



The Park Bench

January 2026

Seniors in the Park Newsletter

HEALTHY BRAIN OBJECTIVE

Wednesday, January 7, 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.

Next session: February 4



Volume XXVII Issue 1

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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

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.



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.

ARTIFICIAL INTELLIGENCE: THE GOOD, THE BAD, AND THE USEFUL

Thursday, January 15, 1:00 pm

A simple, no-jargon look at what artificial intelligence can help with, where it can mislead or be abused, and how to use it safely in everyday life.

Join Riley as he takes you through this new and confusing thing. In February he will host a presentation of "How to Spot it" to know what is AI.

Deadline to register: Tuesday, January 13

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.

NEW LIBRARY TOUR

Thursday, January 29, 1:00 pm, Irvin L Young Memorial Library

Join Sarah French, Assistant Director, as she takes you for a tour of the Whitewater Public Library's newly expanded and renovated building!

Deadline to register: Tuesday, January 27

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 month's topic will be plans for the year big or small**



VIRTUAL HAPPY HOUR: DESSERT FIRST

Wednesday, January 28, 4:30 pm

Now with the holiday season over and the weather not always the best we may not see others as often as before. Let's get together virtually for a happy hour with a theme. This month's theme will be dessert first! Bring a drink (doesn't have to be alcoholic) and a dessert and join our zoom chat.

Deadline to register: Monday, January 26





“Downton Abbey: The Grand Finale”
Tuesday, January 13, 1 pm
(Period Drama)
Rated PG; 2 hour, 3 minutes (2025).

Is this really the final chapter in the favorite 14 year family saga....? Starring Hugh Bonneville and the entire Downton Cast.

“After the Hunt”
Tuesday, January 27, 1 pm
(Psychological Drama/ Thriller)
Rated R (Language; moderate sexual content)
2 hours, 18 minutes (2025).

A college professor (Julia Roberts) finds herself at a personal and professional crossroads when a star pupil levels an accusation against one of her colleagues, and a dark secret from her own past threatens to come to light. Also stars Andrew Garfield. An AARP 2026 Movies from Grown Ups Award nomination for Julia Roberts.

WARBLERS UPDATE



The Warblers have been very active over the past couple of years. The joy of singing for fun on Mondays is the main focus of the Warblers. But in 2016 we started attending the Janesville Senior Center Music Festival which started us doing an annual “show.” This has been a fun endeavor and something that is requested to be presented at many different places.

In addition to the shows, we have gone to a number of different communities, as well as Whitewater, to do sing-alongs with different organizations such as Fairhaven, Prairie Village, the Harmony Club and others. Sharing the joy of music has become a community service that has helped broaden the purpose of Warblers.

We have an annual picnic to celebrate being together, sing songs for different seasons and occasions, have periodic treats and other fun things. We would love to have more people join us. Enjoying music and singing is what we are about. No need to worry about being a great singer. All activities and Monday meetings are up to individuals about how much they want to participate in. It’s a low pressure group that has a lot of fun.

If you have any questions please contact Lori Heidenreich (262-473-5732), the Senior Center Office (262-473-0535) or any of the members of the group.

PUZZLE EXCHANGE



Thursday, January 8 & 22, 11:00

We 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 take one or two home.

GARDEN CLUB



Tuesday, January 20th at 2:00 pm

These winter days give us somewhat of a break from gardening but for those that still like to grow things join us for “Growing Sprouts” and “What are Microgreens?” Plus, we’re in planning mode for 2026 so let us know if you have any gardening topics you’d like us to explore. Call 262-473-0535 for more info.



FROM THE COORDINATOR

I hope you had a wonderful holiday season and finally taking a long needed rest from all of the excitement. This is the exciting month we get to see baby Jackson! Please be sure to note the hours are a little different until the beginning of March.

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.

The following dates we will be closed due to holidays:

Wednesday, December 31

Thursday, January 1

Monday, January 19



“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: January 5-29
Fee: \$12.00 Member
\$24.00 Non-member

Deadline is Tuesday, December 30

Next session is February 2-26

No Class Monday, January 19

TAI CHI WAKE UP

Tuesday & Thursday 8:30 am

Starting Tuesday, February 17 anyone who has taken Tai Chi for Arthritis and Fall Prevention Beginner or Intermediate, through the senior center, can join virtually for a nice morning wake up.

Deadline to Register: Thursday, February 12

YOGA WITH BRIENNE

Mondays, January 5– 26, 10-11:00 am

Fridays, January 2-30, 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 members; \$35 non-members

Deadline to register: Tuesday, December 30



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



Get Active!

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WHAT WINTER COUNSELING SERVICES CAN OFFER FOR THE COMMUNITY



Thursday, February 5, 11:00pm

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.

Deadline to register: Tuesday, February 3

GRAB AND GO KITS: EMBROIDERY KIT



These kits have everything you will need! We will have the supplies available for you to take home and do at home whenever you have time.



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

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

LOVE SHOW: PERFORMED BY THE WARBLERS



Monday, February 9, 11:00 am

Love is in the air this month! The Warblers have been working very hard on their show. This year the show will be about the different stages of love with songs that share those sentiments. They will also have some facts to go with the show and a lot of their own personal stories.

Light refreshments will be served after the event.

Deadline to register: Thursday, February 5

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

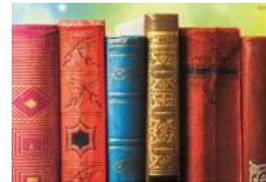
Fridays, 10:00 am-3:00 pm

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, January 5, 11:00 am

The Book Club will Discuss *The Book Thief* by Markus Zusak. The January book will be *The Lager Queen of Minnesota* by J. Ryan Stradal.

Two sisters, one farm. A family is split when their father leaves their shared inheritance entirely to Helen, his younger daughter. Despite baking award-winning pies at the local nursing home, her older sister, Edith, struggles to make what most people would call a living. So she can't help wondering what her life would have been like with even a portion of the farm money her sister kept for herself.

With the proceeds from the farm, Helen builds one of the most successful light breweries in the country, and makes their company motto ubiquitous: "Drink lots. It's Blotz." Where Edith has a heart as big as Minnesota, Helen's is as rigid as a steel keg. Yet one day, Helen will find she needs some help herself, and she could find a potential savior close to home. . . if it's not too late.

Meanwhile, Edith's granddaughter, Diana, grows up knowing that the real world requires a tougher constitution than her grandmother possesses. She earns a shot at learning the IPA business from the ground up--will that change their fortunes forever, and perhaps reunite her splintered family?

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, January 6 & January 27

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

**January 6: Culver's Bingo
January 13: Mulberry Glen Bingo
January 27: 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, January 13 & 14, 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, January 8

Next Session: February 10 & 11



EATING OUT

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

Lunch Bunch

Thursday, January 8, Depart at 10:30 am

For lunch we will head to Countryside Restaurant, in Darien. Please reserve your seat by **Friday, January 2**

Breakfast Bunch

Thursday, January 15, Depart 8:15 am

This month we will head to Café 26, in Milton . Please reserve your seat by **Thursday, January 8**

Fish Fry

Friday, January 30 , Depart 4:00 pm

Enjoy a fish fry at Soup's On, in Fort Atkinson. Please reserve your seat by **Thursday, January 22**

JANESVILLE SHOPPING

Wednesday, January 7

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.

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

TRAVEL PREVIEW

Tuesday, January 27, 11:00 am

Join Premier World Discovery as they tell you about the trips they have coming up.

This preview will focus on West Virginia Rails & Williamsburg, and Switzerland & Christmas markets of the Rhine

Deadline to Register: Monday, January 26



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.

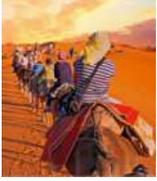
Tour Rate: \$3,999 per person double; \$4,999 single; \$3949 Per person triple.

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

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 wisconsincaregiver.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.)

WHITewater DEMENTIA FRIENDLY COMMUNITY INITIATIVE (DFCI)

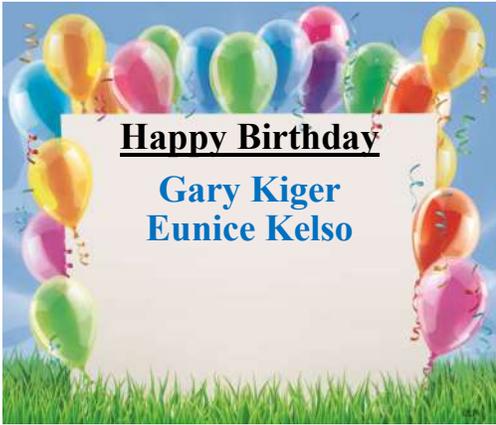
Third Monday of each month, 1:30 pm

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.

"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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We do not offer every plan available in your area. Currently we represent 4 carriers offering 24 plans 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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CONTACT ME
Sharon Boinski

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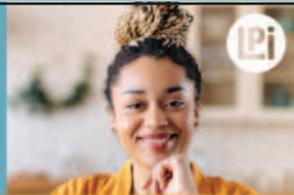
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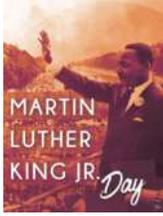
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Activity Calendar

January 2026

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>CHANGE IN OFFICE HOURS</p> <p>Monday, Tuesday, Thursday 9 am-1 pm</p> <p>Closed Wednesday & Friday</p>	<p>1</p> <p>Office Closed</p> 	<p>2</p> <p>8:00 Pickleball (A) 10:00 Yoga (HC) 10:00 Sewing 12:30 Pickleball (A)</p> <p>Office Closed</p>
<p>5</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 Canasta</p>	<p>6</p> <p>8:00 Pickleball (A) 8:30 Toenail Clinic 10:00 Culver's Bingo 12:30 Pickleball (A)</p>	<p>7</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) 1:00 Dr. Haney Lecture (H)</p>	<p>8</p> <p>8:00 Pickleball (A) 9:30 FUNfit (H) 10:30 Lunch Bunch 11:00 Puzzle Exchange 12:30 Pickleball (A)</p>	<p>9</p> <p>8:00 Pickleball (A) 10:00 Sewing 10:00 Yoga (HC) 12:30 Pickleball (A)</p> <p>Office Closed</p>
<p>12</p> <p>8:00 Pickleball 9:30 FUNfit-(H) 10:00 Yoga (HC) 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Hand and Foot</p>	<p>13</p> <p>8:00 Pickleball (A) 9:30 Rockin Respite 10:00 Mulberry Bingo 12:30 Pickleball (A) 12:30 Stained Glass (A) 1:00 Movie "Downton Abbey: The Grand Finale"</p>	<p>14</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 (A) 1:00 Dr. Haney Lecture (H)</p>	<p>15</p> <p>8:00 Pickleball (A) 8:15 Breakfast Bunch 9:30 FUNfit (H) 12:30 Pickleball (A) 1:00 Learn about AI</p>	<p>16</p> <p>8:00 Pickleball 10:00 Sewing 10:00 Yoga (HC) 12:30 Pickleball</p> <p>Office Closed</p>
<p>19</p> <p>Office Closed</p> 	<p>20</p> <p>8:00 Pickleball (A) 10:30 Coffee Hour 12:30 Pickleball (A) 2:00 Garden club</p> <p>Office Closed at 12:00 pm</p>	<p>21</p> <p>8:00 Pickleball (A) 8:30 Qi Gongg 9:30 Indoor Walking 10:30 Sign Language 12:30 Pickleball (A) 1:00 Dr. Haney Lecture (H)</p>	<p>22</p> <p>8:00 Pickleball (A) 9:30 FUNfit (H) 11:00 Puzzle Exchange 12:30 Pickleball (A)</p>	<p>23</p> <p>8:00 Pickleball (A) 10:00 Sewing 10:00 Yoga (HC) 12:30 Pickleball (A)</p> <p>Office Closed</p>
<p>26</p> <p>8:00 Pickleball 9:30 FUNfit-(H) 10:00 Yoga (HC) 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Hand and Foot</p>	<p>27</p> <p>8:00 Pickleball (A) 9:30 Rockin Respite 8:30 Toenail Clinic 10:00 City Bingo 11:00 Travel Preview 12:30 Pickleball (A) 1:00 Movie: "After the Hunt"</p>	<p>28</p> <p>8:00 Pickleball (A) 8:30 Qi Gongg 9:30 Indoor Walking 10:30 Sign Language 12:30 Pickleball (A) 1:00 Dr. Haney Lecture (H) 4:30 Happy Hour (V)</p>	<p>29</p> <p>8:00 Pickleball (A) 9:30 FUNfit (H) 12:30 Pickleball (A) 1:00 Library tour</p>	<p>30</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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Arrangements
ARE ALWAYS EASIER IN ADVANCE

Making your funeral arrangements in advance ensures that your loved ones avoid stress later. It's easy to do, and we're here to help at Nitardy Funeral Homes.

By choosing your desires and preferences for your funeral or cremation service ahead of time, you help ensure that your family and friends avoid stress. That way, when the time comes, they can focus on what truly matters: celebrating your life.

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



Rainbow Community Care

Broken Pots Workshop: Exploring Our Beautiful Brokenness Through Art

Participants will explore their grief through a hands-on activity of restoring a broken pot, inspired by the Japanese art of Kintsugi. This process will give you a new lens in understanding your grief.



Saturday, February 7
10 a.m. to Noon
Rainbow IPC- Community Room
(Park in lower-level parking lot
and enter through the right doors)
1225 Rimmel Dr.
Johnson Creek



This is a free workshop and supplies will be provided.
Please bring a glue gun, if you have one available.

Space is limited to 20. Please RSVP at (920) 674-6255
and indicate whether you are bringing a glue gun.

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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SENIORS IN THE PARK

504 W Starin Rd, PO Box 178
Whitewater WI 53190

Phone 262-473-0535

Hours Monday, Tuesday,
Thursday

9:00 am—1:00 pm

Closed Wednesday & 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*



Free Monday Night Spaghetti Meals

An Invitation to the Campus & Community

Every Monday
5:00 PM to 6:00 PM

Hot meals & frozen To-Go's now available!

At: Congregational United Church of Christ,
Whitewater
133 S. Franklin Street, Whitewater, WI



Coordinated by:

First Lutheran Church & Congregational UCC

Comidas Gratis de Espaguetis los Lunes por la Noche

¡Una invitación para el campus y la comunidad!

Cada lunes
5:00 PM a 6:00 PM

¡Comidas calientes y congeladas para llevar disponibles!

En: Iglesia Congregacional Unida de Cristo,
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