



The Park Bench

July 2024

Seniors in the Park Newsletter

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



Volume XXV Issue 7

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HOW TO REGISTER FOR CLASSES AND MAKE A PAYMENT ONLINE

Wednesday, July 10, 10:00 am

If you don't want to call to register for a class you can do it online! This class will go over how to log in online, register for classes, watch virtual videos, and much more.

Deadline to Register: Tuesday, July 9



HANDS ON CANNOLI MAKING CLASS

Wednesday, July 24, 11:00 am

Tony Cannoli will walk you through the step-by-step process of rolling, forming frying and filling cannoli dough. Each student will make three cannoli shells, and pipe them with their choice of Tony Cannoli signature fillings.

Fee: \$38 for Member; \$42 non-members

Deadline to Register: Wednesday, July 17

Activities

REMINDERS

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

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.

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@whtiewater-wi.gov to let us know. We only put birthdays in if we get permission.

COFFEE HOUR

Tuesday, July 16, 10:30 am



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

This month's coffee hour is sponsored by Village Caregiving

If you don't drink coffee we have tea, hot chocolate, and water as well!

Call 262-473-0535 to register.

SENIOR FORUM

Monday, July 8, 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.



GARDEN CLUB

Tuesday, July 16, 2:00pm

Stop by sometime to see our native plant garden beds which are blooming at Starin Park Community Building! We have Butterfly Weed, Spiderwort, Maidenhair fern, Milkweed and more! And/or



visit us at our next meeting. We have a wonderful time sharing our knowledge and experiences. And growing together is much more fun than by yourself! Call 262-473-0535 for more info.



WARBLERS AND BRUNCH

Wednesday, July 17, 10:00 am

Join the warblers as they perform "The Silly Song Show". This show is about 40 minutes in length. We will have brunch after the performance.

Deadline to register: Monday, July 15

Please register ahead of time, this way we can plan appropriately for food.



STROKE 101

Thursday, July 18, 11:00 pm

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: Monday, July 15





**“American Fiction “
Tuesday, July 9, 1 pm
(Comedy/Drama/Satire)**

**Rated R (language); 1 hour, 57 minutes
(2023).**

A black novelist, who’s fed up with the Establishment profiting from Black entertainment, uses a pen name to write a book that propels him into the heart of the hypocrisy he claims to disdain. 2024 Oscar winner: Best Adapted Screenplay. Nominated for Best Film. Stars Jeffrey Wright, Tracee Ellis Ross, and Leslie Uggams.

**“Napoleon”
Wednesday, July 17, 1 pm
(Biography/History)**

**Rated R (violence, language); 2 hours, 38
minutes (2023).**

The life and times of soldier, strategist, General, Emperor: Napoleon Bonaparte 1 (1769-1821). An incredible costume drama/historical epic, detailing the rise, fall, return, exiles, and demise of Napoleon. Joaquin Phoenix is Napoleon; Vanessa Kirby is Josephine. Directed by Ridley Scott. A sweeping and majestic film!

**“The Boys in the Boat”
Tuesday, July 23, 1 pm
(Drama/Sports/History)**

Rated PG-13; 2 hours, 3 minutes (2023).

The triumphant underdog story of the University of Washington men’s rowing team, who stunned the world by competing at the 1936 Olympics in Berlin. Directed by George Clooney.

**“Civil War”
Tuesday, July 30, 1 pm
(Action/Adventure/Thriller)**

**Rated R (Violence/Profanity); 1 hour, 49
minutes (2024).**

In the near future, a group of journalists attempt to survive while reporting the truth as the US stands on the brink of another Civil War... Stars Kirsten Dunst, Nick Offerman, Cailee Spaeny.

ANNUAL PICNIC AND CAR SHOW



Tuesday, August 27, 11:00-12:30

Mark your calendar for our annual picnic and car show celebration! We will have a choice of burger or hot dog with a side of baked beans and potato salad. More information will come next month!

If you would like to bring a car please reach out by either calling 262-473-0535 or emailing JJackson@Whitewater-wi.gov.

STAINED GLASS



**July, 16 & 17, 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, July 11

PEGS AND JOKERS

Third Monday of every month at 9:00

Pegs and Jokers is a simple game to learn similar to Parcheesi and Uno, the objective being to move all five of your pegs (dependent on how your cards are played) around the board from your HOME to your CASTLE. A game board and decks of cards are provided. We have instructions on how to play and current players would be glad to teach you. An alternative date and time is a possibility. Come join the fun!

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 member; \$10.00 non member

Deadline to Register: Wednesday, July 3

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





“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: July 1-29

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

Deadline is Thursday, June 27, by noon

Next session is August 1-29



INDOOR WALKING

**Wednesdays &
Some 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

Class will be held at Starin Park Community Building on June 26 and July 2. No Class July 4



TAI CHI FOR ARTHRITIS AND FALL PREVENTION: BEGINNER–16 WEEK CLASS

Wednesdays, July 10- October 23, 11:00 am-12:00 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, July 8

HIKES WITH GINNY

Wednesday, July 3, 9am– 12 pm

Please join us for a hike, we will visit Natureland on White-water Lake. Meet at 9 a.m. in the SITP parking lot and we will car-pool to the park. 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: INTERMEDIATE– 8 WEEK CLASS

Wednesdays & Fridays, July 31– September 20, 8:00—9:00 am

Master the art of Tai Chi. This gentle movement will help with arthritis and fall prevention. This class is only for those who have taken the first 6 basic movements.

Deadline to register: Monday, July 29

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CHILE FROM A CHAIR

Monday, July 29, 1:00

Let's give the travel bug a little boost! We will learn about Chile and all that the country has to offer. We will enjoy traditional cuisine as well as a traditional drink.

Deadline to register: Thursday, July 25

Fee: \$5 member; \$10 non-member

PAPER QUILTING

Thursday, August 2, 9:00 am

Have you ever wanted to make a picture unique? Do you like making cards but want to add a little more pizzazz? This is a wonderful way to add a personal touch to something without needing an extremely crafty hand.

This class will go over some of the basic shapes that can be used for any design.

Deadline to register: Monday, July 29

If you have a quilling pen feel free to bring it with. Otherwise we will have some to use and purchase.



ADVANCED DIRECTIVES

Thursday, July 25, 11:00 pm

Did you know that only 33% of US adults complete any type of advance directive for end-of-life care? An advance directive allows you to let others know your choices for healthcare, and to name someone to make those choices for you if you're unable to speak for yourself. Do you have an advance directive?

Let Moments Hospice teach you about the importance of advance directives and how to begin the process.

FROM THE COORDINATOR

The summer is getting off to a great start! I hope you are enjoying the sunshine and warmth as much as possible.

I have found that my email can be a little confusing now that I have changed my name. It is not a typo, there are two J's in the email. It is the first letter of my first name and my full last name. When emailing double check that it is JJackson@whitewater-wi.gov.

Also, if you prefer to text, do not text the number on the back of the newsletter. This number only receives phone calls

I can't wait to celebrate this summer with you all !

- Jennifer



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, July 1, 11:00 am

The Book Club will Discuss *Demon Copperhead* by Barbara Kingsolver. The July book is *The poisonwood Bible* by Barbara Kingsolver.

The story is told by the wife and four daughters of Nathan Price, a fierce, evangelical Baptist who takes his family and mission to the Belgian Congo in 1959. They carry with them everything they believe they will need from home, but soon find that all of it— from garden seeds to Scripture— is calamitously transformed on African Soil.

TOENAIL CLINIC

Thursday, July 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

July 2: Culver's Bingo

July 9: Mulberry Glen Bingo

July 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 * 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



Trips & Extended Travel

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, July 18, Depart at 10:30 am

For lunch we will be trying the Green Door Cafe, in Delafield. Please reserve your seat by **Thursday, July 11.**

Breakfast Bunch

Thursday, July 25, Depart 8:15 am

Head to Café on Main, in Edgerton. Please reserve your seat by **Thursday, July 18 .**

Fish Fry

Friday, July 26, Depart 4:00 pm

Enjoy a fish fry at Local Folks, in Burlington. Please reserve your seat by **Thursday, July 18.**

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

Please note the date changes for Breakfast and Lunch due to the Rockford Rivets Trip!

ROCKFORD RIVETS

Thursday, July 11, 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.

Fee: \$25 member ; \$35 non-members

Deadline to register: Wednesday, July 3



JANESVILLE SHOPPING

Wednesday, July 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.

MOTORCYCLE BREAKFAST

Wednesday, July 24, 8:00 am

With the numbers getting smaller on our longer trips we will try a short trip to enjoy some breakfast.

We will determine where we are going once we have the group in the parking lot.

Call 262-473-0535 to let us know if you are coming

HIGHLIGHTS OF ITALY'S AMALFI COAST

November 5– November 12, 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.

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 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.

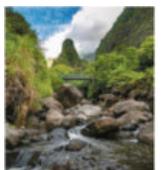
Tour Rates: \$6,399 per person double; \$7,049 single

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.



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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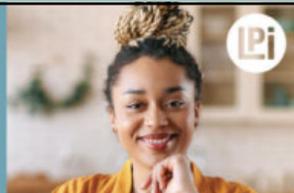
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Activity Calendar

July 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRI/SAT/SUN |
|--|---|---|---|--|
| 1 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 | 2 8:00 Pickleball (A) 10:00 Culver's Bingo 10:00 Yoga (HC) 10:30 BP Check 12:30 Pickleball (A) | 3 8:00 Pickleball (A) 8:00 Tai Chi 9:00 Hike with Ginny 9:00 Indoor Walking 9:15 Jville Shopping 12:30 Pickleball (A) 1:45 Sign Language 3:15 Tai Chi | 4 Office Closed  | 5 8:00 Pickleball (A) 8:00 Tai Chi 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) Office Closed |
| 8 8:00 Pickleball (A) 9:30 FUNfit-(H) 11:00 Warblers 12:00 Senior Forum 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 "American Fiction" | 10 8:00 Pickleball (A) 8:00 Tai Chi 9:00 Indoor Walking 10:00 Register online 10:30 Crochet Basket 11:00 Tai Chi 12:30 Pickleball (A) 1:45 Sign Language 3:15 Tai Chi | 11 8:00 Pickleball (A) 8:30 Toenail Clinic 9:30 FUNfit (H) 9:30 Rockford Rivets 10:00 Yoga (HC) 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) 9:30 FUNfit-(H) 9:00 Pegs & Jokers 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Canasta 1:30 DFCI | 16 8:00 Pickleball (A) 10:30 Coffee Hour 10:00 Yoga with Brienne (HC) 10:30 BP Check 12:30 Pickleball (A) 12:30 Stained Glass (A) 2:00 Garden Club | 17 8:00 Pickleball (A) 8:00 Tai Chi 9:00 Indoor Walking 10:00 Warblers and Brunch 10:30 Crochet Basket 11:00 Tai Chi 12:30 Pickleball (A) 12:30 Stained Glass (A) 1:00 Movie "Napoleon" 1:45 Sign Language 3:15 Tai Chi | 18 8:00 Pickleball (A) 9:30 FUNfit (H) 10:00 Yoga with Brienne (HC) 10:30 Lunch Bunch 11:00 Stroke 101 12:30 Pickleball (A) | 19 8:00 Pickleball (A) 8:00 Tai Chi 9:00 Indoor Walking 10:00 Trip to Distillery 10:00 Sewing 12:30 Pickleball (A) Office Closed |
| 22 8:00 Pickleball (A) 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) 9:00 Walk With Ease 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 "The Boys in the Boat" | 24 8:00 Pickleball (A) 8:00 Tai Chi 8:00 Moto ride 9:00 Indoor Walking 10:30 Crochet Basket 11:00 Cannoli Making 11:00 Tai Chi 12:30 Pickleball (A) 1:45 Sign Language 3:15 Tai Chi | 25 8:00 Pickleball (A) 8:15 Breakfast Bunch 9:30 FUNfit (H) 10:00 Yoga with Brienne (HC) 11:00 Advanced Directives 12:30 Pickleball (A) | 26 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 |
| 29 8:00 Pickleball (A) 9:30 FUNfit-(H) 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Canasta 1:00 Chile From a Chair | 30 8:00 Pickleball (A) 9:00 Walk With Ease 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 "Civil War" | 31 8:00 Pickleball (A) 8:00 Tai Chi 9:00 Indoor Walking 10:30 Crochet Basket 11:00 Tai Chi 12:30 Pickleball (A) 1:45 Sign Language 3:15 Tai Chi | 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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|  | 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 |
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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.

SENIORS SUPPORTING SENIORS SCHOLARSHIP

This past year we had an anonymous donation of \$1,000 dollars to go toward a scholarship for a WWUSD graduate. This year we awarded \$500 to a graduate who will be going to school for recreation.

The hope for this scholarship is to encourage the younger generation to pick a career that helps the generations before them. Those who apply must be going to school for one of the following degrees. Associated or Bachelor's Degree of Science in Human Services, Bachelor's Degree of Science in Education, Bachelor's Degree in Parks and Recreation or Recreation Management.

If you would like to contribute to this scholarship you can do so through the Whitewater Community Foundation.

Advertiser of the Month



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

Tuesdays, 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.

FARMER MARKETS

Saturdays, 9 am-12 pm, Whitewater Historic Depot

Stop down to get great produce from local farmers on Saturdays.

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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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



Tai Cooking Class

Thank you to Signal Health for bringing this amazing class to our center. Everyone enjoyed making spring rolls and sampling soup and tea!

