



The Park Bench

September 2025 *Seniors in the Park Newsletter*

SENIOR CENTER MONTH: POWER- ING POSSIBILITIES: FLIP THE SCRIPT

This year the National Council on Aging is focusing on challenging the outdated perceptions of aging and senior centers. This is to celebrate the dynamic role that senior centers play in creativity, connection, purpose, and resilience in later life.

Our center is great at challenging the boundaries, from offering online classes, having fitness classes and activities to keep everyone healthy, travel opportunities to offer cultural learning and stories that last a life time,

and trying to bring in new ideas all the time. We are

September Senior Center Month

happy to have our center not be just a “3 B’s center: Bingo, Bathroom, and Boring”! We are much more to offer!

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.

Volume XXVI Issue 9

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Numbers, Staff**



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!**

SENIOR FORUM

Thursday, September 25, 10:30 am

We have changed the day and time in hopes to get more in attendance.

In our senior forum meetings we discuss program attendance, current and future trips, and what is going on in the center.

Please call 262-473-0535 with any questions

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, October 7 & 8, 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: November 11 & 12

No Class in September



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. There will also be a chance to win some fun prizes.

Deadline to Register: Monday, September 15



GARDEN CLUB

Tuesday, September 16, 2:00 pm

This month we will be discussing a new way of gardening– the “Know Maintenance” approach promoted by author, plant man and designer, Roy Diblik. Join us as we look more closely at some of our native perennials growing here.

Stop by and see what’s blooming here at the center. Any questions please call 262-473-0535.

The garden club recommends you take a walk through UW-Whitewater to see their annuals and perennials. We had a great tour thanks to Wes Enterline and 2 campus horticulturalists. See picture >





“Jane Austen Wrecked My Life”

**Tuesday, September 9, 1 pm
(Comedy/Romance) Rated R (language)
1 hour, 38 minutes (2025).**

An aspiring author, looking to get more out of life, takes up a writing residency and finds herself in the sort of romantic entanglements that could come from the pages of a Jane Austen novel. Filmed in England and France. Dialogue in English and French with subtitles.

“Beat the Devil”

**Wednesday, September 17, 1 pm
(Action/Adventure/Comedy)
Rated PG; 1 hour, 29 minutes (1953).**

Written by Truman Capote, directed by John Huston, and bankrolled by Humphrey Bogart’s Santana Productions company, this is a droll satire of the Maltese Falcon, and was Huston’s and Bogart’s sixth and last collaboration. On their way to Africa, a group of rogues and swindlers hope to get rich by outsmarting each other in their chase for uranium. Filmed on location in Italy, this film has become a Bogart cult classic. Starring Humphrey Bogart, Jennifer Jones, Gina Lollobrigida, Peter Lorre and Robert Morley.

“The Friend”

**Tuesday, September 23, 1 pm.
(Comedy/Drama) Rated R (language)
1 hour, 59 minutes (2025).**

When a solitary writer adopts and bonds with a Great Dane that belonged to a late friend, she begins to come to terms with her past and her own creative life. Starring Naomi Watts, Bill Murray and Apollo (Great Dane).

“Everything’s Going to Be Great”

**Tuesday, September 30, 1 pm
(Family/Comedy/Drama)
Rated R (language); 1 hour 35 minutes
(2025).**

There’s no business like show business, for Buddy (Bryan Cranston) and Macy Smart (Allison Janney) and their unpredictable life in regional theatre, while trying to raise their two radically different teenage sons. A touching, quirky charmer of a film.

COFFEE HOUR



Tuesday, September 16, 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.



EAT, TREAT AND SWEET COOKING CLASS: WITH A FOCUS ON APPLE & PUMPKIN

Thursday, September 25, 1:00 pm

Would you like to learn a new recipe or sample a new snack favorite?

You are invited to an interactive class with pastry chef and owner of *Gourmet Girl*, Lisa Byrnes. She will feature three recipes using local, in-season ingredients that include a sample or take-home item with recipes/handouts. *Gourmet Girl* is a specialty small business that partners with community events, nonprofits and teaches specialty foodie classes.

As the former pastry chef from *Tuscan* in LG, it is my passion to share simple but delicious ideas and recipes, demonstrated in-person to enrich every food lover’s pallet.



Minimum: 12 people

Maximum: 36

Fee: \$25 member; \$30 non-member

Deadline to register: Thursday, September 18

This class is for anyone 18+ so feel free to register you, your kids, and your grand-kids!

*** You will get to either sample the recipes or take some home with you**

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: September 4– 29
Fee: \$12.00 Member
\$24.00 Non-member

Deadline is Tuesday September 2

Next session is October 2– 30



INDOOR WALKING

Wednesday’s 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

Please call office for the date and fee for yoga in September

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

Deadline to register: Thursday, September 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

No class September 16 & 18

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, October 9 , 9:30 am

Please join us for the last hike of the year! We will not have a hike in September. Please be on the look out for our next hikes information in the October newsletter.

If you have any questions please call 262-473-0535.

Deadline to Register: Thursday, October 2



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MURDER MYSTERY: 80's MURDER AT THE ROLLER RINK

Thursday, October 30, 4:30 pm

Party on, dudes! Even though we will be solving the murder that happened at the roller rink we will still have a rad time at this murder mystery party!

Come dressed in costume, it could be your favorite Halloween costume.... Or... your best 80's attire.

Fee: \$5.00 members; \$10 non members

Deadline to register: Thursday, October 23

SOURDOUGH 101

Thursday, October 16, 11:00 am

Time to Bake! In this program we will learn about sourdough and how it makes that delicious bread! We will go how to get a sourdough started going and what to do to maintain it. We will also discuss somethings you may see with your sourdough starter and what to do when that happens.

You will also be sent home with our own sourdough starter kit!

Deadline to register: Thursday, October 9

Minimum: 3

Max: 10

Fee: \$5.00 member; \$10 non members



CHAT GPT: WHAT IS IT, WHAT CAN YOU DO WITH IT?

Tuesday, October 30, 11:00 am

We will take a dive into one of the newest things on the internet: Chat GPT. We will discuss what it is and how it works. We will also see how it can help in some situations.

Deadline to register: Monday, October 29

ONLINE REGISTRATION

**Bookmark/save this
registration link:**

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

The kiosk is your go-to place to register, join your activity and watch videos of classes and presentations in the On-Demand area of our Kiosk. You can also now cancel a reservation you made for an activity, that does not include payment, at the kiosk. Call or email if you need assistance with 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, September 8, 11:00 am

The Book Club will Discuss *Freid Green Tomatoes at the Whistle Stop Cafe* by Fannie Flagg. The September book will be *Year of Wonders* by Geraldine Brooks .

When an infected bolt of cloth carries plague from London to an isolated village, a housemaid named Anna Frith emerges as an unlikely heroine and healer.

Through Anna’s eyes we follow the story of the fateful year of 1666, as she and her fellow villagers confront the spread of disease and superstition. As death reaches into every household and villagers turn form prayers to murderous witch– hunting, Anna must find the strength to confront the disintegration of her community and the lure of illicit love.

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, September 2 & Tuesday, September 23

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

September 2: Culver's Bingo
September 9: Mulberry Glen Bingo
September 23: 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 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., 10:00 am
- Mah Jongg**—Mon., 1:00 pm
- Movies**—Second, Fourth & Fifth Tues., 1:00 pm
- Pickleball**—Mon.-Fri., 8:00-11 am; 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



EATING OUT

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

Lunch Bunch

Thursday, September 11, Depart at 11:00 am

For lunch we will head to Someplace Else, in Elkhorn. Please reserve your seat by **Thursday, September 4**

Breakfast Bunch

Thursday, September 18, Depart 8:15 am

This month we will head to Princess Café, in East Troy. Please reserve your seat by **Thursday, September 11**

Fish Fry

Friday, September 26, Depart 4:00 pm

Enjoy a fish fry at Red Zone Pub & Grill, in Milton. Please reserve your seat by **Thursday, September 18**

JANESVILLE SHOPPING

Wednesday, September 3

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.

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

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

DANE COUNTY FARMERS' MARKET

Wednesday, October 15, 8:30 am

Enjoy a nice day in Madison at the Dane County Farmers' Market. They have vendors with flowers, fresh produce, milk, eggs, honey, and much more.

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

Deadline to register: Monday, October 13

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; \$3949 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 to shuck an oyster. You will then get some free time in Camden to shop and eat. Visit the Portland Head Lighthouse, 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 & WILLIAMSBURG

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

TRAVEL PREVIEW

Monday, September 29, 9:00 am

Join the Collette Representative as she presents on Mackinac Island, Roaming Coastal Maine, and Colors of Morocco.

Deadline to register:
Thursday, September
25

The logo for Collette, featuring the word "collette" in a lowercase, sans-serif font with a small globe icon integrated into the letter "o".

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



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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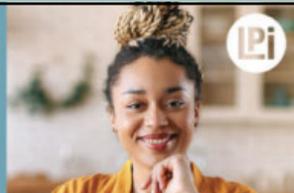
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Activity Calendar

September 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN	
1 Office Closed 	2 8:00 Pickleball (A) 8:30 Toenail clinic 10:00 Culver's Bingo 12:30 Pickleball (A) 3:30 Tai Chi	3 8:00 Pickleball (A) 8:30 Qi Gongg 9:15 Jville Shopping 10:00 Indoor Walking 10:30 Sign Language 12:30 Pickleball (A) 1:00 Book Talk (H)	4 8:00 Pickleball (A) 9:30 FUNfit (H) 10:00 Stepping On 12:30 Pickleball (A) 1:00 Water Color 3:30 Tai Chi	5 8:00 Pickleball (A) 10:00 Yoga 10:00 Sewing 12:30 Pickleball (A) Office Closed	
8 8:00 Pickleball (A) 9:30 FUNfit-(H) 10:00 Yoga (HC) 11:00 Warblers 11:00 Book Club 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Hand and Foot	9 8:00 Pickleball (A) 9:30 Rockin' Respite 10:00 Mulberry Bingo 12:30 Pickleball (A) 1:00 Movie: "Jane Austen Wrecked My Life" 3:30 Tai Chi	10 8:00 Pickleball (A) 8:30 Qi Gongg 10:00 Indoor Walking 10:30 Sign Language 11:30 Picnic 12:30 Pickleball (A)	11 8:00 Pickleball (A) 9:30 FUNfit (H) 10:00 Stepping On 11:00 Lunch Bunch 12:30 Pickleball (A) 3:30 Tai Chi	12 8:00 Pickleball (A) 10:00 Sewing 10:00 Yoga (HC) 12:30 Pickleball (A) Office Closed	
15 8:00 Pickleball 9:30 FUNfit-(H) 10:00 Yoga (HC) 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Canasta Office closed at 1:00 pm	16 8:00 Pickleball (A) 10:30 Coffee Hour 12:30 Pickleball (A) 2:00 Garden Club Office closed at 12:00 pm	17 8:00 Pickleball (A) 8:30 Qi Gongg 10:00 Indoor Walking 10:30 Sign Language 11:00 Nutrition Bingo 12:30 Pickleball (A) 1:00 Movie: "Beat the Devil" Office Open at 10:00 am Closed 1:00 pm	18 8:00 Pickleball (A) 8:15 Breakfast Bunch 9:30 FUNfit (H) 10:00 Stepping On 12:30 Pickleball (A) Office closed at 1:00 pm	19 8:00 Pickleball 10:00 Sewing 10:00 Yoga (HC) 12:30 Pickleball Office Closed	
22 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 Hand and Foot 1:30 DFCI	23 8:00 Pickleball (A) 8:30 Toenail Trimmers 9:30 Rockin' Respite 10:00 City Bingo 12:30 Pickleball (A) 1:00 Movie: "The Friend" 3:30 Tai Chi	24 8:00 Pickleball (A) 8:30 Qi Gongg 10:00 Indoor Walking 10:30 Sign Language 12:30 Pickleball (A)	25 8:00 Pickleball (A) 9:30 FUNfit (H) 10:00 Stepping On 10:30 Senior Forum 12:30 Pickleball (A) 1:00 Cooking Class 3:30 Tai Chi	26 8:00 Pickleball (A) 10:00 Sewing 10:00 Yoga (HC) 12:30 Pickleball (A) 4:00 Fish Fry Office Closed	
29 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	30 8:00 Pickleball (A) 12:30 Pickleball (A) 1:00 Movie: "Everything's Going to Be Great" 3:30 Tai Chi				<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>

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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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.

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VOLUNTEERS NEEDED

The DFCl

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

FOURTH ANNUAL WHITEWATER PRIDE RALLY

Saturday, October 4, 11am– 2pm, Cravath Lakefront Park

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

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

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



HUMMING BIRD BANDING AND MONARCH TAGGING

Saturday, September 6 at 7:30 am the public is welcome to 11703 E Berg Rd., Whitewater, WI 53190 to band hummingbirds with Mickey O'Connor.

Sunday, September 7 at 1:00 pm the public is welcome to 11703E Berg Rd., Whitewater, WI 53190 to tag Monarch butterflies. Nets are provided and young children are encouraged to attend. This event is sponsored by the Rock County Conservations and Wild Ones.

With questions call 608-490-1121

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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*



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Parks & Recreation

2nd Annual

FOOD TRUCK Festival

Good Grub, Great Music, Growing Community

Live Music & Entertainment Refreshing Drinks

September
13th
12pm-6pm

Cravath Lakefront Park
341 S. Fremont St.
Whitewater, WI 53190

Cold Sweat and the Heat City Items
Frowley Family Amphitheater
2:30pm-4pm
4:30pm-6pm