



August 2017

The Park Bench

Seniors in the Park Newsletter

WHITEWATER DEMENIA FRIENDLY COMMUNITY INITIATIVE RECEIVES GRANT

The Board of Directors of the Whitewater Community Foundation presented their first 2017 Community Action Grant on July 12, with a check for \$1,000 to Seniors in the Park. Numerous volunteers are working with Seniors in the Park to make Whitewater a Dementia-Friendly Community.



The funds will go toward communication and community awareness of the everyday difficulties experienced by people affected by dementia and the stresses experienced by their caregivers. The Dementia-Friendly Community Initiative (DFCI) has worked to train screeners for Dementia Screenings and currently has three people who have become ‘certified’ as screeners. Upcoming projects include Purple Angel training for businesses, caregiver information and support, community awareness, resources, presentations for organizations about dementia and the project, and partnering with the Irvin L. Young Library to create a Memory Café.

The DFCI has already sponsored one screening and will be holding another on September 20 at 1:30. The last screening exceeded expectations and resulted in a waitlist, so making an appointment will be necessary.

The Whitewater Community Foundation board applauded our efforts and is so excited to be a part of this project! Whitewater boasts a large retired population, which is part of this worldwide “Silver Tsunami.” In response, Whitewater’s forward-thinking committee with Seniors in the Park has been working diligently to face the challenges of dementia head-on.



If you are interested in being part of the Whitewater DFCI, contact Deb Weberpal at (262)473-0535.

Volume XVII Issue 8

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Seniors in the Park Promotes & Enhances a Vital Aging Community

Welcoming Seniors, Boomers, and Adults of all ages.

TENNIS ANYONE?

Wanted: Women Tennis Players to play Mondays at 5:30. We are women that enjoy tennis and would like to have you join us.



For more information please call: Jean Bula 608-412-0066 or Sue Leffingwell 262-473-6296.

“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.

GOLF LEAGUE

Mondays

Have fun with this recreational Golf League.



Golfers must be 60 years old as of April 3 or spouse must be 60. Tee times are at 8:30 am. 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!

BASIC YOGA

Tuesdays, September 12—October 24 OR
Thursdays, September 7—October 26
10:30 AM at the Cravath Lakefront Center



These eight-week courses 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. Please avoid a big meal before class. Students should bring a yoga mat and wear loose or flexible clothing.

Instructor: Brienne Brown, RYT

Fee: \$32 residents; \$40 non-residents for either Tuesday or Thursday

Payment/Deadline: Friday September 1

Research has shown both Yoga and Tai Chi to be extremely beneficial for brain and overall healthy aging.

LEARN T'AI CHI CH'UAN

Wednesdays, 10:00 am

**Downtown Armory Dance Studio
New Session begins September 13**

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 and relaxed and energy to flow freely. 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 Yang style short form as taught by Ben Lo. Continuing students meet at 11:00 am.

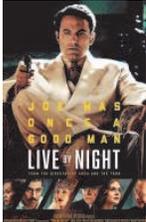
Register for the class by Thursday, September 7

OUTDOOR FITNESS EQUIPMENT

Our outdoor fitness equipment is located in Starin Park on the south and west sides of the playground. We have both cardio and strength apparatus. Check it out!



MOVIES: SPONSORED BY MULBERRY GLEN



"Live By Night"

Tuesday, August 8, 12:30 pm
Rated R (violence, language, nudity);
2 hr, 9 min (2017)

Ben Affleck's ode to the Warner Bros. gangster movies of the 1930's and '40s, this is a stylish film noir nod to those Cagney/Bogart/Edgar G. Robinson crime melodramas. A Boston thug (Affleck) aspires for bigger things in early day Florida, setting up an underworld of rum running, drugs and prostitution against the competition and the FBI and KKK. Written and directed by Affleck.

"The Salesman"

Wednesday, August 16, 12:30 pm
Rated PG-13; 2 hr, 4 min (2016)

Oscar Winner for Best Foreign Language Film. A couple's world is torn apart when the woman is attacked in their new apartment and her husband becomes obsessed with finding the attacker. An Iranian film; English subtitles.



"The Zookeeper's Wife"

Tuesday, August 22, 12:30 pm
Rated PG-13; 2 Hr, 7 min. (2017)

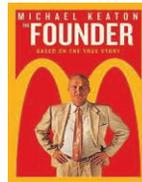
In 1939, when the Nazis conquer Poland, the couple who run the Warsaw Zoo attempt to spare the animals AND turn the ground's hiding places into a refuge for Jews and the persecuted seeking to escape the slaughter. Based on a true story; the real-life couple saved over 300 during the war. Stars Jessica Chastain and an international cast.



"The Founder"

Tuesday, August 29, 12:30 pm
Rated PG-13; 1 hr, 55 min (2016)

Look for the Golden Arches! You Deserve a Break Today! Did Somebody Say McDonald's? This is the story of Ray Kroc, the salesman who turned two brothers' idea into an international brand and conglomerate, beginning in Des Plaines, IL! Stars Michael Keaton, and Nick Offerman.



AARP SMART DRIVER CLASS

Wednesday, September 13
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 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
 - Navigating roundabouts
- 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, consult your agent for details.

Deadline to register: Tuesday, September 5

SUMMER HEAT PARTY



Friday, July 28

Come on in out of the heat and enjoy ice cream in it's many forms. We'll have cones, sundaes, root beer floats and pie a la mode from 1:00—3:00, all modestly priced from \$1.00—\$3.00.



At 2:00, the Whitewater Warblers will be giving an encore performance of their Television Tribute Hour, filled with memories and mirth. Serving will be suspended during the show so get here early!

OPEN SEWING GROUP

Fri., August 4

10:00 am—3:00 pm

Starin Park Community Building

Note change of meeting place!

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.

STAINED GLASS CLASS

Sept. 19 & 20, 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 residents;

\$18.75 non-residents

Deadline: Thursday, Sept. 14

No class in August



ACRYLIC PAINT PARTY!!!

Tuesday, August 29 5:30—8:30 pm

Join us for a relaxing summer evening of painting in a pleasant and fun atmosphere while painting your masterpiece! Never painted in your life? Willing to try something new? You don't need to be an artist or creative genius to have lots of fun at a painting party. You will be led by an experienced artist to create your own masterpiece on an 11x14" stretched canvas. Beverages are available. Feel free to bring a finger-food snack to share, but it is not required.

Fee: \$18 .00 (Includes all supplies) Checks to instructor.

Instructor: Pattie Kelley Fuller

Registration & payment due by Friday, August 18

WATERCOLOR – DOORS, WINDOWS AND WINDOW BOXES

Thursday, August 10-24, 1:00-4:00 pm

This three-week watercolor class will focus on painting windows, window boxes and doors. Beginning, intermediate and advanced concepts will be covered. Each session will include a demonstration on a technique or concept and plenty of time for individual painting, with optional one-on-one coaching. Topics will focus on painting windows and window boxes with flowers, doors and, if time permits, stone buildings. Composition and color mixing will be discussed, as well as a variety of techniques to paint the subject matter. Please bring personal references, sketches, photos or ideas to work from.

Instructor: Karolyn Alexander Tscharnack; www.karolyn.biz

Fee: \$15 per class or \$40 session fee for all 3 classes if pre-registered.

Session fee is payable to the instructor on August 10 by cash or check.

Deadline: Monday, Aug 7 If the 6 person minimum is met, walk-ins may attend for the \$15 per class fee.



PUMPKIN CLASS

Saturday, September 9, 9:00 am—Noon

Create your own colorful pumpkin you can use year after year. A sort lesson on design ideas will be given and you then will create your masterpiece on a 9" high, round, black pumpkin! Choice of three different pen sets: Electropop (5 colors), Neon (4 colors), or metallic (shown, 3 colors). Pumpkin on display with all colors.

Resident Fees: Electropop: \$22.00; Neon: \$23.00; Metallic: \$20.00

Non-Res Fees: Electropop: \$27.50; Neon: \$28.75; Metallic: \$25.00

Deadline: August 31



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BOOK WORMS

Monday, Aug. 7, 10:30 am

The Book Club will discuss *Shooting Star* by Cynthia Riggs. The book for August will be *Daytripper* by Fabio Moon and Gabriel Ba.

In this graphic novel, Brás de Oliva Domingos, the miracle child of a world-famous Brazilian writer, Brás, spends his days penning other people's obituaries and his nights dreaming of becoming a successful author himself—writing the end of other people's stories, while his own has barely begun.

Each day in Brás's life is like a page from a book. Each one reveals the people and things who have made him who he is: his mother and father, his child and his best friend, his first love and the love of his life. And like all great stories, each day has a twist he'll never see coming.

In *Daytripper*, the Eisner Award-winning twin brothers Fábio Moon and Gabriel Bá tell a magical, mysterious and moving story about life itself—a hauntingly lyrical journey that uses the quiet moments to ask the big questions.



WHITEWATER WARBLERS

The Warblers meet on Mondays at 11:00 am. You don't need to read music; just enjoy singing and having fun.

SCHOLARLY SCOOP RETURNS

The Internet of Things

Friday September 8, 10:30 am

Imagine a world where billions of everyday objects such as vehicles, refrigerators, ovens, air condition systems, and light switches are interconnected over networks. Dr. Jiazhen Zhou, Associate Professor in the Department of Computer Science at UW-W, will discuss two critical issues: the architecture needed for a reliable and scalable system, and the security issue that impacts personal and public safety and privacy.



ACTIVITIES AT A GLANCE

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

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

Walk off the Pounds (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

The Yarners –Thursdays; 1:00 pm

Potluck—First Tuesday 11:15 am

Bingo—First, Second and Fourth Tuesdays at 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 Wednesday at 9:30

Sheepshead—Tuesdays 1:00 pm

BINGO

Tuesdays, 10:00 am

Aug. 1 Culvers Aug. 22 City Bingo
Aug. 8 Mulberry Glen Aug. 29 Surprise Bingo



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MOTORCYCLE RIDES

Tuesday, August 1— Ride to Manitowoc and tour the Manitowoc Maritime Museum and the submarine. USS Cobra Submarine tour last approximately 45 minutes. Under 65-\$15; 65 + -\$12.00. Their newest exhibit is Wisconsin's Underwater Treasures. Trip suggested by one of our riders. Depart at 8:00 am.



Tuesday, August 22—Take the scenic route to Roscoe Illinois to the Historic Auto Attractions. More than just a display of historic automobiles, it's a journey through time! Over 75 historic autos displayed in 36,000 sq. ft., including the world's largest collection of presidential and world leaders limousines, John Dillinger's getaway car, Elvis Presley's personal car, Indy cars, TV Land cars and movie cars such as the Batmobile. It also houses one of the most extensive collections of John F. Kennedy & Kennedy Family artifacts & memorabilia in the country. The museum adds new vehicles and exhibits on a regular basis and also has many WW II artifacts from both Allied and Axis powers on display, including uniforms, maps, swords, knives, flags, banners and more. Large gift shop with unique gifts. Adults \$13 and Seniors \$11. Depart at 9:30 am.

Send your ideas on a fall ride for September 23

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 2017. 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.

If you are concerned about weather the morning of the ride, call the Parks and Recreation cancellation line at 262-458-2799 or the Starin Park Community Building beginning at 8:00 am or check your email.

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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.

CLASSIC CAR OUTINGS

Monday, August 7, 5:00 pm

Meet at Starin Park and head out to Jones Park for their classic Car and Cycle night. Bring your classic car or cycle, or just join the group at Jones Park and check out the awesome vehicles. They have food onsite. Let us know if you would like to attend any other car shows.



EAST TROY RAILROAD & ELEGANT FARMER

Friday September 30

Ride the East Troy Railroad* to the Elegant Farmer. They have 12 varieties of apples right from the tree and perfect pumpkins from the patch. Indulge in their delicious specialty foods including cider, make-your-own caramel apple, warm cider donuts, pulled pork, chili and more. On our return, step back in time at Lauber's, an authentic 1920's soda fountain and corner store! A 4 page menu of delicious ice cream treats and phosphates will delight your taste buds. Note: train ride is on your own and fee is \$10.50 for 65+ or \$12.50 for under 65.

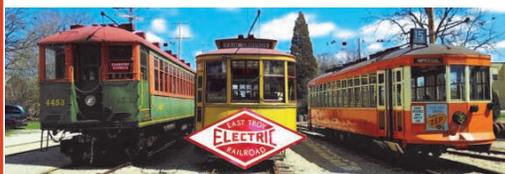
Fee: \$4.00 (van/driver)

Deadline: Thursday September 14

Depart: 8:30 am; Return 2:30 pm

Minimum 8, Maximum 14

(*Note- There will be a presentation on the East Troy Railroad in September)



FISH FRY FRIDAY

Aug. 18—Venture to the Nite Cap Inn in Palmyra.

Depart at 4:00 pm.

RSVP by Tuesday, Aug. 15

Fee: \$3 per person for transportation only.

Minimum of 7 people for trip to go.

SUNNY SIDE UP BREAKFAST CLUB

Thursday, Aug. 17; 8:30 am

Ride to the Koffee Kup in Stoughton and enjoy their home cooked style breakfasts.

Fee: \$4.00

RSVP by Tuesday, Aug. 15

LUNCH BUNCH

Thursday, Aug. 10, 10:30 am

We will be eating at the Charcoal Grill in Burlington. They have a half chicken dinner special on Thursdays for 7.99! We'll stop at Gooseberries on the way home. Their meat is phenomenal. Bring a cooler if you plan to buy anything.

Fee: \$4.00

RSVP by Tuesday, Aug. 8

JANESVILLE SHOPPING

Wednesday, Aug. 2, 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 Monday, July 31

LAKE GENEVA MAILBOAT & YERKES OBSERVATORY

Friday September 15

It's the last mail delivery of the season and should be lots of fun! Cruise the lake, see the mansions and homes up close and watch as the mail carrier jumps from boat to pier and back again. Lunch will be on your own at Popeye's. Tour the Yerkes Observatory. Tour lasts about one hour and describes the Observatory's history, see the interior and exterior architectural detail and look inside the 90-foot dome at the 40-inch refractor telescope. There are stairs.

Fee: \$59.00

Depart Starin Park at 8:30 am; Return approx 4:30 pm

Deadline is Monday, August 28



WORKERS & WRIGHT

Thursday August 24

At the Milwaukee Art Museum see the Frank Lloyd Wright "Buildings for the Prairie" exhibit and then the visit the Grohmann Museum at MSOE to view the "Men at Work" collection. Lunch on your own at MAM.

Fee: \$37.00, includes entrance fees, transportation and driver

Depart: 9:00 am and return approx. 4:30 pm

Deadline is Friday, August 4

MARVELOUS MADISON

Saturday, August 26

Spend the day in downtown Madison. Enjoy the Farmer's Market, State Capitol, Museums or State Street. Remember to bring a cooler if you will be shopping at the market.

Fee: \$8.00 (Transportation /Driver)

Depart Starin Park at 8:00 am Return approx 2:00 pm

Deadline is Thursday, August 10

Minimum 7 people, Max 13



WISCONSIN STATE FAIR

Thursday August 3

Enjoy a day of fun, food, entertainment, animals, shopping, cream puffs and more at the Wisconsin State Fair. Entrance fee is \$2.00 with two non-perishable food items. (Entrance fee on your own.)

Fee: \$12.00 (transportation/parking/driver)

Depart Starin Park at 8:30 am Return approx 4:30 pm

Deadline is Thursday, July 20 (Wait list only)

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.

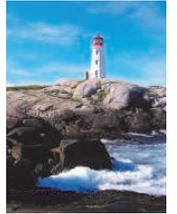
Wolves, Wilderness and Water, June 18– 22, 2018 [Are you interested? Let Deb know ASAP](#)



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. Fee: TBD (prob about \$999) Same tour company as Mississippi River tour last year.

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

Highlights of the trip include Peggy's Cove, Halifax, Cape Breton Island, the Cabot Trail, Prince Edward Island, The Anne of Green Gables Museum, the Fundy Trail, the Lighthouse Trail and, of course, a traditional lobster feast. Air included out of Milwaukee. Deposit due by January 6. More info at <https://gateway.gocollette.com/link/803502> Collette Tours



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 free home pick up in Walworth County. Fee is \$1099 double, single add \$329. Deadline is October 1. Mayflower Tours



Historic Natchez Pilgrimage April 14-21, 2018—SAVE \$300 per couple

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 \$1519 double, single add \$329. Mayflower Tours

What is a Pilgrimage? Natchez, once home to the wealthiest people in the United States, has been welcoming “pilgrims” since the early 1930s. Originally, the Spring Pilgrimage attracted tourists to the city to view the beautiful gardens. However, one spring, a late freeze spoiled the blooms and the women of Natchez opened their homes to visitors—and they have been on display ever since. The annual spring Pilgrimage is a display of true southern gentility. Costumed home owners give tours of their beautifully decorated 18th- and 19th-century Greek revival, mansions and lush gardens. Special musical concerts are performed at local churches and halls and the town is abuzz with excitement. Join this tour for this **special event** and experience the antebellum homes, lush gardens, costumed hosts and live musical performance that are exclusive to the Spring Pilgrimage.



DANUBE RIVER CRUISE with HALF PRICE AIRFARE, May 7-17, 2018

There are a couple of cabins left if you are looking for a wonderful trip which includes Prague and Budapest. Free home or center pickup available. Join 12 others departing from Whitewater on this marvelous adventure!

ATTENTION CARE PARTNERS

If you are caring for a partner affected by dementia we want your input. The Dementia Friendly Community Initiative would like to know if you would make use of a monthly respite day in town while you run errands. We are working on this option and will move forward with it if there is interest. Please call Deb at 262-473-0535 and leave your contact information at the center. When it comes to fruition, you will be on our call list. Please share this with someone who you may know is a care partner.



THANK YOU



- **Bruce Lyon** for the Western book donations.
- Everyone who helped make the picnic a success: **Mary Meikle, and the Parks and Recreation staff including Dwight, Dan, Liz, Maddie and chef Brian.**
- Many of you helped clean up, shared a yard game or brought a car to the picnic. It's all deeply appreciated!

SENIOR FORUM

There will be no Senior Forum in August. Next Senior Forum will be held on Monday, September 11, at 11:30 am.

SHARE YOUR TALENTS

To sign up to assist with any of the following please call 262-473-0535. Thanks!

- **Meal Site Volunteer**—Meals are served Monday—Friday. You can volunteer as you are available. Times 10:00 set-up, 11:30 serve and usually done cleaning up by 12:30.
- **Re-pot two plants**—The two large plants in the lobby need to be repotted. We will have all the supplies, just need your help.
- **Facebook**—Are you proficient? Are you willing to help others learn? We need someone for a once a month Facebook group and a beginners class. Day and time per your schedule.
- **Technology**—Are good with any or all forms of technology? We are in need of tutors for laptops, cell phones, digital cameras, etc.
- **Monthly tablet group facilitator**—Are you comfortable with a tablet? Able to keep a group on track? We are looking for someone to facilitate a monthly get together where people can share apps, get/give ideas and ask questions. Would be best to have an Apple and an android facilitator.

SIP & SWIPE: TABLET TRAINING



Under a generous grant from Bader Philanthropies, Seniors in the Park is now proudly offering a free Generations on Line® Sip & Swipe Cafe® tablet training program. If you are an older adult, you can learn how to access information plus connect with family, friends, hobby groups and more by learning to use a tablet computer.

The Café is a safe, friendly place for learners to move at their own pace with a coach ready to assist, if needed. The program and coaching are all free, thanks to the grant. If you have a tablet you are welcome to bring and use it. A tablet is not required as we have tablets to use during the program.

If you are interested in learning tablet technology, contact Seniors in the Park or Diane Jaroch at the ILY Library, 262-473-0530.

HAPPY AUGUST BIRTHDAYS TO:

Blanche Grumm
Teresa Golembiewski
Roger Provenzano
Sandi Colombe

Jean Nielsen
Gretchen Barth
Alice Smith



If you want to be on our birthday list, let Deb know your birth month and correct spelling of your name, and you can be in the newsletter, too! **for confidentiality and identity theft reasons, we will not longer include dates with your name.**

CHAIR MASSAGE

Wednesday, Aug. 2, 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, Aug. 3

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: August 31 (No September clinic)



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.

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Activity Calendar

August 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p>Activities take place at the Starin Park Community Building unless otherwise noted.</p> <p>A=Downtown Armory, 146 W North St L=Cravath Lakefront OR=Oak Ridge Golf Course, Milton</p>	<p>1 8:00 Cycle Ride Departs 9:00 Pickleball (A) 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 1:00 Dementia Friendly Meeting 1:00 Sheepshead</p>	<p>2 9:00 Indoor Walking 9:15 Janesville Shopping 10:00 Chess 10:00 Learn Tai Chi- A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 Chair Massage</p>	<p>3 8:30 Van departs to State Fair 9:00 Pickleball (A) 9:30 FUNctional Fit 10:00 Toenail Clinic 1:00 The Yarners Office open 9 –12:30</p>	<p>4 9:00 Indoor Walking 10:00 Open Sewing Group 12:30 Pickleball (A) Office closed</p>
<p>7 8:00 Golf (OR) 9:30 FUNctional Fit 10:30 Book Worms 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg 5:00 Classic Car Outing</p>	<p>8 9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 12:30 Mulberry Glen Movie "Live By Night" 12:30 Stained Glass (A) 1:00 Sheepshead</p>	<p>9 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 Office closed</p>	<p>10 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Lunch Bunch 1:00 The Yarners 1:00 Watercolor Office open 9 –12:30</p>	<p>11 9:00 Indoor Walking 12:30 Pickleball (A)</p>
<p>14 8:00 Golf (OR) 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg Office open 9 –12:30</p>	<p>15 9:00 Pickleball (A) 1:00 Sheepshead Office open 12—4:00</p>	<p>16 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 Foreign Movie "The Salesman" 12:30 Pickleball (A) Office 11:30—3:00</p>	<p>17 8:30 Sunny Side Up Breakfast Club 9:00 Pickleball (A) 9:30 FUNctional Fit 1:00 The Yarners 1:00 Watercolor 7:00 Concert in the Park –L Office open 8 –12:30</p>	<p>18 9:00 Indoor Walking 12:30 Pickleball (A) Office Closed</p>
<p>21 8:00 Golf (OR) 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg</p>	<p>22 9:00 Pickleball (A) 9:30 Cycle Ride to Roscoe 10:00 City Bingo 12:30 Mulberry Glen Movie "The Zookeeper's Wife" 1:00 Sheepshead</p>	<p>23 9:00 Indoor Walking 10:00 Chess 10:00 Learn Tai Chi-A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A)</p>	<p>24 9:00 Pickleball (A) 9:00 Workers & Wright trip departs 9:30 FUNctional Fit 1:00 The Yarners 1:00 Watercolor</p>	<p>25 9:00 Indoor Walking 12:30 Pickleball (A) 4:00 Fish Fry trip Departs</p>
<p>28 8:00 Golf (OR) 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg</p>	<p>29 9:00 Pickleball (A) 10:00 Surprise Bingo 12:30 Mulberry Glen Movie "The Founder" 1:00 Sheepshead 5:30 Paint Party</p>	<p>30 9:00 Indoor Walking 10:00 Chess 10:00 Learn Tai Chi-A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A)</p>	<p>31 9:00 Pickleball (A) 9:30 FUNctional Fit 1:00 The Yarners 1:00 Watercolor</p>	

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 or 473-0535 to make a reservation by noon a day previous or call the 800 number to cancel meals day of no later than 8:00 am. 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.

STARIN PARK NUTRITION SITE MENU

August 1

Scrambled Eggs w/Cheese, peppers & Onion
 Hash Brown Casserole
 French Toast Stick
 Melon Mix
 Turkey Sausage Links

August 8

Broccoli Cheddar Soup
 Tossed Salad
 Peaches
 Apple Cake
 Dinner Roll

August 22

Oven Fried Chicken
 Macaroni & Cheese
 Greens
 Melon Mix
 Multigrain Bread

August 29

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



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PARKS AND RECREATION

The Summer/Fall Brochure is available on line at wwparks.org and hard copies at the Center and the Municipal Building.

ATTRACTION TICKETS

Tickets for attractions are available for purchase at the Municipal building, 312 Whitewater St., 1st floor, Finance window, between the hours of 8 am—4:30 pm. Tickets available until August 29.

	Gate Price	Our Price
Milwaukee County Zoo		
Adult:	\$14.25	\$10.50
Child 3-12	\$11.25	\$8.50
Noah's Ark		
All Day Pass	\$41.62	\$27.00
Child under 36" - Free		
Six Flags Great America		
Any Day	\$75.18	\$48.25
WPRA Week July 3—9	\$75.18	\$36.25
Under 2 yrs—Free		

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POOR HEART HEALTH MAY LEAD TO HEARING LOSS



If you don't watch what you eat and fail to exercise regularly, poor cardiovascular health is only one risk you'll face. New evidence shows a link between poor heart health and hearing loss. The reason for this surprising correlation? The inner ear is extremely sensitive to blood flow, so obstructions in the arteries and veins – symptoms of impaired cardiovascular health – can impact the peripheral and central auditory systems, leading to hearing impairment. Conversely, when the heart is healthy and the flow of blood is unimpeded, hearing problems are fewer. The cochlea, a fluid-filled tube in the inner ear that translates sound into nerve impulses, fails to function properly when damaged or subjected to decreased blood flow. A study of 1,600 patients with a history of cardiovascular disease showed they were 54 percent more likely to experience impaired cochlear function, further evidence of how essential blood flow is to good hearing. Maintaining a healthy lifestyle will not only add quality years to your lifespan, but will reduce your odds of developing hearing loss, dementia and many other health related issues. Doctors recommend taking preventative measures such as eating healthier, losing weight, quitting smoking and maintaining a healthy blood pressure. Individuals with hearing loss are encouraged to undergo cardiovascular screening to determine whether there is an increased health risk. And patients already diagnosed with heart disease should consider a hearing evaluation by an audiologist.

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

CONCERTS AND FAMILY FUN NIGHTS

Thursdays, 7:00 pm, Cravath Lakefront Park

Grab your lawn chair and join us for **free** Concerts and Family Fun events. Shows are held in the Lakefront Center in case of inclement weather.

August 3 David Stokes

Through the use of songs, laughter, riddles, and live creatures , David will take a look at animals that share our planet.

August 10 Dr. Noize

He inspires creativity & curiosity through music, art and words.

August 17 Piper Road Spring Band

Band born into the age of rock and roll with individual



BIRD FAIR

Tuesday, August 8, 3:30 - 7:00 pm

Cravath Lakefront Center

The Whitewater Urban Forestry Commission is celebrating International Migratory Bird Day with a Bird Fair. Whitewater is an active Bird City and hosts many visiting migratory birds.

Two years ago, in honor of our migratory birds, volunteers funded the construction of a Chimney Swift Tower in Cravath Lakefront Park to encourage this valuable migratory species to settle into a new summer home. The Commission has been actively promoting other environmental projects, two of which are restoring Walton Oaks Park and planting native flowers and trees in the Clay Street Nature Park. The fair is being held during the weekly Whitewater City Market. Among the many activities offered are games, crafts, mural painting, information about plantings that attract birds and lucky-ticket door prizes. You'll also be able to get a photo with Snowy Owl, measure your wing span and more. The event is family centered with activities for all ages. We invite you to join the fun and get to know our Whitewater birds.



Photo by Scott Weberpal

CLAY ST. RECONSTRUCTION MEETING

You are invited to attend a Public Involvement meeting to discuss the proposed reconstruction of Clay Street, from Dann Street to Rice Street.

The meeting will take place at the **Municipal Building in the Community Room from 6 p.m. to 7 p.m. on August 8, 2017.**

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.



COMING IN SEPTEMBER

The Main Street Festival on Saturday, September 16 from 10:00 am—3:00 pm will bring sidewalk sales, art exhibits and art activities for all to enjoy with art and craft booths, hands on activities for the family, music, food and so much more.

The Discover Whitewater Half Marathon and Fit Kids Shuffle on Sunday, September 17.

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

Seniors in the Park is a division of
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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 _____
