



The Park Bench

April 2017

Seniors in the Park Newsletter



VOLUNTEERS

"No one who achieves success does so without acknowledging the help of others. The wise and confident acknowledge this help with gratitude." ~Author Unknown

I am deeply grateful for the volunteers that make Seniors in the Park tick. You all are so diverse, with so many talents. You make things happen both at the center and in the community. I am always humbled and honored that so many of you choose to donate time to make Seniors in the Park a success. Thank you from the bottom of my heart. ~Deb

See the list of our volunteers on page 13.

Volume XVII Issue 4

WHAT'S INSIDE

- 2..... *Creative Endeavors*
- 3-4 *Activities*
- 5..... *Support Our Sponsors*
- 6-8..... *Travel Opportunities*
- 9-10..... *Calendars*
- 11..... *Support Our Sponsors*
- 12..... *Activities*
- 13..... *Your Senior Center*
- 14-15..... *Info & Community*
- Back ADDRESS, *Phone Numbers, Staff and Subscription info*

SCHOLARLY SCOOP: HOW LANGUAGE CAPTURES HEARTS AND MINDS

Friday April 7, 10:30 am

As political rhetoric invades our lives, consider this question: How does language so powerfully engage our emotions, as when we read a favorite novel or listen to an enflaming speech? In this talk, I review an answer based on research into emotional language comprehension from cognitive neuroscience. From Darwin to Botox to Trump, I trace evidence for a theory that emotional biology plays a causal role in how we become emotionally moved by language (and how our emotions influence what we understand). You'll see that language moves our emotions, in part, because comprehension requires emotion.



Dr. David Havas is an Assistant Professor of Psychology at the University of Wisconsin-Whitewater. He completed his doctoral dissertation in cognitive and affective neuroscience at UW-Madison in 2010. His research on the role of emotions in language comprehension gained international attention by demonstrating an effect of Botox in human cognition.

Please register by Wednesday, April 5

Coffee and donuts are provided by Sable House. Thanks!

Seniors in the Park Promotes & Enhances a Vital Aging Community

GLASS GARDEN STAKES

Wednesday, April 26 10:00 am
Downtown Armory, 146 North St.
Lower Level Craft Room

Learn to make these colorful, interesting garden stakes. We will have all the supplies, but you are welcome to bring your own plates, saucers, etc. Two samples are available



at the center to preview. Garden stake will be ready to pick up Thursday, April 27. Thanks to Diane Schwab and Karen Krohn for facilitating the class.

Fee: \$15 residents, \$18.75 non-residents

Minimum 4; maximum 10

Registration/Payment Due: April 20

STAINED GLASS CLASS

April 12 & 13, 12:30—3:30 pm
Downtown Armory Lower level



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 instruction. This class will teach you the basics and help you move to the next level.

Supplies to bring: Safety glasses, an old towel, scissors and a 100-watt soldering iron, if you have one.

Instructor: Caroline Britton

Fee: \$15.00 residents;

\$18.75 non-residents

Deadline: Thursday, April 6

SKETCHING AND DRAWING CLASS

Tuesdays, April 11, 18 & 25 1:00-4:00 pm

Downtown Armory Lower Level, 146 W North St

Beginners and those with previous sketching experience are welcome! This class will focus on learning or improving the accuracy of your sketching.

Don't think you can draw? You will learn to develop the right side of your brain and draw exactly what you see, not what you think you see! If you are a painter, your results depend on the accuracy of your sketch. We will focus on line & contour drawing, shapes, blending, shading, hatching and stippling. We will discuss how the illusion of space, depth, value and perspective all develop realism. Attendees are welcome to bring personal reference material, as well. Each session will include a demonstration and time for individual sketching. The instructor will circulate and provide individual attention to each attendee.

Instructor: Pattie Kelley Fuller, patriciakelleyfuller@gmail.com

Fee: \$15 per class or \$40 for the session of three classes for those who are pre-registered (All supplies included)

Session fee is payable to the instructor on April 11.

Register by Friday, April 7

If the 6 person minimum is met, walk-ins may attend for the \$15 per class fee.



WATERCOLOR ON CANVAS

Thursdays, April 6—27, 1:00—4:00 pm

This four-week watercolor class will focus on painting with watercolors on canvas. Topics will include composition, paint properties and color schemes. Subject matter may include still life objects, flowers, fruit, vegetables, etc. Attendees are always encouraged to paint from personal references, photos, sketches or ideas. Each session will include a demonstration, discussion and time for individual painting with optional one-on-one coaching. Beginning, intermediate and advanced topics will be covered. In addition to regular watercolor supplies, attendees are asked to bring a sketch book, camera and a watercolor canvas. Information on purchasing watercolor canvases will be sent to individual artists upon registration.

Instructor: Karolyn Alexander Tscharnack; www.karolyn.biz

Fee: \$15 per class or \$50 session fee for all 4 classes for those pre-registered. Session fee is payable to the instructor on April 6 by cash or check.

Register by Monday, April 3

If the 6 person minimum is met, walk-ins may attend for the \$15 per class fee.



GOLF LEAGUE BEGINS

Monday, April 3

Have fun with this recreational Golf League. April 3 will be an organizational meeting with golf to follow—weather permitting. Golfers must be 60 years old as of April 3 or spouse must be 60. Tee times are at 8:30 am, flag prizes are awarded weekly and there is a luncheon to conclude the season. For more information, contact Vicki Flitsch, 608-884-3586, or Bill Holcomb, 262-495-2273. Play is at Oak Ridge Golf Course on Bowers Lake Road, Milton. The membership fee is \$6.00 and is paid on site. Join any time!



LARGE MARKET BASKET CLASS

Friday April 28, 8:30 am—4:00 pm

This large basket measuring 24" long, 12" across and 7" high with a 16" handle is the perfect basket to take to the Farmers or City Market or the next Pot Luck dinner. It is woven of heavy reed and is very sturdy. All materials and equipment will be provided. Teacher, Bunny Schoen, suggests students wear clothing appropriate for working with wet materials. An apron or towel might be of help. Please bring a lunch.



Fee: \$27 residents; \$33.75 non-residents

Registration/payment Deadline: April 13

Max students = 8

LAST SCHOLARLY SCOOP: *THAT YE MAY KNOW EACH OTHER*

Friday May 5, 10:30 am

Asmahan Sallah. Language & Literature

Thanks to Sable House for providing the doughnuts. Thanks also to Akiko Yoshida, Associate Professor of Sociology for arranging the series.

SAVE THE DATE

Alzheimer's Presentation—Wednesday, June 7, 2:00 pm

Good Soldier/Bad Soldier Vietnam Veteran Presentation—
Wednesday, June 14, 1:00 pm

Summer Picnic & Classic Cars—Thursday, June 22

KUBB

Beginning in May

Kubb is a fun yard game for 2-12 players, that is similar to horseshoes or bocce, that originated in Sweden and is often linked to the Vikings. Bill Sydow has volunteered to provide instruction for the game. We had a set donated last fall, so let the fun begin!



“FUN”CTIONAL FITNESS

Monday and Thursdays

9:30-10:30 am

Open the door to greater independence and a healthier life with “fun”ctional fitness. Experience a dynamic routine to promote coordination, balance, strength and flexibility. All levels of ability are welcome. Activities are adapted to individual needs. Prepay \$1.00 per class residents or \$1.25 non-residents. First class is free for new participants.



CORE AND MORE

Mondays & Thursdays, 8:30 am

An active core allows for good posture and the body to perform activities of daily living with ease and safety. Shoulder opening & strengthening, balance and core exercises are done standing, seated and on the floor. Once on the floor, we stay there until the end of class. Modifications for all levels of ability will be demonstrated. Please bring a thick exercise mat, not a yoga mat. Prepay Residents: \$1.00/class
Prepay Non-Residents: \$1.25/class
First class is free for new participants.

No class on April 24.

GADGET GURU



UW-W students will be available to assist you for an hour, with any of your “gadgets”: smart phones, cameras, tablets, e-readers, laptops or ipods.

Call to reserve a day and time; let us know the brand/model of your gadget; and what kind of assistance you need.

Days and times to be determined.

Fee: \$5.00 resident

\$6.25 Non Resident

Deadline: Three days in advance

Please note this will be the last month of the Gadget Guru until October.

WHITEWATER WARBLERS

The Warblers are starting to put together their performance for the June Senior Music Festival. If you would like to join them for this fun event, they meet on Mondays at 11:00 am. You don't need to read music; just enjoy singing and having fun.

MENDING CLINIC



Wednesday, April 12, 1:00-3:00 pm

A free mending clinic will be open to provide basic mending services, such as sewing on buttons or repairing seams and rips on the spot, if possible. Items can also be dropped off prior to the clinic, if this is more convenient. Limit 3 items per person per month. The mending clinic will happen on the second Wednesday of every month.

AARP SAFE DRIVING CLASS

Wednesday, May 10 10:00 am—2:30 pm

The AARP Smart Driver Safety Program is an updated four-hour classroom course. It is research based to help older drivers become more aware of changes that occur due to aging (vision, hearing, and reaction time) and how to adjust accordingly. The course covers topics such as:

- Defensive driving techniques, new laws, and rules of the road
- How to deal with aggressive drivers
- How medications may affect driving
- How to safely use anti-lock brakes, air bags, and safety belts
- How to minimize distraction, including cell phone use, while driving
- Navigating roundabouts

Your car gets regular tune ups—shouldn't your driving skills?

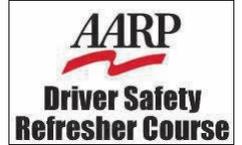
Please arrive 15 minutes early and remember to bring a lunch.

Cost: \$15 for AARP members; \$20 for nonmembers

Bring your AARP member card to receive the discount

(You may also be eligible to receive an insurance discount, so consult your agent for details.)

Deadline to register: Tuesday, May 4



MOVIES: SPONSORED BY MULBERRY GLEN

"Moonlight"

Tuesday, April 11, 12:30 pm,

Rated R (some sexuality, drug use, brief violence, pervasive language); 1 hour, 51 min.

Oscar winner for Best Picture, Supporting Actor and Adapted Screenplay. A gripping, powerful, coming-of-age story of the adolescent, teen and adult years of an African American man in Miami's drug-addled slums, as he wrestles with issues of family, friends and his sexual identity.



"Arrival"

Tuesday, April 25, 12:30 pm,

Rated PG-13; 1 hour, 56 min.

Amy Adams plays a linguistics professor recruited to crack the language of a race of aliens whose 12 spacecraft are hovering over the Earth. Her mission: to learn whether the visitors are here in peace or... This film was nominated for 8 Oscars, including Best Film and Director; and Best Actress (Amy Adams) Golden Globes. Also stars Jeremy Renner and Forrest Whitaker.



AUMANN'S SERVICE INC.

Body Specialists
Quality Painting
24 Hr. Towing
122 E. Dane
(920) 674-2349
After Hours
(920) 674-6164

OLSEN FUNERAL SERVICES

Whitewater, WI
DIGNIFIED SERVICE
IN A HOME-LIKE
SETTING
Serving Whitewater &
Surrounding area's since 1987
221 S. Center Ave.
Jefferson, WI 53549
262-473-5101

Live Independently At Home

With our quality,
personalized and
flexible home care
services.

Home Instead
SENIOR CARE®

To us, it's personal.



Call now for a free,
no obligation consultation!

608-554-4548

www.homeinstead.com/613

Each Home Instead Senior Care® franchise office is independently owned and operated.

We Care Every Day, In Every Way

Experienced senior care for total peace of mind

Personal Cares (bathing, toileting, dressing assistance) ~ Medication Reminders
Errands ~ Shopping ~ Dr. Appointments ~ Light Housekeeping
Meal Preparation ~ Companionship ~ Respite Care for Families

920-568-1058 or Toll Free 877-276-7039



We offer FREE
local pick up
and delivery
service.
We service
all makes
and models.



Downtown
Whitewater

262-473-4330



The Works

\$29.95

Includes:

- Oil change - Tire rotation
- Brake inspection
- Multi-point inspection
- Fluid top-off - Battery test - Filter check - & Belts and hoses check.

Love Your Home?



Stay with help you can count on.

Call Society's Assets.

(262) 723-8181

- ▶ Personal Care ▶ Household Tasks
 - ▶ Companionship and Respite
 - ▶ Home Accessibility Solutions
Telephones and Gadgets to Increase Independence
 - ▶ Certified WI Medicaid Personal Care Provider
- Call today for information or to arrange a FREE in-home needs assessment for yourself or a loved one.



▶ societysassets.org
Caregiving Since 1974



"Make Our House your home"

OUR HOUSE

Memory Care

945 E. Chicago St.
Whitewater, WI

OPEN FOR TOURS & ROOMS AVAILABLE

Please contact Alyssa Kauer

262-473-1011



(262) 472-9999

Open
10am-10pm Daily

Welcome to Delicious

our SENIOR CENTER

The Online Directory of Senior Centers

NEVER MISS A NEWSLETTER!

Sign up to have our monthly senior newsletter emailed to you at www.ourseniorcenter.com



Gentle Dentistry

Dr. Thomas Rowley
D.D.S., S.C.

128 N. Tratt St.
Whitewater, WI 53190

(262) 473-2242

www.whitewatergentledentistry.com



A "Life Plan" Community

Offering a full range of senior living and health care services under one roof.

- Prairie Village Homes
- Supportive Living
- 24 Hour Skilled Nursing
- 5 Star Medicare Rehabilitation Services
- Independent Apartments
- Fully Assisted Living
- Secure Memory Care



435 Starin Road Whitewater
262-473-2140 fairhaven.org



STARVED ROCK TOUR AND CRUISE

Thursday, July 13

Starved Rock State Park has been voted the #1 attraction in Illinois. We'll see this beautiful park on an historic trolley tour and then board the "Belle of the Rock", an authentic paddle wheeler, for a ride on the river. The charm of Starved Rock lies largely in the fact that everything is in a state of nature, just as it was when Joliet, Marquette and Tonti and all the other explorers, missionaries, and traders that were there so many years ago. Arriving at Starved Rock you will have a delicious lunch at the Lodge with a choice of a Chicken Caesar Salad, Burger, Pot Roast Chicken Sandwich, Chicken Salad Croissant or Penne Primavera. After our tours, we will stop at Cattails where you can taste wine, shop for chocolate, gourmet foods, clothing, jewelry and more! Right next door is Chillin' on 6 with Retro Candy, Ice Cream, Homer Sodas, Gourmet Homemade Popcorn, Homemade Fudge and more! Get away from it all with a lovely day in nature!



Fee: \$69.00

(Check made out to City of Whitewater)

Depart: Fort K-Mart Lot at 8:00 am

Starin Park 8:30 am

Return: (approx) Starin Park 6:15 pm

Fort K-Mart 6:45 pm

Reservation/Payment deadline is June 9

Minimum 35; Maximum 43



MILWAUKEE BREWERS GAME

Wednesday, May 24

Watch the Brewers as they take on the Toronto Blue Jays. Our great seats are located at the top of the lower section so there are very few steps to get to your seat and out of the sun. The fee includes coach bus transportation, game ticket, snack on the bus and bottle of water.

Fee: \$55 (checks made out to Fort Atkinson Senior Center)

Only 12 seats available.



TOUR THE EFFIGY MOUNDS

Thursday, May 25 1:00 pm

Meet Kori Oberle and Richard Helmick at the Effigy Mounds Preserve, 288 S. Indian Mound Parkway, for a guided tour. Benches are available. Please bring a water bottle. Rain date is Wednesday May 31 at 1:00 pm.

WHITEWATER EFFIGY MOUNDS PRESENTATION

Wednesday May 17, 1:00 pm

The site is a prehistoric Native American ceremonial and burial site that dates back to approximately 1000 AD. It is one of the most diverse and unusual collections in the state. It is listed on the National Register of Historic Places and is a Whitewater Landmark.

All American Indian mounds were considered places of cultural significance by the peoples who built them. There are some mounds that contain human remains. Others may contain special soils or ornaments made of shell, stone or copper, sacrificial burnings or evidence of ceremonial dance. This sacred site contains 13 mounds, which are either conical or linear and effigy mounds that represent the shape of various animals, including a mink, panther, thunderbird and turtle. The mounds date back to the Woodland period.

Presenters: Kori Oberle, retired director of the Hoard Historical Museum, and Richard Helmick, a charter member of the Friends of the Mounds Preserve. Please register by Monday, May 15



Register and pay for trips or classes online: schedulesplus.com/wwtr

OR pay for classes only at www.wwparks.org. Checks for activities, classes and trips are made out to: City of Whitewater, unless indicated otherwise.

Extended & Coach Travel

7

Trips are open to adults of ALL AGES. For detailed itineraries on any of the extended trips, call 262-473-0535, send an email to dweberpal@whitewater-wi.gov, go to the city website at www.whitewater-wi.gov, (Departments, Seniors in the Park) or stop in at the Starin Park Community Building.



Hawaiian Adventure, January 21-30, 2018

Escape the cold next winter and bask in the wonders that are Hawaii. Stay three nights each at resorts on Oahu, Kauai and Maui with an optional 2 night Big Island extension.

Highlights of this adventure include a river cruise in Kauai, Waimea Canyon, Pearl Harbor and the USS Arizona Memorial, a Polynesian luau, the largest coffee plantation in Wawaii, Oahu's famous North Shore, the Fern Grotto, Lahaina and learn about surfing in Haleiwa. All three islands include leisure time or optional excursions. Fee includes airfare from Milwaukee and inter-island flights, touring as listed, 9 breakfasts, 4 dinners and a Collette tour guide. Fee is \$5499 per person double or \$7549 single. A deposit of \$500 is due with reservation. Optional trip insurance is available for \$240 per person. Deposits are due by July 10, and final payment is due by November 15. Brochures are available at the Starin Park Community Building or at this link: gateway.gocollette.com/link/803632

TRIP PREVIEW
Wed., April 19, 4:30 pm
Register by Thurs., April 13

New York's Haunted History Trail, July 29—August 4, 2017



Scenic ride on the Arcade and Attica Railroad and cruise on the Maid of the Mist at Niagara Falls. Two of the top haunted places in the U.S. are in upstate New York. Haunted visits include the Wm. Phelps General Store, Fort Ontario, Red Coach Inn, Brae Loch Inn, Rolling Hills Asylum and most other stops. Also wine tasting and Cruise on Seneca lake in a vintage motor vessel. Per person twin room is \$1849; or add \$699 for single supplement. Mayflower Tours. Final payment due June 20.

Christmas in Chocolate Town, December 4—8, 2017

Highlights include Hershey's Chocolate World, National Christmas Center, National Civil War Museum, Dutch Apple Dinner Theatre, Amish Countryside and Amish Feast. Includes 8 meals and home pick up in Walworth County. Fee is \$1099 double, single add \$329. Mayflower Tours

PREVIEW OF 2017-2018
MAYFLOWER TRIPS
Tues., April 18, 1:00 pm
Register by Thurs., April 13

Danube River Cruise with FREE AIRFARE, May 7—May , 2018

Enjoy 7 nights on the new Amadeus Silver II. Unpack once and enjoy your included-meals. Highlights of the tour include: Budapest; Bratislava Slovakia; Vienna Austria, Durnstein, Wachau Valley, Melk, Linz and Salzburg, Austria, Passau, Germany and two nights in Prague. Rates, with free air, start at \$3949 per person double. Mayflower tours has a Guaranteed Share program for single travelers. Free Airfare thru May 31, 2017 and home pick up in Walworth County. Mayflower Tours

Historic Natchez April 14-21, 2018

Highlights include BB King Museum, Vicksburg National Military Park tour, scenic Natchez Trace Parkway, 3 nights in historic Natchez during Pilgrimage time, 2 shows, tour historic homes and plantations, Delta Blues Museum and much more! Includes 13 meals and home pick up in Walworth County. Fee is \$1699 double, single add \$329. Mayflower Tours

Maritimes Coastal Wonders (Nova Scotia), July 16—July 26, 2018

Watch for info on this trip next month or go to <https://gateway.gocollette.com/link/803502>

FISH FRY FRIDAYS

April 7—Koskonong Mounds Country Club; Depart at 4:30 pm
RSVP by April 4

Fee: \$3 per person for transportation only.
 Minimum of 7 people for trip to go

SUNNY SIDE UP BREAKFAST CLUB

Thursday, April 20

8:30 am

Ride to the Coffee Cup in Sharon.

Fee: \$4.00

RSVP by Tuesday, April 18

LUNCH BUNCH

Thursday, April 13

10:30 am

By popular demand, lunch will be at Moy's in Elkhorn. We will also stop at Lakeland Bakery.

Fee: \$4.00

RSVP by Tuesday, April 11

JANESVILLE SHOPPING

Wednesday, April 5

9:15 am

Get picked up where you live and shop on the northside of Janesville. Participants choose where to shop.

Fee: \$3.00

RSVP by Tuesday, April 4.

UW-MADISON BAND CONCERT



Thursday, April 20

We will once again be attending this fabulous and fun event.

“Nobody Does It Better: 20 Years at the Kohl” is the theme for the show. This year they moved the start time up half an hour to 7:00 pm. We only have 10 tickets so sign up and get your payment in early. This trip always sells out! Dinner will be on your own at the Coliseum Bar.

Fee: \$32.00

Deadline is April 10 (2 seats left)

Depart 4:00 pm and return approx 11:00 pm

WHITEWATER DINE-AROUND

Friday, March 31

Enjoy a Friday Fish Fry (baked or fried cod, salad or soup, fries and coleslaw) and 4 beer samples at Second Salem. While sampling the beers, you will get a brief overview of each beer with owner/brewer Christ. Head out to Staller Estate Winery for a short tour and wine and chocolate pairing.

Fee \$29.00, includes fish fry/beer flight; wine flight/chocolate and transportation

Fee: \$25.00 includes fish fry/beverage, wine flight/chocolate and transportation

RSVP by Tuesday, March 28. HOME PICK-UP AVAILABLE!

Depart 11:15 am; Return approx 3:00 pm

Minimum 8 people



MADISON MALLARDS GAME

Tuesday, June 20

Enjoy an afternoon at the Mallards with a 12:05 ball game. Prior to the game, savor the All-You-Can-Eat pre-game tailgate buffet from 10:30 am—noon. It includes burgers, brats, hot dogs, cranberry walnut chicken salad, veggie burgers, potato salad, coleslaw and chips at a reserved picnic table.

Fee: \$32, includes game ticket, buffet with Pepsi/water and transportation

Fee: \$37, includes game ticket, buffet with beer and transportation

Depart 9:15 am and return approximately 5:00 pm.

Deadline: May 25



Activity Calendar

9

April 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
3 8:00 Golf (OR) 8:30 Core and More 9:30 FUNctional Fit 10:30 Book Worms 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg	4 9:00 Pickleball (A) 10:00 Culver's Bingo 11:00 Yoga (L) 11:15 Pot Luck 11:45 Dominoes 1:00 Sheepshead 1:00 Dementia Friendly mtg	5 9:00 AARP Taxes 9:00 Indoor Walking 9:15 Janesville Shop 10:00 Chess 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 Chair Massage	6 8:30 Core and More 9:00 Pickleball (A) 9:30 FUNctional Fit 11:00 Toenail Clinic 1:00 The Yarners 1:00 Watercolor	7 9:00 Indoor Walking 10:30 Scholarly Scoop: Language Captures Hearts & Minds 12:30 Pickleball (A) 4:30 Fish Fry trip departs
10 8:00 Golf (OR) 8:30 Core and More 9:30 FUNctional Fit 11:00 WW Warblers 11:30 Senior Forum 1:00 Mah Jongg	11 VOTE 10:00 Mulberry Glen Bingo 11:00 Yoga (L) 12:30 Mulberry Glen Movie "Moonlight" 1:00 Sheepshead 1:00 Sketching (A)	12 9:00 Indoor Walking 10:00 Chess 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 12:30 Stained Glass (A) 1:00 Mending Clinic	13 8:30 Core and More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Lunch Bunch 12:30 Stained Glass (A) 1:00 The Yarners 1:00 Watercolor	14 9:00 Indoor Walking 12:30 Pickleball (A) Office Closed 
17  8:00 Golf (OR) 8:30 Core and More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg	18 9:00 Pickleball (A) 11:00 Yoga (L) 1:00 Sheepshead 1:00 Sketching (A) 1:00 Mayflower Travel Previews	19 9:00 Indoor Walking 9:30 Pegs & Jokers 10:00 Chess 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 4:30 Hawaii Preview	20 8:30 Core and More 8:30 Sunny Side Up Breakfast Club 9:00 Pickleball (A) 9:30 FUNctional Fit 1:00 The Yarners 1:00 Watercolor 4:00 UW Band Trip departs	21 9:00 Indoor Walking 12:30 Pickleball (A) Office Closed
24 8:00 Golf (OR) 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg Office closed at 12:30	25 9:00 Pickleball (A) 10:00 City Bingo 11:00 Yoga (L) 12:30 Mulberry Glen Movie "Arrival" 1:00 Sheepshead 1:00 Sketching (A)	26 9:00 Indoor Walking 10:00 Chess 10:00 Garden Stake Class (A) 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A)	27 8:30 Core and More 9:00 Pickleball (A) 9:30 FUNctional Fit 1:00 The Yarners 1:00 Watercolor	28 8:30 Basket Making 9:00 Indoor Walking Office Closed
May 1 Happy May Basket Day! 	SAVE THE DATE! Alzheimer's Presentation —Wednesday, June 7, 2:00 pm Good Soldier/Bad Soldier Vietnam Veteran Presentation — Wednesday, June 14, 1:00 pm Summer Picnic & Classic Cars —Thursday, June 22			Activities take place at the Starin Park Community Building unless otherwise noted. (A)=Downtown Armory 146 W North St (L)=Cravath Lakefront (OR)=Oak Ridge Golf Course, Milton

10 Walworth County Nutrition Menu

April 2017

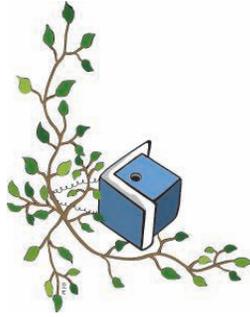
MONDAY

Persons 60 and over and their spouses are eligible. Suggested donation is \$3.00. Call 1-800-365-1587 ext 3333 to make a reservation by noon a day previous or to cancel meals day of by 8:00 am. Meal site is at Brookdale Manor, 1061 Blackhawk Dr., Mon. & Wed. though Fri. and Starin Park 1st, 2nd & 4th Wed.

TUESDAY

4 BBQ Pork Riblet
Whole Wheat Bun
Tossed Salad
Cauliflower
Peach Crisp

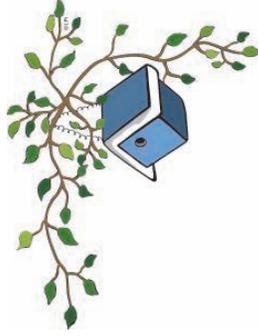
WEDNESDAY



5 Oven Fried Chicken
O'Brian Potatoes
Seasoned Green Beans
Pineapple Tidbits
Multi-Grain Bread

THURSDAY

Spring



6 Tuna Noodle Bake
Carrots
Broccoli
Peaches
Bread

FRIDAY

7 Macaroni & Cheese
Green Beans
Winter Blend Vegetables
Melon Mix
Dinner Roll

10

Cuban Shredded Pork
Whole Wheat Bun
Baked Beans
Coleslaw
Pineapple Tidbits

11@ Starin Park

Swedish Meatballs
Egg Noodles
San Fran. Blend
Romaine Salad
Banana; Bread

13

Roast Beef and Gravy
Red Potatoes
Peas
Lemon Poppyseed Cake
Bread

14

Friday Preceding Easter
Dining Centers Closed

17

Oven Fried Chicken
Macaroni and Cheese
Greens
Apple Slices
Multi-Grain Bread

18

Chicken A La King
Mashed Potatoes
Carrots
Brownie
Cornbread

20

Chicken Italiano
Pasta with Marinara
Italian Blend Vegetables
Romaine Salad
Fruit Cocktail; Bread

21

Scrambled Eggs
Breakfast Potatoes with Peppers and Onions
French Toast Stick
Turkey Sausage Link; Pears

24

Baked Chicken Leg & Thigh
Mashed Potatoes/Gravy
Baked Beans; Bread
Mandarin Oranges

25

Split Pea Soup with Ham
Tossed Salad
Carrots
Applesauce
Corn Bread Muffin

26

Sliced Pork w/Balsamic
Onion Jam
Wax Beans; Rye Bread
Seasoned Broccoli
Cranapple Crisp

27

Western Meatloaf
Rosemary Red Potatoes
Green Beans
Angel Food Cake with Strawberries; Bread

28

Burgundy Tips
Egg Noodles
Garden Blend Veg
Stewed Tomatoes
Fruit Mix; Dinner Roll

HELP PROTECT YOUR FAMILY

With a home security system monitored by ADT professionals 24 hours a day, 7 days a week. As an added benefit, installing a Security System may qualify you for a Homeowners Insurance discount.

CALL NOW! 1-888-891-6806



HOME SECURITY TEAM

Jessica's Family Restaurant & Banquet Room

Breakfast All Day • Fish Fry Friday
Homemade Potato Pancakes,
Soups & Specials
Now available for parties
up to 80 people
Now featuring beer & wine
Call Today 473-9890
140 W. Main St.

Protecting **Seniors**
Nationwide



Medical Alert System

\$29.95/Mo. billed quarterly



- One Free Month
- No Long-Term Contract
- Price Guarantee
- Easy Self Installation

Call Today! Toll Free 1.877.801.7772

We Care
For Our Patients,
For Our Community



For over 70 years...Patients who know us love us.
You should get to know us too.

FortHealthCare.com • 920.568.5000
611 SHERMAN AVENUE EAST, FORT ATKINSON



We accept most all insurances.

Strand's On the Floor

"floor coverings
to fit your lifestyle"

1202 E. Bluff Road
Whitewater, WI 53190
262-472-9495
Fax 262-472-9497
www.strandsonthefloor.com

Attorney Michael T. Sullivan

Preserve Your Estate:

- Wills/Estate Administration
- Beneficiary Designations
- Powers of Attorney
- Guardianships
- Residential Real Estate

Offering:

- Proven Experience
- Home Appointments
- A Free Consultation

Office Location:

125 N 3rd Street
Palmyra, WI 53156

1-262-495-2228

SHORTRIDGE LAW OFFICES, LLC



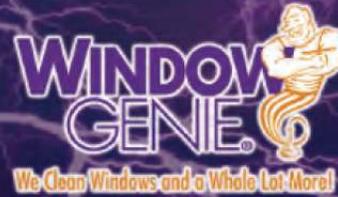
Caryl J. Shortridge
Attorney at Law

Corporate/LLCs
Selling/Buying Commercial Real Estate
Estate Planning/Wills • Elder Law
Estate and Trust Administration

Milton, Wisconsin

608-868-2311

www.shorridgelaw.com
caryl@shorridgelaw.com



We Clean Windows and a Whole Lot More!

OUR SERVICES INCLUDE

- Window Cleaning
- Window Tinting
- Pressure Washing
- Gutter Cleaning
- Concrete Cleaning
- House Wash

Call for FREE Estimate

208-629-2153

www.windowgenie.com

➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

Dan Stone to place
an ad today!
dstone@4LPi.com or
(800) 950-9952 x2607

McCullough's

- PRESCRIPTIONS
- GIFTS

Contact us regarding
convenient medication
packaging options

1173 W. Main Street
473-5065



**HARD ROCK
SAWING & DRILLING
SPECIALIST CO.**

CONCRETE • ASPHALT • MASONRY

ELKHORN 262-723-3333 KESHENA 715-799-3823
MADISON 608-250-5005

FIRST CITIZENS STATE BANK



SINCE 1863

Trust Services:

- Administer your Will • Administer your Trust
- Invest your Funds • Pay your Bills

Serving Whitewater, Palmyra & East Troy

www.firstcitizensww.com

Member FDIC



The *Nasco*
Catalog Outlet Stores

Senior Citizen Day

The 1st Wednesday of every month is now
designated Senior Citizen Day at the
Nasco Catalog Outlet and Arts & Crafts Stores!

AS A SENIOR CITIZEN,
YOU ARE ELIGIBLE FOR A 15%* STORE DISCOUNT

901 Janesville Ave. • Fort Atkinson
920-568-5600



For ad info. call 1-800-950-9952 • www.4lpi.com

Seniors in the Park, Whitewater, WI.

B 4C 01-1235

BOOK WORMS

Monday, April 3 10:30 am

The Book Club will discuss *The Hiding Place* by Corrie Ten Boom. The book for April will be *The Light Between Oceans* by M. L. Stedman. After four harrowing years on the Western Front, Tom Sherbourne returns to Australia and takes a job as the lighthouse keeper on Janus Rock, nearly half a day's journey from the coast. To this isolated island, where the supply boat comes once a season, Tom brings a young, bold, and loving wife, Isabel. Years later, after two miscarriages and one stillbirth, the grieving Isabel hears a baby's cries on the wind. A boat has washed up onshore carrying a dead man and a living baby.



Tom, who keeps meticulous records and whose moral principles have withstood a horrific war, wants to report the man and infant immediately. But Isabel insists the baby is a "gift from God," and against Tom's judgment, they claim her as their own and name her Lucy. When she is two, Tom and Isabel return to the mainland and are reminded that there are other people in the world. Their choice has devastated one of them.

SENIOR FORUM

Monday, April 10, 11:30 am

If you would like a voice in how the Senior Center is administered and how we should look in the future, attend a meeting and share your ideas.

ACTIVITIES AT A GLANCE

- Book Worms**—First Monday, 10:30; Books available at Starin Park
Canasta—First, third, and fifth Monday, 1:00
Chess—Wednesdays, 10:00 am
Core and More—Monday and Thursday, 8:15; Residents: \$1.00 per class, Non-Residents \$1.25
Dominoes—First Tuesday, 11:45 (after potluck)
'FUN'ctional Fitness—Monday & Thursday, 9:30; Residents: \$1.00 per class, Non-Residents \$1.25
Mah Jongg—Mondays, 1:00
Pegs & Jokers—Third Wednesday, 9:30
Pickleball—Monday, Wednesday and Friday, 12:30-2:30; Tuesday, 9:00-11:00 and Thursday, 9:00-11:00; Downtown Armory
Potluck—First Tuesday, 11:15
Sheepshead—Tuesdays, 1:00
The Yarners—Thursdays, 1:00
Walk Away the Pounds—(Indoors), Wednesday and Friday, 9:00
Whitewater Warblers (singing group)—Mondays, 11:00

BINGO

Tuesdays, 10:00 am

- Apr. 4: Culver's
 Apr. 11: Mulberry Glen
 Apr. 25: City Bingo



BINGO SPONSORS

Culver's, Mulberry Glen, and
 City Bingo Cover All: Our House

CITY BINGO SPONSORS:

Topper's Pizza * Bergey Jewelry * Commercial Bank * Floral Villa
 Beijing Buffet * Rick's * First Citizens State Bank * Fort HealthCare
 Taco Bell * Sweet Spot * McDonald's * Dental Perfections
 Mirage Hair Studio * Century 21 Realty * Eastsider/Westsider
 Binning & Dickens Insurance * Rocky Rococo Pizza * Subway
 Fairhaven * Fort Community Credit Union * Domino's Pizza
 Walworth Co. Nutrition * Cozumel

You can now get your copy of *The Park Bench* online by clicking on or going to the following link:

ourseniorcenter.com/find/seniors-in-the-park

VOLUNTEERS 2016 –2017

Bill Allen
Peggy Anderson
Pauline Atkinson
Steve Atkinson
Carolyn Behrens
Nelda Bergsten
Cheryl Binnie
Caroline Britton
Jean Bromley
Mary Beth Byrne
Pat Channing
Dan Dern
Judy Dern
Mark Dorn
Barb Dosemagen
Vicki Flitsch
Tom Fick
Louise Fuerstenberg
Dave Gamble
Deb Gamble
Patti Grosskreutz
Steve Grosskreutz
Diane Hartwig
Kathy Haven
Lori Heidenreich
Bill Holcomb
Carol Holford
Lyle Hunter
Jim Jacobson
Pat Jacobson
Marcia James
Barb Jaquith
Judy Kaspar
Gary Kiger
Barb Koch
Romelle Koch
Karen Krohn
Janet Lindahl
Carol Lorenz
Marion Malo
Henry Malo
Chuck Mast
Sharron McCarthy
Bill McCormick
Mary Meikle
Pat Metz
Jean Nielsen

Phil Neustedter
Linda Norton
Kori Oberle
Mark Parenteau
Terrie Parenteu
Jane Peck
Bruce Parker
Erika Pederson*
Char Perkins
Bob Pitcher
Dorothy Poehler
Julie Powell
Eleanor Reeb
Kathy Ross
Pat Ross
Eunice Rowe
John Rowe
Dan Sable
Rod Scherer
Sue Scherer
Phyllis Schmidt
Bunny Schoen
Susan Schulte
Elaine Schultz
Diane Schwab
Dee Simon
Sandie Sorkan
Diana Stettner
Karen Strauss
Alex Visser*
Betty Walton
Judy Wildermuth
Mary Jane Williams
Terry Williams
Eda Wilson
Doris Wutke
Lyn Wolfe
Jennifer Yang*
Eric Zipp
Lois Zipp
Dean Zweifel

My apologies if your name isn't here. It means your hours aren't being recorded. Stop in and see us.
*UW-W Students

SERVICES AT A GLANCE

CHAIR MASSAGE

NEW

Wed., April 5, 1:00 pm.

Chair Massage is for stress and tension relief, relaxation and just to feel good! Stuart is a certified massage therapist and has ten years of experience and is excited to be able to provide this service monthly on the first Wednesday. Ten-minute chair massages are \$10.00.

Appointments are necessary and available.



TOENAIL CLINIC

Thursday, April 6

11:00 am-2:30 pm

Thursday, May 4

11:00 am-2:30 pm

By Appointment only. Please bring a towel.
\$15.00.



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.

SIGN IN, PLEASE!

Whether enjoying a program, participating in an activity or registering/paying, each person entering this facility is required to sign in at the front desk. Thanks! Many reasons:

- Gives an accurate count of attendees for reporting and funding.
- Identifies trends in program participation so staff knows what's popular or not.
- Security! Police advise public facilities to know who's coming and going and why.
- Safety and knowledge, in case of emergency; staff knows to look for you.

THANK YOU

Thanks to:

Judy Wildermuth, Diana Stettner, Dan Sable, Richard and Marcia James and Amber Strangler (intern) for helping with the St. Patrick's Day Party.

Commercial Bank for sponsoring the St. Patrick's Day entertainment.

W3LLFest Volunteers: **Jean Bromley, Mary Beth Byrne, Mark Dorn, Judy Kaspar, Pat Metz, Janet Lindahl, Pat Ross, Dan Sable, and Lyn Wolfe.**

Sable House for donating donuts for our Scholarly Scoop.

AARP Tax preparers: **Janet Nell, Phil Neustedter, Carol Kent, Jane Peck, Carol Lorenz and Terry Kent.**

VIETNAM VETS—SAVE THE DATE

Photographer Peter Finnegan will be here with his photo display and power point presentation of his time in Vietnam, 1969-1971 on Wednesday, June 14 at 1:00. Tentatively there also will be a Meet & Greet on Tuesday, June 13 from 5:30—7:00 pm to view his photos and share your stories. Watch the May newsletter for more information.



POTENTIAL NEW CLASSES



I recently had two people drop in and offer to teach **Piano and Conversational Spanish**. If you would be interested in learning either of these, please let me know and we'll set-up the class.



NEW MEDICARE CARDS AND FRAUD OPPORTUNITIES

Starting in April 2018, The Centers for Medicare and Medicaid Services will begin mailing new Medicare cards to beneficiaries. The issuance of new cards is part of a major effort to remove social security numbers from all Medicare cards by April 2019 and replace them with a new, randomly-generated Medicare Beneficiary Number. This change provides unscrupulous con-artists with the opportunity to prey on Medicare beneficiaries in an attempt to steal their personal information. That information can be used to bill Medicare for services not received, identity theft and much more. Senior Medicare Patrol (SMP) will answer questions or concerns by calling 877-272-8720.



BEWARE of the new Medicare Card Scams! Medicare and Social Security will not call you regarding your new card. **DO NOT** give out your Medicare number or any other personal information to someone you do not know. Call Senior Medicare Patrol (SMP) toll-free if you think your Medicare or Medicaid number is being used for scams, waste or abuse. To report fraud or for more information call 877-272-8720.

HAPPY APRIL BIRTHDAYS TO:

- 5 Rose Ellestad
- 14 Marion Malo
- 17 Wilfred Roe
Deb Weberpal
- 21 Adele Gergen
- 25 Jerry Nell



If you want to be on our birthday list, let Deb know your birth month and day and correct spelling of your name, and you can be in the newsletter, too!

Thank You to our
ADVERTISERS

GREETING CARDS

New cards are here and they are flying off the card rack! We have a great selection of Fravessi cards, including Easter. Most cards are priced from \$1.00 to \$2.95. Stop in and check out our selection.



ST. PATRICK'S DAY & W3LLFEST



Participants living in the Whitewater School District are considered "residents". Those living outside of the district pay the non-resident fee.

~Parks and Recreation Policy



CARNIVAL NIGHT

Friday, April 28, 5:00-7:00 pm

Whitewater Aquatic Center

Kids under 12 will enjoy relay races, Pin the Tail on the Dolphin, Selfie Station, crafts, music and more! Fee is day pass, if not a member.

THE WISCONSIN IDEA: WHITEWATER AND BEYOND



Mondays, 3:00 pm
Fellowship Hall, Fairhaven

The Wisconsin Idea is a unique and long-standing principle of the University of Wisconsin System, a tradition of community engagement that guides our work beyond the boundaries of our campus and the promise that the university makes to the state to improve the lives of all Wisconsin residents. You have heard this phrase before--but how is the Wisconsin Idea practiced at UW-Whitewater?

Lectures in our spring series will explore how UW-Whitewater faculty and students share their expertise and resources in areas as diverse as science, technology, health, business and the environment. Join us to see how we are making that happen in Whitewater, in Wisconsin and beyond. All lectures are free and open to the public.

Links to videos of lectures in this and prior series can be viewed at any time at uww.edu/ce/fairhaven.

Apr. 3 Socially Responsible Business: Making a Difference in Women Artisans' Lives

Paul Ambrose, Associate Dean, Business & Economics

Apr. 10 Food, Farming and Cultural Diversity: Capturing Stories through the Wisconsin Farms Oral History Project

James Levy, Assistant Professor, History

Please cut out this
"Thank You Coupon"
and present it the next time you
Patronize one of our Advertisers

Thank You!

for Advertising with Seniors in the
Park

I am patronizing your business

Advertiser of the Month



We Clean Windows and a Whole Lot More!

Call for FREE Estimate

208-629-2153

www.windowgenie.com

OUR SERVICES INCLUDE

Window Cleaning
Window Tinting
Pressure Washing
Gutter Cleaning
Concrete Cleaning
House Wash

Seniors in the Park

PO Box 178
Whitewater WI 53190



Accredited by the
Wisconsin Assoc.
of Senior Centers

MEMBER:

Wis. Association of Senior Ctrs.
Wis. Parks & Recreation Assn.
National Council on Aging
Nat'l Institute of Senior Centers
Nat'l Parks & Recreation Assn.
Intern'l Council on Active Aging

SENIORS IN THE PARK

504 W Starin Rd, PO Box 178
Whitewater WI 53190

Phone 262-473-0535
Fax 262-473-0537
Nutrition Site (Tues) ... 262-473-0536
Nutrition Site 262-903-0436
Hours....Mon-Thurs, 9:00 am-4:00 pm

Senior Coordinator

Deb Weberpal, CPRP
dweberpal@whitewater-wi.gov

Volunteer Editor

Romelle Koch

Center Receptionists

Patti Grosskreutz
Diana Stettner

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

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



NEWSLETTER SUBSCRIPTION OR PICK-UP SITES

To have the Seniors in the Park Newsletter mailed to your home for one year, send **\$8.00** with this coupon. To receive the newsletter **FREE**, go online to wwparks.org, www.whitewater-wi.gov, click on Departments, then Seniors in the Park or www.whitewaterbanner.com and look for the link in the left column or ourseniorcenter.com/find/seniors-in-the-park. The newsletter is available for pick up at the Starin Park Community Building, Municipal Building, the Whitewater Aquatic and Fitness Center, the Irvin L. Young Memorial Library and many other locations throughout Whitewater.

Name _____

E-Mail _____

Address _____

