



The Park Bench

November 2025

Seniors in the Park Newsletter

HEALTHY BRAIN OBJECTIVE

Wednesday, November 5, 9:00 am

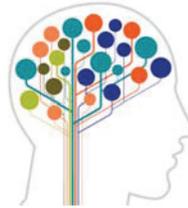
The Healthy Brain Objective (HBO) is a Walworth County program that connects seniors who are trying to maintain a healthy brain. We will use various exercises that will target aspects of our cognitive skills that we likely do not use on a regular day.

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: December 3



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.

Volume XXVI Issue 11

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LEARN MAH JONGG

Mondays at 1:00 pm

Interested in learning how to play Mah Jongg? Our group of Mah Jongg players would love to help you learn how to play! If you are interested please call 262-473-0535 ahead of time, this way we can have all of the needed supplies when you come.

GARDEN CLUB



Tuesday, November 18, 2:00 pm

We had a great visit to Northwind Perennial Farm. Such a beautiful walk through the property. See pictures.

Join us Saturday, Nov. 8th as we visit Mitchell Park Domes Fall Show, "Mythical Menagerie". Car



pooling from *Starin Park* parking lot. Call 262-473-0535 to RSVP.

At our Nov. 18th meeting we'll continue sharing our gardening experiences and looking deeper into our Wisconsin native plants. Special subject matter TBD. Thank you Adelaide for your presentation on edible mushrooms last month.



And special thanks to Fran Kelly, for her many contributions to "Whitewater Growers"

Wish you weren't moving. You'll be greatly missed!!!!

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, November 11 & 12, 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, November 6

Nest Session: December 9 & 10



WHAT WINTER 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.

COFFEE HOUR

Tuesday, November 18, 10:30 am

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

No coffee hour in December





“The Lost Bus”

Tuesday, November 11, 1 pm
(Drama/History/Thriller)

Rated R (language); 2 hour, 9 minutes
(2025).

A wayward school bus driver (Matthew McConaughey) and a dedicated school teacher (America Ferrera) Battle to save 22 children from a terrifying inferno, the 2018 Camp Fire, in Paradise, CA, that State’s Deadliest wildfire in history. A true story

“What’s Cooking”

Tuesday, November 25, 1 pm
(Comedy/ Drama/ Romance)

Rated PG-13

1 hours, 49 minutes (2000).

Several families of different ethnicity gather together for Thanksgiving dinner, with much humor, drama, and love. Starring Joan Chen, Juliana Margulies, Mercedes Ruehl, Alfre Woodward, and Dennis Haysbert.

TECH TUTOR

We have wonderful senior volunteers that are willing to volunteer their time to help with tech support.

Contact the center by calling 262-473-0535, emailing Jennifer at JJackson@whitewater-wi.gov, or stop in person. We will then give your preferred contact information the volunteer. They will get a hold of you and schedule a time that works best for both of you.

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

IDENTITY THEFT: PROTECT AND PREVENT



Monday, November 24, 1:00 pm

Identity theft continues to be the fastest growing crime in the United States. The more you learn about it, the less vulnerable you are. The Wisconsin Bureau of Consumer Protection will explain the different types of identity theft, how to recognize it and how to prevent it – including information about Fraud Alerts and Security Freezes. Receive tips for safeguarding personal information and how to recover from Identity Theft. Helpful brochures will be available.

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, November 17



FROM THE COORDINATOR

I hope you are all enjoying the fall season so far! I am looking forward to the holiday season coming up and spending time with family and friends. There are few updates that I would like to share with you!

- If you are looking to email me please use:
JJackson@whitewater-wi.gov any other email will not go through.
- Starting **January 1st** we will have different office hours, these hours will be in effect until **March 2nd**.

Hours are: Monday, Tuesday, Thursday, 9 am—1 pm

Closed

Wednesday and Friday

Any regular scheduled activities on the days that we are closed will still happen as scheduled.

Please also mark on your calendar the following dates we will be closed due to holidays:

Thursday, November 27

Wednesday, December 24

Thursday, December 25

Wednesday, December 31

Thursday, January 1



“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: November 3-24
Fee: \$10.50 Member
\$21.00 Non-member

Deadline is Thursday, October 30

Next session is December 1-29



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, November 3-24, 10-11:00 am

Fridays, November 7 & 14, 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: \$10 member; \$14 non- member

Deadline to register: Thursday, October 30th



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.

HEART HEALTHY FROZEN YOGURT BARK

Recipe courtesy of the American Heart Association

Servings: 8

- 1 1/2 cups 2% low-fat plain Greek yogurt
- 2 tablespoons honey
- 2 tablespoons chopped, unsalted almonds
- 1/2 cup chopped mango
- 1/4 cup blackberries or raspberries
- 1/2 cup blueberries

In medium bowl, mix yogurt and honey.

Line 9x13-inch baking dish with parchment paper. Use spatula or knife to spread yogurt over entire bottom of dish.

Pour chopped nuts over yogurt. Use fingers to slightly press into yogurt. Top yogurt with mango, blackberries and blueberries and slightly press into yogurt.

Cover with plastic wrap or foil and place in freezer overnight.

To serve: Lift parchment paper from baking dish onto cutting board. Use hands to break bark into pieces.

(Courtesy of Family Features)



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TREE DECORATING

Thursday, December 4, 1:00 pm

Join us as we start to get into the holiday spirit! We will be putting up our tree and decorating it so we can enjoy it for the whole month!

If interested in decorating please let us know!

CAROLS AND COOKIES

Monday, December 8, 11:00pm

The Warblers will be leading us in some holiday carols! Bring some cookies to share. Coffee and hot cocoa will be provided.

Deadline to register: Thursday, December 4

SAFE ONLINE SHOPPING

Monday, December 15, 1:00 pm

The Wisconsin Bureau of Consumer Protection will present information on safe online shopping. Learn how to avoid scams and keep your personal information safe when buying online. We will cover the following topics: Online Shopping Scams, Wi-Fi, internet access, payment methods, and shipping considerations.



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: Thursday, December 11

HOLIDAY MASHUP POTLUCK AND MOVIE

Tuesday, December 16, 11:30

Bring a dish to pass and let's take some time out of our crazy schedule to enjoy food with friends and a movie after!

Holiday Mash up will be Thanksgiving, Christmas, Hanukkah, and Kwanzaa. Let us know what you plan to bring when you register.

Deadline to register: Monday, December 17

ONLINE REGISTRATION

Bookmark/save this registration link:

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

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



WHITEWATER WARBLERS

Mondays, 11:00 am

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



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

SEWING GROUP

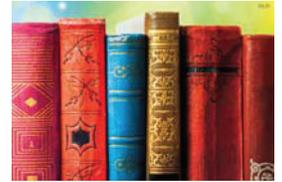
Fridays, 10:00 am-3:00 pm

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



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

BOOK WORMS



Monday, November 3, 11:00 am

The Book Club will Discuss *The Women* by Kristin Hannah. The November book will be *West with Giraffes* by Lynda Rutledge.

It's 1938. The Great Depression lingers. Hitler is threatening Europe, and world-weary Americans long for wonder. They find it in two giraffes who miraculously survive a hurricane while crossing the Atlantic. What follows is a twelve-day road trip in a custom truck to deliver Southern California's first giraffes to the San Diego Zoo. Behind the wheel is the young Dust Bowl rowdy Woodrow. Inspired by true events, the tale weaves real-life figures with fictional ones, including the world's first female zoo director, a crusty old man with a past, a young female photographer with a secret, and assorted reprobates as spotty as the giraffes.

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, November 4 & November 25

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

November 4: Culver's Bingo

November 11: Mulberry Glen Bingo

November 25: 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., 9:30 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, November 13, Depart at 10:30 am

For lunch we will head to Gus's Drive in , in East Troy. Please reserve your seat by **Thursday, November 6**

Breakfast Bunch

Thursday, November 20, Depart 8:15 am

This month we will head to Nora's Cafe , in Elkhorn . Please reserve your seat by **Thursday, November 13**

Fish Fry

Friday, November 28 , Depart 4:00 pm

Enjoy a fish fry at T & D's Grill , in Eagle. Please reserve your seat by **Thursday, November 20**

JANESVILLE SHOPPING

Wednesday, November 5

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.

OCONOMOWOC GERMAN CHRISTMAS MARKET

Saturday, November 29, 9:00 am

To get into the Christmas spirit we will be heading to Oconomowoc. You will get to experience an authentic European food & drink, unique shopping opportunities, and much more!

The van will be parking at Nature Hill Intermediate School and taking the 10 minute shuttle to the market. Not all vendors take card so plan to bring cash as well, there is an ATM on site.

Fee: \$10 member; \$15.00 non-member

Deadline to register: Thursday, November 20

* This market is outside so we will plan to go in rain, snow, or shine. Please dress accordingly.



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

Deadline to register: Thursday, November 20

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

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.

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.

ROAMING COSTAL MAINE

June 14– 20, 2026

Enjoy 7 days of the beautiful coastal Maine, a vacationland of intricate coastlines and all encompassing natural beauty. You will take in the sights of Portland by true New England travel, a trolley! 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, 2026

Start your tour off with a Washington D.C. Twilight Illumination Tour of the famous monuments including those dedicated to Lincoln, Jefferson & Washington. Take a 3 hour Potomac Scenic Eagle Railroad experience. Visit Thomas Jefferson's Monticello tour the Smith Gallery. Enjoy immersive films, gallery exhibits and outdoor re creations at the Jamestown Settlement. Visit the well known, Yorktown Battlefield, and stop at the American Revolution Museum at Yorktown. You will get to see the 173 acre living history museum of Colonial Williamsburg.

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

EXETENDED TRIPS

We would love to help cross off some of your bucket list locations. If there is a state or country that you would like to go to let us know.

We will try our best to work with the companies and you to find the best trip!

You can call 262-473-0535 or email
JJackson@whitewater-wi.gov.

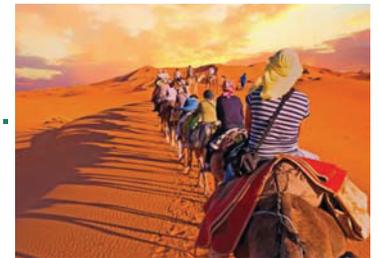
To let us know where you would like to go



COLORS OF MOROCCO

November 5-19, 2026

Enjoy this 15-day cultural emersion trip. Spend the day exploring Rabat at your leisure once you arrive. The first full day you will get a in- depth tour of Rabat. You will visit the Chellah, a walled town containing both Roman ruins and a medieval necropolis. Tour a winery estate along with a paired lunch. You will visit Al- Qarawiyyin University, the oldest continuously operating university in the world, located in Fes. Take in the sights as you take a Jeep 4X4 to the desert for a two night stay under the stars in a luxury tented camp. Ride camels through the desert to experience Gnawa music. Visit and eat at a local restaurant who's profits are used to conserve the cultural heritage and improve living conditions of thh small El Khorbat community. Enjoy an interactive cooking class, gathering herbs and vegetables from the garden. The location for your cooking class is at a women's training center, this visit will support a program that empowers women seeking social and financial stability through culinary training. Before you leave visit the largest functioning mosque in Africa, the Hassan II Mosque.



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: 20 N Church Street, Elkhorn, WI 53121

When: Second Friday of the month from 10:30-11:30 am. Next meeting is on November 14th.

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 wisconsincaregiver.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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We do not offer every plan available in your area. Currently we represent 6 organizations which offer 55 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options.

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Nick Palasini

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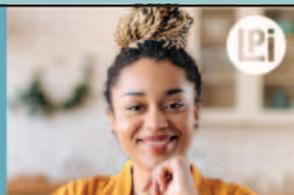
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Activity Calendar

November 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
3 8:00 Pickleball 9:30 FUNfit-(H) 10:00 Yoga (HC) 11:00 Book Club 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Canasta	4 8:00 Pickleball (A) 8:30 Toenail Clinic 9:30 Winther Counseling Presentation 10:00 Culver's Bingo 12:30 Pickleball (A)	5 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)	6 8:00 Pickleball (A) 9:30 FUNfit (H) 12:30 Pickleball (A)	7 8:00 Pickleball (A) 10:00 Yoga (HC) 10:30 Scholarly Scoop 11:30 Sewing 12:30 Pickleball (A) Office Closed
10 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	11 8:00 Pickleball (A) 9:30 Rockin Respite 10:00 Mulberry Bingo 12:30 Pickleball (A) 12:30 Stained Glass (A) 1:00 Movie: " The Lost Bus"	12 8:00 Pickleball (A) 8:30 Qi Gongg 9:30 Indoor Walking 10:30 Sign Language 12:30 Pickleball (A) 12:30 Stained Glass (A)	13 8:00 Pickleball (A) 9:30 FUNfit (H) 10:30 Lunch Bunch 12:30 Pickleball (A)	14 8:00 Pickleball (A) 10:00 Sewing 10:00 Yoga (HC) 12:30 Pickleball (A) Office Closed
17 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 1:30 DFCI	18 8:00 Pickleball (A) 10:30 Coffee Hour 12:30 Pickleball (A) 2:00 Garden Club	19 8:00 Pickleball (A) 8:30 Qi Gongg 9:30 Indoor Walking 10:30 Sign Language 12:30 Pickleball (A)	20 8:00 Pickleball (A) 8:15 Breakfast Bunch 9:30 FUNfit (H) 12:30 Pickleball (A)	21 8:00 Pickleball 10:00 Sewing 12:30 Pickleball Office Closed
24 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 1:00 Identity Theft: Protect and Prevent	25 8:00 Pickleball (A) 8:30 Toenail Clinic 9:30 Rockin Respite 10:00 City Bingo 12:30 Pickleball (A) 1:00 Movie: " What's Cooking"	26 8:00 Pickleball (A) 8:30 Qi Gongg 9:30 Indoor Walking 10:30 Sign Language 12:30 Pickleball (A)	27 Office Closed 	28 8:00 Pickleball (A) 10:00 Sewing 12:30 Pickleball (A) 4:00 Fish Fry Office Closed
1 8:00 Pickleball 9:30 FUNfit-(H) 10:00 Yoga (HC) 10:30 Parade of Trees 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Canasta 	2 8:00 Pickleball (A) 8:30 Toenail Clinic 10:00 Culver's Bingo 12:30 Pickleball (A)	3 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)	4 8:00 Pickleball (A) 9:30 FUNfit (H) 12:30 Pickleball (A) 1:00 Tree Decorating	Key for where activates are planned A = Downtown Armory C = Cravath Lakefront H = Hybrid (In Person & Virtual) V = Virtual
				29 9:00 Christmas Market

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.

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

**December 5th 2025
- January 5th 2026**

<i>Schedule of Events</i>	
<i>Holiday Market</i> Friday, December 5th 5:00pm - 8:00pm Cravath Lakefront Building	<i>Parade of Lights</i> Friday, December 5th Starts at 6:00pm Begins Downtown, ends in Cravath Lakefront Park
<i>Lights Display</i> Friday, December 5th-Monday, January 5th Officially lit at the end of the Parade of Lights	<i>Cookies with Santa</i> Wednesday, December 10th 5:00pm - 7:00pm Cravath Lakefront Building
<i>Build a Holiday Bag Activity</i> Thursday, December 11th Starts at 6:00pm Cravath Lakefront Building	<i>Parents Night Out & Kids Pajama Party</i> Friday, December 12th 5:00pm - 9:00pm Cravath Lakefront Building
<i>Breakfast-for-Dinner With Santa</i> Saturday, December 13th 5:00pm - 7:00pm Downtown Armory Gym	<i>Paws with Claus: Pet Pictures with Santa</i> Tuesday, December 16th 6:00pm - 7:30pm Cravath Lakefront Building
<i>Family Painting Projects</i> Wednesday, December 17th Starts at 6:00pm Cravath Lakefront Building	<i>Chili Cook-Off</i> Thursday, December 18th 6:00pm - 7:30pm Cravath Lakefront Building
<i>Meet the Magic: Real Reindeer for Christmas</i> Thursday, December 18th 5:00pm - 7:00pm Cravath Lakefront Park	<i>Lights Out: A Christmas Farewell</i> Saturday, January 3rd 6:00pm - 7:30pm Cravath Lakefront Building

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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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!

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



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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



Baby Jackson is almost here!

If you have any guesses feel free to share them. You can either cut this out and send it in or stop by and fill one out in person.



PREDICTIONS FOR BABY

BABY STATS

GENDER _____

DATE OF BIRTH _____

TIME OF BIRTH _____

WEIGHT _____

LENGTH _____

EYE COLOR _____

BABY WILL LOOK LIKE

MOM DAD

I HOPE THE BABY GETS MOMS...

I HOPE THE BABY GETS DAD'S...

I THINK THE BABY WILL BE...

ADVICE OR WELL WISHES

WITH LOVE, _____