



The Park Bench

May 2025

Seniors in the Park Newsletter

SCHOLARLY SCOOP: USING LAKE MUD TO RECONSTRUCT WISCONSIN'S PAST CLIMATE



Friday, May 2, 10:30 am

Interested in history and science? Then come see this talk on understanding how scientists can reconstruct past climate and environmental change in Wisconsin using lake mud! We will explore what working in the field and lab is like and what was learned from a research project at Geneva Lake.

Pete Puleo is an Assistant Professor in the Department of Geography, Geology, and Environmental Science at UW-Whitewater interested in reconstructing recent environmental and climatic changes in the Midwest. He grew up in Beaver Dam, WI and attended Northwestern University.

To receive a zoom link please register by Thursday, May 1

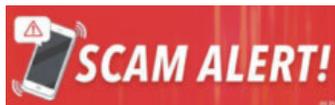
AARP FRAUD PRESENTATION

Tuesday, May 6, 11:30 am

The rapidly growing fraud industry is stealing millions of dollars from consumers every year, with losses totaling over \$70 million last year in Wisconsin alone.

In this presentation, we'll cover some common scams and the red flags you can look for to spot and avoid criminals. Plus, we'll talk about where you can go to get more information and resources if you or someone you know has been the victim of a scam.

Bring your questions and your stories – there will be time to share at the end.



Deadline to register: Thursday, May 1

Volume XXVI Issue 5

WHAT'S INSIDE

2-4, 6-7 *Activities*

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

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

10 *Dementia & Support*

8, 11, 14-15*Information*

12 *Calendar*

14 *Volunteers*

Back*ADDRESS, Phone Numbers, Staff*

FREE HOARD MUSEUM OPEN HOUSE

For those with dementia and their caregivers.

More information on page 10

COFFEE HOUR



Tuesday, May 20, 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.

GARDEN CLUB



Tuesday, May 20, 2:00 pm

We'll be talking all about roses, roses, roses,- the most popular flower. Bring your "how-to" questions for us to research and learn together. With the arrival of warmer weather we'll be planning and announcing a couple garden tours. Looking for volunteer opportunities? How about helping to care for our Native Plant garden beds which are coming alive at Starin Park Community Building?

Call 262-473-0535 for more info.

SENIOR FORUM

Monday, May 12, 12:00pm

In this meeting we will discuss trips for this up and coming year, start looking and thinking about accreditation, memberships and more.

This meeting we will also discuss a possible time/ day change to try to recruit more participants. If you are unable to come but would like to please let us know what day may work for you and we will add it to the list to look at.

VIRTIGO PRESENTATION

Wednesday, May 21, 3:00 pm

Vertigo is a disease process of the inner ear that results in positional dizziness, and it is estimated that nearly 40% of adults will experience vertigo at least once in their lifetime. This presentation will discuss anatomy of the ear, how vertigo results in dizziness, alternative reasons for being dizzy, and what treatment for this condition entails.

Come join Dr. Joe Haverkamp, physical therapist, as we take a deep dive into an interesting and very treatable condition.

Deadline to Register: Tuesday, May 20

STAINED GLASS

Tuesday and Wednesday, May 6 & 7, 12:30 pm, Downtown Armory Kitchen

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

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

Instructor is Caroline Britton.

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

Deadline to register: Thursday, May 1

Next Class: June 10 & 11



MEDICARE : CHRONIC SPECIAL NEEDS PLANS

Thursday, May 8, 11:00 am

Local business owner Jean Linos of ePlatinumHealth will be hosting a Medicare Scholar seminar.

The Medicare Scholar program provides timely information about updates to the Medicare program, law changes, benefits, different types of insurance coverage and more. Each seminar includes a presentation, handouts on the topic covered and time for questions & answers. The May topic is Chronic Special Needs Plans

This seminar will review what a chronic special needs plan is, what medical conditions would qualify someone for enrollment and care coordination. Also covered will be when to enroll, benefits available and how to decide if a chronic special needs plan might be right for you. Handouts of the material covered will be provided to all in attendance.

Call 262-473-0535 to register or with any questions



“Sing Sing”

Tuesday, May 13, 1 pm
(Docudrama/Prison drama)

Rated R (language); 1 hour, 47 minutes
(2023)

Divine G (Colman Domingo), imprisoned at Sing Sing for a crime he did not commit, finds purpose by acting in a theater group with other incarcerated men and an unforgettable ensemble cast of actual, formerly incarcerated actors. Nominated for three Oscars, including Best Actor, Song, and Screenplay.

“I’m Still Here”

Wednesday, May 21, 12:30 pm

(Drama/History) **Rated PG-13; 2 hours, 17 minutes** (2025)

Oscar Winner: Best International Film.
(Languages: Portuguese, French; shown with English subtitles).

In 1971, A military dictatorship in Brazil reaches its height. The Paiva Family, Rubens, Eunice and their five children, live in a beach house in Rio. One day, Rubens, a congressman and outspoken critic of Brazil’s newly instituted dictatorship, is taken in for questioning... and does not return. Eunice is forced to reinvent herself and chart a new course for her family. A devastating, true story.

“A Complete Unknown”

Tuesday, May 27, 1 pm
(Biography/Period Drama/Music)

Rated R (language); 2 hours, 21 minutes
(2024)

19 year old Minnesota musician Bob Dylan’s (Timothée Chalamet) meteoric rise as a folk singer from bars, to concert halls, to top of the charts. His mystique captures the attention of icons like Woody Guthrie, Pete Seeger, Joan Baez, and Johnny Cash. Nominated for eight Oscars; winner for Best Actor (Chalamet) Screen Actors Guild Award (SAG-AFTRA).

POP UP ROLLING AWAY STRESS CLASS

Wednesday, May 14, 2:00– 3:00 pm

May 11th is national foam rolling day. To celebrate that we will be hosting a pop up rolling class.

Take time for yourself and open your body with foam rolling. It is a gentle self treatment technique that enhances mobility and stability while resorting overall well being. We will open our feet, legs, hips, spine and neck as we go inside, roll away tension, and start to understand our body.

You will need: a fitness or yoga mat. Wear clothing that is not too loose. It will wrap around the roller. You must be able to lift your hips 6” off the floor while on you back with your feet flat on the floor.

Deadline to register: Wednesday, May 7

Maximum: 10

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

FITNESS AND WELLNESS TOUR

Wednesday, May 28, 8am-9pm

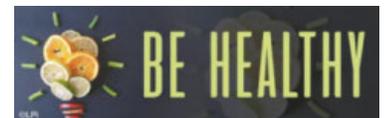
Jefferson County Health Department and Fort HealthCare will be hosting a fun and informative tour to local senior centers.

They will be at Seniors in the Park from 8:00 am– 9:00 am. Things that they may offer are:

- Free blood pressure screenings
- Q&A with a physical therapist
- Guided stretching/exercising for all mobility levels

If you miss them here they will be at a Lake Mills Senior Center, Jefferson Senior Center, and Fort Atkinson Senior center on that day as well. (check the back of the newsletter for more)

No registration required



Seniors in the Park promotes and enhances a vital aging community.



“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: May 1– May 29
Fee: \$12.00 Member
\$24.00 Non-member

Deadline is Wednesday, April 30

No Class Monday, May 26

Next session is June 2-30



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, May 5– May 19, 10-11:00 am

Friday, May 2– Thursday, May 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

Monday fee: \$15 members; \$21 non-members

Friday fee: \$25 members; \$35 non-members

Deadline to register: Wednesday, April 30

No class May 26th ; No yoga session the month of June



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.

No Class Monday, May 26

TAI CHI FOR ARTHRITIS AND FALL PREVENTION— 8 WEEK BEGINNER



Tuesday and Thursday, May 20– July 10, 3:30 pm-4:30pm

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: Thursday, May 15



HIKES WITH GINNY

Thursday, May 1, 9:00 am

Please join us for the monthly senior hike on Thursday May 1, May Day! We will search for spring flowers in the woods and prairies of Kettle Moraine Oak Opening State Natural Area. Meet at 9 a.m. in the SITP parking lot and we will carpool to the trail head where the Ice Age Trail crosses Young Rd. We plan to return to SITP about noon. Please register in advance and bring a hat, water bottle and dress for the weather. Call Ginny at 262 473 3953 or Seniors in the park at 262-473-0535.

Deadline to Register: Tuesday, April 29

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Kyle Kabara,
VP/Trust Officer
kkabara@firstcitizensww.com

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

DHS Approved 4/22/2021



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Seniors in the Park, Whitewater, WI A 4C 01-1235



SIGN LANGUAGE

Wednesday's 10:30 am

COME JOIN US SIGN!! Learn Sign Language, challenge your brain, meet new friends, and have some fun.

All Levels welcome

Call Seniors in the Park 262-473-0535 or email Nancy Brunner at nbb1024@yahoo.com for more information

WHAT IS ADULT PROTECTIVE SERVICES? WHAT DO THEY DO? HOW CAN THEY HELP?



Tuesday, June 3, 1:00 pm

This is a learning session to identify elder abuse, knowing how and where to report as well as information on scams including identifying fraudulent communications, protecting funds, staying safe online and resources to respond to scams.

Stefanie Lenz, Adult Protective Services Lead from Walworth County Human Services, will be here to help us navigate these questions.

Deadline to register: Monday, June 2

BINGO

Tuesdays, 10:00 am

May 6: Culver's Bingo

May 13: Mulberry Glen Bingo

May 27: 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 *

Rick's * First Citizens Bank*

Jessica's * Wal-Mart * Kwik Trip



UWW OBSERVATORY TOUR

Tuesday, May 13, 8:00 pm, Lot 2 at UWW

Celebrate the wonders of the universe! We will head to UW-Whitewater's Observatory for a brief tour and the chance to look out to the sky!

We will meet at parking lot 2 (next to the Young Auditorium) and walk to the observatory.

Deadline to register: Thursday, May 8



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

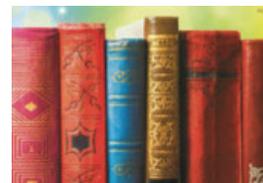
Fridays, 10:00 am-3:00 pm

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, May 5, 11:00 am

The Book Club will Discuss *Evicted* by Matthew Desmond. The May book will be *Dinner at the Homesick Restaurant* by Anne Tayler.

Abandoned by her wanderlusting husband, stoic Pearl raised her three children on her own. Now grown, the siblings are inextricably linked by their memories—some painful—which hold them together despite their differences.

Hardened by life's disappointments, wealthy, charismatic Cody has turned cruel and envious. Thrice-married Jenny is errant and passionate. And Ezra, the flawed saint of the family, who stayed at home to look after his mother, runs a restaurant where he cooks what other people are homesick for, stubbornly yearning for the perfect family he never had.

Now gathered during a time of loss, they will reluctantly unlock the shared secrets of their past and discover if what binds them together is stronger than what tears them apart.

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, May 1 & Tuesday, May 6

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

To cancel appointments please call (262) 719-0336

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
- Yoga (Hybrid)**—Monday or Friday., 10:00 am



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.)

Trips & Extended Travel

EATING OUT

Lunch Bunch

Thursday, May 8, Depart at 10:30 am

For lunch we will head to Elizabeth's Café, in Delevan. Please reserve your seat by **Thursday, May 1.**

Breakfast Bunch

Thursday, May 15, Depart 8:15 am

This month we will try Sammy's on the Square, in Walworth. Please reserve your seat by **Thursday, May 8.**

Fish Fry

Friday, May 30, Depart 4:00 pm

Enjoy a fish fry at My Apartment Pub & Grill, Janesville. Please reserve your seat by **Thursday, May 22.**

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

JONES DAIRY FARM MARKET

Thursday, May 22, 1:00pm

We will take a short trip over to Jones Dairy Farm Market for a nice tour and history of Jones Dairy Farm (tour is all done in the shop). After enjoy a scoop of ice-cream and time to shop.

Fee: \$8.00 member; \$12.00 non-member

Deadline to register: Thursday, May 8

MADISON MALLARDS PEPSI PREGAME

Friday, June 20, 11:05 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.

You will get 90 minutes starting at gates open (gates open 60 min before the game) to enjoy all you can eat: cheeseburgers, brats, all-beef hotdogs, vegan sweet potato patty, potato salad, coleslaw, watermelon, and chips. You will also get 90 minutes starting at gate open of bottomless Pepsi or beer depending on which option you picked.

Deadline to register: Thursday, June 5

Pepsi package: \$35.00 members; \$42.00 non-member

Beer package: \$42.00 member; \$49.00 non-member



JANESVILLE SHOPPING

Wednesday, May 7

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

\$3.00 per person

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

TRAVEL PREVIEW

Thursday, May 15, 1:00 pm

Join Lawanna from Premier World Discovery as she presents on a few trips that are coming up.

Lawanna will talk about Canadian Rockies via Rail and Cape Cod & the Islands with a preview of Music Cities Holiday and Rose Parade New Year's.

Deadline to register: Tuesday, May 13

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

Trips & Extended Travel

9

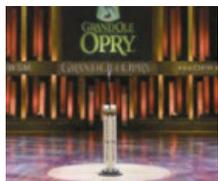
Adults of all ages are welcome on our trips. Please call or email for a brochure or more information. Brochures are also available in the lobby of the center.

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

Email Jennifer at JJackson@whitewater-wi.gov, if you would like a copy.



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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.)

FREE HOARD MUSEUM OPEN HOUSE

For those with dementia and their caregivers
Wednesday, June 11, 1:00-3:00 pm
401 Whitewater Ave (HWY 12), Fort Atkinson

Tour the wonderful Hoard Museum in Fort Atkinson and see their many displays including the Lincoln Era Library, Civil War Exhibit, Mysteries of the Mounds Exhibits, National Dairy Shrine, the beautiful gardens, and more! There are many places to sit and relax. Volunteers and docents will be available to answer questions and guide you through the museum. There may be some more surprises that day!

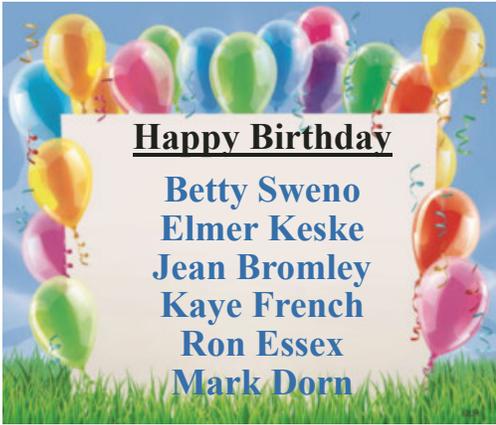
Check out this gem in our back yard.

Registration is appreciated so we have enough volunteers to assist everyone. Call Seniors in the Park at 262-473-0535 or email jjackson@whitewater-wi.gov by June 4.

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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Jean Linos

Local Licensed Agent

P **262-458-2880**

jlinos@myeph.com

www.eplatinumhealth.com/jlinos

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

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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npalasini@lpicommunities.com

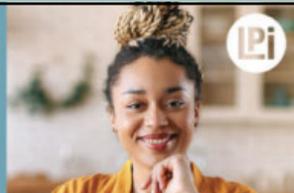
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CALL 800-950-9952



Activity Calendar

May 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p>Key for where activates are planned</p> <p>A = Downtown Armory C = Cravath Lakefront H = Hybrid (In Person & Virtual) V = Virtual</p>			<p>1</p> <p>8:00 Pickleball (A) 9:00 Toe Nail Clinic 9:00 Hikes with Ginny 9:30 FUNfit (H) 12:30 Pickleball (A)</p>	<p>2</p> <p>8:00 Pickleball (A) 9:30 IGeTS 10:00 Indoor Walking 10:00 Yoga with Brienne (HC) 10:30 Scholarly Scoop 12:00 Sewing 12:30 Pickleball (A)</p> <p>Office Closed</p>
<p>5</p> <p>8:00 Pickleball (A) 9:30 FUNfit-(H) 10:00 Yoga with Brienne (HC) 11:00 Warblers 11:00 Book Club 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Canasta 1:00 Qi Gong</p>	<p>6</p> <p>8:00 Pickleball (A) 8:30 Toenail Clinic 10:00 Culver's Bingo 10:00 BP Check 11:30 Fraud Presentation 12:30 Pickleball (A) 12:30 Stained Glass (A)</p>	<p>7</p> <p>8:00 Pickleball (A) 8:15 Tai Chi Intermediate 8:30 IGeTS 9:15 Jville Shopping 10:00 Indoor Walking 10:30 Sign Language 12:30 Pickleball (A) 12:30 Stained Glass (A)</p>	<p>8</p> <p>8:00 Pickleball (A) 9:30 FUNfit (H) 11:00 Medicare Presentation 10:30 Lunch Bunch 12:30 Pickleball (A)</p>	<p>9</p> <p>8:00 Pickleball (A) 8:15 Tai Chi Intermediate 9:30 IGeTS 10:00 Yoga (HC) 10:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A)</p> <p>Office Closed</p>
<p>12</p> <p>8:00 Pickleball (A) 9:30 FUNfit-(H) 10:00 Yoga (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</p>	<p>13</p> <p>8:00 Pickleball (A) 9:30 Rockin' Respite 10:00 BP Check 10:00 Mulberry Bingo 12:30 Pickleball (A) 1:00 Movie: "Sing Sing" 8:00 Observatory Tour</p>	<p>14</p> <p>8:00 Pickleball (A) 8:15 Tai Chi Intermediate 10:00 Indoor Walking 10:30 Sign Language 12:30 Pickleball (A) 2:00 Rolling class (C)</p>	<p>15</p> <p>8:00 Pickleball (A) 8:15 Breakfast Bunch 9:30 FUNfit (H) 12:30 Pickleball (A) 1:00 Travel Preview</p>	<p>16</p> <p>8:00 Pickleball (A) 8:15 Tai Chi Intermediate 10:00 Indoor Walking 10:00 Sewing 10:00 Yoga (HC) 12:30 Pickleball (A)</p> <p>Office Closed</p>
<p>19</p> <p>8:00 Pickleball (A) 9:30 FUNfit-(H) 10:00 Yoga (HC) 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Canasta 1:30 DFCI</p>	<p>20</p> <p>8:00 Pickleball (A) 10:30 Coffee Hour 10:00 BP Check 12:30 Pickleball (A) 2:00 Garden Club 3:30 Tai Chi Beginner</p>	<p>21</p> <p>8:00 Pickleball (A) 8:15 Tai Chi Intermediate 10:00 Indoor Walking 10:30 Sign Language 12:30 Pickleball (A) 12:30 Movie "I'm Still Here" 3:00 Vertigo Presentation</p>	<p>22</p> <p>8:00 Pickleball (A) 9:30 FUNfit (H) 12:30 Pickleball (A) 1:00 Jones Market Trip 3:30 Tai Chi Beginner</p>	<p>23</p> <p>8:00 Pickleball (A) 8:15 Tai Chi Intermediate 10:00 Indoor Walking 10:00 Sewing 10:00 Yoga with Brienne (HC) 12:30 Pickleball (A)</p> <p>Office Closed</p>
<p>26</p>  <p>Office Closed</p>	<p>27</p> <p>8:00 Pickleball (A) 9:30 Rockin' Respite 10:00 BP Check 10:00 City Bingo 12:30 Pickleball (A) 1:00 Movie: "A Complete Unknown" 3:30 Tai Chi Beginner</p>	<p>28</p> <p>8:00 Pickleball (A) 8:00 Health & Fitness Day 10:00 Indoor Walking 10:30 Sign Language 12:30 Pickleball (A)</p>	<p>29</p> <p>8:00 Pickleball (A) 9:30 FUNfit (H) 12:30 Pickleball (A) 3:30 Tai Chi Beginner</p>	<p>30</p> <p>8:00 Pickleball (A) 8:15 Tai Chi Intermediate 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 \$6.00, 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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Arrangements
ARE ALWAYS EASIER IN ADVANCE

Making your funeral arrangements in advance ensures that your loved ones avoid stress later. It's easy to do, and we're here to help at Nitardy Funeral Homes.

By choosing your desires and preferences for your funeral or cremation service ahead of time, you help ensure that your family and friends avoid stress. That way, when the time comes, they can focus on what truly matters: celebrating your life.

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VOLUNTEERS NEEDED

The DFCCI

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., 12-4 pm. They have two shifts each day 12-2 pm and 2-4 pm. Contact Kim Adams by email wwartsalliance@gmail.com if interested or have questions. Other opportunities may be Event assistance, program distribution, and bakers.

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.

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.

MEMORIAL DAY PARADE AND CEREMONY

Monday, May 26, 10:00 am

Memorial Day parade will start at 10:30 from Hearthstone Parking lot East on North Street and will end at the Armory. The observance ceremony will be to follow at the armory

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
- Book Teller
- Brookdale Apartments
- Center Street Café
- 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

TAI CHI IN THE WATER

Thursdays, 7:30-8:15 am, Leisure pool

Jennifer will be teaching “Tai Chi 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.

You will need a membership to the WAFC to join this class.

RAINBOW COMMUNITY CARE COOKBOOK PROJECT

Submit your recipe by May 31st to be included in Rainbow Hospice’s 35th Anniversary Cookbook. All Proceeds, from selling the book, will benefit Rainbow Hospice Foundation.

You can either submit your recipe at Seniors in the park, e mail it to cookbook@rainbowhospicecare.org, mail to their office in Jefferson or drop it off at their office.



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*



CELEBRATE NATIONAL SENIOR HEALTH & FITNESS DAY

WEDNESDAY, MAY 28, 2025

In partnership with the Jefferson County
Health Department, Fort HealthCare is
bringing wellness, movement, and valuable
health insights directly to local senior centers.

Each stop will include:

- Free blood pressure screenings
- Guided stretch classes (All mobility levels welcome!)
- Q&A with a Fort HealthCare Physical Therapist

Questions? Contact your local senior center:

- Jefferson: (920) 674-7728
- Fort Atkinson: (920) 397-9913
- Lake Mills: (920) 945-0156
- Whitewater: (262) 473-0535

Event Schedule

8:00 AM – 9:00 AM
Whitewater Senior Center

10:00 AM – 11:00 AM
RLAC Senior Center

12:30 PM – 1:30 PM
Jefferson Senior Center

2:00 PM – 3:00 PM
Fort Atkinson Senior Center

No appointments needed –
walk-in style events!

