



The Park Bench

January 2025

Seniors in the Park Newsletter

NOON YEAR'S EVE

Tuesday, December 31, 10:30-12:00

Let's enjoy a New Year's celebration without having to stay up until midnight.

Bring a dish to share with others as we ring in the new year! A sign up sheet will be at the front desk if you would like to let others know what you are bringing. Or just surprise everyone!

Deadline to register: Thursday, December 19



Volume XXVI Issue 1

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EXERCISE AND BRAIN HEALTH

Wednesday, January 15, 11:00 am

This presentation will explore the connection between physical activity and brain health, and find out how regular exercise can boost cognitive function.

BethAnn Nowak, APNP from Fort Healthcare will be here to present on this topic.

To register call 262-473-0535

DR. HANEY LECTURES

Wednesdays, January 8-29, 1:00 pm

January 8– The Whitewater Ku Klux Klan in the 1920's

January 15– My “Eventful” 1970’s USSR Trip: Close Encounters of the Cold War Kind

January 22– “Road Trip” (Me, Not Belushi): My Family’s Auto Adventures since 1917

January 29– Wisconsin’s Natural Disasters: Tornado, Flood, Fire, and Ice.

February 5– Weather makeup day if needed

To watch Virtually please register by: Monday, January 6

If you are attending in person you do not have to register in advance.



2025 MEMBERSHIP

We have made it through another year!!



The fee for residents of the Whitewater School District is \$10 and non-residents is \$15. The funds support our front desk staff person for 15 hours per week. Memberships covers slightly more than half of this cost. The rest comes out of our fundraising monies.

If you cannot afford the fee, we have a fund that will cover it for you. Please stop in or call the office and let us know. We are trying to keep this affordable for everyone.

Memberships can be paid online through the kiosk, in person, or through the mail. Please call 262-473-0535 with any questions.

Thanks for your generosity and support of Seniors in the Park.



PUZZLE EXCHANGE

Thursdays, January 9 & 23, 11:00 am

Bring a few in and take a few with you. If you don't have any puzzles to exchange, no worries, feel free to take one or two with you.

WINTER WEATHER UPDATES

With winter weather already here we would like everyone to know a few things.

If Whitewater schools are closed we are also closed. We will post the update on our park and recreation Facebook page. We will also try to update our answering machine accordingly as well.

WINTER SOWING

Tuesday, January 21, 2-3:30 pm

Start your gardening early with winter sowing. Debbie Andrus, with "Whitewater Growers" garden club, will explain the process and help you get your garden started. You will leave with your own little green house made from a gallon milk jug. Call 262-473-0535 for more info.

All supplies are included but, if you can, bring extra plastic jugs from milk, juice, water, etc.

Deadline to register: Tuesday, January 14

Fee: \$5.00

SENIOR FORUM

Monday, January 13, 12:00 pm

This group shares ideas on where we might want to go on trips and what other programs we might want to offer. Please join us as we talk about how the center is doing and what the community is up to as well. Senior Forum meets every other month.

STAINED GLASS

Tuesday and Wednesday, January 14 & 15, 12:30 pm, Downtown Armory Lower Level

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

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

Instructor is Caroline Britton.

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

Deadline to register: Thursday, January 9



WOMEN'S DAY

Friday, February 21, 2025, 9:00 am - 2:00 pm

Take a day for yourself! We will supply a light breakfast and lunch for your day. Breakfast starts at 9:00, the first session starts at 10:00.

Individual program information will be at the front desk.

Deadline to register: Thursday, February 13

Fee: \$15.00





January is Presidential: the month of the Inauguration (January 20) features biographical dramatizations of two American Presidents.

“The Apprentice “

**Tuesday, January 14, 1 PM
(Period Drama/Biography)**

**Rated R (language); 2 hours, 2 minutes
(2024)**

The story of how a young Donald Trump started his real estate business in the 1970's and 80's in New York with the helping hand of the infamous lawyer, Roy Cohn. Starring Sebastian Stan and Jeremy Strong.

“Reagan”

**Tuesday, January 28, 1 PM
(Period Drama/Biography)**

Rated PG-13; 2 hours, 21 minutes (2024)

Based on the life of Ronald Reagan, from his childhood, through his Hollywood career, to his time in the Oval Office. Starring Dennis Quaid, Penelope Ann Miller, Jon Voight, Pat Boone.

Tuesdays, 10:00 am

January 7: Culver's Bingo

January 14: Mulberry Glen Bingo

January 28: 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 & Dickens
Insurance ***

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

Jessica's * Wal-Mart * Kwik Trip

COFFEE HOUR



Tuesday, January 21, 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.

KNITTING HOW TO

**Thursdays, January
16, 23, & 30, 10:30**



In this class you will learn to knit and purl. You will learn how the stitch will look when using these stitches. You will also learn how to cast on and off.

Your Sampler will look something like the image shown.

Yarn will be supplied. Please bring size 8 or size 7 needles

Deadline to Register: Thursday, January 9

TROPICAL PARTY



Friday, January 24, 1:00- 3:00 pm

Transport yourself to a warmer place as you escape from the cold. We will have a few games, and plenty of time to enjoy the pool and hot tub.

Be sure to bring your swimsuit to enjoy the pool for free!

Deadline to Register: Monday, January 20

OLD TIME RADIO



Thursday, January 2, 1:00 pm

Start the new year off with listening to some old time radio. These stories are narrated for you to paint a picture in your mind.



“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: January 2-30

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

Deadline is Thursday, December 31

No Class Monday, January 20

Next session is February 3-27



INDOOR WALKING

Wednesdays & Fridays 10:00 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

Mondays, January 6- February 24, 10-11:00 am
Fridays, January 3- February 28, 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

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

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

Deadline to register: Monday, December 30

Please notice the days have changed

No class January 6th



TAI CHI FOR ARTHRITIS AND FALL PREVENTION— 16 WEEK CONTINUED COURSE

Wednesdays, January 8 – April 23, 8:30-9:30

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.

To take this class you need to complete the beginner class first



QI GONG

First, second, fourth, and fifth Monday, 1-2 pm

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— 16 WEEK BEGINNER COURSE

Thursdays, January 9 – April 24, 8:30-9:30

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.



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GREECE IN A CHAIR

Wednesday, February 12, 1:30 pm

Travel without having to wait in long lines to board a plane. This time we will be heading to Greece to see the lovely culture and learn a little about the country.

Deadline to Register: Thursday, February 6
Fee: \$3.00 members; \$5.00 non-members



YOU AREN'T GOING TO BELIEVE THIS GREAT WINE I FOUND: PARTY

Tuesday, February 18, 1:00 pm

February 18th is National Drink Wine Day! We are going to celebrate it with sharing our favorite unique wines we have found.

Please bring a bottle of wine that you have found to be one of your favorites to share.

Enjoy a glass of wine while you chat with fellow wine lovers about everything under the sun!

Deadline to Register: Monday, February 17

COMFORT IN LIFE'S FINAL STAGES: HOSPICE AND PALLIATIVE CARE EXPLAINED

Tuesday, February 4, 1:00 pm

Join Dana, a nurse from Rainbow Community care for an insightful presentation delving into the essence of guided care and its profound impact on aging gracefully. Our comprehensive review spotlights Palliative and Hospice care.

Deadline to Register: Thursday, January 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!



More info on what the group has been up to on page 3

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, January 6, 11:00 am

The Book Club will Discuss *Wait till Next Year* by Doris Kearns Goodwin. The January book will be *The Time Machine* by H.G. Wells.

When the Time Traveller courageously stepped out of his machine for the first time, he found himself in the year 802,700—and everything had changed. In this unfamiliar, utopian age creatures seemed to dwell together in perfect harmony. The Time Traveller thought he could study these marvelous beings—unearth their secret and then return to his own time—until he discovered that his invention, his only avenue of escape, had been stolen.

H. G. Wells's famous novel of one man's astonishing journey beyond the conventional limits of the imagination first appeared in 1895. It won him immediate recognition and has been regarded ever since as one of the great masterpieces in the literature of science fiction.

Read less

RECYCLING ELECTRONICS



Want to dispose of your old electronics? Seniors in the Park recycles cell phones, digital cameras, iPods and cordless phones as a fundraiser. Bring the items to the Starin Park Community Building during our open hours; Monday-Thursday, 8:30 am-3:00 pm.

TOENAIL CLINIC

Thursday, January 2 & Tuesday, January 7

Toenail 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

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

Garden Club—Third Tuesday, 2:00 pm

Hand and Foot—Second & Fourth Mon., 1:00 pm

Indoor Walking—Wed. & Fri., 10:00 am

Mah Jongg—Mon., 1:00 pm

Movies—Second, Fourth & Fifth Tues., 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., 10:30 am

Warblers—Mon., 11:00 am



BLOOD PRESSURE CHECKS

Every Tuesday from 10:00-10:30 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.

Trips & Extended Travel

EATING OUT

Lunch Bunch

Thursday, January 9, Depart at 10:30 am

For lunch we will head to Frot Family Restaurant, in Fort Atkinson. Please reserve your seat by **Thursday, January 2.**

Breakfast Bunch

Thursday, January 16, Depart 8:15 am

Head to Cracker Barrel, in Janesville. Please reserve your seat by **Thursday, January 9.**

Fish Fry

Friday, January 31, Depart 4:00 pm

Enjoy a fish fry at Fireside, in Fort Atkinson. Please reserve your seat by **Thursday, January 23.**

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

MALL WALKING

Friday, January 17, 9:00 am

The bus will head up to Mayfair mall for a change of scenery as you take some time to walk indoors and get the body moving while you look at all of the great stores.

Deadline to Register: Monday January 13

Fee: \$5.00

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 onshore excursions to pick from.



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

JANESVILLE SHOPPING

Wednesday, January 8

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.

REMINDERS

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

WHERE WOULD YOU LIKE TO GO

Is there a festival that you would like to go to but don't want to drive? Send me the information. If there is a town you would like to visit, send me the information.

We do plan our trips a few months out, in order to get all the information out to as many people as possible.

We usually will try to do at least one day trip every month starting in the spring.

The best way to get me the information is by email at JJackson@whitewater-wi.gov.

Trips & Extended Travel

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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.

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



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' waterfalls and the Blue Lagoon.

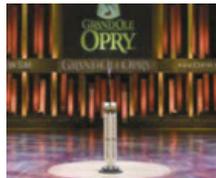
Tour Rate: \$4,599 per person double; \$4,549 single

MUSIC CITIES CHRISTMAS

December 2-7, 2025

In 6 days visit Branson, Memphis, and Nashville. You will get a city tour of each town, tour Elvis Presley's famous Graceland and the Grand Old Opry. One of the evenings you will enjoy a Holiday dinner and a show.

Tour Rate: \$3,399 per person double; \$4,124 single



ROSE PARADE NEW YEAR'S

December 30, 2025– January 4, 2026

Spend 5 nights at the Hilton Orange County/Costa Mesa, Costa Mesa. You will have reserved seating for the group at the Rose Parade along with the tour of the floats afterwards. Visit Rodeo Drive, Lunch at Lawry's in Beverly Hills and the Hollywood Walk of Fame!

Tour Rate: \$3,999 per person double; \$4,799 single



NEW ZEALAND AND AUSTRALIA–NORWEGIAN CRUISE LINE

January 26– February 9, 2026

Visit 5 ports in New Zealand and 4 ports in Australia. Experience incredible landscapes, diverse wildlife and rich cultures! You will get a chance to visit Melbourne, Australia Wellington, New Zealand, Burnie (Tasmania) Australia and many more.

Tour Rates: Price varies on where you would like your cabin to be



CLASSIC GREECE

February 8-18, 2026

Start your trip in Athens with a panoramic tour of the highlights in Athens. Ascend the steep hill of the Acropolis, Greek for "high city". Travel through central Greece to Thermopylae and enjoy a family owned taverna and savor a delicious meal. Visit Olympia and the sanctuary of Zeus. While you're in Greece also enjoy Greek dance classes, cooking classes and farm visits.

Tour Rates: \$3,799 per person double; \$4,499 single; \$3,749 per person triple.



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



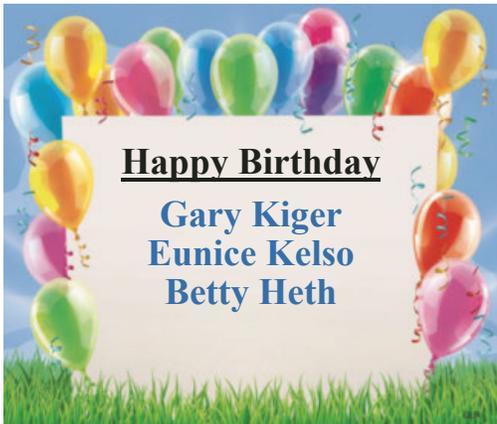
Respite Services will be provided thanks to Mulberry Glen Senior Living Community. RSVP will be required by 4pm the Tuesday before the meeting.

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 Community Building on the post by the stairs.

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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We do not offer every plan available in your area. Currently we represent 6 organizations which offer 55 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options.

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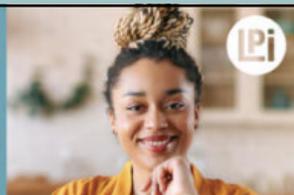
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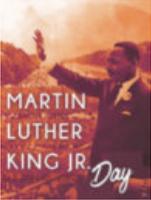
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Activity Calendar

January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p>Key for where activities are planned</p> <p>A = Downtown Armory C = Cravath Lakefront H = Hybrid (In Person & Virtual) V = Virtual</p>		<p>1</p>  <p>Office Closed</p>	<p>2</p> <p>8:00 Pickleball (A) 9:00 Toe Nail Clinic 9:30 FUNfit (H) 12:30 Pickleball (A) 1:00 Old Time Radio</p>	<p>3</p> <p>8:00 Pickleball (A) 10:00 Indoor Walking 10:00 Yoga with Brienne (HC) 12:00 Sewing 12:30 Pickleball (A)</p> <p>Office Closed</p>
<p>6</p> <p>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 1:00 Qi Gong</p>	<p>7</p> <p>8:00 Pickleball (A) 9:00 Toenail Clinic 10:00 Culver's Bingo 10:00 BP Check 12:30 Pickleball (A)</p>	<p>8</p> <p>8:00 Pickleball (A) 8:30 Tai Chi Cont. 9:15 Janesville Shopping 10:00 Indoor Walking 10:30 Sign Language 12:30 Pickleball (A) 1:00 Dr. Haney Lectures</p>	<p>9</p> <p>8:00 Pickleball (A) 8:30 Tai Chi Beginner 9:30 FUNfit (H) 10:30 Lunch Bunch 11:00 Puzzle Exchange 12:30 Pickleball (A)</p>	<p>10</p> <p>8:00 Pickleball (A) 10:00 Indoor Walking 10:00 Sewing 10:00 Yoga with Brienne (HC) 12:30 Pickleball (A)</p> <p>Office Closed</p>
<p>13</p> <p>8:00 Pickleball (A) 9:30 FUNfit-(H) 10:00 Yoga with Brienne (HC) 11:00 Warblers 12:00 Senior Forum 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Hand and Foot 1:00 Qi Gong 2:00 DFCI</p>	<p>14</p> <p>8:00 Pickleball (A) 9:30 Rockin' Respite 10:00 Mulberry Bingo 10:00 BP Check 12:30 Pickleball (A) 12:30 Stained Glass (A) 1:00 Movie: "The Apprentice"</p>	<p>15</p> <p>8:00 Pickleball (A) 8:30 Tai Chi Cont. 10:00 Indoor Walking 10:30 Sign Language 11:00 Exercise and Brain Health 12:30 Pickleball (A) 12:30 Stained Glass (A) 1:00 Dr. Haney Lectures</p>	<p>16</p> <p>8:00 Pickleball (A) 8:30 Tai Chi Beginner 8:15 Breakfast Bunch 9:30 FUNfit (H) 10:30 Knitting how to 12:30 Pickleball (A)</p>	<p>17</p> <p>8:00 Pickleball (A) 9:00 Mall Walking 10:00 Indoor Walking 10:00 Sewing 10:00 Yoga with Brienne (HC) 12:30 Pickleball (A)</p> <p>Office Closed</p>
<p>20</p>  <p>Office Closed</p>	<p>21</p> <p>8:00 Pickleball (A) 10:00 BP Check 10:30 Coffee Hour 12:30 Pickleball (A) 2:00 Winter Sowing</p>	<p>22</p> <p>8:00 Pickleball (A) 8:30 Tai Chi Cont. 10:00 Indoor Walking 10:30 Sign Language 12:30 Pickleball (A) 1:00 Dr. Haney Lectures</p>	<p>23</p> <p>8:00 Pickleball (A) 8:30 Tai Chi Beginner 9:30 FUNfit (H) 10:30 Knitting how to 11:00 Puzzle Exchange 12:30 Pickleball (A)</p>	<p>24</p> <p>8:00 Pickleball (A) 10:00 Indoor Walking 10:00 Sewing 10:00 Yoga with Brienne (HC) 12:30 Pickleball (A) 1:00 Tropical Party</p> <p>Office Closed</p>
<p>27</p> <p>8:00 Pickleball (A) 9:30 FUNfit-(H) 10:00 Yoga with Brienne (HC) 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Hand and Foot 1:00 Qi Gong</p>	<p>28</p> <p>8:00 Pickleball (A) 9:30 Rockin' Respite 10:00 City Bingo 10:00 BP Check 12:30 Pickleball (A) 1:00 Movie : " Reagan"</p>	<p>29</p> <p>8:00 Pickleball (A) 8:30 Tai Chi Cont. 10:00 Indoor Walking 10:30 Sign Language 12:30 Pickleball (A) 1:00 Dr. Haney Lectures</p>	<p>30</p> <p>8:00 Pickleball (A) 8:30 Tai Chi Beginner 9:30 FUNfit (H) 10:30 Knitting how to 12:30 Pickleball (A)</p>	<p>31</p> <p>8:00 Pickleball (A) 10:00 Indoor Walking 10:00 Sewing 10:00 Yoga with Brienne (HC) 12:30 Pickleball (A) 4:00 Fish Fry</p> <p>Office Closed</p>

WALWORTH COUNTY NUTRITION SITE

Persons 60 and over and spouse, regardless of age, are eligible to participate. The suggested donation is \$3.00, but you may donate what you can. Those unable to contribute are still welcome at the site. Call 1-262-741-3333 to make a reservation by noon, one business day in advance or a cancellation. Reservations are required. **Call 1-262-741-3333 to CANCEL your meal no later than 8:00 am day of your reservation.** Please leave your name and dining center when calling. Meal is at Brookdale Manor Monday thru Friday, serving at 11:30 am.

MEALS ON WHEELS:

For information on or to order meals, contact Marguerite Willman, 708-822-0539. Meals only delivered in the city.

WHITEWATER FOOD PANTRY:

At the Downtown Armory, 146 W. North St, Open Wednesdays and Thursdays, 8:30 am-11:30 am.

THE COMMUNITY SPACE:

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

FOODSHARE WISCONSIN

You may be eligible for FoodShare. Is money tight? FoodShare Wisconsin and the QUEST Card can help you through rough patches by providing money for groceries until you get back on your feet. The QUEST Card is accepted at most grocery stores in Wisconsin. The FoodShare Helpline wants to make applying for FoodShare as simple and stress-free as possible. They offer free help with the FoodShare application, either in person or over the phone. Call the FoodShare Helpline at 1-877-366-3635 or visit <https://www.getaquestcard.org/help-with-applications> to get started!



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VOLUNTEERS NEEDED

The DFCI

meets on the second Monday at 1:30 pm at the Starin Park Community Building. We plan and work on community education and awareness and caregiver support. If you could spare a couple of hours a month to help us make Whitewater Dementia Friendly, we would love to have you join us.

Whitewater Arts Alliance is looking for docents/receptionists to keep their doors open Thurs.–Sun., 1-5 pm. They have two shifts each day 1-3 pm and 3-5 pm. Contact Ashe McDarison by email wwartsalliance@gmail.com if interested or have questions.

Rainbow Hospice Care Inpatient Center has volunteer opportunities: Office or administrative work, reception duties, patient helper, including serving meals and Vigil Volunteers. They also are looking for volunteers for nights and weekends. With any questions, please call Jill Radke at 920-674-6255.

TAI CHI IN THE WATER

Thursdays, 7:45-8:15 am, Leisure pool

Jennifer will be teaching Tai for Arthritis and Fall prevention at the Whitewater Aquatic and Fitness Center. You will be in the warm water while you work on your arthritis and fall prevention.

This is for anyone who would like to try it, you do not have to know anything about tai chi to part take in this class.

No need for registration, just show up and enjoy the class whenever you can make it.

WHITEWATER POLAR PLUNGE

Saturday, March 15, 9:30-3:30 pm, Whitewater Aquatic and Fitness Center

Join us on March 15h at the Whitewater Aquatics Center for the Whitewater Polar Plunge supporting the more than 14,000 athletes of Special Olympics Wisconsin. ARE YOU IN?

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– 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

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.

If you would like to donate to help support the younger generation and keep this going you can donate money through the Whitewater Community Foundation.

We will give out a scholarship each year if we have the funds.

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*



FARMERS MARKET AT CRAVATH LAKEFRONT

Saturday's 9-12:00pm at
Cravath Lakefront
Community Center

Enjoy the warmth as you look through all of the booths at the Cravath Lakefront Community Center's indoor market.

Buy fresh bread, treats, crafts and much more!

The indoor market runs through April.

The Whitewater City Market was established in 2015. It brings area farmers, artisans, food vendors, and the community together. This not only provides a unique shopping experience, but a celebration of what is local.

