



The Park Bench

August 2025

Seniors in the Park Newsletter

INTERNATIONAL BEER DAY CELEBRATION



Friday, August 1, 1:00 pm

To celebrate this day we will be showing the Greatest Beer Run Ever!

(Adventure/War Drama/True Story)

Rated R(language); 2 hours, 6 minutes (2022).

Join us Friday afternoon, August 1 at 1 pm to celebrate International Beer Day worldwide!

An anonymous donor will provide the PBR and pretzels!! This is a true story of a friend who delivers beer to his buddies in combat during the VietNam War. Yes, it really did happen!! Stars Zac Efron, Russell Crowe, and Bill Murray.

If you don't like PBR bring some beer whether it is just for yourself or to share as we watch a great movie and enjoy! You do not have to drink beer to join in the celebration!

FROM THE COORDINATOR

If you haven't guessed the riddle at the desk or read the "From the Coordinator" from last month's issue, I have some news for you!

Baby Jackson will be arriving January of 2026!

We are very excited to meet our little one and start the next journey of our lives together.

- Jennifer



Volume XXVI Issue 8

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*

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

UNDERSTANDING AND PREVENTING IDENTITY THEFT

Wednesday, August 13, 1-2 pm

Join us for an informative presentation on Identity Theft, featuring insights from your local financial expert. In this session, you'll learn how to recognize the warning signs of identity theft, understand common tactics used by fraudsters, and discover practical strategies to protect your personal and financial information.

Kelsey Schultz, a Relationship Banker from Associated Bank, will share valuable tips and resources to help you safeguard your identity in an increasingly digital world.

Deadline to register:

Monday, August 11

SCHOOL SUPPLY BAG STUFFING

Thursday, August 14, 1:00 pm

We will be stuffing bags again this year from our generous donations that the community provided. We will have everything set out.

If you would like to let us know you will be coming that's great! Or just show up day of.

REMINDERS

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

STAINED GLASS

Tuesday and Wednesday, August 19 & 20 , 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, July 31

Nest Session: October 7 & 8



WIFI SAFETY WORKSHOP

Wednesday, August 6, 1:00pm

Join us for an eye-opening workshop on protecting yourself online! Local cybersecurity expert, Riley Nevins, will demonstrate live how hackers can break into weak WiFi networks and passwords in seconds, and show you how to create security that would take centuries to crack.

Deadline to Register: Tuesday, August 5

BEGINNER WATER COLOR CLASS

Thursdays, August 21, 28, and September 4, 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.

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.





Greatest Beer Run Ever
(Adventure/War Drama/True Story)
Rated R (language); 2 hours, 6 minutes
(2022).

This is a true story of a friend who delivers beer to his buddies in combat during the VietNam War. Yes, it really did happen!! Stars Zac Efron, Russell Crowe, and Bill Murray.

“The Amateur”
Tuesday, August 12, 1 pm
(Spy/Action/Thriller)

Rated PG-13. 2 hours, 2 minutes. (2025)

After his life is turned upside down when his wife (Rachel Brosnahan) is killed in a London terrorist attack, a brilliant, introverted CIA decoder (Rami Malek) takes matters into his own hands when his supervisors (Laurence Fishburne) refuse to take action. An exciting deadly chase ensues across many European locales.

“Humphrey Bogart: Life Comes in Flashes”
Wednesday, August 20, 1 pm
(Biography/Documentary)

Rated G. 1 hour, 39 minutes (2024).

The iconic actor’s journey to stardom from vaudeville to Hollywood as seen through unprecedented rare personal footage from his estate, including his own personal narration and that of his wife, Lauren Bacall, son Stephen, and other notable actors and actresses.

The man, the myth, the legend!

“Just a Bit Outside: The Story of the 1982 Milwaukee Brewers”

Tuesday, August 26, 1 pm
(Sports/Baseball/Documentary)

Hopefully, by the time you read this, the Brewers will be thick into this season’s Race for the 2025 pennant! This is the chronicle of the City of Milwaukee and the State of Wisconsin and their 55 year love affair with the Milwaukee Brewers, and the incredible yet heartbreaking run in the 1982 World Series. (Our day will come).
 You’ve got to believe!

STEPPING ON

Thursdays August 21– October 2, 10:00 am– 12:00 pm

Stepping On can help you avoid a dangerous and costly fall and keep you doing the things you love to do! In just seven weeks, you’ll learn:

- To identify and remove or avoid fall hazards in your home and outside
- How vision, hearing, medication, and footwear affect your risk of falling.
- Strength and balance exercises you can adapt to your individual levels.
- To get back on your feet the right way if you do fall

Stepping On has been researched to reduce falls by 30%!

Suggested donation \$10

Please call 262-741-3309 to register

GARDEN CLUB



Tuesday, August 19, 2:00 pm

Have you ever wanted to grow tropical plants? Join us this month as we explore these beauties, highlighting flowers of Hawaii. Our group has many opportunities to gain knowledge and friendships. We enjoy sharing experiences (catching Japanese beetles) and products from our gardens like kohlrabi and black raspberry jelly at our July meeting. Yum!

Our native plant beds here at the Senior Center are exciting and challenging us this year. Stop by and see what new plants we have added. Would you like to adopt a plant or two to care for? Join us on UW Whitewater Garden tours—Thurs. August 7 & 14th, 6:00 –7:30pm or Aug. 20th 6:00-7:15pm UW Whitewater Nature Preserve.

Call 262-473-0535 to register, car pool and for more info.

Also see: <https://www.uww.edu/ce/gardenlandscape/gardenlandscapetours>



COFFEE HOUR

Tuesday, August 19, 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!

Please call 262-473-0535 to register in advance so we know how many treats to have.



“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: August 4-28

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

Deadline is Thursday, July 31

Next session is September 4-30



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, August 11– August 25, 10-11:00 am

Fridays, August 8– August 29, 10-11:00 am

This one hour class will focus on basic yoga postures. You will stretch, strengthen and tone your entire body. Optimal alignment, concentration and relaxation are promoted in every class. The class will be in-person at Cravath Lakefront community building or you can also join online. Everyone will get the Zoom link.

Instructor is Brienne Brown, RYT

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

Friday fee: \$20 members; \$28 non-members

No Class August 1, 4, & 15

Deadline to register: Monday, August 4



TAI CHI FOR ARTHRITIS AND FALL PREVENTION— 8 WEEK INTERMEDIATE

Tuesdays and Thursdays, September 2– October 23, 3:30 pm-4:30 pm

Master the art of Tai Chi. This gentle movement will help with arthritis and fall prevention. We will work on strength, power, and deliberate movements. This class is open to those who have taken the beginner course of Tai Chi for Arthritis and Fall prevention.

Deadline to register: Thursday, August 28

QI GONG

Every Wednesday at 8:30 am starting September 3rd

Qi Gong is back for the fall. We will be finding our center while working on balance, energy, and much more with Lee Holden DVD’s.

HIKES WITH GINNY

Thursday, August 14, 9:30 am

We are making a couple of **changes** to our hikes in the hopes of accommodating more hikers. Starting August 2025, the monthly hike will be on the **2nd Thursday of the month from 9:30 until 11:30**, one hour shorter than before.

Please join us for the next monthly hike on Thursday, August 14, when we will visit a new section of Wisconsin's own National Scenic Trail, the Ice Age Trail. This location is on Island Rd. south of White-water. Meet at 9:30 a.m. in the SITP parking lot where we will carpool to the trailhead and return about 11:30. Bring a hat, water bottle, insect protection, and dress for the weather. Please call the SITP office to register. Call Ginny at 262 473 3953 or the SITP office with questions.

Deadline to Register: Thursday, August 7



FIRST CITIZENS STATE BANK



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

207 West Main Street
Whitewater
(262) 473-2112

- Expert Estate Settlement
- Power of Attorney
- Asset Management
- Trust Administration

Tailored to meet your unique needs

Personal Trust Services

Secure Your Legacy
YOUR TRUST, YOUR WAY

www.firstcitizensww.com

JM Carpets

Flooring Design Center

JERRY MOOREN

107 S. Main Street
Fort Atkinson, WI 53538
(920) 563-0820 | Fax: (920) 563-0830
service@jmcarpets.net
www.jmcarpets.net



Serving Assisted Living Residents in
Whitewater & Surrounding Areas
262-473-2225

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?



Engaging, ad-supported print and digital newsletters to reach your community.



Scan to contact us!

Visit lpicomunities.com

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.



Visit www.mycommunityonline.com

ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?

To advertise here visit lpicomunities.com/adcreator

AUMANN'S SERVICE INC.

Body Specialists
Quality Painting
24 Hr. Towing
122 E. Dane • (920) 674-2349
After Hours (920) 674-6164

532 W. Main St. • 262-473-4175
Visit our website: tincherrealty.com

FREE AD DESIGN

with purchase of this space

CALL 800-950-9952



PICNIC AND CAR SHOW

Wednesday, September 10, 11:30-1:00pm

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: Wednesday, September 3

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

If you are planning to bring a car please let us know along with your meat choice by September 3. **Drivers eat for free!**

BOOK TALK: "WHEN IS DADDY COMING HOME? AN AMERICAN FAMILY DURING WORLD WAR II"

Wednesday, September 3, 1:00 pm

Join Richard Haney as he talks about his book "When is Daddy Coming Home? An American Family During World War II".

The story of my Mom and Dad's lives during World War II—his being killed as a U.S. Army soldier, and her wartime life on the home front in Janesville. Published by the Wisconsin Historical Society Press, with the second printing released just a few months ago. It was on some best seller lists for a while, and received the Merit Award for biography from the Midwest Publishers' Association. The book is based upon Dad's over 200 wartime letters, Mom's recollections, my memories as a little boy, and my expertise as a professional historian whose specialty was World War II. The book title, "When is Daddy Coming Home?" is the question that I constantly asked my Mom during those days.

For a zoom link please register by Tuesday, September 2

If you plan to attend in-person, registration is preferred, but not required.

NUTRITION BINGO

Wednesday, September 17, 11:00am– 12:00pm

Join Tiffany Pernat, LPN from Fort HealthCare, for some fun nutrition bingo! You will get to learn some fun nutritional fact and information while playing a fun game of bingo. You will also get a chance to win some fun prizes.

Deadline to Register: Monday, September 15

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, August 4, 11:00 am

The Book Club will Discuss *The Demon of Unrest* by Erik Larson. The August book will be *Fried Green Tomatoes at the Whistle Stop Cafe* by Fannie Flagg.

Fried Green Tomatoes at the Whistle Stop Cafe is a now-classic novel about two women: Evelyn, who's in the sad slump of middle age, and gray-headed Mrs. Threadgoode, who's telling her life story. Her tale includes two more women—the irrepressibly daredevilish tomboy Idgie and her friend Ruth—who back in the thirties ran a little place in Whistle Stop, Alabama, offering good coffee, southern barbecue, and all kinds of love and laughter—even an occasional murder. And as the past unfolds, the present will never be quite the same again.

You do not need to purchase the books for this book club. We barrow the books from the library. If you are not able to attend the book club this month but would like to join next month you can pick the book up from the center when you have time. If you miss a book club please return the book directly to the Whitewater library.

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, August 5 & Tuesday, August 26

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

BINGO

Tuesdays, 10:00 am

August 5: Culver's Bingo

August 12: Mulberry Glen Bingo

August 26: 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**



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., summer hours: 1-3 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—Summer hours: Mon.-Fri., 8:00-10 am; Mon., Wed. & Fri., 1-3 pm., Downtown Armory Gym

Sewing Group—Fri., 10:00 am

Sign Language—Wed., 10:30 am

Warblers—Mon., 11:00 am



EATING OUT

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

Lunch Bunch

Thursday, August 14, Depart at 10:30 am

For lunch we will head to Wedge Inn Cafe in Janesville. Please reserve your seat by **Thursday, August 7**.

Breakfast Bunch

Thursday, August 21, Depart 8:15 am

This month we will head to Delevan Family Restaurant in Delevan. Please reserve your seat by **Thursday, August 14**

Fish Fry

Friday, August 29, Depart 4:00 pm

Enjoy a fish fry at Island Bar and Grill in Fort Atkinson. Please reserve your seat by **Thursday, August 21**

JANESVILLE SHOPPING

Wednesday, August 6

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.

MONROE TRIP

Thursday, August 28, 8:30 am

Spend the day in Monroe! You will get to stop at The Alp & Dell Store to enjoy some cheese and get a cheese tour. Then have lunch at Vince's Restaurant. After enjoy some shopping at the Swiss Colony Outlet Store.

Deadline to register: Thursday, August 21

Fee: \$15 member; \$20 non-member (this fee does not include lunch)

CEDARBURG TRIP

Friday, September 19, 8:30 am

Take the day to enjoy shopping, eating, and drinking with friends! We will head to downtown Cedarburg where there is a great variety of shops, restaurants, winery, and much more.

Fee: \$10.00 member; \$20 non-members

Deadline to Register: Thursday, September 11

BELOIT SKY CARP

Wednesday, September 3, 4:30 pm

Enjoy an evening watching one of America's favorite past times. We will head down to watch the Beloit Sky Carp vs Peoria Chiefs during one of their last games of the season. This game will start at 6:05 pm.

Fee: \$ 30 member; \$40 non-member

Deadline to register: Wednesday, August 27

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

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

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.

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.

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.

ROAMING COSTAL MAINE

June 14– 20, 2026

Enjoy 7 days of the beautiful coastal Maine, get a chance to get a close look at a working oyster farm and learn how shuck an oyster. You will then get some free time in Camden to shop and eat. Visit the Portland Head Light-house, a lobster boat cruise, and Botanical Gardens.

Tour Rate: \$3,999 per person double; \$5,199 single; \$3,949 Per person triple.

WEST VIRGINIA RAILS & WILLIMASBURG

September 24—October 1

Enjoy a Washington D.C. Twilight Illumination Tour of the famous monuments, board trains to see Bald Eagles and beautiful scenery. Visit Thomas Jefferson’s Monticello, Yorktown Battlefield, Colonial Williamsburg and more!

Tour Rate: \$4,099 per person double ; \$5,099 Single

COLORS OF MOROCCO

November 5-19, 2026

Enjoy this 15-day cultural emersion trip. You will get leisure time to explore, drink local wine at a winery, enjoy a 2-night stay under the stars and much more.

Tour Rate: \$5,899 per person double; \$6,999 single; \$5,799 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 Friday of the month from 10:30-11:30 am. 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.

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.

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

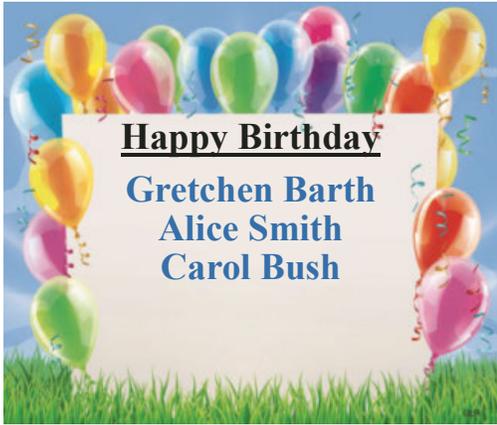
3rd Wednesday of the Month
10:30am – 11:30am

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



Happy Birthday
Gretchen Barth
Alice Smith
Carol Bush

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.



HEALTH | MEDICARE | LIFE | SUPPLEMENTAL

Need affordable Medicare that's in step with your life?

Choosing the right Medicare coverage can be confusing. I can help you find a plan that's right for YOU and YOUR BUDGET.



Jean Linos

Local Licensed Agent

P **262-458-2880**

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.

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Nick Palasini

npalasini@lpicommunities.com

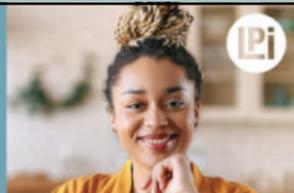
(800) 950-9952 x2162

WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers



FREE
AD DESIGN
with purchase
of this space

CALL 800-950-9952



Activity Calendar

August 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>8:00 Pickleball (A) 10:00 Indoor Walking 10:00 Yoga 1:00 International Beer Day 1:00 Pickleball (A) Office Closed</p>
<p>4</p> <p>8:00 Pickleball (A) 9:30 FUNfit-(H) 10:00 Yoga (HC) 11:00 Warblers 11:00 Book Club 1:00 Pickleball (A) 1:00 Mah Jongg 1:00 Canasta</p>	<p>5</p> <p>8:00 Pickleball (A) 8:30 Toenail clinic 10:00 Culver's Bingo 1:00 Pickleball (A)</p>	<p>6</p> <p>8:00 Pickleball (A) 9:15 Jville Shopping 10:00 Indoor Walking 10:30 Sign Language 1:00 Pickleball (A) 1:00 WIFI Safety</p>	<p>7</p> <p>8:00 Pickleball (A) 9:30 FUNfit (H) 1:00 Pickleball (A)</p>	<p>8</p> <p>8:00 Pickleball (A) 10:00 Indoor Walking 10:00 Sewing 10:00 Yoga (HC) 1:00 Pickleball (A) Office Closed</p>	
<p>11</p> <p>8:00 Pickleball 9:30 FUNfit-(H) 10:00 Yoga (HC) 11:00 Warblers 1:00 Mah Jongg 1:00 Hand and Foot 1:00 Pickleball</p>	<p>12</p> <p>8:00 Pickleball (A) 9:30 Rockin' Respite 10:00 Mullberry Bingo 1:00 Pickleball (A) 1:00 Movie: "The Amateur"</p>	<p>13</p> <p>8:00 Pickleball (A) 10:00 Indoor Walking 10:30 Sign Language 1:00 Understanding and Preventing Identity Theft 1:00 Pickleball (A) Office closed at 2:30 pm</p>	<p>14</p> <p>8:00 Pickleball (A) 9:00 Hike with Ginny 9:30 FUNfit (H) 10:30 Lunch Bunch 1:00 Pickleball (A) 1:00 School Supply Bag Stuffing</p>	<p>15</p> <p>8:00 Pickleball 10:00 Indoor Walking 10:00 Sewing 10:00 Yoga (HC) 1:00 Pickleball Office Closed</p>	
<p>18</p> <p>8:00 Pickleball (A) 9:30 FUNfit-(H) 10:00 Yoga (HC) 11:00 Warblers 1:00 Pickleball (A) 1:00 Mah Jongg 1:00 Canasta 1:30 DFCI</p>	<p>19</p> <p>8:00 Pickleball (A) 10:30 Coffee Hour 2:00 Garden Club 12:30 Stained Glass (A) 1:00 Pickleball (A)</p>	<p>20</p> <p>8:00 Pickleball (A) 10:00 Indoor Walking 10:30 Sign Language 12:30 Stained Glass (A) 1:00 Pickleball (A) 1:00 Movie: "Humphrey Bogart: Life Comes in Flashes"</p>	<p>21</p> <p>8:00 Pickleball (A) 8:15 Breakfast Bunch 9:30 FUNfit (H) 10:00 Stepping On 1:00 Pickleball (A) 1:00 Water Color</p>	<p>22</p> <p>8:00 Pickleball (A) 10:00 Indoor Walking 10:00 Sewing 10:00 Yoga (HC) 1:00 Pickleball (A) Office Closed</p>	
<p>25</p> <p>8:00 Pickleball (A) 9:30 FUNfit-(H) 10:00 Yoga (HC) 11:00 Warblers 1:00 Pickleball (A) 1:00 Mah Jongg 1:00 Hand and Foot</p>	<p>26</p> <p>8:00 Pickleball (A) 8:30 Toenail clinic 9:30 Rockin' Respite 10:00 City Bingo 1:00 Pickleball (A) 1:00 Movie: "Just a Bit Outside: The story of the 1982 Milwaukee Brewers""</p>	<p>27</p> <p>8:00 Pickleball (A) 10:00 Indoor Walking 10:30 Sign Language 1:00 Pickleball (A)</p>	<p>28</p> <p>8:00 Pickleball (A) 8:30 Monroe Trip 9:30 FUNfit (H) 10:00 Stepping On 1:00 Pickleball (A) 1:00 Watercolor</p>	<p>29</p> <p>8:00 Pickleball (A) 10:00 Indoor Walking 10:00 Sewing 10:00 Yoga (HC) 1:00 Pickleball (A) 4:00 Fish Fry 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!



HARD ROCK
SAWING & DRILLING SPECIALIST CO.
CONCRETE • ASPHALT • MASONRY
ELKHORN KESHENA
262-723-3333 MADISON 715-799-3823
608-250-5005

BANCO INSURANCE AGENCY
Complete Insurance Services
Automobile - Home - Farm
Health - Business

Two Convenient Locations:
207 W Main Street, Whitewater - (262) 473-7334
KReed@firstcityinsure.com

111E Main Street, Palmyra - (262) 495-2118 Lori Garlock
lori@bancoinsurance.com

www.bancoinsurance.com
Serving Our Community Since 1984



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.

	1008 Madison Ave. Fort Atkinson, WI 53538 920-563-5898	208 N. Park Street Cambridge, WI 53523 608-423-3414	550 N. Newcomb Street Whitewater, WI 53190 262-472-9118
---	---	--	--

NitardyFuneralHome.com

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide




Authorized Provider SafeStreets **833-287-3502**



Rainbow
Community Care
At your side with compassion,
commitment and comfort

RainbowCommunityCare.org (920) 674-6255





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 or a punch card from the WAFC to join this class

SCHOOL SUPPLY GIVE AWAY

Monday, August 18, 5:30-7:00pm

We would like to thank all of the community who donated items toward our school supply drive. We will be giving away these donation to those in need on August 18th.

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

FREE MOVIES **CONCESSIONS FOOD TRUCKS**

CRAVATH AFTER DARK

*** **SUMMER MOVIE SERIES** ***

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

SATURDAYS AT DUSK ★ CRAVATH LAKEFRONT PARK

Whitewater & Friends present... **SUMMERTIME CONCERTS in the PARK**

In conjunction with **WHITWATER CITY MARKET**

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

Advertiser of the Month

my choice WISCONSIN

My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

Visit us today:
mychoicewi.org/LPI
1-800-963-0035

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

DHHS Approved 4/22/2021

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



Please cut out this "Thank You Coupon" and present it the next time you *Patronize one of our Advertisers/Supporters*

Thank You

for Advertising with Seniors in the Park
I am patronizing your business because of it!

Seniors in the Park

PO Box 178
Whitewater WI 53190



Accredited by the
Wisconsin Assoc.
of Senior Centers

MEMBER:

Wis. Association of Senior Centers.
Wis. Parks & Recreation Assn.
National Council on Aging
Nat'l Institute of Senior Centers

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*



Wisdom & Wellness Wednesdays

1

**Decoding Medicare: Your Stay, Your Meds,
and Your Messages**
Kaye Prieve and John Bartell, RN, CRCR
Fort Atkinson Senior Center
920-397-9913
June 18, 2025
2 PM - 3 PM

2

The Importance of Vitamin D
Megan Kutz, MS, RDN
Jefferson Senior Center
920-674-7728
July 16, 2025
2 PM - 2:30 PM

3

**Digital Defense: Protecting Yourself from
Modern Scams**
Justin Lecher
RLAC Senior Center
920-945-0156
August 27, 2025
11 AM - 12 PM

4

Nutrition Bingo
Tiffany Pernat, LPN
Whitewater Senior Center
262-473-0535
September 17, 2025
11 AM - 12 PM

Open to the public! Sign up by calling the Senior
Center. Walk-ins available.

FOR QUESTIONS, PLEASE CALL COMMUNITY HEALTH &
WELLNESS AT (920) 568-5475.