



The Park Bench

December 2025

Seniors in the Park Newsletter

HEALTHY BRAIN OBJECTIVE

Wednesday, December 3, 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: January 7



Volume XXVI Issue 12

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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!

SCHOLARLY SCOOP— THE PROCESS OF SCIENCE AND HOW IT IS FUNDED



Friday, December 5, 10:30 am

Science has been under attack lately. I'd like to share with you how the process of science works and how it has been funded in the past. I'd also like to share a few cautionary tales of what could happen if we use other sources of funding other than federal.

Kris Curran is a professor in UW Whitewater biology department. She is a developmental biologist and her research involves studying how genes that control circadian rhythm (sleep-wake) are involved in the decision of very early embryonic cells to become mesoderm (cells that could form muscle or bone later in development).

Next Scholarly Scoop: Friday, February 6

FREE EVENT FOR THOSE WITH DEMENTIA

DFCI is hosting another free event for those with Dementia and their caregiver. **Check out page 10 for more information.**

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.



PASSWORDS AND ONLINE SECURITY

Wednesday, December 10, 1:00pm

Learn how to create unbreakable passwords, safely manage all your online accounts in one place, and add an extra layer of protection that stops hackers even if they steal your password. Riley Nevins will be here to help us through all of these things.

Deadline to register: Monday, December 8

CAROLS AND COOKIES

Monday, December 8, 11:00 am

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



PUZZLE EXCHANGE

Thursday, December 11, 11:00

We will pull out all of our puzzles into the main room so you can view them easily. Bring a few puzzles to exchange. If you don't have puzzles to exchange you can still come and take one or two puzzles home.

MEMBERSHIP FEE 2026

MEMBERSHIP



We have made it another year!

- **Fee:** This year our membership fee will increase by \$5. Residents will be \$15 for the year, this amounts to \$1.25 per month to participate. Non-residents are \$20 for the year, this amounts to \$1.67 per month to participate.
- **We have a sunshine fund for anyone truly unable to afford the membership. Please contact us if this is something that you may need.**
- This increase is due to the rise in costs that have occurred in the last few years (software systems, wages, program supplies, etc.)
- This will help keep the overall programs free or very low cost.

FYI- Memberships in Milton and Janesville are \$30 per person.

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 Agriculture, 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 Mashup will be Thanksgiving, Christmas, Hanukkah, and Kwanzaa. Let us know what you plan to bring when you register.

Deadline to register: Monday, December 15





**There will be no movie on
Tuesday, December 23
(the week of Christmas)**

“The Family Stone”

**Tuesday, December 9, 1 pm
(Holiday/Comedy/Romance)**

Rated PG-13; 1 hour, 43 minutes (2005).

From “The Week” magazine: “Diane Keaton’s death will make fans’ annual re-viewing of this cult 2005 holiday drama hit home. She anchors an ensemble cast as a headstrong matriarch who is losing her own cancer battle.” Also stars Dermot Mulroney, Craig T. Nelson, Sara Jessica Parker, and Luke Wilson.

“The Best Christmas Pageant Ever”

**Tuesday, December 16, 1 pm
(Holiday/ Comedy/ Family)**

Rated PG

1 hours, 39 minutes (2024).

From the creator of the TV series “The Chosen.” Nobody is ready for the mayhem and surprises that ensue when six of the worst youngsters disrupt a small town’s yearly Christmas performance.

“Eleanor the Great”

**Tuesday, December 30, 1 pm
(Drama)**

Rated PG-13

1 hours, 38 minutes (2025).

96 year old actress June Squibb is Eleanor, a lonely senior looking for meaning and fulfillment. She finds it at a Jewish Community Center, but her fibbing about experiences during the Holocaust creates problems. Directed by Scarlett Johansson.

GRIEF DURING THE HOLIDAYS

Thursday, December 11th, 1:00 pm

Facing the holiday season following the death of a loved one is often overwhelming. Many griever may find themselves pulled between the expectations of the season and their own need to grieve in ways that are supportive.

With these challenges in mind, the Bereavement Team at Rainbow Community Care have put together some helpful guidance and resources to help better navigate grief during the holidays.

This program will include helpful suggestions for:

- Approaching the holidays
- Ways to support others who are grieving
- How to respond to others about your grief
- And resources for grief support.

Please join us as we explore ways to prepare for the holidays following the loss of a loved one



FROM THE COORDINATOR

I hope you are all enjoying the wonderful holiday season. While I am on maternity leave our hours will change a little bit.

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:

Wednesday, December 24

Thursday, December 25

Wednesday, December 31

Thursday, January 1

GARDEN CLUB



We had a great “HARVEST” veggie potluck at our November meeting and Debbie reported on her visit to Mitchell Park Domes. **No regular meeting Tues., Dec. 16.** Instead, we will attend SITP Holiday Mashup Potluck at 11:30am. We will be making plans for 2026. Let us know if you have any gardening topics we can explore.

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: December 1– 29
Fee: \$12.00 Member
\$24.00 Non-member

Deadline is Thurs., November 27

Next session is January 5– 29

No class December 25 or January 1

DATES IN DECEMBER FOR NO PICKLEBALL

We have two dates in December that pickleball will not be meeting.

**Thursday, December 11 & Friday,
December 12**

YOGA WITH BRIENNE

Mondays, December 1-29, 10-11:00 am

Fridays, December 5-26, 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: \$25 members; \$35 non-members

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

Deadline to register: Tuesday, November 25



INDOOR WALKING

Wednesdays 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 and other various indoor walking DVDs. In this group you don’t just walk around a room, you will do other exercises as well!

QI GONG

Wednesday 8:30 am

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 using Lee Holden DVD’s

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



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WINTER WEATHER UPDATES



As the weather gets colder and we start to prepare for the snow and ice we would like to update you on closings due to weather. If the Whitewater School District is closed then the center will be closed. If there is a late start we will open as usual. If a program is canceled due to weather we will have it posted on the Whitewater Banner and on the Whitewater Parks and Recreation Facebook page.

COFFEE HOUR

Tuesday, January 20, 10:30 am

This month we will plan to chat about Christmas traditions and New Years resolutions as we stay warm with coffee, tea, or hot coco.

This following year we will try to put the conversation topic in the newsletter so you can plan your answers to the topics if you would like.



DR. HANEY LECTURES

Wednesday's, January 7-28, 1:00PM

Dr. Haney is back this winter with his usual lectures for the month of January.

Wed. January 7: Twenty– five Favorite Olympic Athletes: 10 Men. 15 Women (including eight Wisconsin)

Wed. January 14: Olympic Athletes continued

Wed. January 21: Airplane Stories: Airforce one, Haney some, and more

Wed. January 28: Cold War Spies: CIA vs KGB

Deadline to register for virtual: Tuesday, January 6

You do not need to register if you plan to attend in person.



GRAB AND GO KITS: MAKE YOUR OWN CALENDAR

This calendar is good for any year! We will supply you with instructions and most of the supplies you will need. These will be available for you to take and do at home whenever you have time.

For this kit you will need: Scissors, glue, and a ruler

Available for pick up all month or until supplies are gone.

Fee: \$0.00 members, \$5.00 non--members

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, December 1, 11:00 am

The Book Club will Discuss *West with Giraffes* by Lynda Rutledge. The December book will be *The Book Thief* by Markus Zusak.

It is 1939. Nazi Germany. The country is holding its breath. Death has never been busier, and will become busier still.

Liesel Meminger is a foster girl living outside of Munich, who scratches out a meager existence for herself by stealing when she encounters something she can't resist— books. With the help of her accordion— playing foster father, she learns to read and shares her stolen books with her neighbors during bombing raids as well as with the Jewish man hidden in her basement.

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, December 2 & December 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

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

December 2: Culver's Bingo

December 9: Mulberry Glen Bingo

December 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 * Jersey Miek's**



STAINED GLASS

Tuesday and Wednesday, December 9 & 10, 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, December 4



EATING OUT

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

Lunch Bunch

Thursday, December 11, Depart at 10:30 am

For lunch we will head to Lakehouse Breakfast Bar & Grill, in Elkhorn. Please reserve your seat by **Thursday, December 4**

Breakfast Bunch

Thursday, December 18, Depart 8:15 am

This month we will head to Café 26, in Milton. Please reserve your seat by **Thursday, December 11**

Fish Fry

Friday, December 26, Depart 4:00 pm

Enjoy a fish fry at Whiskey Ranch, in Janesville. Please reserve your seat by **Thursday, December 18**

JANESVILLE SHOPPING

Wednesday, December 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.

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

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, 2026

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

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

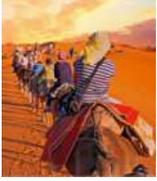
Enjoy this level 1, 9 day trip. Start your trip out with a tour of Chicago. You will then head to Holland Michigan, to celebrate the Tulip Time Festival. You will get a chance to enjoy Mackinac Island where you will stay at a national landmark. Take a horse drawn carriage island tour.

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



COLORS OF MOROCCO

November 5-19, 2026

Enjoy this 15-day cultural emersion trip. Take an in depth tour of Rabat, enjoy a wine paired lunch as you travel to Fes. Visit the Al-Qarawiyyin University (UNESCO), the oldest continuously operating university in the world. Take a day of leisure in Fes before making your way to a two night stay at a luxury tented camp in the desert. Take the time to ride camels to see the sunrise and learn about the traditional sub-Saharan Gnawa music. During your travels you will get a chance to visit a women's training center, this center empowers women seeking social and financial stability through culinary training.

Tour Rate: \$5,899 per person double; \$6,999 single; \$5,799 Per person triple.

SWITZERLAND & CHRISTMAS MARKETS OF THE RHINE

November 30– December 8, 2026

Spend your first night in Lucerne before boarding the MS Amara for 6 night Rhine River Cruise. The boat will stop at Strasbourg, Speyer, Rudesheim, Cochem, and Cologne for city tours, Christmas markets and some other things (like wine tasting).

Tour Rate: Depends on location on the boat



EUROPEAN CHIRSTMAS MARKETS

December 12-20, 2026

Take 6 days to get into the Christmas spirit and visit Prague's Castles, Matthias church and Fisherman's Bastion. Enjoy Christmas markets in Prague, Dresden, Vienna, and Budapest.

Tour Rate: \$3,999 per person double, \$4,699 single, \$3,949 per person triple

TREASURES OF EGYPT

January 14-26, 2027

Visit the Grand Egyptian Museum in Cairo, Egypt's newest and most ambitious cultural landmark. You will get the chance to visit the Pyramids of Giza, the Great Sphinx, and enjoy a 7 night Nile River Cruise. Experience sailing in Aswana. Get a chance to either enjoy some time on your ship or join your guide for some time at a local souk (market) ending at a traditional café. End your trip back in Cairo for some free time to shop in the world famous bazaar of Khan el- Khalili.

Tour Rate: \$4,999 per person double; \$5,799 single



DISCOVER CALIFORNIA DREAMIN': MONTEREY, YOSEMITE & NAPA

April 12-19, 2027

Have a free day in Monterey before taking a 17 mile scenic drive to Carmel. Visit Yosemite National Park, Sacramento, Lake Tahoe Scenic Cruise, Napa Valley Vineyard Tour and wine Tasting and much more.

Tour Rate: \$3,999 Per person double; \$4,699 single, \$3,949 per person triple

MEMORY CAFES

A Memory Café is a place where persons with Mild Cognitive Impairment can join with their care partners to socialize and have fun with other people going through similar things.

Walworth County Memory Café

Where: Walworth County HHS building;
1910 County Road NN, Elkhorn

When: First Friday of the month from 10:30 am to 12:00 pm. Next meeting is on December 1.

Lakeshore Memory Café

Where: 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.
- 3rd Wednesday of the month 10:30-11:30 am, UW-Whitewater CEC building 1260 W Main St, Whitewater. Call 262-741-3273 for respite care.
- 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.

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.)

FREE WHITEWATER ARTS ALLIANCE OPEN HOUSE

For those with dementia and their caregivers

Thursday, December 11, 1:00 – 2:30

402 W Main Street, Whitewater

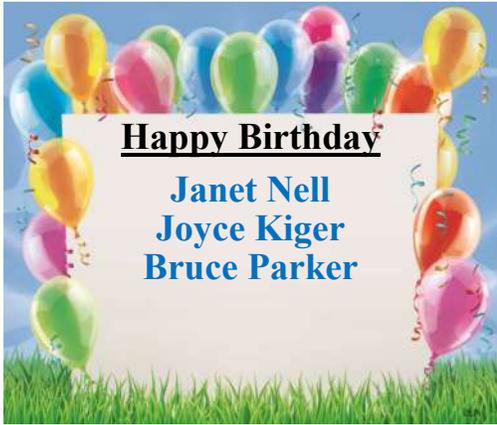
Tour the wonderful Whitewater Arts Alliance during their Members' Show. This highlights the talents of the Whitewater Arts Alliance members. The center will be filled with art from all ages and skill levels. We will have light refreshments to enjoy while you look at the art. You will also get the chance to make a Santa ornament out of a paint brush to take home.

Registration is encouraged so we have enough supplies for the craft. Call Seniors in the Park at 262-473-0535 or email jjackson@whitewater-wi.gov by Thursday, December 4.

"Dementia doesn't rob someone of their dignity; it's our reaction to them that does."

~Teepa Snow

Everyone deserves to be treated with dignity regardless of race, color, creed, gender or *disease*.



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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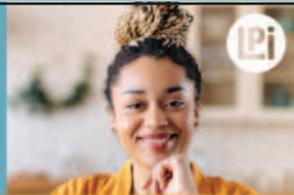
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Activity Calendar

December 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
1 8:00 Pickleball 9:30 FUNfit-(H) 10:00 Yoga (HC) 10:30 Parade of Trees 11:00 Warblers 11:00 Book Club 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	5 8:00 Pickleball (A) 10:00 Yoga (HC) 10:30 Scholarly Scoop 11:30 Sewing 12:30 Pickleball (A) Office Closed
8 8:00 Pickleball (A) 9:30 FUNfit-(H) 10:00 Yoga (HC) 11:00 Carols and Cookies 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) 12:30 Stained Glass (A) 1:00 Movie: " The Family Store"	10 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) 1:00 Passwords and Online Security	11 9:30 FUNfit (H) 10:30 Lunch Bunch 11:00 Puzzle Exchange 1:00 Grief During the Holidays	12 10:00 Sewing 10:00 Yoga (HC) 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 1:00 Safe Online Shopping	16 8:00 Pickleball (A) 12:30 Pickleball (A) 11:30 Potluck 1:00 Movie "The Best Christmas Pageant Ever"	17 8:00 Pickleball (A) 8:30 Qi Gongg 9:30 Indoor Walking 10:30 Sign Language 12:30 Pickleball (A)	18 8:00 Pickleball (A) 8:15 Breakfast Bunch 9:30 FUNfit (H) 12:30 Pickleball (A) 6:00 Chili Cook Off 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	23 8:00 Pickleball (A) 8:30 Toenail Clinic 10:00 City Bingo 12:30 Pickleball (A)	24 Office Closed 	25 Office Closed 	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 9:30 FUNfit-(H) 10:00 Yoga (HC) 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg	30 8:00 Pickleball (A) 12:30 Pickleball (A) 1:00 Movie: " Eleanor the Great"	31 Office Closed 	1 Office Closed 	Key for where activities are planned A = Downtown Armory C = Cravath Lakefront H = Hybrid (In Person & Virtual) V = Virtual

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 Third 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.

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	BABY WILL LOOK LIKE
GENDER _____	<input type="radio"/> MOM <input type="radio"/> DAD
DATE OF BIRTH _____	I HOPE THE BABY GETS MOMS...
TIME OF BIRTH _____	I HOPE THE BABY GETS DAD'S...
WEIGHT _____	I THINK THE BABY WILL BE...
LENGTH _____	
EYE COLOR _____	
ADVICE OR WELL WISHES _____ _____ _____	
WITH LOVE, _____	

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.



Think yours is the best?

Win bragging rights and a traveling trophy for first place, gift certificates for first & the runner-up, the People's Choice Chili (Maybe the judges don't know everything) and the best decorated table, while raising money for Special Olympics and Seniors in the Park.

Thursday, December 18, 2025; 6:00 pm– 7:30 pm
Serving begins at 6:00 pm am and Judging at 6:30 pm
In the Cravath Lakefront Community Center
NO Entry Fee!!!

Sign up soon as the cook-off is limited to the first 10 entries!
Late entries may be accepted if approved by the program coordinator,
but they will not be able to win any prizes.

What you need:

- Prepare a large roaster (not a crock pot) of homemade chili
- If your chili needs toppings, bring those too!
- Decorate your 6 ft. table space (minimum-bring a table cloth)
- Bring a 12 gauge extension cord (25' or longer)
- Have your chili unloaded and in the room by 5:30 pm
- Have fun!



What is provided:

- Electricity (but not extension cords)
 - A 6 foot table
 - Bowls and spoons
- Judges, trophies, gift certificates and fun!

Stevie Mug!
Purchase your Stevie mugs in advance at the Starin Park or at the event for \$10 and chili samples are free!



Team (or your) Name: _____
Chili Name: _____
Contact Person: _____ Phone: _____
Address: _____
E-mail: _____

Return completed sign-up form **BY December 11 to the Starin Park Community Building, 504 W Starin Rd, PO Box 178, Whitewater WI 53190, email it to JJackson@whitewater-wi.gov, or sign up online by scanning the QR code. Call 262-473-0535 or email Jennifer at JJackson@whitewater-wi.gov with questions.

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



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

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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



December 5th 2025 - January 5th 2026

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