



The Park Bench

June 2025

Seniors in the Park Newsletter

JUNE IS BRAIN HEALTH AWARENESS MONTH



Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body. Start now. It's never too late or too early to incorporate healthy habits. Check out page 10 for ideas!

Break a sweat: Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.

Hit the books: Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at a local college, community center or online.

Butt out: Evidence shows that smoking increases risk of cognitive decline. Quitting smoking can reduce that risk to levels comparable to those who have not smoked.

Follow your heart: Evidence shows that risk factors for cardiovascular disease and stroke — obesity, high blood pressure and diabetes — negatively impact your cognitive health. Take care of your heart, and your brain just might follow.

(Continued on Page 10)



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

Volume XXVI Issue 6

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FREE HOARD MUSEUM OPEN HOUSE

For those with dementia and their caregivers.

More information on page 10

GARDEN CLUB



You're invited to join us for the **Edgerton Hospital Healing Garden Tour & Lunch on**

Friday, June 6. We're car pooling from Starin Park at 8:30 am. More info & RSVP @ 262-473-0535.

Tuesday, June 17, 2:00 pm

Monthly meeting—Come make new friends and learn about our native plants growing in our beds behind Starin Park Community Building and what it takes to be a "Monarch Station".



Also, our Plant Sale is coming soon!

BOOK TALK: BLACK HAWK: A BOY AND HIS VISION

Thursday, June 26, 1:00 pm

The boy belongs to the Sauk tribe, the last Native Americans to live east of the Mississippi River. He learns survival skills from other tribal members. He witnesses the introduction of horses and the influx of white men using steel traps instead of wood and rawhide snares to capture fur-bearing animals. These are life changing events for the tribe. According to Sauk custom, the boy leaves the village alone to seek a vision which allows him to enter adulthood with a new name— Black Sparrow Hawk.

Carol McLernon will answer questions about how Black Hawk acquired his adult name and give interesting facts about James Doty, Governor Dodge, Juliette Kinzie, Father Mazzuchelli and other pioneers.

Deadline to register: Wednesday, June 25

You may contact the author, Carol McLernon at 262-753-8020.

STAINED GLASS

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



BEGINNER WATER COLOR CLASS

Thursdays June 5, 12, 19, 1-3 pm

This watercolor class with Rita Carpenter will focus on beginning painting techniques on watercolor paper. She will also briefly cover basics of paper, brushes,

and supplies. Attendees are always encouraged to paint from personal photos, sketches or ideas. Rita Carpenter is a Janesville, WI artist who has been painting with watercolors for around 10 years. She started a business called Art on the Fly. She leads small groups to Europe to paint, learn about a new culture and to have fun.

supplies: 2 plastic water containers, paper towel, table cover, watercolor paper, round brush #8, 2" wash brush, red, yellow, blue watercolor paint. Foam core board 18"x 24". *****DO NOT buy anything new. Bring what you have as we will discuss the differences in products.

Minimum – 6 people **Maximum** – 12 people

Fee: \$20 per class or \$50 for all 3 classes

If the 6 person minimum is met, walk-ins may attend. Please call ahead to make sure the class minimum has been met.

Rita also will offer a beginning watercolor kit for \$40.

Contact artonthefly2018@gmail.com for additional information.



COFFEE HOUR

Tuesday, June 17, 10:30 am

Come enjoy some fun conversation while eating some delicious treats and drinking coffee. Coffee hour is sponsored by Frontida Assisted Living.

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





“Green and Gold”

Tuesday, June 10, 1 pm
(Drama/Family);

Rated PG; 1 hour, 45 minutes (2025).

Foreclosure looms over a Wisconsin dairy farmer (Craig T. Nelson) with mounting debt and loss of the land his family has cultivated for four generations. With time running out, he places a daring Super Bowl bet on his beloved Green Bay Packers in a Hail Mary attempt to save the farm. Filmed in Door County, and at Lambeau Field. Also features Wayne Larrivee (radio voice of the Green Bay Packers) and LeRoy Butler.

“All We Imagine as Light”

Wednesday, June 18, 1 pm
(Psychological Drama/Romance)
Not Rated.

1 hour, 58 minutes (2024).

The light, the lives and the textures of contemporary, working class, Mumbai (formerly Bombay). The New York Times says “a soulful study of the transformative power of friendship and sisterhood, in all its complexities and richness.” Grand prize winner, Cannes Film Festival, 2024. Shown with English subtitles.

“Nickel Boys”

Tuesday, June 24, 1 pm
(Coming of Age/Drama/History)
Rated PG-13; 2 hours, 20 minutes (2024).

The chronicles of a powerful friendship between two young Black teenagers, navigating the harrowing trials of the Nickel Academy, a Florida reform school in the 1960’s Jim Crow South. Based on the best selling novel by Colson Whitehead. Nominated for Oscars: Best Film and Best Adapted Screenplay.

SUMMER PICNIC AND CAR SHOW

Wednesday, July 9, 11:30-1:00

We will enjoy another wonderful summer with our picnic and car show. Your choice of meat will be:

- Burger
- Hotdog
- Brat

We will also have potato salad, baked beans, and an ice-cream dessert!

Deadline to register: Tuesday, July 1

Fee: \$10 member ; \$15 non- member

If you are planning to bring a car please let us know along with your meat choice by July 1. Drivers eat for free!

SIP-SIP HORRAY



Wednesday, June 25, 1:00 pm

Let’s celebrate the first week of summer by having a drink on the back patio! Bring a bottle of your favorite wine or beer, and a lawn chair. We will have a few yard games out along with some fun trivia.

BINGO

Tuesdays, 10:00 am

June 3: Culver's Bingo

June 10: Mulberry Glen Bingo

June 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 & Dickens Insurance * Rick’s * First Citizens Bank***
- Jessica’s * Wal-Mart * Kwik Trip**

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: June 2-30

Fee: \$13.50 Member
\$27.00 Non-member

Deadline is Wednesday, May 28

Next session is July 7-31



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, July 7– July 28, 10-11:00 am

Friday, July 11– Friday, July 25, 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: \$20 members; \$28 non-members

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

Deadline to register: Thursday, July 3



WALKING CHALLENGE: HOW FAR CAN WE GO

June 1 – August 31

Get out your walking shoes and step counters! To participate:

- Keep track of your steps for the month
- Call 262-473-0535 to report your steps each month (or email JJackson@whitewater-wi.gov)
- At the end we will find out where we can travel to with all of our steps.
- Each month you submit your steps you will be entered to win a prize . Winners will be picked after September 1.

Call 262-473-0535 with any questions

HIKES WITH GINNY

Thursday, June 5, 9:00 am

Please join us for the monthly senior hike on Thursday June 5. We will see many late spring flowers in the woods and prairies of Kettle Moraine Oak Opening State Natural Area because a prescribed burn was done March which always stimulates a good bloom. 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 11:30. 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, June 3



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FOURTH OF JULY PARADE

Friday, July 4, 10:00 am

We are going to be driving our senior van through the parade! That way we can be comfortable as we promote the senior center. We will have a recording of the Warblers singing and have a festive decorated Van. If you would like to ride then van please let us know. We will pick up at Starin and around 9:00 am and head over to get a spot.

Deadline to register: Tuesday, July 2

CONCERTS IN THE PARK

Tuesday, July 15, 6:00 pm– 7:00 pm

Seniors in the Park is sponsoring the first concert of the summer! These concerts are free and open to all that would like to attend.

Bonzo Squad is an instrumental jazz ensemble based in Chicago IL, with a focus on presenting fun, eclectic music with a high level of musicianship. The group consists of Bonzo himself, born Corbin Andrick, who plays the flute and the saxophones. Completing the line up are Andrew Lawrence on keyboards, Andrew Vogt on bass, and Zack Marks on drum set. The band formed in 2014 through playing a weekly residency at Lilly's in Chicago.

Take a peak at Page 15 for more Concerts in the Park information.



AARP SMART DRIVER CLASS

Wednesday, July 23, 12:30-4:30 pm

The AARP Smart Driver Safety Program is an updated four-hour classroom course. It is research-based to help older drivers become more aware of changes that occur due to aging and how to adjust accordingly. The course covers: Defensive driving techniques, New laws and rules of the road; How to deal with aggressive drivers; How medications may affect driving; How to safely use anti-lock brakes, air bags and safety belts and Navigating roundabouts. Please arrive 15 minutes early to fill out a form, show your AARP card and pay the fee.

Fee: \$20 AARP members; \$25 for nonmembers

Bring your AARP member card to receive the discount. You may also be eligible to receive an insurance discount, consult your agent for details.

Deadline to register: Thursday, July 17



ONLINE REGISTRATION

Bookmark/save this registration link:

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

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



WHITEWATER WARBLERS

Mondays, 11:00 am

It's a fun group of people with HUGE hearts.

Music and socializing are proven to be good for health and brain fitness, so come join us. You don't need to read music; just enjoy singing and having fun!



SEWING GROUP

Fridays, 10:00 am-3:00 pm

Join other sewers and share ideas, get help and have fun.

Bring your machine and anything you may need. Either bring a lunch or go out with the group. Stay as long or short as you want.



BOOK WORMS



Monday, June 2, 11:00 am

The Book Club will Discuss *Dinner at the Homesick Restaurant* by Anne Tayler. The June book will be *Take My Hand* by Dolen Perkins– Valdez.

Montgomery, Alabama 1973. Fresh out of nursing school, Civil Townsend has big plans to make a difference, especially in her African American community. At the Montgomery Family Planning Clinic, she intends to help women make their own choices for their lives and bodies.

But when her first week on the job takes her down a dusty country road to a worn down one-room cabin, she's shocked to learn that her new patients are children—just 11 and 13 years old. Neither of the Williams sisters has even kissed a boy, but they are poor and Black and for those handling the family's welfare benefits that's reason enough to have the girls on birth control. As Civil grapples with her role, she takes India, Erica and their family into her heart. Until one day, she arrives at the door to learn the unthinkable has happened and nothing will ever be the same for any of them.

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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.



TOENAIL CLINIC

Tuesday, June 3 & Tuesday, June 24

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

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



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



Trips & Extended Travel

EATING OUT

Lunch Bunch

Thursday, June 12, Depart at 11:00 am

For lunch we will head to Moy's, in Elkhorn. Please reserve your seat by **Thursday, June 5.**

Breakfast Bunch

Thursday, June 19, Depart 8:15 am

This month we will try Sammy's on the Square, in Walworth. Please reserve your seat by **Thursday, June 12**

Fish Fry

Friday, June 27, Depart 4:00 pm

Enjoy a fish fry at Snug Harbor, in Delevan. Please reserve your seat by **Thursday, June 19.**

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

JANESVILLE SHOPPING

Wednesday, June 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.

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 bot-tomless 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

TRAVEL PREVIEW

Monday, July 7, 9:00 am

The representative form Collette will be here to preview Classic Greece and Mackinac Island trip.

Deadline to register: Thursday, July 3

STATE FAIR

Thursday, July 31, 9:00 am

Enjoy a day of fun, food, entertainment, animals, shopping, cream puffs and more at the Wisconsin Sate Fair. Entrance fee, on your own, is \$15 for seniors (\$60 & over) and \$20 for adults (12 & Over). Discount ticket details to come closer to the event date.

Fee: \$12 (transportation/ Parking/ driver)

Depart Starin Park at 9:00 am; Return approx. 4:30 pm

Deadline to Register : Thursday, July 24

NEW GLARUS BLUES, BREWS & FOOD TRUCK FESTIVAL

Saturday, July 19, 10:00 am

The 7th annual Blues, Brews & Food Trucks Festival is returning to New Glarus! Local beers and lots of food trucks to pick from will create a great day out. This trip can have

Fee: \$10.00 member ; \$17.00 non member

Deadline to register: Monday, July 14

Bring a lawn chair as seating may be limited

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.



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

CANADIAN ROCKIES 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

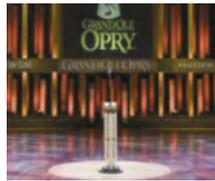


MUSIC CITIES CHRISTMAS

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

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.



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

DISCOVER MACKINAC ISLAND

May 9-17, 2026

Enjoy this level 1, 9 day trip. Start your trip out with a tour of Chicago. You will then head to Holland Michigan, to celebrate the Tulip Time Festival. You will get a chance to enjoy Mackinac Island where you will stay at a national landmark. Take a horse drawn carriage island tour.

Tour Rate: \$3,999 per person double; \$4,999 single; \$3,949 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.

BRAIN HEALTH (CONT.)

Heads up! Brain injury can raise your risk of cognitive decline and dementia. Wear a seat belt, use a helmet when playing contact sports or riding a bike, and take steps to prevent falls.

Fuel up right: Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline. Although research on diet and cognitive function is limited, certain diets, including Mediterranean and Mediterranean-DASH (Dietary Approaches to Stop Hypertension), may contribute to risk reduction.

Catch some Zzz's: Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.

Take care of your mental health: Some studies link a history of depression with increased risk of cognitive decline, so seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Also, try to manage stress.

Buddy up: Staying socially engaged may support brain health. Pursue social activities that are meaningful to you. Find ways to be part of your local community — if you love animals, consider volunteering at a local shelter. If you enjoy singing, join a local choir or help at an after-school program. Or, just share activities with friends and family.

Stump yourself: Challenge and activate your mind. Build a piece of furniture. Complete a jigsaw puzzle. Do something artistic. Play games, such as bridge, that make you think strategically. Challenging your mind may have short and long-term benefits for your brain.

FREE HOARD MUSEUM OPEN HOUSE

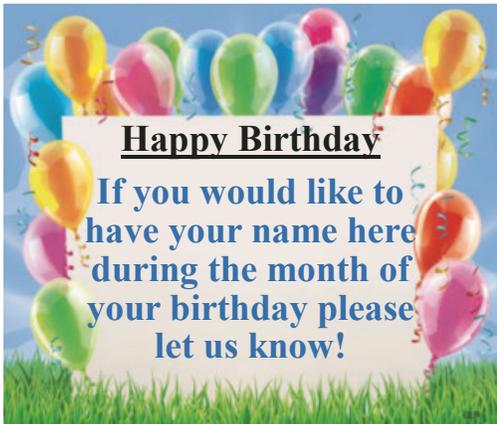
For those with dementia and their caregivers
Wednesday, June 11, 1:00-3:00 pm
401 Whitewater Ave (HWY 12), Fort Atkinson

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.



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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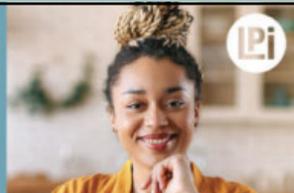
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Activity Calendar

June 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
2 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	3 8:00 Pickleball (A) 8:30 Toenail Clinic 10:00 Culver's Bingo 12:30 Pickleball (A) 1:00 What is Adult Protective Services 3:30 Tai Chi Beginner	4 8:00 Pickleball (A) 9:15 Jville Shopping 10:00 Indoor Walking 10:30 Sign Language 12:30 Pickleball (A) 1:00 Tai Chi Intermediate Office open at 10:30	5 8:00 Pickleball (A) 9:00 Hikes with Ginny 9:30 FUNfit (H) 12:30 Pickleball (A) 1:00 Water Color 3:30 Tai Chi Beginner	6 8:00 Pickleball (A) 8:15 Tai Chi Intermediate 10:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) Office Closed 
9 8:00 Pickleball (A) 9:30 FUNfit-(H) 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Hand and Foot	10 8:00 Pickleball (A) 9:30 Rockin' Respite 10:00 Mulberry Bingo 12:30 Pickleball (A) 12:30 Stained Glass (A) 1:00 Movie: "Green and Gold" 3:30 Tai Chi Beginner	11 8:00 Pickleball (A) 8:15 Tai Chi Intermediate 10:00 Indoor Walking 10:30 Sign Language 12:30 Pickleball (A) 12:30 Stained Glass (A)	12 8:00 Pickleball (A) 9:30 FUNfit (H) 10:30 Lunch Bunch 12:30 Pickleball (A) 1:00 Water Color 3:30 Tai Chi Beginner	13 8:00 Pickleball (A) 8:15 Tai Chi Intermediate 10:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) 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) 10:30 Coffee Hour 12:30 Pickleball (A) 2:00 Garden Club 3:30 Tai Chi Beginner	18 8:00 Pickleball (A) 10:00 Indoor Walking 10:30 Sign Language 12:30 Pickleball (A) 1:00 Movie: "All We Imagine as Light" Office Closed	19 8:00 Pickleball (A) 8:15 Breakfast Bunch 9:30 FUNfit (H) 12:30 Pickleball (A) 1:00 Water Color 3:30 Tai Chi Beginner	20 8:00 Pickleball (A) 8:15 Tai Chi Intermediate 10:00 Indoor Walking 10:00 Sewing 11:05 Madison Mallards 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	24 8:00 Pickleball (A) 8:30 Toenail Clinic 9:30 Rockin' Respite 10:00 City Bingo 12:30 Pickleball (A) 1:00 Movie: "Nickle Boy" 3:30 Tai Chi Beginner	25 8:00 Pickleball (A) 8:15 Tai Chi Intermediate 10:00 Indoor Walking 10:30 Sign Language 12:30 Pickleball (A) 1:00 Sip Sip Horray	26 8:00 Pickleball (A) 9:30 FUNfit (H) 12:30 Pickleball (A) 3:30 Tai Chi Beginner	27 8:00 Pickleball (A) 8:15 Tai Chi Intermediate 10:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) 4:00 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	<div style="background-color: #e0e0e0; padding: 10px;"> <p>Key for where activates are planned</p> <p>A = Downtown Armory</p> <p>C = Cravath Lakefront</p> <p>H = Hybrid (In Person & Virtual)</p> <p>V = Virtual</p> </div> 			

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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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., 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.

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.

SCHOOL SUPPLY DRIVE

Monday, June 23– Monday, August, 11

The City of Whitewater will be hosting another school supply drive starting on June 23. You can donate school supplies at the Starin Park Community Building, Whitewater Municipal building, and Whitewater Aquatic and Fitness center.

Contact Jennifer at 262-473-0535 or JJackson@whitewater-wi.gov with any questions.

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

City of **WHITEWATER** Parks & Recreation & **Whitewater** present... in conjunction with **WHITEWATER CITY MARKET**

SUMMERTIME CONCERTS in the PARK



CONCERT LINEUP

- JUL. 15 Bonzo Squad
- JUL. 22 The Honey Pies
- JUL. 29 Family Event: Messy Fest
- AUG. 05 Ladies Must Swing
- AUG. 12 Palmyra Eagle Community Band
- AUG. 19 Piper Road Spring Band

MARKET: 4pm-7pm
CONCERTS: 6pm-7pm

Grab fun food from the City Market or bring your picnic dinner and enjoy the FREE Concert!

Please bring your own lawn chair or blanket

For more information please visit our website at www.wwparks.org

Cravath Lakefront Park
341 S. Fremont Street, Whitewater

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
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JUNE 14	INSIDE OUT 2	
JULY 12	MOANA 2	
AUGUST 16	MUFASA	
SEPTEMBER 06	WICKED	

SATURDAYS AT DUSK ★ CRAVATH LAKEFRONT PARK