



The Park Bench

October 2025

Seniors in the Park Newsletter

HEALTHY BRAIN OBJECTIVE

Wednesday, October 1, 9:00 am

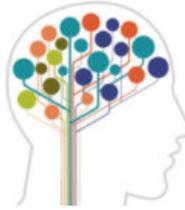
The Healthy Brain Objective (HBO) is a Walworth County program that connects seniors who are trying to maintain a healthy brain. We will use various exercises that will target aspects of our cognitive skills that we likely do not use on a regular day.

You do not need to live in Walworth County to participate.

Jake Sawyers, Dementia Care Specialist with Walworth County, will be facilitating this program.

Registration is encouraged. Please call 262-473-0535 to register

Next session: November 5 (games will not be the same as October)



Volume XXVI Issue 10

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SCOLARLY SCOOP: HONORING LIVES, ENVISIONING CHANGE: POETRY AND THE ENVIRONMENT

Friday, October 3, 10:30 am

How can literature shape environmental action? Muriel Rukeyser's poem, *The Book of the Dead* (1938) memorialized the West Virginia Hawk's Nest Tragedy and anticipated the development of Eco poetry. We'll explore how her work launched a cascade of poetic and prose responses that continue to bring urgent environmental issues to the surface.

Jada Walmer is a Math major with an emphasis in Actuarial Science. Through the Research Apprentice Program (RAP) at UW-Whitewater, she got involved in research on poet Muriel Rukeyser.



Trudi Witonsky is an associate professor in the Department of Literature, Writing, and Film at UW-Whitewater. She specializes in First-Year English and twentieth-century American literature.

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 over how to get a sourdough starter going and what to do to maintain it. We will also discuss some things you may see with your sourdough starter and what to do when that happens.

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

Deadline to register: Thursday, October 9

Minimum: 3

Max: 10

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



IDENTIFYING AND SAFE GAURDING AGAINST ONLINE SCAMS

Tuesday, October 21, 1:00pm

In honor of Cyber Security Awareness month Riley Nives, will be coming to the center to help us be as secure as possible.

This hour long activity that's get participants engaged, and start thinking about how to stay safe online when it comes to genuine truth finding.

Deadline to register: Thursday, October 16

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, October 2

Nest Session: November 11 & 12



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

CHANGES TO MEDICARE

Thursday, October 9, 2:00 pm

Have you received your 2026 Medicare Annual Notice of Change (ANOC) letter and you do not understand it? Or are you unhappy with what it is telling you? Come attend a meeting with local Medicare broker Jean Linos with ePlatinumHealth to get your questions answered. She will explain the upcoming changes in the Medicare marketplace related to Medicare Advantage and Part D Prescription drug plans. She will be reviewing high level plan & benefit changes with the following companies plans for 2026: Aetna, Anthem, Dean Health, Humana, Quartz, UnitedHealthcare and Wellcare. Bring your ANOC letter and your questions to this important meeting with your local Whitewater Medicare broker to get some clarity of the changes coming in 2026

Registration recommended by calling 262-473-0535



GARDEN CLUB

Tuesday, October 21, 2:00 pm

At this month's meeting we'll continue sharing our gardening experiences and looking deeper into Wisconsin native plants. Join us as we visit Mitchell Park Domes Fall Show, "Mythical Menagerie". Car pooling from *Starin Park* parking lot. Tickets \$9.00. Call 262-473-0535 for date & time.



“Superman”

Tuesday, October 7, 1 pm
(Action/Adventure)

Rated PG-13; 2 hours, 9 minutes (2025).

The never ending battle for truth, justice and the human way. Superman faces innumerable challenges including arch nemesis Lex Luthor, Kaiju, pocket universes, Kryptonite and a totalitarian dictator. All in a superhero’s day’s work!

“The Life of Chuck”

Tuesday, October 14, 1 pm
(Drama/Fantasy/Whimsy)

Rated R (language); 1 hour, 51 minutes (2025).

Based on a short story by Stephen King. Praised for its deep, thought-provoking themes about life, death and human connection. Three chapters in the life of an ordinary man, Charles Krantz (Tom Hiddleston). Also stars Mark Hamill.

“Sinners”

Tuesday, October 28, 1 pm
(Folk Horror/Period Drama/Supernatural/Thriller)

Rated R (language/violence/frightening & intense)

2 hours, 17 minutes (2025).

Our annual Halloween horror film has received multitudinous accolades and awards season buzz.

It’s a good, old fashion rip-roaring monster movie. Please be advised to bring your own crucifix, garlic, silver bullets, and a wooden stake.

COMMON SCAMS & FRAUDS TARGETING SENIORS



Monday, October 27, 1:00 pm

The Wisconsin Bureau of Consumer Protection will discuss the details of common scams that target seniors, the warning signs of a scam, and what to do if you or someone you know falls victim to a scam or fraud. Helpful factsheets from The Bureau of Consumer Protection will be available. As Wisconsin’s lead agency for consumer protection, the Bureau of Consumer Protection at the Wisconsin Department of Agriculture Trade and Consumer Protection, provides information and education, mediates complaints, investigates cases, and takes enforcement actions to fight fraudulent and deceptive practices that harm consumers and honest businesses.

Ben Merens is an Outreach Specialist with the Department of Ag, Trade, and Consumer Protection. Ben joined DATCP after spending most of the pandemic working as a case manager for the Milwaukee Health Department. Ben spent 21 years as a talk show host on Wisconsin Public Radio. He’s returned to state service after working in healthcare communications, as a professional storyteller, and as a storytelling coach.

Deadline to register: Monday, October 20



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

We will have some of UW-Whitewater Theater students joining us to help make this mystery come to life!

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

COFFEE HOUR

Tuesday, October 21, 10:30 am

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



“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: October 2—30
Fee: \$13.50 Member
\$27.00 Non-member

Deadline is Tuesday September 30

Next session is November 3– 24



INDOOR WALKING

Wednesday’s 9:30 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, October 6– October 27, 10-11:00 am

Fridays, October 3– October 31, 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: \$25 member; \$35 non- member

Deadline to register: Thursday, October



TAI CHI FOR ARTHRITIS AND FALL PREVENTION BEGINNER

Monday– Wednesday, October 13-November 12, 8:15-9:15 am

Master the art of Tai Chi. This gentle movement will help with arthritis and fall prevention. We will work on strength, power, and deliberate movements. This class is open to anyone who would like to take it, you do not have to know Tai Chi or have Arthritis to enjoy this course.

Deadline to Register: Thursday, October 9

QI GONG

Every Wednesday at 8:30 am starting September 3rd

Qigong is a system of coordinated body-posture and movement, breathing, and meditation said to be useful for the purposes of health, spirituality, and martial arts training.

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

We will visit Stute Springs near Palmyra. We will see a pioneer homestead with outbuildings, a spring house, the foundation of an old home, woods and fields. Meet at 9:30 AM at the SITP parking lot. (Note the new time.) We will carpool to the trailhead and return about 11:30. Bring sun protection, water bottle, insect repellent, and dress for the weather. Call 262-473-0535 to let us know you are coming. Call Ginny at 262 473 3953 with questions.

Deadline to Register: Thursday, October 2



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VP/Trust Officer
kkabara@firstcitizensww.com

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WHAT WINTHER COUNSELING SERVICES CAN OFFER FOR THE COMMUNITY

Tuesday, November 4, 9:30 am

You don't have to carry life's stresses alone! Life has many seasons, and each one brings challenges and joys. Whether you're coping with stress, changes in your family or personal struggles, it can help to have someone to talk to. Did you know that Whitewater community members have free access to counseling at Winther Counseling Services? Master's in counseling student, Alex Conrad, will share some information about these free services. During the academic year, our UW-Whitewater Master's students offer a respectful environment to chat about any joys and challenges in your life. Winther Counseling Services can be reached at 262-472-2842 or counselinglab@uww.edu. Alex will be happy to answer any question that you may have about our services during the presentation.

SCHOLARLY SCOOP— IMPACTS OF FUTURE CLIMATE CHANGE ON WISCONSIN COMMUNITIES



Friday, November 7, 10:30 am

In Wisconsin, we're already witnessing the likely effects of climate change including an increased number of extreme precipitation days, reduced ice and snow cover, and increased nighttime temperatures. In this presentation, we'll share maps and data from the most current downscaled climate models and what they portend for the future of Wisconsin's climate up to 2100. Additionally, we'll show which Wisconsin communities will bear the brunt of these changes and discuss the options — or climate adaptations — they have to respond.

Dr. Compas is a professor in the Department of Geography, Geology, and Environmental Science and uses Geographic Information System (GIS) tools to assess and map environmental change in Wisconsin and throughout the United States. Additionally, he's a member of the state-wide Wisconsin Initiative on Climate Change Impacts, helping to provide the best climate-related information to the public and planners. He recently took part in an effort to assess environmental inequality in the state of Wisconsin and received a NASA grant to study the potential for disproportionate impacts of climate change on Wisconsin communities.

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, October 6, 11:00 am

The Book Club will Discuss *Year of Wonders* by Geraldine Brooks. The October book will be *The Women* by Kristin Hannah .

Women can be heroes. When twenty-year-old nursing student Frances “Frankie” McGrath hears these words, it is a revelation. Raised in the sun-drenched, idyllic world of Southern California and sheltered by her conservative parents, she has always prided herself on doing the right thing. But in 1965, the world is changing, and she suddenly dares to imagine a different future for herself. When her brother ships out to serve in Vietnam, she joins the Army Nurse Corps and follows his path.

As green and inexperienced as the men sent to Vietnam to fight, Frankie is over-whelmed by the chaos and destruction of war. Each day is a gamble of life and death, hope and betrayal; friendships run deep and can be shattered in an instant. In war, she meets—and becomes one of—the lucky, the brave, the broken, and the lost.

But war is just the beginning for Frankie and her veteran friends. The real battle lies in coming home to a changed and divided America, to angry protesters, and to a country that wants to forget Vietnam.

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, October 7 & October 28

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

Please note that in 2026 price will increase to \$40 for the initial exam and \$37 after that initial exam.

BINGO

Tuesdays, 10:00 am

October 7: Culver's Bingo

October 14: Mulberry Glen Bingo

October 28: City Bingo



Join us for Bingo! Beverages are now available. Keep bringing your own snack. Thanks to **Culver's and Mulberry Glen** for sponsoring prizes.

City Bingo sponsors include:

**Dale's Bootery * McDonald's* Binning & Dickens Insurance *
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



Trips & Extended Travel

EATING OUT

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

Lunch Bunch

Thursday, October 9, Depart at 10:30 am

For lunch we will head to Soup's On , in Fort Atkinson. Please reserve your seat by **Thursday, October 2**

Breakfast Bunch

Thursday, October 16, Depart 8:15 am

This month we will head to Edge of Town Cafe , in Palmyra . Please reserve your seat by **Thursday, October 9**

Fish Fry

Friday, October 31, Depart 4:00 pm

Enjoy a fish fry at Red Roof Station , in Eagle. Please reserve your seat by **Thursday, October 16**

JANESVILLE SHOPPING

Wednesday, October 1

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.

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

TRAVEL PREVIEW

Thursday, October 23, 2:00pm

Join Premier Travel as they walk you through some of the trips they are offering this coming year! Lawanna will cover Music Cities Christmas and The Rose Parade New Year's.

Deadline to register: Tuesday, October 21

LAKE GENEVA PARADE OF TREES

Monday, December 1, 10:30 am

Enjoy another year of decorated trees! This is the 7th annual parade of Trees at Geneva Lake Museum. You also get the chance to enjoy the museum as you look at the trees. For lunch we will stop at the Next Door Pub.

Fee: \$15.00 member; \$25.00 non-member

Deadline to register: Thursday, November 20

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

Trips & Extended Travel

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

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 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

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

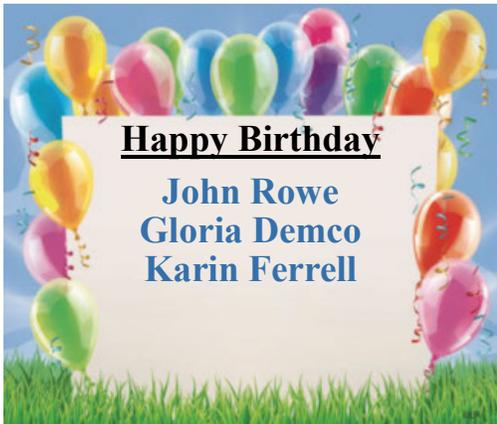
3rd Wednesday of the Month
10:30am – 11:30am

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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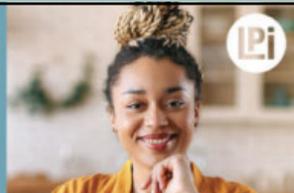
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Activity Calendar

October 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) 8:30 Qi Gongg 9:00 Healthy Brain Objective 9:15 Jville Shopping 9:30 Indoor Walking 10:30 Sign Language 12:30 Pickleball (A)</p>	<p>2</p> <p>8:00 Pickleball (A) 9:30 FUNfit (H) 10:00 Stepping On 12:30 Pickleball (A)</p> <p>Office Closed @ 1:00</p>	<p>3</p> <p>8:00 Pickleball (A) 10:00 Yoga (HC) 10:30 Scholarly Scoop 11:30 Sewing 12:30 Pickleball (A)</p> <p>Office Closed</p>
<p>6</p> <p>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</p> <p>Office Closed @ 1:00</p>	<p>7</p> <p>8:00 Pickleball (A) 8:30 Toenail Clinic 10:00 Culver's Bingo 12:30 Pickleball (A) 12:30 Stained Glass 1:00 Movie: " Superman"</p> <p>Office Closed @ 1:00</p>	<p>8</p> <p>8:00 Pickleball (A) 8:30 Qi Gongg 9:30 Indoor Walking 10:30 Sign Language 12:30 Pickleball (A) 12:30 Stained Glass</p> <p>Office Closed</p>	<p>9</p> <p>8:00 Pickleball (A) 9:30 FUNfit (H) 9:30 Hikes with Ginny 10:30 Lunch Bunch 12:30 Pickleball (A) 2:00 Medicare changes</p> <p>Office Closed @ 2:00</p>	<p>10</p> <p>8:00 Pickleball (A) 10:00 Sewing 10:00 Yoga (HC) 12:30 Pickleball (A)</p> <p>Office Closed</p>
<p>13</p> <p>8:00 Pickleball 8:15 Tai Chi Beginner 9:30 FUNfit-(H) 10:00 Yoga (HC) 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Canasta</p>	<p>14</p> <p>8:00 Pickleball (A) 8:15 Tai Chi Beginner 9:30 Rockin' Respite 10:00 Mulberry Bingo 12:30 Pickleball (A) 1:00 Movie: "The life of Chuck" 3:30 Tai Chi</p>	<p>15</p> <p>8:00 Pickleball (A) 8:15 Tai Chi beginner 8:30 Qi Gongg 8:30 Dane County Farmers' Market 9:30 Indoor Walking 10:30 Sign Language 12:30 Pickleball (A)</p>	<p>16</p> <p>8:00 Pickleball (A) 8:15 Breakfast Bunch 9:30 FUNfit (H) 11:00 Sourdough 101 12:30 Pickleball (A) 3:30 Tai Chi</p>	<p>17</p> <p>8:00 Pickleball 10:00 Sewing 10:00 Yoga (HC) 12:30 Pickleball</p> <p>Office Closed</p>
<p>20</p> <p>8:00 Pickleball (A) 8:15 Tai Chi Beginner 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</p>	<p>21</p> <p>8:00 Pickleball (A) 8:15 Tai Chi Beginner 10:30 Coffee Hour 12:30 Pickleball (A) 1:00 Cyber Security Presentation 2:00 Garden Club 3:30 Tai Chi</p>	<p>22</p> <p>8:00 Pickleball (A) 8:15 Tai Chi Beginner 8:30 Qi Gongg 9:30 Indoor Walking 10:30 Sign Language 12:30 Pickleball (A)</p>	<p>23</p> <p>8:00 Pickleball (A) 9:30 FUNfit (H) 12:30 Pickleball (A) 2:00 Travel Preview 3:30 Tai Chi</p>	<p>24</p> <p>8:00 Pickleball (A) 10:00 Sewing 10:00 Yoga (HC) 12:30 Pickleball (A)</p> <p>Office Closed</p>
<p>27</p> <p>8:00 Pickleball (A) 8:15 Tai Chi Beginner 9:30 FUNfit-(H) 10:00 Yoga (HC) 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Canasta 1:00 Common Scams</p>	<p>28</p> <p>8:00 Pickleball (A) 8:15 Tai Chi Beginner 8:30 Toenail Clinic 9:30 Rockin' Respite 10:00 City Bingo 12:30 Pickleball (A) 1:00 Movie: "Sinners" 3:30 Tai Chi</p>	<p>29</p> <p>8:00 Pickleball (A) 8:15 Tai Chi Beginner 8:30 Qi Gongg 9:30 Indoor Walking 10:30 Sign Language 12:30 Pickleball (A)</p>	<p>30</p> <p>8:00 Pickleball (A) 9:30 FUNfit (H) 11:00 Chat GPT Presentation 12:30 Pickleball (A) 3:30 Tai Chi 4:30 Murder Mystery</p>	<p>31</p> <p>8:00 Pickleball (A) 10:00 Sewing 10:00 Yoga (HC) 12:30 Pickleball (A) 4:00 Fish Fry</p> <p>Office Closed</p> 

WALWORTH COUNTY NUTRITION SITE

Persons 60 and over and spouse, regardless of age, are eligible to participate. The suggested donation is \$6.00, but you may donate what you can. Those unable to contribute are still welcome at the site. Call 1-262-741-3333 to make a reservation by noon, one business day in advance or a cancellation. Reservations are required. **Call 1-262-741-3333 to CANCEL your meal no later than 8:00 am day of your reservation.** Please leave your name and dining center when calling. Meal is at Brookdale Manor Monday thru Friday, serving at 11:30 am.

MEALS ON WHEELS:

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

WHITEWATER FOOD PANTRY:

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

THE COMMUNITY SPACE:

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

FOODSHARE WISCONSIN

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



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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

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

CHILI COOK OFF REGISTRATION

We will be having our Chili Cook Off on Thursday, December 18. If you or someone you know has a chili they would like to enter please have them contact Jennifer at JJackson@whitewater-wi.gov, call 262-473-0535.

Want to volunteer to be a judge? Contact Jennifer at: JJackson@whitewater-wi.gov



Aging Artfully

A free group for adults 60 years and older

Hello! My name is Alex and I am Counseling Graduate Student at UW-Whitewater.

Thursday mornings in October, I am leading a counseling group that focuses on reminiscence and making art together!

If you'd like to learn more, please call or scan the QR code. I look forward to chatting with you!

Winther Counseling Services: 262-472-2842



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SENIORS IN THE PARK COMMUNICATION

Most of our communication is through email. Please check your **junk/spam** mail and add:

wwtr@schedulesplus.com to your safe-sender list. SchedulesPlus is the software program we use at the center for checking in, registering you for classes and events and taking payments.



FRIEND US ON FACEBOOK!

- ⇒ Whitewater Dementia Friendly
- ⇒ Whitewater Parks and Recreation
- ⇒ Whitewater Aquatic & Fitness Center
- ⇒ City of Whitewater



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504 W Starin Rd, PO Box 178
Whitewater WI 53190

Phone 262-473-0535

Hours Monday—Thursday
9:00 am—3:00 pm
Closed Fridays

Senior Coordinator

Jennifer Jackson
jjackson@whitewater-wi.gov

Front Desk

Debbie Andrus

Parks & Recreation Director

Kevin Boehm

Websites: schedulesplus.com/wwtr
www.wwparks.org
www.whitewater-wi.gov

*Seniors in the Park is a division of
Whitewater Parks and Recreation*



Winther Counseling Services (WCS)

Counseling services (free of charge) provided to campus
and community members

Stop by Winther 3004 to schedule

an appointment or call:
262-472-2842

Winther Hall 3004 230 N. Prairie St. Whitewater, WI 53190

Parking available in Lot #13

Winther Counseling Services (WCS) – our training clinic is staffed by UW-
Whitewater graduate students working towards their Master of Science
(Counseling) degree. Supervision and consultation provided by the
Department of Counselor Education.

During the UWW academic year, appointments available Monday-
Thursday, 9-7pm. Office hours: Monday-Thursday, 9-5pm.

Email: counselinglab@uww.edu

Not available for crisis/emergency services.

