, white gouache, brushes, soft bristle scrub brush, black and white reference photo 2-3.

***Rita will supply the India ink, and we will use this reference below for my teaching. I have not applied any watercolor to my painting as I liked the look as it is

Deadline to register: Thursday, June 6

Fee: \$20.00 per class

STAINED GLASS

June 4 & 5 12:30 pm, Downtown Armory Lower Level

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

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

Instructor is Caroline Britton.

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

Deadline to register: Thursday, May 30



ONLINE REGISTRATION

Bookmark/save this registration link:

<https://schedulesplus.com/wwtr/kiosk/>

The kiosk is your go-to place to register, join your activity and watch videos of classes and presentations in the On-Demand area of our Kiosk. You can also now cancel a reservation you made for an activity, that does not include payment, at the kiosk. Call or email if you need assistance with the kiosk.

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

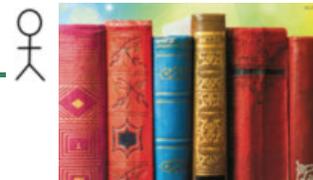
Fridays, 10:00 am-3:00 pm

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.



BOOK WORMS



Monday, June 3, 11:00 am

The Book Club will Discuss *Angela's Ashes* by Frank McCourt. The June book is *Demon Copperhead* by Barbara Kingsolver.

Set in the mountains of southern Appalachia, *Demon Copperhead* is the story of a boy born to a teenaged single mother in a single-wide trailer, with no assets beyond his dead father's good looks and copper-colored hair, a caustic wit, and a fierce talent for survival. Relayed in his own unsparing voice, *Demon* braves the modern perils of foster care, child labor, derelict schools, athletic success, addiction, disastrous loves, and crushing losses. Through all of it, he reckons with his own invisibility in a popular culture where even the superheroes have abandoned rural people in favor of cities.

TOENAIL CLINIC

Thursday, June 6

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



Tuesdays, 10:00 am

**June 4: Culver's Bingo
June 11: Mulberry Glen Bingo
June 26: 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 * Binning & Dickens Insurance *
Dental Perfections * Taco Fresco * Jersey Mike's *
Dalee Water Conditioning * Mirage Hair Studio * Rick's *
Jessica's * Wal-Mart * Kwik Trip**

SENIORS IN THE PARK EMAIL 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.



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
- "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
- Sewing Group**—Fri., 10:00 am
- Sign Language**—Wed., 1:45 pm
- Warblers**—Mon., 11:00 am
- Yoga (Hybrid)**—Tues. or Thurs., 10:00 am



BULL VALLEY FARM AND RUSH CREEK DISTILLERY

Friday, July 19, 10:00 am

In the morning we will head to Bull Valley Farm and Country Store for a possible tour and shopping. Then we will make a stop at Jackson's Bitchn' Farm for a sack lunch. After lunch head to Rush Creek Distillery for a tour and tasting (you don't have to drink any alcohol if you don't want). We will have time to have a few cocktails after the tour. On our way back we will stop for dinner.

Deadline to Register: Monday, July 15

Fee: \$30 members; \$40 non members

EATING OUT

Lunch Bunch

Thursday, June 13, Depart at 10:30 am

For lunch we will be heading to Bessie's Diner, in Janesville. Please reserve your seat by **Thursday, June 6.**

Breakfast Bunch

Thursday, June 20, Depart 8:15 am

Head to Pine Cone Cafe, in Johnson Creek. Please reserve your seat by **Thursday, June 13.**

Fish Fry

Friday, June 28, Depart 4:00 pm

Enjoy a fish fry at Village Supper Club, in Delevan. Please reserve your seat by **Thursday, June 20.**

Meal Outings Travel Fees:

\$5.00 members

\$8.00 non-members

MADISON MALLARDS

Thursday, June 20, 9:30 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: June 6



JANESVILLE SHOPPING

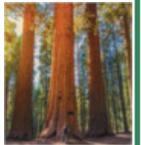
Wednesday, June 5

Pick-ups begin at 9:15. Please call to reserve your spot by the Monday prior. You can choose one or two stores on the north side of Janesville to be dropped off at. Van back in Whitewater approximately 12:30 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.

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

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

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.

NEWYORK 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 Charleston, SC, 2 nights in Savannah, GA and 2 nights at Jekyll Island Club. Enjoy city tours of Savannah and Charleston 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



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.

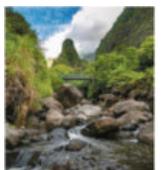
Tour Rates: \$6,399 per person double; \$7,049 single

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



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 from.

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

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.

REMINDERS

If you change your email, phone number or address, please remember to let us know. Thanks for your help.

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.



HEALTH | MEDICARE | LIFE | SUPPLEMENTAL

Need affordable Medicare that's in step with your life?

Choosing the right Medicare coverage can be confusing.

I can help you find a plan that's right for YOU and YOUR BUDGET.



Jean Linos

Local Licensed Agent

P 262-264-5445

jlinos@myeph.com

www.eplatinumhealth.com/jlinos

I work by referral. Please don't keep me a secret

I do not offer every plan available in your area. Any information I provide is limited to the plans I do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Ruth Schlitz

rschlitz@lpicommunities.com

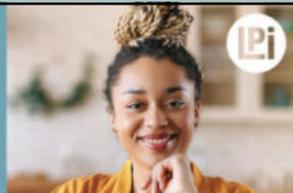
(800) 950-9952 x2671

WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers



FREE
AD DESIGN
with purchase
of this space

CALL 800-950-9952



Activity Calendar

June 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
3 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 Canasta	4 8:00 Pickleball (A) 10:00 Culver's Bingo 10:30 BP Check 12:30 Pickleball (A) 12:30 Stained Glass (A) 1:00 Stroke 101	5 8:00 Pickleball (A) 8:00 Tai Chi 9:00 Indoor Walking 9:15 Jville Shopping 12:30 Pickleball (A) 12:30 Stained Glass (A) 1:00 Movie "Past Lives" 1:45 Sign Language 3:15 Tai Chi	6 8:00 Pickleball (A) 8:30 Toe clinic 9:00 Hike with Ginny 9:30 FUNfit (H) 10:00 Yoga (HC) 12:30 Pickleball (A)	7 8:00 Pickleball (A) 8:00 Tai Chi 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) Office Closed
10 8:00 Pickleball (A) 9:30 FUNfit-(H) 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Hand and Foot	11 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 "My Big Fat Greek Wedding 3"	12 8:00 Pickleball (A) 8:00 Tai Chi 9:00 Indoor Walking 11:00 Cooking Class 12:30 Pickleball (A) 1:45 Sign Language 3:15 Tai Chi	13 8:00 Pickleball (A) 9:30 FUNfit (H) 10:00 Yoga (HC) 10:30 Lunch Bunch 12:30 Pickleball (A) 1:00 Water Color	14 8:00 Pickleball (A) 8:00 Tai Chi 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) Office Closed
17 8:00 Pickleball (A) 9:00 FUNfit-(H) 9:30 Pegs & Jokers 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Canasta 1:30 DFCI	18 8:00 Pickleball (A) 10:30 Coffee Hour 10:00 Yoga with Brienne (HC) 10:30 BP Check 12:30 Pickleball (A) 1:00 Author Book Talk 2:00 Garden Club	19 8:00 Pickleball (A) 9:00 Indoor Walking 12:30 Pickleball (A) 1:45 Sign Language Office Closed	20 8:00 Pickleball (A) 8:15 Breakfast Brunch 9:30 FUNfit (H) 9:30 Madison Mallards 10:00 Yoga with Brienne (HC) 12:30 Pickleball (A) 1:00 Water Color	21 8:00 Pickleball (A) 8:00 Tai Chi 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) Office Closed
24 8:00 Pickleball (A) 9:30 FUNfit-(H) 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Hand and Foot 1:00 Whitewater EMS Tour	25 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 "Mudbound"	26 8:00 Pickleball (A) 8:00 Tai Chi 9:00 Indoor Walking 12:30 Pickleball (A) 1:00 Author Book Talk 1:45 Sign Language 3:15 Tai Chi	27 8:00 Pickleball (A) 9:30 FUNfit (H) 10:00 Yoga with Brienne (HC) 12:30 Pickleball (A)	28 8:00 Pickleball (A) 8:00 Tai Chi 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) 4:00 Fish Fry Office Closed



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!



HARD ROCK
SAWING & DRILLING SPECIALIST CO.
CONCRETE • ASPHALT • MASONRY
ELKHORN KESHENA
262-723-3333 MADISON 715-799-3823
608-250-5005

BANCO INSURANCE AGENCY
Complete Insurance Services
Automobile - Home - Farm
Health - Business

Two Convenient Locations:
207 W Main Street, Whitewater - (262) 473-7334
KReed@firstcityins.com

111E Main Street, Palmyra - (262) 495-2118 Lori Garlock
lori@bancoinsurance.com

www.bancoinsurance.com
Serving Our Community Since 1984



Arrangements
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.

	1008 Madison Ave. Fort Atkinson, WI 53538 920-563-5898	208 N. Park Street Cambridge, WI 53523 608-423-3414	550 N. Newcomb Street Whitewater, WI 53190 262-472-9118
---	---	--	--

NitardyFuneralHome.com

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



833-287-3502

ADT Authorized Provider SafeStreets



Rainbow
Community Care
At your side with compassion,
commitment and comfort

RainbowCommunityCare.org (920) 674-6255





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.

Advertiser of the Month



532 W. Main St. • 262-473-4175
Visit our website: tincherrealty.com

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

SCHOOL SUPPLY DRIVE

June 3rd– August 2nd

This is our first year as a park and rec department that we will be putting on a school supply drive! Any donations of new school materials is greatly appreciated. We will have boxes located at the Whitewater Aquatic and Fitness Center, City Hall, and Starin Park Community Building where you can drop off your donations.

At the end of the drive we will disperse all supplies from the drive to Whitewater Unified School District families.

Call 262-473-0535 with any questions

CITY MARKETS

Tuesday's , 4-7 pm, Whitewater Historic Depot

Whitewater City Market, established in 2015, brings area farmers, artisans, food vendors, live music, and the community together, not only for a unique shopping experience, but a celebration of what is local.

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



Please cut out this
“Thank You Coupon”
and present it the next time you
*Patronize one of our
Advertisers/Supporters*

Thank You

for Advertising with Seniors
in the Park

*I am patronizing your
business because of it!*

Seniors in the Park

PO Box 178
Whitewater WI 53190



Accredited by the
Wisconsin Assoc.
of Senior Centers

MEMBER:

Wis. Association of Senior Centers.
Wis. Parks & Recreation Assn.
National Council on Aging
Nat'l Institute of Senior Centers

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

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



DEMENTIA FRIENDLY WHITEWATER

Congratulations to Discover Whitewater, Associated Bank Whitewater, and First English Lutheran Church for being recognized with the Purple Angel Designation by the Whitewater Dementia Friendly Community Initiative. This designation shows that fifty percent of the staff has been through a dementia friendly business/church training learning about dementia and how to best serve those with the disease. There was also a walk-through of the facility with recommendations to assist those with dementia.

If any business or church is interested in the Dementia Friendly training please contact Jennifer Jackson, Seniors in the Park at 262-473-0535 or jjackson@whitewater-wi.gov

First English Lutheran
Church



Associated Bank
Whitewater



Discover
Whitewater

