



The Park Bench

April 2018

Seniors in the Park Newsletter

SCHOLARLY SCOOP:

Out of the Basement and into the Streets: Far-Right and Antifascist Mobilizations in the Trump Era Friday April 6, 10:30 am



The populist rhetoric of the 2016 election brought a number of movements into the public consciousness. Among them were various factions of the extreme right-wing of American politics. White supremacists and other bigots associated with the “alt-right” saw in the candidacy of Donald Trump an opportunity to spread their message to a wider audience. Antifascist groups mobilized in response to these public displays of fascism, which brought these conflicts out of the underground and into the streets. This talk will provide an overview of contemporary fascist and antifascist movements with a focus on the key differences between them.

Stanislav Vysotsky, an Assistant Professor of Sociology and Criminology at the UW-W. Dr. Vysotsky’s research focuses on the conflict between supremacist groups in contemporary American society and their militant antifascist opposition. He has conducted ethnographic and interview research with antifascist activists in order to understand the relationship between threat, space, subculture and social movement activism. Please register in advance. Thank you.

VOLUNTEER APPRECIATION



Thursday, April 12; 6—8:00 pm

It’s Casino Night! Come prepared to have fun playing casino games including bingo, blackjack, Texas Hold ’em, horse races, Wheel of Fortune, door prizes and more. There will be a recognition of volunteers and lots of fun! Snacks and beverages will be available.

Event is free for volunteers. Guests are \$3.00. Please RSVP by April 4.

VIRTUAL DEMENTIA TOUR

Friday April 20

The Dementia Simulation is a hands on approach to giving people an opportunity to walk in the shoes of someone who has dementia. For more information see page 7.

Volume XVIII Issue 4

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SENIOR GOLF LEAGUE

Have fun with this recreational Golf League starting April 2. Tee times are at 8:30 am, flag prizes are awarded weekly, and there is a luncheon to conclude the season. Golfers must be 60 years old as of April 2 or spouse must be 60. 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.

LET'S WALK!

Wednesday & Friday, 9:00 am
Walk indoors to a 45-minute DVD, incorporating arms and movement in all directions. Do as much or as little as you want with this fun group.

WHITEWATER WARBLERS

The Warblers meet on Mondays at 11:00 am. EVERYONE is invited to come and participate in the Warblers. We are preparing for the music festival show in June.

We love to sing songs we have known throughout our lives, kind of like singing in the car or shower, but with friends. We also do some music activities and games, seasonal music and have an anniversary picnic. 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.

LEARN T'AI CHI CH'UAN

Wednesdays, 10:00 am
Downtown Armory Dance Studio
New class begins Wednesday, May 9.

The principles of Tai Chi include deep relaxation, correct posture, proper breathing and integration of the whole mind and body to accomplish even simple movements. Long-term practice offers people robust health and a calm and clear mind. The slow, flowing and intentional movements encourage the mind and body to be calm. This allows one to identify and release tensions that can cause physical, emotional and mental limitations, resulting in better health for the whole person. Tai Chi requires no special equipment and can be practiced by people in nearly any condition. Jim Mikulich was trained at the Milwaukee Tai Chi Center and teaches the Ben LoYang-style short form. Continuing students meet at 11:00 am.
Register for the class by Thursday, May 3



LET'S PADDLE!

Wednesday, May 23, 11:00 am

Meet at the boat launch on Rice Lake, west of Snug Harbor. You must sign a paddle waiver and wear a personal floatation device. You are welcome to paddle with a kayak, canoe or paddle board. We will have lunch at Snug Harbor after the paddle, for those who wish. Please call if you will be paddling with us by Monday, May 21.



SOCIAL PADDLE AND PUB

May 30, 5:15 pm at JNT's Parkside Marina—Whitewater Lake

Enjoy a relaxed 2 hr social paddle on your kayak, canoe or paddleboard. You must register with Big Foot Recreation at <https://www.activityreg.com/>. Fee is \$5.00. Group is limited to 15 so sign up early! You can also follow the group for more paddles at <https://www.facebook.com/socialpaddle>

POLE WALKING

Friday, June 1 @ 10:00 am

Do you have poles and want to know how to use them more efficiently and effectively? Maybe you just want to see what they are or to vary your workout. You can increase your cardio workout by 20% and calorie burn by up to 48% more using poles! Lessen the impact on joints, naturally align your spine, and work your core. Poles provided or bring your adjustable poles. Fee: \$10 members; \$15 non-members
Deadline: Thursday, May 24





AARP SAFE DRIVING CLASS

Wednesday, May 23 12:00—4:00 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 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 and Navigating round-abouts. Please arrive 15 minutes early.

Fee: \$15 for AARP members or \$20 for nonmembers

Bring your AARP member card to receive the discount. You may also be eligible to receive an insurance discount, consult your agent for details.

Deadline to register: Thursday, May 10



LEARN MAH JONGG

Learn this brain stimulating game played with tiles. American Mah Jongg will be played. (Not like the computer version.) Class begins on April 9 at 1:00 pm. Call to register to learn!

SUMMER PICNIC

Wednesday, June 13

Food, Classic Cars and a DJ playing 50's and 60's music. Tickets go on sale May 1 and are \$5.00, including choice of grilled meat, coleslaw, chips, beverage and ice cream and s'mores. Games start at 11:00 am and lunch will be served at noon. Half price meal for those bringing a classic car. Proceeds benefit Treyton's Field of Dreams.

Deadline for tickets is June 6.



iPAD GROUP

Thursday, April 19 @10:45 am

Have you been through a Sip & Swipe® class or have an iPad and just want a little more information? Here's a group for you! Mark Dorn will lead this monthly group. Get together with other iPad users and share. Please bring your iPad to work on. If you have a topic for another month, let Deb or Mark know. Please register for the group by Tuesday, April 17

SENIOR FORUM

Monday, April 9, 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. Give your input on membership, fundraising, trips, activities and classes.

All Seniors in the Park activities are held at the Starin Park Community Building, 504 W. Starin Rd, unless stated otherwise.

Advertiser of the Month



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STAINED GLASS CLASS

April 16 & 17, 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.

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 members

\$20.00 non-members

Deadline: Wed., April 11



OPEN SEWING GROUP

Fri., April 6, 10 am-3:00 pm
Downtown Armory Lower Level

Come and sew on your current project and chat with other sewing enthusiasts on the first Friday of the month. All skill levels are welcome. Bring your machine and supplies or hand sewing equipment. An ironing pad and iron will be provided.

You may come and go any time between 10:00 & 3:00. Bring a lunch, or we will decide as a group to go out or to order in.

Questions: Contact Carolyn at 262-903-5678 or

behrecar@gmail.com.

WATERCOLOR AND COLLAGE

Thursdays, April 5—26 1:00—4:00 pm

Incorporating collage and watercolor into painting will be explored. Using a small painting format (11" x 15" or smaller), discussion and demonstrations will focus on using both collage and watercolor in a painting. Participants will have the opportunity to paint unique collage papers in this session. Composition and color mixing will be discussed. Beginning, intermediate and advanced concepts will be covered with plenty of time for individual painting and optional one-on-one coaching. Subject matter may include birds, animals, landscapes, still life or florals. Please bring personal references, sketches, photos or ideas to work from.

Fee: \$15 per class or \$50 session fee for all 4 classes for those pre-registered. Payable to the instructor.

Instructor: Karolyn Alexander Tscharnack

Deadline: Monday, April 2

FREE HEALTHCARE POWER OF ATTORNEY

Monday, April 30, 1:00pm

Millions of conversations will happen today. But the conversation few of us have is about the care we want when seriously ill or nearing the end of life. Who we'd like to speak for us if we can't do so ourselves. Sharing your wishes with family members, friends and care providers now and as life changes, can help prevent unnecessary suffering, both for you and for the ones you love. Please join us for a special presentation by Fort HealthCare's Dr. Donald Williams and Medical Social Worker, Lori Partoll. You will have a chance to complete a Health Care Power Of Attorney for free if you do not have one and, if you already have one completed, you will have a chance to have it reviewed and updated if needed, so please feel free to bring your documents. Please register for this event by Thursday, April 26



LOW INCOME SUBSIDY AND MEDICARE SAVINGS PROGRAMS

Monday, April 23rd @ 1:30pm.

Are you taking expensive medications and have difficulties every month affording to pick them up at the pharmacy? Do you struggle with having more month than money? Wonder if there is any help available for you? Then this presentation is for you! We will be reviewing the low income subsidy program (Extra Help) and Medicare savings programs. You will learn about what the programs provide assistance for, income eligibility levels, what the programs cover, what they help pay for, what information you need and how to apply. A licensed agent will be available to assist with the application process. Please call to RSVP by Wednesday, April 18.

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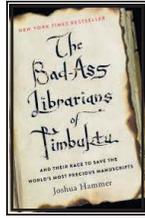


BOOK WORMS

Monday, April 2, 10:30 am

The Book Club will discuss *It Happened in Wisconsin* by Ken Moraff. The book for April will be *The Bad-ass Librarians of Timbuktu* by Joshua Hammer.

To save ancient Arabic texts from Al Qaeda, a band of librarians pulls off a brazen heist in this “fast-paced narrative that is...part intellectual history, part geopolitical tract and part out-and-out thriller”.



Joshua Hammer writes about how Haidara, a mild-mannered archivist from the legendary city of Timbuktu, became one of the world’s greatest smugglers by saving the texts from sure destruction. With bravery and patience, Haidara organized a dangerous operation to sneak all 350,000 volumes out of the city to the safety of southern Mali. This novel is a reminder that ordinary citizens often do the most to protect the beauty of their culture. This story is one of a man who, through extreme circumstances, discovered his higher calling and was changed forever by it.

MOVIES: SPONSORED BY MULBERRY GLEN

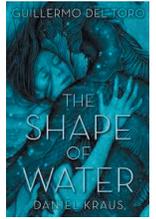
“The Shape of Water”

(Adventure/Drama/Fantasy)

Tuesday, April 10, 12:30 pm;

Rated R (violence, language, nudity)

2 hours, 3 min. (2017)



In Guillermo del Toro’s (Best Director) otherworldly, Oscar-winning (Best Picture) fairy tale set against the backdrop of Cold War Era America 1962, a mute cleaning woman (Sally Hawkins) bonds with a sea creature with mysterious powers. Octavia Spencer, Richard Jenkins and Michael Shannon co-star. Gorgeously color-coordinated, this fairy tale is one of the year’s most romantic and breathtakingly beautiful movies. Best Picture, Director, and Production Design Oscars.

“The Greatest Showman”

(Biography/Drama/Musical)

Tuesday, April 24, 12:30 pm

Rated PG; 1 hour, 45 min. (2017)



A largely fictional, but absolutely fun, musical accounting of P.T. Barnum and the birth of The Greatest Show on Earth. Stars Hugh Jackman, Michelle Williams, Zac Efron, Zendaya, and REAL elephants! Oscar nominated for Best Song “This is Me” (Globes Best Song). This film’s musical soundtrack has remained atop Billboard’s charts for months.



Tuesdays, 10:00 am

Apr 3: Culvers

Apr. 10: Mulberry Glen

Apr. 24: City Bingo

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SCHOLARLY SCOOP - THE SOIL REGIONS OF WISCONSIN

Friday May 4, 10:30 am

Dr. Jacobs will discuss the soil regions of Wisconsin. He will focus on how climate, native vegetation communities, landforms and sediment types have interacted to produce the interesting variety of soils across the state. Peter Jacobs is currently Chairperson of the Department of Geography, Geology, & Environmental Science. Please register in advance.

FREE MEMORY SCREENING

Wednesday, April 18 1:30—3:00 pm

A memory screening is a simple health assessment consisting of a series of questions and tasks designed to gauge memory, language and thinking skills. This ten minute assessment is a face-to-face meeting with no preparation required, is confidential and is encouraged for anyone with concerns of memory loss. Please call to make an appointment for the service by Monday, April 16.

Early detection is important in two ways, it allows for a better chance that medical interventions or clinical trials may slow the progression of symptoms for better quality of life. It can also afford an individual the opportunity to participate in long term care, legal and financial planning discussions with their families, and obtain social services support. Some memory problems can be caused by vitamin deficiencies, thyroid problems, infections or dehydration and can be readily treated. This is where the screenings come into play.

JOIN the Whitewater Dementia Friendly Community Initiative (WDFCI), as we work to create community awareness, provide training and support care partners and those with dementia, by calling Deb at 262-473-0535 or email dweberpal@whitewater-wi.gov.

“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*.

VIRTUAL DEMENTIA TOUR

Friday, April 20 by appointment

“The greatest form of respect we can give is to walk in someone else's shoes.” Dementia can be an overwhelming and debilitating disease. The Dementia Simulation is a hands on approach to giving people an opportunity to walk in the shoes of someone who has dementia. Taking time to understand dementia will help people to understand the person's frustrations, fears and limitations.

The tour takes 45-60 minutes. The actual time in the simulation itself is 10 minutes. There is a pre-test and release form. After the simulation there is a debriefing which is an important part of the experience. The debriefing allows you to talk about your experience with a nurse or social worker and other participants.

Deadline to make an appointment is Friday, April 13.



MEMORY CAFÉ

Monday, April 9, 10:30 am

The Irvin L. Young Memorial Library, in partnership with the Alzheimer's Association, will host a monthly Memory Café for individuals who are living with Mild Cognitive Impairment (MCI), early-stage Alzheimer's or other dementia, and their care partners. This free social event will be held on the second Monday of every month in the Library Community Room at 431 W. Center St. in Whitewater, at 10:30 am. The theme of this session is **“Squishy Plinking”**, with fun target practice games.

The Memory Café offers participants a safe and fun way to share their stories and socialize with others who have similar experiences. Learn how staying physically, socially and mentally active, is good for the brain. Registration is required for first time attendees. Please call 800-272-3900 to register.

UW BAND CONCERT



Thursday, April 19

There will be popular music favorites by Abba and the Rolling Stones, music from the concert hall—George Gershwin's "Rhapsody in Blue", a tribute to the 50th anniversary of the Beatles' "Sgt Pepper" album, plus music from the Broadway masterpieces, "West Side Story" and "Miss Saigon". An evening of fun, great sounds and exciting Badger spirit. Dinner on your own at the Coliseum Bar.

Fee: \$31.00 members \$41.00 non-members Deadline: March 22 **Seats limited!!!**

Depart Starin Park: 3:45 pm; Return approx 11:30 pm

FISH FRY FRIDAY

Friday, April 27

A perennial favorite, Prairie Woods will be our destination.

Depart at 4:00 pm.

RSVP by Wed., April. 25

Fee: \$3 per person for transportation only.

Minimum of 7 people

LUNCH BUNCH

Thursday, Apr. 12

10:30 am

We are headed to Tasty Bites in Milton. Other stops could be Northleaf Winery or The Corner Closet.

Fee: \$3.00

RSVP by Tuesday, April 10

JANESVILLE SHOPPING

Wednesday, April 4

9:15 am

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

Fee: \$3.00

RSVP by Monday, April 2

LINCOLN AND THE UNDERGROUND RAILROAD

Tuesday, May 15

Discover the beauty, ambiance and history of the Lincoln-Tallman House during its heyday. A docent provides a historical overview of the Tallman family and their home. Learn details about their most famous visitor, Abraham Lincoln. Interact with new experiences throughout the tour that stimulate your senses and make the Tallmans come alive on a personal level!

At the Milton House, explore the 1844 Hexagonal Stagecoach Inn—the only accredited Underground Railroad National Historic Landmark in Wisconsin.

Lunch will be on your own at Milwaukee Grill. Please note both tours will include some stairs.

Fee: 19.00 includes tours and transportation Deadline is April 15

Depart Starin Park at 9:00 am Return approximately 3:00pm



BUDS AND BUDDHAS

Monday, June 11

Spend the morning at beautiful Olbrich Gardens. The garden is free but it is \$2 to see the Conservatory. Have lunch n your own at Red Robin and visit the Deer Park Buddhist Temple.

Fee: \$15 includes transportation, driver and temple donation.

Depart Starin at 8:30 am and return approx 4:00 pm

MADISON MALLARDS GAME

Wednesday, June 27

Enjoy an afternoon at the Duck Pond 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: \$31, includes game ticket, buffet with Pepsi/water and transportation

Fee: \$36, includes game ticket, buffet with beer and transportation

Depart 9:15 am and return approximately 5:00 pm. Deadline: June 1



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.

Wolves, Wilderness and Water, June 18–22

Highlights include: Narrated sightseeing tour of the Twin Cities and overnight adjacent to the Mall of America. Cruise in the Duluth Harbor and visit Canal Park. Ride the Western Shore of Lake Superior and visit Gooseberry Falls and Split Rock Lighthouse. Spend two nights in Grand Marais overlooking Lake Superior. Visit the Grand Portage National Monument Heritage Center and learn about the Ojibwe culture with lunch at the Naniboujou Lodge. Tour the North American Bear Center in Ely and enjoy a presentation at the International Wolf Center. Overnight in Hinkley. Finish the tour in Chippewa Falls, touring the Jacob Leinenkugel Brewing and have lunch at the Norske Nook in Osseo. Same tour company as our fabulous Mississippi River Road tour in 2016.



Fee: \$975 double or \$1405 single. \$150 deposit due with registration. Complete itinerary at the center or [online](#). Final payment due April 3.

UPCOMING TRAVEL OPPORTUNITIES

West Virginia Autumn Foliage; October 19-23, 2018; Ride West Virginia's New River Train and enjoy the "Grand Canyon of the East"; enjoy the Railroad Days Festival; visit the "Bunker" and tour Charleston, the state capital. Mayflower Tours. From \$1349.

A Blue Christmas with Elvis, December 3-7, 2018; Tour Memphis, the Elvis Holiday tribute show, the Delta Cultural Center, Ground Zero Blues Club, Delta Blues Museum, Graceland mansion, private tour of Elvis' museum complex, National Shrine of our Lady of the Snows and the Abraham Lincoln Presidential Library and museum. Mayflower Tours. From \$1499

Caribbean Cruising and New Orleans, February 13-22, 2019; Tour the "Big Easy", National WWII Museum, Mardi Gras World and dinner at the New Orleans School of Cooking. Enjoy 5 nights on the 'Carnival Glory' cruise ship. Mayflower Tours.

Virginia International Tattoo, April 23-29, 2019; Highlights include a visit to Virginia's Military Aviation Museum, Norfolk Naval Station and the Nauticus National Maritime Center; and explore the *Wisconsin*; attend the "Hullabaloo", reserved seats at the Virginia International Tattoo and the Norfolk NATO Parade of Nations. Mayflower Tours.

2019 River Cruises with FREE Airfare:

- **The Legendary Blue Danube;** Including 2 nights in Prague; Must book by May 31, 2018
- **Tulip Time on the Romantic Rhine and Mosel;** Including 2 nights in Lucerne, Switzerland; Must book by May 31, 2018
- **Gems of Eastern Europe – Budapest to Bucharest, June 19 departure;** Must book by June 30, 2018
- **Splendor of the Seine:** From Paris to Le Havre and Normandy; Must book by Aug. 31, 2018.

TRAVEL PREVIEW

Wednesday, April 25
1:00pm

Judy from Mayflower Tours will be here to talk about any of the travel opportunities you see on the left. Let us know when you sign up which you are interested in.

[Deadline to register is](#)
[Wednesday April 18](#)

MILWAUKEE BREWERS GAME

Wednesday, May 9

Watch the Brewers as they take on the Cleveland Indians. The fee includes coach bus transportation, game ticket, snack on the bus and bottle of water.

Fee: \$56 (checks made out to Fort Atkinson Senior Center) Only 12 seats available.



- **Nancy Cassano and Mark Dorn** for volunteering to help at the Chili Cook-off
- **Marcia & Richard James, Dee Simon, Linda Geske and UWW APICS** group for assisting with Cabin Fever planning, setup, playing games and clean up. You were all amazing!
- **Herb Casey, Pat Channing, Jim & Patty Harmon, Gary Kiger, Bruce Parker and Ron Troemel** for helping to plan 2018 motorcycle trips.
- Thank you to **everyone** who paid for a membership. We are grateful for your support of our programs & front desk staff.
- **Membership Raffle Winners** were:
 - Pat Metz**—Dale's Bootery
 - Nancy Flanders**—Second Salem
 - Roy Markwardt**—Chamber Check
 - Dorene Kujanski**—Sweet Spot
 - Arlene Trewyn**—Massage
 - Bonnie Wanger**—Wine
 - Fran Kelly**—True Value

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

MOTORCYCLE TRIPS

Lake Geneva, Thursday, May 24—Visit the Delavan Lake Boat Shed where they restore wooden lake boats and classic cars. Have lunch at Joni's Diner. The diner is an L-shaped Jerry O'Mahoney built in 1954. After lunch enjoy a ride around the lake. Leaders are Bruce Parker and Gary Kiger. Ride departs at 10:30 am.



Riders must arrive prior to departure to show proof of insurance (card you should be carrying) and fill out a participation form, if this is your first ride with us in 2018. You can scan and email your insurance info or drop it off in advance, too. Helmets are recommended. Call with your email, and we'll keep you current on upcoming rides and rain dates.

Thursday, June 14—Amoarosa IA to JP Cycles

Thursday, June 21—Wisconsin Dells: Birds and Boats

Thursday, July 19—Milwaukee: Discovery World & Harley Davidson

Sunday, July 22—Chicken BBQ in Rockton (Kickapoo Valley)

Thursday, July 26—Go-Carts and lunch

Thursday, August 16—Port Washington and Cedarburg

Wednesday, August 22—Canoe the Kickapoo

Thursday, September 13—Travel toward Richland Center for Apple and Cheese stops.

Saturday, October 13—Holy Hill and lunch at the Fox and Hounds

ACTIVITIES AT A GLANCE

Core & More—Mon & Thurs. 8:30 am; \$1.00 per class Member

'FUN'ctional Fitness—Mon & Thurs. 9:30 am; \$1.00 per class Member

Pickleball—Monday, Wednesday and Friday 12:30-2:30, Tuesday and Thursday 9:00-11:00 am at the Downtown Armory

Let's Walk! (indoors)—Wednesdays and Fridays 9:00 am

Whitewater Warblers (singing) – Mondays 11:00 am

Book Club—First Monday 10:30; Books available at Starin Park

Potluck—First Tuesday 11:15 am

Bingo—First, Second & Fourth Tuesdays 10:00 am

Canasta—First, third and fifth Mondays 1:00 pm

Chess—Wednesdays, 10:00 am; Beginners welcome

Dominoes—First Tuesday 11:45 am

Mah Jongg – Mondays, 1:00 pm

Pegs and Jokers –Third Tuesday 9:30

Puzzle Exchange—Third Friday 9:30

Sheepshead—Tuesdays 1:00 pm





CHAIR MASSAGE

Wednesday, Apr. 4, 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 \$12.00.

Appointments are necessary and available.

TOENAIL CLINIC



Thursday, April 5

Beginning at 10:00 am

This service is by Appointment only. Deb Scullin, RN, provides the service. Please bring a towel. Fee is \$15.00.

Next Clinic: May 3

GREETING CARDS



We've ordered new cards and they are here! We have a great selection of Fravessi cards, including Easter, Birthday (including 80, 85 & 90-year-old cards), Thank You, Wedding, Anniversary, Pet Sympathy, Serious Illness and much more! Most cards are priced from \$1.00 to \$2.95. Stop in and check out our selection.

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.

Jessica's Family Restaurant
 Breakfast All Day • Fish Fry Friday
 Homemade Potato Pancakes
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 Banquet room available for all occasions
 Full Bar
473-9890
 Mon-Thur 6am-3pm, Fri-Sat 6am-9pm
 Sun 7am-3pm

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Activity Calendar

April 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
2 8:30 Core & More 8:30 Golf (O) 9:30 FUNctional Fit 10:30 Bookworms 11:00 WW Warblers 1:00 Mah Jongg 1:00 Canasta	3 VOTE! 10:00 Culver's Bingo 11:15 Pot Luck 10:30 Basic Yoga—L 11:45 Dominoes 1:00 Sheepshead	4 9:00 Let's Walk! 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 3:00 Sign Language	5 8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:00 Toenail Clinic 10:30 Basic Yoga—L 1:00 Watercolor	6 9:00 Let's Walk! 10:00 Open Sewing Group –A 10:30 Scholarly Scoop 12:30 Pickleball (A)
9 8:30 Core & More 8:30 Golf (O) 9:30 FUNctional Fit 11:00 WW Warblers 11:30 Senior Forum 12:30 Pickleball (A) 1:00 Learn Mah Jongg 1:00 Mah Jongg	10 9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "The Shape of Water" 1:00 Sheepshead	11 9:00 Let's Walk! 10:00 Chess 10:00 Learn Tai Chi- A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 3:00 Sign Language	12 8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L 10:30 Lunch Bunch 1:00 Watercolor 6 - 8 Volunteer Appreciation Casino Night	13 9:00 Let's Walk! 12:30 Pickleball (A)
16 8:30 Core & More 8:30 Golf (O) 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 12:30 Stained Glass 1:00 Canasta 1:00 Learn Mah Jongg 1:00 Mah Jongg	17 9:00 Pickleball (A) 9:30 Pegs & Jokers 10:30 Basic Yoga—L 12:30 Stained Glass 1:00 Sheepshead Office closes at 12:30	18 9:00 Let's Walk! 10:00 Chess 12:30 Pickleball (A) 1:30 Memory Screening 3:00 Sign Language Travel Preview deadline	19 8:30 Core & More (?) 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L 10:45 I-pad Group 1:00 Watercolor 3:45 UW Band Concert departs	20 9:00 - 3:00 Virtual Dementia tour  12:30 Pickleball (A)
23 8:30 Core & More 8:30 Golf (O) 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Learn Mah Jongg 1:00 Mah Jongg 1:30 Medicare Info Presentation	24 9:00 Pickleball (A) 10:00 City Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "The Greatest Showman" 1:00 Sheepshead	25 9:00 Let's Walk! 10:00 Chess 10:00 Learn Tai Chi—A 11:00 Cont. Tai Chi-A 12:30 Pickleball-A 1:00 Travel Preview Mayflower Tours 3:00 Sign Language	26 8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 1:00 Watercolor	27 9:00 Let's Walk! 12:30 Pickleball (A) 4:00 Fish Fry trip
30 8:30 Core & More 8:30 Golf (O) 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg 1:00 Advanced Directives				Activities take place at the Starin Park Community Building unless otherwise noted. A=Downtown Armory 146 W North St L=Cravath Lakefront O=Oak Ridge Golf Course Milton

Persons 60 and over and spouse, regardless of age, are eligible to participate. The suggested donation is \$3.00, but you may donate what you can. Those unable to contribute are still welcome at the site. Call 1-800-365-1587, ext 3333 to make a reservation by noon a day previous. Call the 800 number to cancel meals day of no later than 8:00 am day of. Reservations are required. Meal site is at Brookdale Manor Monday, Wednesday, Thursday and Friday and at Blackhawk Manor on the third Tuesday of the month, serving at 11:30 am.

STARIN PARK NUTRITION SITE MENU

April 3

Sub Sandwich
Tossed Salad
Mandarin Oranges
Sugar Cookie

April 10

Swedish Meatballs
Egg Noodles
Carrots & Broccoli
Romaine Salad
Banana
Wheat Bread

April 24

Chicken Salad
Tossed Salad with Spinach
Mandarin Oranges
Wheat Bread
Cran-apple Crisp



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HAPPY APRIL BIRTHDAYS TO:

Rose Ellestad
Marion Malo
Wilfred Roe
Deb Weberpal
Adele Gergen
Jerry Nell



If you want to be on our birthday list, let Deb know your birth month you can be in the newsletter, too!

(For confidentiality and identity theft reasons, we will not longer include dates.)

ASSESSING OUR COMMUNITY FOR POSITIVE AGING

The Walworth County Aging and Disability Resource Center (ADRC) would like your help determining how our community can be a great place to live and grow old in. All suggestions and opinions are important and will be considered as we create our 2019-2021 Walworth County Plan for Aging programs. Answer any or all questions that apply to you. Thank you!
<https://www.surveymonkey.com/r/aging2021>

WHITEWATER ARTS ALLIANCE NEEDS VOLUNTEERS!

We need individuals willing to serve as docents (receptionists) at the Cultural Arts Center. It's easy and we teach you what you need to know. Shifts run from noon-2:30 or 2:30-5:00pm, Thursday-Sunday, whenever there is an exhibit in the building. A blank schedule is sent out every month by Mary Kenne. If you are able to work, please tell her which shift(s) you would like. You don't have to work every month or work the same shifts every month. Contact Linda Long at lcubed12@gmail.com or 473-5538 or Mary Kenne at mhkenne@charter.net or 473-1292. Thanks!!



Whitewater Arts Alliance

SAFE AND SAVVY SENIOR DAY

April 12, 10 am—2 pm

American Legion Hall, 292 S Wisconsin St.

Attend and learn about Scams, Silver Alert, Memory Screens, and Powers of Attorney for Health Care/Financial Powers of Attorney. There will also be a Veterans Affairs Specialist onsite, as well as, a mobile medication drop box available. Sponsored by the Walworth County Dept. of Health and Human Services. Call 262-741-3465 with questions.

UW-W GRANDCHILDREN'S UNIVERSITY

June 22-23

At Grandchildren's University, grandparents and grandchildren will: Work together on hands-on learning activities; earn a "degree" in one of the seven offered "majors"; have fun with various evening activities; share a suite in our newest air-conditioned residence hall; meet some of the UW-W's most dynamic professors and students; and meet other grandparents and their grandchildren
Camp fee: \$210/person, includes lodging, meals, instruction and camp t-shirt
For more information and to register, contact <http://www.uww.edu/ce/camps/additional/gcu> or call 262-472-3165 .

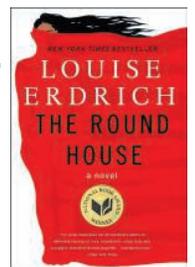


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THE BIG READ

This year's selection, *The Round House* by Louise Erdrich, focuses on the effects of a traumatic event for a Native American family in North Dakota, most specifically Joe, the 13-year old protagonist. Free books are available at the ILY Memorial library, while supplies last. Other events include the Fairhaven Lecture Series April 9 (see page 14), Native American Mark Denning, will speak on cultural perspective of the book at the ILY Memorial Library April 12 at 6:00 pm, and the finale is at Old World Wisconsin May 6, 10 am—2 pm.

For more information on the 2018 Big Read project, www.youngauditorium.wordpress.com.



UW-W & FAIRHAVEN LECTURE SERIES - "NATIVE AMERICA"



**Mondays at Fairhaven Senior Services,
435 W. Starin Road; 3:00 pm**

America's indigenous peoples have rich and diverse traditions and cultures. What is the impact of historical treaties and contemporary policies on native people past and present? How are native communities responding to issues of social injustice? Explore historic and contemporary stories, issues and customs from the country's indigenous peoples.

- Mar. 19 Tribal Social Entrepreneurship: Self Determination or Assimilation?
Amy Klemm Verbos, assistant professor, Department of Finance and Business Law; Tribal citizen, Pokagon Band of Potawatomi
- April 2 Interpreting American Indian Treaties in the 21st Century
Anthony Gulig, assoc. prof. and chair, Department of History
- April 9 Seeking Justice for a Legacy of Violence Against Women in Indian Country (This lecture is presented as part of the NEA Big Read, a program of the National Endowment for the Arts in partnership with Arts Midwest.)
Amy Casselman Hontalas, author and lecturer, San Francisco State University
- April 16 Chippewa Spearfishing Conflict and Treaty Rights
Larry Nesper, prof., Nelson Institute for Environmental Studies, UW-Madison

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MAKERSPACE OPEN SHOP NIGHT

April 4 & 18, 6:00-8:00 pm

Wisconsin Makers Makerspace, 200 E. Clay St.

We will be holding a workshop to create scratch molds on April 4, for our annual Iron Pour on April 7. For more information, email WisconsinMakers@gmail.com, call (262) 753 -6455 or visit [Facebook.com/WisconsinMakers](https://www.facebook.com/WisconsinMakers)

SUMMER/FALL CITY GUIDE

The Summer/Fall version of the City Guide, including Recreation and Seniors in the Park, will be available both online at wwparks.org and at the Community Building and Municipal Building. Sometime this month.



HANDS2HELPU

This free service for elderly and disabled adults living within 15 miles of LaGrange (includes Whitewater) is sponsored by the LaGrange United Methodist Church.



Two adults (one male, one female) will assist with small jobs at your home. Call Judy Seip at 608-843-7143 to schedule assistance. No donations will be accepted for their service.

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Fax 262-473-0537
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..... Friday various days/hours

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Patrea Wilson

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 _____
