



The Park Bench

September 2024 *Seniors in the Park Newsletter*

SENIOR CENTER MONTH

This year's theme for Senior Center month is Powering Connections. Senior centers provide countless hours of support and encouragement to older adults, and have become integral to health care delivery in our communities. They offer a place for older adults to discover their unique interests, talents, and aspirations. Our center here is a great example of powering connections, the friendly atmosphere and multiple opportunities for individuals to connect and share experiences. We are always happy to see the smiling faces and friendships that come through our doors.



Volume XXV Issue 9

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TEA TASTING WITH PATTY AND LARRY— OLDER CAN BE BETTER

Wednesday, September 11, 10:00 am

Join Patty Wilson and Larry Hasterok, local tea enthusiasts, as we sample single-estate whole leaf teas. These teas are hand-picked and processed and are light years away from supermarket tea bag commodities.

We'll start with a 2024 recently picked green tea and progress to teas that are processed to be aged (like fine wine or exceptional cheese). We'll enjoy teas that are enhanced with a few years on them and finish with a 40-year-old rarity to which time has been very kind.

So come relax, slow down and perhaps discover what it is you enjoy about fine tea.

Deadline to Register: Thursday, September 5

Limited to 12 participants

MEDICARE OPTIONS AND WHAT'S AHEAD FOR OPEN ENROLLMENT 2024

Thursday, September 12, 1:00 pm

Julie Juraneck, Elder Benefit Specialist/ SHIP Counselor with ADRC of Walworth County, will be coming by to speak about Medicare options between traditional Medicare and Medicare Advantage Plans, low income assistance. She will also give an update on what they know at this point about open enrollment.

Deadline to register: Monday, September 9

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

REMINDERS

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

GARDEN CLUB



Tuesday, September 17, 2:00pm

Our monthly meetings are a great time of sharing our knowledge and experiences. Last month we explored some weeds and enjoyed tasting some edible ones. We also visited Olbrich Botanical Gardens in Madison. Join us and see the progress of our native plants gardens at the back patio of Starin Park Community Building. Call 262-473-0535 for more info.

SENIOR FORUM

Monday, September 9, 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.

A WALK AROUND GENEVA LAKE, 1870-1920



Thursday, September 5, 11:00 am

Helen Brandt, Curator of the Geneva Lake Museum, will be presenting many of the old homes/ mansions along the shores of Geneva Lake.

Helen is in her 40th year as curator, and the museum is also celebrating its 40th anniversary. She is from a small town in Forest County, WI, called Wabeno. She graduated from UW-Oshkosh in 1967 with a degree in Library Science. Helen was on the staff of the Lake Geneva Public Library for nearly 15 years, 1967-1982. Her involvement with the Geneva Lake Museum began in 1983 and continues in 2024.

Rescheduled from last month

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, September 17, 10:30 am



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

This month's coffee hour is sponsored by Frontida Assisted Living.

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

Call 262-473-0535 to register.

CONSTITUTION DAY AND CITIZENSHIP DAY

Tuesday, September 17, 1:00 pm

Would you be able to pass the citizenship test? Today we will delve back into history and look at the constitution as well as see if we could become citizens of the United States!

Deadline to register: Monday, September 16

FALL PREVENTION SCREENING

Thursday, September 19, 9:15-11:30

Falls prevention screenings provide a brief assessment on a persons' risk to have a fall based on questions and physical tests. Based on the initial screenings, less or more further testing can be completed and should not take longer than 10 minutes. Recommendations for further fall prevention can be made based on the screenings.

Bringa Johnson, Physical Therapist from Fort Health care will come and give the individual screenings. Call 262-473-0535 to make your appointment.



“Thelma”

**Tuesday, September 10, 1 pm
(Comedy/Action) Rated PG-13; 1 hour, 38 minutes (2024)**

When 93 year old Thelma Post (June Squibb) gets duped by a phone scammer pretending to be her grandson, she sets out on a quest across the city to reclaim what was taken from her.

Revenge has never been sweeter. Drama, comedy, adventure and romance commences!

Also stars Richard Roundtree, in his last performance.

“Perfect Days”

**Wednesday, September 18, 1 pm
(Drama) Rated PG; 2 hours, 4 minutes (2023)**

Our last art film of Summer is one of serene peace, joy, and contemplation.

Hirayama is content with his life as a public toilet cleaner in Tokyo. Outside of his structured routine, he cherishes music on cassettes, reading books, and taking photos of trees: a life of simplicity and daily tranquility. Oscar nominated for Best International Film.

Language: Japanese. Shown with English subtitles.

“Thirteen Lives”

**Tuesday, September 24, 1 pm
(Docudrama/Thriller) Rated PG-13; 2 hours, 27 minutes (2022).**

The true story of the June 2018 Thailand Tham Luang Cave rescue of 13 young boys and their coach, trapped in a cavern with rising water. A emotional story that riveted the world. Directed by Ron Howard; starring Colin Farrell, Viggo, Mortensen, and Joel Edgerton.

PICKLEBALL PARTNERS AND TOURNAMENT

Tuesdays, October 1-29, 2:30-4:30 pm

If you are planning on participating please email Jennifer at JJackson@whitewater-wi.gov who your partner will be by Thursday, September 26.

For those who are interested we are going to try something different in October. Pick a partner and practice with that partner October 1– 15, giving you time to play with one person and work on strategy. The last two weeks, we will either hold a double elimination tournament or a round robin, depending on the number of people who participate and how people pair up, women, men or coed.

This is intended to assist players in learning strategy by playing with one partner and maybe trying a different level of play. We understand not everyone will be interested, but feel free to stop in during the tournament and cheer on your friends.

Tuesdays, 10:00 am

Sept. 3: Culver's Bingo

Sept. 10: Mulberry Glen Bingo

Sept. 24: 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 * McDonald's* Binning & DickensInsurance *

Dental Perfections * Dalee Water Conditioning * Mirage Hair Studio * Rick's *

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PACKER VS BEARS

Sunday, November 17, 12:00 pm

Watch on of the longest standing rivalries there is! Wear your football attire and cheer for the team you want to win.

Kick off is at noon and that is when the food will be served. We will have tailgate food, you just have to bring your own beverage.

Deadline to Register: Wednesday, November 13

Fee: \$5.00 member; \$10.00 non-member.



Seniors in the Park welcomes Seniors, Boomers and Adults of all ages on our trips and to our programs.



“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: September 5-30
Fee: \$12.00 Member
\$24.00 Non-member

**Deadline is Thursday, August 29,
by noon**

Next session is October 3-31



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, September 3– October 29, 10-11:00 am
Thursdays, September 5- October 31, 10-11:00 am**

This one-hour class will focus on basic yoga postures. You will stretch, strengthen and tone your entire body. Optimal alignment, concentration and relaxation are promoted in every class. The class will be in-person at Cravath Lakefront 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: \$45 members; \$63 non-members

Deadline to register: Thursday, August 29



HIKES WITH GINNY

Thursday, September 5, 9am– 12 pm

Please join us for the monthly hike on Thursday September 5, when we will visit a new section of Wisconsin's own National Scenic Trail, the Ice Age trail. This location is on Island Rd. south of White-water. Meet at 9 a.m. in the SITP parking lot where we will carpool to the trailhead and 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 with questions. Call the SITP office at 262 473 0535 to register.



QI GONG

Second and fourth Monday, 1-2 pm

This program will start Monday, September 9th. We will follow along with a Lee Holden DVD as you follow an easy routine that helps you experience a new sense of vitality and rediscover the joy of living at every age and ability level.

TAI CHI FOR ARTHRITIS AND FALL PREVENTION: INTERMEDIATE— 8 WEEK CLASS

Tuesdays & Thursdays, September 24– November 14, 8:30-9:30 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, September 23

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DHS Approved 4/22/2021

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DR. HANEY LECTURES— PRESIDENTIAL ELECTION HIS- TORY STORIES

Wednesdays, October 9-30, 1:00 pm

Join Dr. Haney for this fall's lectures on Presidential Election History Stories.

Oct. 9— Party Crashers: Independent Candidates 1832-2024

Oct. 16— The First Big Decision: Picking the V.P Candidate

Oct. 23— uplifting and timeless American Speeches: The Greatest Fifteen

Oct. 30— Inspired Presidential Actions which Built America

Deadline to register for virtual option: Tuesday, October 8

No need to register if you plan to attend in person.



AUTHOR BOOK TALK: JOUR- NEY TO EVERLAND BAY

Friday, October 4, 11:00 am

Jemma Avalon, an unconventional mage-in-training, longs to return to Everland Bay, her ancestral homeland, and find a way to join the renowned magical research institute there, like the women in her family before her.

Daughter of a gentle part elf-fae mother and a father with fiery dragon blood, an unusual combination even in the magical world, ten years after her mother's sudden death, she is working at a major museum in DC, where magic is all but outlawed. Her father wants her to assimilate and live without magic, but Jemma is determined to fully embrace her heritage. 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 hearts true home.

Lynne Shaner has been captivated by fantasy, myth, and fairy tales since childhood, when her mother first read Charlotte's Web and The Wind in the Willows to her. She lives in Wisconsin close enough to Lake Michigan to walk to the shoreline every day. Shelves overflowing with books line her home, and there is always a knitting project on her needles. 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. This is her debut novel.



ONLINE REGISTRATION

**Bookmark/save this
registration link:**

[https://schedulesplus.com/
wwtr/kiosk/](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



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

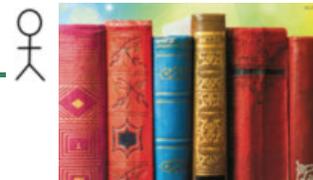
Fridays, 10:00 am-3:00 pm

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, September 9, 10:00 am

The Book Club will Discuss *The Master Butchers Singing Club* by Louise Erdrich. The September book is *Lessons in Chemistry* by Bonnie Garmus.

Chemist Elizabeth Zott is not your average woman. In fact, Elizabeth Zott would be the first to point out that there is no such thing as an average woman. But it's the early 1960s and her all-male team at Hastings Research Institute takes a very unscientific view of equality. Except for one: Calvin Evans; the lonely, brilliant, Nobel-prize nominated grudge-holder who falls in love with—of all things—her mind. True chemistry results.

But like science, life is unpredictable. Which is why a few years later Elizabeth Zott finds herself not only a single mother, but the reluctant star of America's most beloved cooking show *Supper at Six*. Elizabeth's unusual approach to cooking ("combine one tablespoon acetic acid with a pinch of sodium chloride") proves revolutionary. But as her following grows, not everyone is happy. Because as it turns out, Elizabeth Zott isn't just teaching women to cook. She's daring them to change the status quo.

TOENAIL CLINIC

Tuesday, September 3 & Thursday, September 5

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

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.

STAINED GLASS

Tuesday and Wednesday, September 10 & 11, 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, September 5

Next Class: October 8 & 9



ACTIVITIES AT A GLANCE

Bingo—First, second & fourth Tues., 10:00 am

Book Club—First Mon., 10:00. 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

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., 1:30 pm

Warblers—Mon., 11:00 am

Yoga (Hybrid)—Tues. or Thurs., 10:00 am



Trips & Extended Travel

BLACK POINT ESTATE

Friday, September 13, 12:30

Take a step back into the 19th century. The home features a collection of beautiful Victorian furniture, as well as pieces from later generations. You will have a 90 minute tour of the first two floors of the Queen Anne-style mansion that includes 20 rooms.

Fee: \$26 member, \$35 non-members

Deadline to register: Tuesday, September 3

***** If you don't do stairs very well they are able to virtually give you a tour of the second floor.**

EATING OUT

Lunch Bunch

Thursday, September 12, Depart at 10:30 am

For lunch we will head to Blue Bay in Mukwonago . Please reserve your seat by **Thursday, September 5.**

Breakfast Bunch

Thursday, September 19, Depart 8:15 am

Head to River Front Family Restaurant in Fort Atkinson . Please reserve your seat by **Thursday, September 12 .**

Fish Fry

Friday, September 27, Depart 4:30 pm

Enjoy a fish fry at The Heron's Landing in Jefferson. Please reserve your seat by **Thursday, September 19.**

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

APPLE HOLLAR APPLE PICKING

Wednesday, October 9, 9:00 am

We will head to Apple Holler in Sturtevant, WI. With your admission ticket you will receive 1/4 peck bag to pick your own apples, tractor-drawn train tour of the orchard. It will also drop you off to pick apples. You will also get a chance to enjoy their farm store and everything it has to offer. We will stop at the restaurant for some food before heading home.

Deadline to Register: Wednesday, September 25

Fee: \$35 member; \$45 non-member

JANESVILLE SHOPPING

Wednesday, September 4

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

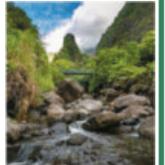
Places that we have stopped in the past: Menards, Home Depot, Goodwill, Hobby Lobby, Kohl's, Walmart, Woodman's and other stores as well.

COLLETTE TRAVEL PREVIEW

Wednesday, September 4, 10:00 am

Join our Collette representative as she talks about Iceland's Northern Lights trip and the Hawaiian adventure trip. She may also sneak some of our 2026 trips for you to look forward to!

Call 262-473-0535 to register



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.



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



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



ICELAND'S MAGICAL NORTHERN LIGHTS

October 15-21, 2025

Begin your trip in Iceland's capital city Reyjavik with a walking tour. This night enjoy a Northern Lights cruise after dinner. Visit many national parks water falls and the Blue Lagoon.

Tour Rate: \$4,599 per person double; \$4,549 single

ARIZONA SPRING TRAINING EXPLORER

March 16-21, 2025

Spend 5 nights in Phoenix Arizona. Watch 2 spring training baseball games, visit Old Town Scottsdale, experience Heard Museum of Native American Culture and much more

Tour Rate: \$3,099 Per person double; \$4,299 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

CANADIAN ROCK-IS VIA RAIL

September 10-17, 2025

Spend 2 days and 1 night aboard Via Rail The Canadian in sleeper plus class. Experience three Canadian National Parks. Enjoy a scenic trip as you travel from town to town.

Tour Rate: \$5,625 per person double; \$6,925 Single



CAPE COD & THE ISLANDS

September 6-12, 2025

Spend 5 nights in Cape Cod. Enjoy Martha's Vineyard tour, Nantucket Island visit, Plymouth Rock, a New England Lobster dinner and much more!

Tour rates: \$3,475 per person double; \$4,350 single



MEMORY CAFES

A Memory Café is a place where persons with Mild Cognitive Impairment can join with their care partners to socialize and have fun with other people going through similar things.

Walworth County Memory Café

Where: Walworth County HHS building;
1910 County Road NN, Elkhorn

When: First Friday of the month from 10:30 am to 12:00 pm. Next meeting is on December 1.

Lakeshore Memory Café

Where: Matheson Memorial Library
101 N. Wisconsin Street, Elkhorn

When: Second Wednesday of the month from 1:30-3:00 pm. Next meeting is on December 13.

The Glacial River Memory Project will rotate between the four libraries in Fort Atkinson, Jefferson, Whitewater and Palmyra. Registration is required and can be made online at:

<https://www.librarymemoryproject.org/events/>

For questions or to register by phone, call Jill Fuller at 262-896-8085.

CAREGIVER SUPPORT GROUPS

- All are welcome, but topics will focus on adult children who are caring for a parent living with a form of dementia. Each month topics will be associated with caregiving and coping strategies, dementia care and sharing of our caregiving journey. Meets the first Monday of the month from 4:30-6:00 pm at the Matheson Library in Elkhorn.
- Access to support groups is by phone or online. This is a one-stop-shop website for all caregiving support groups, virtual events, memory cafes, etc. at the wisconsin caregiver.org website.

DEMENTIA RESOURCE LIST

Pat Metz, DFCI volunteer, has compiled a list of resources. Email jfrench@whitewater-wi.gov, if you would like a copy.



ROCKIN' RESPITE VOLUNTEERS NEEDED

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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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

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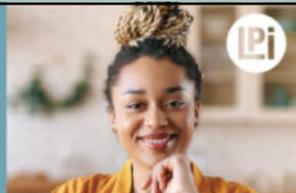
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Activity Calendar

September 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
2 OFFICE CLOSED 	3 8:00 Pickleball (A) 8:30 Toenail Clinic 10:00 Culver's Bingo 10:00 Yoga with Brienne (HC) 10:30 BP Check 12:30 Pickleball (A)	4 8:00 Pickleball (A) 8:00 Tai Chi 9:00 Indoor Walking 9:15 Jville Shopping 10:00 Travel Preview 11:00 Tai Chi 12:30 Pickleball (A) 1:30 Sign Language 3:15 Tai Chi	5 8:00 Pickleball (A) 8:30 Toenail Clinic 9:00 Hike with Ginny 9:30 FUNfit (H) 10:00 Yoga (HC) 11:00 A Walk Around Geneva Lake 12:30 Pickleball (A)	6 8:00 Pickleball (A) 8:00 Tai Chi 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) Office Closed
9 8:00 Pickleball (A) 9:30 FUNfit-(H) 10:00 Book Club 11:00 Warblers 12:00 Senior Forum 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Hand and Foot 1:00 Chi Gong	10 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) 12:30 Stained Glass (A) 1:00 Movie: "Thelma"	11 8:00 Pickleball (A) 8:00 Tai Chi 9:00 Indoor Walking 10:00 Tea Tasting 11:00 Tai Chi 12:30 Pickleball (A) 12:30 Stained Glass (A) 1:30 Sign Language 3:15 Tai Chi	12 8:00 Pickleball (A) 9:30 FUNfit (H) 10:00 Yoga (HC) 10:30 Lunch Bunch 12:30 Pickleball (A) 1:00 Medicare Options 	13 8:00 Pickleball (A) 8:00 Tai Chi 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) 12:30 Black Point Estates Office Closed
16 8:00 Pickleball (A) 9:30 FUNfit-(H) 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Canasta 1:30 DFCI	17 8:00 Pickleball (A) 10:00 Yoga with Brienne (HC) 10:30 BP Check 10:30 Coffee Hour 12:30 Pickleball (A) 1:00 Constitution Day 2:00 Garden Club	18 8:00 Pickleball (A) 8:00 Tai Chi 9:00 Indoor Walking 11:00 Tai Chi 12:30 Pickleball (A) 1:00 Movie: "Perfect Days" 1:30 Sign Language 3:15 Tai Chi	19 8:00 Pickleball (A) 8:15 Breakfast Bunch 9:15 Fall Prevention Screening 9:30 FUNfit (H) 10:00 Yoga with Brienne (HC) 12:30 Pickleball (A)	20 8:00 Pickleball (A) 8:00 Tai Chi 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) Office Closed
23 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 Chi Gong	24 8:00 Pickleball (A) 9:15 Rockin' Respite 8:30 Tai Chi Intermediate 10:00 City Bingo 10:00 Yoga with Brienne (HC) 10:30 BP Check 12:30 Pickleball (A) 1:00 Movie: "Thirteen Lives"	25 8:00 Pickleball (A) 9:00 Indoor Walking 11:00 Tai Chi 12:30 Pickleball (A) 1:30 Sign Language	26 8:00 Pickleball (A) 8:30 Tai Chi Intermediate 9:30 FUNfit (H) 10:00 Yoga with Brienne (HC) 12:30 Pickleball (A)	27 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) 4:30 Fish Fry Office Closed
30 8:00 Pickleball (A) 9:30 FUNfit-(H) 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Canasta	Activities are held at Starin Park Community Building unless otherwise noted. A = Downtown Armory C = Cravath Lakefront H = Hybrid (In Person & Virtual) V = Virtual		SEPTEMBER 	

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.

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

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.

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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–
Whitewater Branch
- 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

IGETS FEE-BASED SERVICES

Looking for technology assistance with how to use your smartphone, laptop or tablet? Intergenerational Technology Services (IGeTS) at the UW-Whitewater is available to help. Due to the overwhelming success of our pilot program, the grant funding to provide no-cost technology assistance services to individuals aged 60+ who reside in Walworth, Jefferson, Rock and Waukesha Counties has been exhausted. However, services are still available for a fee. Technology Assistance costs include \$15 for one-on-one and telehealth services and \$10 for group training classes. Service costs for those Aged 50+ who are enrolled in a Wisconsin Medicaid, Home and Community-based Services program remains unchanged. For additional information or to sign up for a service, please contact IGeTS at 262-472-1837 or igets@uww.edu.

DISCOVER WHITEWATER SERIES

Sunday, September 22, Starting at 7:55 am, Whitewater High School

Cheer on runners as they start and finish the Half Marathon and the 5K. The Discover Whitewater Series is a half marathon, half marathon teams, and 5k is held annually in Whitewater, WI every September. The race promotes the City of Whitewater and highlights its greatest features, along with encouraging a healthy lifestyle for people of all ages. The Discover Whitewater Series race was initiated by the Greater Whitewater Committee, Inc. twelve years ago in September 2013. Thanks to the continued support and growing interest, the annual Discover Whitewater Series has proven to be a great success year after year.

FOURTH ANNUAL WHITEWATER PRIDE RALLY

Saturday, October 5, 11am– 2pm, Cravath Lakefront Park

Help celebrate the diversity, inclusion, and pride in our community. Enjoy a family friendly event with activities for children, adults, and family pets all in support of our LGBTQ+ friends and neighbors. The event will include music, performances, vendors, and food trucks.

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

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



ACTIVITY SURVEY

Please fill out and return to Senior in the Park. Thank you!
Check all boxes that you enjoy doing or would like to see here.

Organized Activities

Bingo Movies
 Singing Guest Speakers
 Walking Board Games
 Outdoor Games Dancing

Other:

Life Enrichment

Brain Fitness Gardening
 Social Activities Journaling
 Wellness Men's Fitness
 Spirituality Environment
 Educational speakers
 Advocacy Financial

Other:

Creative Arts

Watercolor Acrylic
 Colored Pencils Pastels
 Sketching/Drawing
 Crafts Cooking

Other:

Travel

Gardens Museums Food
 Festivals. Art Galleries
 Ball Games/Sports Casino
 Historical Sites Wine/Beer
 Shopping International
 3-5 Day Domestic Cultural

Other: