



The Park Bench

August 2018

Seniors in the Park Newsletter

CONCERT IN THE PARK

Thursday, August 2 7:00 pm
Cravath Lakefront Center

Cyndi Meyer - Sponsored by Seniors in the Park
Cyndi plays a wide variety of music from country to 70's and some classic favorites. She has been playing in the area with the Rainbow Bridge Band for 42 years. We'll have cold treats and chairs available for you inside the Lakefront Center.



Volume XVIII Issue 8

WHAT'S INSIDE

TEA PARTY RAVE

Thursday, August 23, 4:00 pm—7:00 pm
At the ILY Memorial Library

This is all the rage across the pond in England. Break out your best 'tea' hat, outfit and dancing shoes. A Rave is a lively party or gathering involving dancing and beverages. We're starting sedately from 4:00—5:00 pm with tea and beverages, including beer, wine and a signature cocktail, along with snacks. From 5—7 pm, DJ, Steve Atkinson, will play dance music so we can RAVE! We appreciate knowing if you will be attending so we can have enough food and beverages for your enjoyment. Please call.



MARK YOUR CALENDAR!

September is Senior Center Month
Scholarly Scoop returns Friday, September 7
Learn Tai Chi starts September 12
AARP Smart Driver is September 17
'Cold War Stories' history lectures on Wednesdays in October



2-4, 6, 14Activities

5.....Support our Sponsors

7..... Dementia Friendly

8-10..... Travel

10..... Volunteers

11 & 13....Support Our Sponsors, Services & Meals

12.....Activity Calendar

14-15...Info & Community

BackADDRESS, Phone Numbers, Staff and Subscription info

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

Welcoming Seniors, Boomers and Adults of all ages.



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.

PICKLEBALL

Try this fun, invigorating and addicting game. It's played on a badminton-sized court with paddles and a wiffle ball. It's about strategy and fun, not power or athleticism.



This non-competitive group plays Monday, Wednesday, and Friday from 12:30– 2:30 pm and Tuesdays and Thursdays 9:00—11:00 am at the Downtown Armory.

SENIOR FORUM

Monday, August 13, 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.

LET'S PADDLE!

Friday, August 17 10:00 am

Adults of all ages are invited to meet at Lauderdale Landing at 10 am. We will take care of business and put in about 10:15ish . You must sign a paddle waiver and wear a personal floatation device. You are welcome to paddle with a kayak, canoe or paddle board. Paddle will last approximately an hour. We will have lunch at the Landing after the paddle, for those who wish. Please call if you will be paddling with us by Monday, August 13.



LEARN T'AI CHI CH'UAN

Wednesdays, 10:00 am

Downtown Armory Dance Studio

New class begins Wednesday, September 12

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, September 6



BASIC YOGA

Tuesdays, August 14—October 16

Thursdays, August 16—October 18

10:30 am, Cravath Lakefront Center

This nine-week class will focus on basic yoga postures. You will stretch, strengthen and tone your entire body. Optimal alignment, concentration and relaxation are promoted in every class. Students should bring a yoga mat and wear loose or flexible clothing.

Instructor: Brienne Brown, RYT

Fee: \$36 members \$46 non-members

Payment/Deadline: Wednesday, August 8

***No classes August 28 & 30**



Next Session is Tuesday October 23—December 18 (9 weeks) and Thursday October 25—December 20 (8 weeks)

WATERCOLOR – EXPLORING PRIMARY COLORS



August 2 and 16, 1:00 – 4:00pm

This two-week session will explore mixing primary colors in watercolor. Discussion and demonstrations will focus on using warm and cool primary colors – red, yellow and blue. Composition and color mixing will be discussed. Beginning, intermediate and advanced concepts will be covered, and each session will include plenty of time for individual painting, with optional one-on-one coaching. Subject matter will be sunflowers, coneflowers, yucca or other florals. Please bring personal references, sketches, photos or ideas to work from.

Instructor: Karolyn Alexander Tscharnack; www.karolyn.biz

Cost: \$15 per class or \$25 session fee for both classes for those who are pre-registered.

Session fee is payable to the instructor on August 2 by cash or check.

Deadline to register: Friday, July 27

Minimum: 6 people: Maximum: 16 people



STAINED GLASS CLASS

August 21 & 22, 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: Thursday, August 16

AARP SMART DRIVER CLASS



Monday, September 17, 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: Friday, September 7

WHITEWATER WARBLERS

The Warblers meet on Mondays at 11:00 am. EVERYONE is invited to come and participate in the Warblers. 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.

OPEN SEWING GROUP

Fri., August 3, 10 am-3:00 pm
Starin Park Community Center

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 behrekar@gmail.com.

Walking 6—9 miles a week increases your brain volume!



FALLS PREVENTION

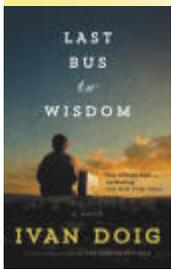
Wednesday, September 19 10:30 am

Falling is one of the most unexpected things to happen to a person, especially as they age. Planning and minor changes can promote a safe environment to prevent falls. We hope you can join us to learn and discuss everyday solutions to reduce the risk of falls which usually requires a trip to the ER. 35-40% of those age 65 and older fall every year in their homes. 20-30% have moderate to severe injuries as a result of their falls, which can also be debilitating and can lead to death. Janet Bollig from SSM Health will present. Please let us know you will be attending by calling 262-473-0535. Coffee and treats provided.

BOOK WORMS

Monday, August 6, 10:30 am

The Book Club will discuss *The Martian* by Andy Weir. The book for September will be *Last Bus to Wisdom* by Ivan Doig.



Donal, raised by his grandmother on a Montana ranch, finds himself packed off to relatives in Manitowoc, WI, when Gram takes ill. The boy sets out the old-fashioned way: He's a lone wolf riding the dog—the Greyhound. The journey passes pleasantly enough, thanks to the huge cast of characters hopping on and off. Nuns and drunk shepherds, cops and cons, Korea-bound soldiers, dreamy waitresses and burly Indians. In Manitowoc, Donal comes under the harness of Aunt Kate, a mean-spirited woman, who takes to boy-raising like a fish to furniture. A series of conflicts ensue, leading to Donal's return to the road — this time with a buddy, an old one-eyed sailor named Herman. Donal and Herman lope all over the West, getting into and out of scrapes in Yellowstone National Park; on a haying crew; and in a hobo camp. It's a great, rollicking adventure, undercut by the inexorable approach of autumn. Time and money are running out, and this grand spree is not very likely to end well.

MOVIES: SPONSORED BY MULBERRY GLEN

“Beat the Devil” (Action/Adventure/Comedy)

Wednesday, August 1, 12:30 pm

Rated G; 1 hour, 29 minutes. (1953)

Written by Truman Capote, directed by John Huston, and bankrolled by Humphrey Bogart's Santana Productions, this is a droll satire of *The Maltese Falcon*, and was Huston and Bogart's sixth and last collaboration. On their way to Africa, a group of rogues and swindlers hope to get rich by outsmarting each other. Filmed on location in Italy, this film quickly became a Bogart cult classic. Starring Humphrey Bogart, Jennifer Jones, Gina Lollobrigida, Peter Lorre and Robert Morley. Please note this film is being shown on Wednesday, August 1 as part of the Summer foreign/art film series.



“The Commuter” (Action/Drama/Crime)

Tuesday, August 14, 12:30 pm

**Rated PG-13 (action, violence, language);
1 hr, 45 min (2018)**



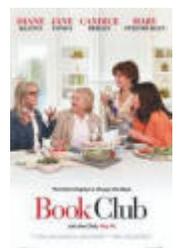
An ex-cop, now insurance salesman, (Liam Neeson) is ensnared in a criminal conspiracy on his daily train commute home. A white-knuckle, edge of your seat “Strangers on a Train” thriller unfolds.

“Book Club” (Comedy/Drama/Romance)

Tuesday, August 28, 12:30 pm

Rated PG-13; 1 hour, 44 minutes (2018)

Four lifelong friends (Diane Keaton, Jane Fonda, Candice Bergen, Mary Steenburgen) have their lives forever changed after reading the novel “50 Shades of Grey” in their monthly book club. Reading it might just be the thing they need to makeover their empty love lives and get back into dating and rekindling old romances. Also stars Don Johnson, Richard Dreyfuss, Andy Garcia, and Craig T. Nelson.



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ACTIVITIES AT A GLANCE

'FUN'ctional Fitness—Mondays & Thursdays 9:30 am; \$1.00 per class Members; \$2.00 non-member

Pickleball—Mondays, Wednesdays and Fridays 12:30-2:30, Tuesdays and Thursdays 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

Sheepshead—Tuesdays 1:00 pm



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CONCERTS & FAMILY FUN NIGHTS

Thursdays, 7:00 pm Cravath Lakefront Park

Grab your lawn chairs and join us for FREE concerts and family fun events.

August 2 Cyndi Meyer (Inside the Lakefront Building)

Sponsored by Seniors in the Park

Cyndi plays a wide variety of music from country to 70's and some classic favorites. She has been playing in the area with the Rainbow Bridge Band for 42 years.



August 9 Bouncy Fun

Bouncy houses, games, crafts and face painting

August 16 Piper Road Spring Band

The band was born into the age of rock and roll with individual backgrounds in classical, cowboy, folk, blue and Dixieland.



SUMMER/FALL CITY GUIDE

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

SCHOLARLY SCOOP— LIVE AND LET DIE: LIFE IN TEMPORARY WETLANDS

Friday, September 7 10:30 am

No matter how harsh an environment, organisms develop strategies to thrive almost everywhere. Temporary wetland habitats cycle from boom to bust where critters quickly eek out a living before the habitat becomes unlivable. Organisms can hibernate or lay extremely tough eggs that may wait decades, or even longer, for rain. Some species simply migrate around searching for water. The “speed of life” that these organisms use is very different from permanent habitats, and the strategies that critters use can be counterintuitive at first glance. While life may not be stable, the interactions between the creatures and habitat make for a very dramatic lifestyle.



Brian J. O'Neill, Ph. D. Assist. Prof., Dept. of Biological Sciences.

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

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 dweberpal@whitewater-wi.gov.

MEMORY CAFÉ

Monday, August 13, 10:30 am

The Irvin L. Young Memorial Library, in partnership with the Alzheimer's Association, is hosting 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 is held on the second Monday of every month in the Library Community Room at 431 W. Center St. at 10:30 am. The theme will be "Table Games." The Memory Café offers participants a safe and fun way to share their stories and socialize with others who have similar experiences. If you are attending for the first time, please call 800-272-3900. Topic for the September café is "Tool Time."

MEMORY SCREENING

The next screening will be by Wednesday, September 26 at 1:00. Please make an appointment. More info next month.

RESEARCH OPPORTUNITY

UW-Madison Social Work Grad student doing research on how caregivers evaluate the family member's well-being. One hour interview if your family member has memory loss, you know their daily routine and they live at home. Confidential and will receive \$20 for your time. Contact Tricia Egan 608-334-8556.

WHITEWATER DEMENTIA FRIENDLY COMMUNITY FACEBOOK PAGE

Check out our new Facebook page at <https://www.facebook.com/Whitewater-Dementia-Friendly-Community-2043061225984979/>

RESPIRE DONATION WISH LIST

Oversized playing cards, dice, adult theme puzzles (max. 45 large pieces), sing-along DVDs with "oldies" songs, DVDs only of I Love Lucy, Red Skelton, Carol Burnett.

No movies please!

Whitewater Dementia Friendly Community Initiative (WDFCI) announcement!

OPENING THIS FALL: ROCKIN' RESPIRE

Whitewater has no adult daycare available. Caring for a loved one at home 24/7 can be both rewarding, and exhausting. Without a break, these care partners burnout or get sick themselves. Rockin' Respite will offer 6 hours of activities and fun, 2 times a month, so care partners can get a haircut, see a doctor, grocery shop, lunch with friends or just take a nap!

We need volunteers to "friend" our "guests" one-on-one in a group setting. We will offer planned activities, exercise, lunch, music and opportunities to socialize in a safe, supportive setting. Our vision: Neighbor helping Neighbor.

We are also taking applications for "guests", so their care partners can take a break. Candidates must be able to care for themselves, including toileting, with minimal assistance (walkers and wheelchairs okay), be able to follow simple instructions and be medically stable. Applications will be available beginning July 23.

- Living Word Church has offered accessible space for our use.
- Mulberry Glen has offered to provide lunch for our guests.
- Fort Hospital will provide a paid nurse to oversee guests and the program.

Our target open date is October 9, with the respite being open the 2nd and 4th Tuesday from 9:30 am -3:30 pm.

Please consider volunteering 3 or 6 hours of your time once or twice a month so these exhausted neighbors can continue to "age at home" together.

If you are a caregiver who would like a few hours of "me time", or are a volunteer willing to help, please call 262-473-0535, Seniors in the Park, for more information.

FISH FRY FRIDAY

Friday, August 17

Ride with us for a fish fry at North Shore Inn on Lake Koshkonong.

Depart at 4:00 pm.

RSVP by Wed., August 15

Fee: \$3 per person for transportation only.

Minimum of 7 people

LUNCH BUNCH

Thursday, August 9, 10:45 am

(Note time depart change!)

Enjoy lunch at the Lauderdale Landing on beautiful Lauderdale Lake.

Fee: \$3.00

RSVP by Tuesday, August 7

JANESVILLE SHOPPING

Wednesday, August 1, 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, July 30

WEST ALLIS FARMERS MARKET

Thursday, September 20

One of Steve's favorite Markets.

Ride along and have lunch nearby

at Pegasus. A Greek restaurant with a huge variety of choices.

Fee: \$8.00 (transport & driver)

Deadline: Thursday, September 6

Depart: 10 am Return: 3:30 pm

Minimum: 8 Max: 12



WISCONSIN STATE FAIR



Monday, August 6

Enjoy a day of fun, food, entertainment, animals, shopping, cream puffs and more at the Wisconsin State Fair. Entrance fee, on your own, is \$6.00.

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

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

Deadline is Thursday, July 20

IKEA

Wednesday, August 8

Check out the new Ikea store in Oak Creek, where you can also enjoy a Swedish lunch. There may be a stop for Kopps custard on the way home.

Fee: \$9 (transportation and Driver)

Depart Starin Park 9:00 am; Return: group dependent

Deadline is Tuesday, July 28 **Wait List only**

If enough are on the wait list we will do another trip.

CANOE THE KICKAPOO



Wednesday, August 22

Enjoy a 2 1/2—3 hour paddle on the Kickapoo River starting in Ontario. Rental is on your own. \$30 for 2 person canoe or \$25 for a kayak. Bring your own personal floatation device, if you have one and a sack lunch. We will have a cooler to put in a canoe for beverages or bring your own small cooler. Bring a towel and change of clothes.

Fee: 15.00 (transportation and driver) Deadline is August 8.

Depart 7:00 am; Return 7:00 pm (approx.)

CHINESE LANTERNS AT BOERNER

Wednesday, October 3

The grounds of Boerner Gardens will be illuminated with 45 three-foot to three-story handmade lantern displays. Lantern exhibits of panda habitat and three interactive displays will be among the new highlights at this year's festival. There will also be live performance, a parade, cultural displays, and a marketplace. Food and beverages will be available for purchase (no carry-ins).

Fee: \$23.00 (ticket, transportation and driver)

Deadline is September 12

Rain date is Friday October 5

Depart: 4:30 pm Return: 10 pm



CRUISIN' CAR SHOW AND MUSIC

Sunday, July 29 is a Cruisin' Car Show at the Delavan Band Shell starting at 1:00 pm. At 1:30, enjoy 50's music with PF & the Flatheads Band.

On Mondays and/or Wednesdays, you can meet us at Starin Park at 5:00 pm to leave for the destination or just meet people there. Monday, August 13, is at Jones Park, Fort Atkinson and/or Wednesday, August 15, at Albion Park, Albion. Join the fun and see lots of classics!



SUMMER HEAT PARTY

Friday, July 27

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 for \$2.00 from 1:00—3:00. At 2:00, the Whitewater Warblers will be giving an encore performance of their 2018 show. The show travels from the east coast to the west coast. They include snippets from many different songs that have destinations in them. They have a lot of fun performing and hope you will enjoy their show.



Watch for info on a trip to Machu Picchu in November of 2019

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.

DISCOVER PANAMA: THE LAND BETWEEN THE SEAS

February 14-22, 2019

Experience a land of contrasts with remote rainforests, rich history, diverse wildlife and spectacular coastlines. Highlights include the Gamboa Rainforest Resort, Embera Indigenous Village—'Keepers of the Rainforest', the culture of the country, including indigenous artisans, cigar rollers and folkloric masks. Savor culinary treats, such as fresh Panamanian ceviche, guarapa at a sugar mill, sample breads and pastries from a clay oven bakery and learn how to make seco. Visit Anton Valley nestled inside the world's second largest volcanic crater and learn about frog conservation, butterflies, and visit a nonprofit orchid nursery. The trip includes a one-day partial transit through the canal, 15 meals and airfare. Double is \$2999 per person or \$3699 single. \$500 due with reservation. Deadline to deposit is August 1. Full itinerary is at the center or online at: <https://gateway.gocollette.com/link/883244>



UPCOMING TRAVEL OPPORTUNITIES

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. Cabins start at \$1769. Deposit due by August 20.



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. From \$1939 double. Deposit due by December 20.



TOUR THE USS LST 325

Monday, August 27

Tour the USS LST 325, in Dubuque, Iowa. This particular LST (landing ship/tank) was originally known as LST-325 during the second World War and later L-144 (A/G Syros), while it was in the service of the Greek Navy. It was acquired by The USS LST Ship Memorial, Inc. in 2000, and caught considerable public attention when the veteran crew, with an average age of 72, brought it on a 6,500-mile journey from the Greek island of Crete to Mobile, AL. Once a year, it travels to destinations throughout the United States for people to board and tour. (Note: There are stairs on the ship, but you can do an abbreviated tour without stairs.) After the tour and included lunch at the **Diamond Jo Casino**, visit the **National Mississippi River Museum** or stay at the casino. Ride the **Fenelon Place Elevator**, which is the steepest incline railway.

Fee is \$57.00 (check to City of Whitewater). Deadline is August 1

Depart Starin Park 7 am and Fort K-Mart Lot at 7:30 am

Return approx: Fort 5:30 pm and Starin Park 6:00 pm



APPLES, ANTIQUES & TREATS



Tuesday, September 18

Start the day with an Apple Orchard stop. Travel to New Glarus to tour the Chalet of the Golden Fleece. This Swiss Alps chalet-style home of Edwin Barlow, who brought the Wilhelm Tell play to America in 1938, is where you will discover thousands of artifacts Barlow collected during his travels abroad in the early- to mid-20th century. From wood carvings to ancient and unique jewelry, he collected it all. There will also be a wine tasting at the Hawks Mill Winehaus. You will have time to shop and find lunch on your own, also. Everything is within a 4 block area. There's an included surprise treat on the way home.

Fee: \$49.00

Deadline: Friday, August 24

Depart Fort K-Mart lot 8:00 am; Starin Park 8:30 am

Return (approx) 5:00 Starin; 6:00 Fort

BREWERS GAME



Wednesday, August 22

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

Fee: \$56 (checks Fort Atkinson Senior Center)

Departs 9:30 am

MOTORCYCLE TRIPS



Thursday, August 16—Port

Washington and Cedarburg. Travel some rustic roads on the way to Cedarburg. Lunch at a drive-in or wherever group prefers. Check out the winery. Travel to Port Washington and see the lighthouse and other attractions on the waterfront. Have ice cream at the Chocolate Chisel. Ride to the only covered bridge in Wisconsin. Depart at 9:00 am

Wednesday, August 22—Canoe the Kickapoo. Enjoy a 2 1/2—3 hour paddle on the Kickapoo River starting in Ontario. Arrange for pickup spot when renting. Rental is on your own. \$30 for 2 person canoe or \$25 for a kayak. Bring your own personal floatation device, if you have one. We'll stop for lunch first. We will have a cooler to put in a canoe for beverages or bring your own small cooler. Bring a towel and change of clothes. Depart at 7 am. The senior van is also going today & you put cooler and/or PFD on van.

Riders must arrive prior to departure to show proof of insurance 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, September 13—Travel toward Richland Center for Apple and Cheese stops.

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



CHAIR MASSAGE

Wednesday, August 8, 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.

GREETING CARDS



We've ordered new cards and they are here! We have a great selection of Fravessi cards, including Wedding, 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.

TOENAIL CLINIC



Friday, August 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: Thursday, September 6

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
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Activity Calendar

August 2018

| 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</p> |  | <p>1 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) 12:30 Movie "Beat the Devil" 1:00 Chair Massage</p> | <p>2 9:00 Pickleball (A) 9:30 FUNctional Fit 1:00 Watercolor 1:30 Spanish 7:00 Concert in the Park (L) Cyndi Meyer sponsored by Seniors in the Park</p> | <p>3 9:00 Let's Walk! 9:00 Toenail Clinic 10:00 Open Sewing Group 12:30 Pickleball (A)</p> |
| <p>6 8:30 State Fair departs 9:30 FUNctional Fit 10:30 Bookworms 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Canasta</p> | <p>7 9:00 Pickleball (A) 10:00 Culver's Bingo 11:15 Pot Luck 12:00 Dominoes 1:00 Sheepshead</p> | <p>8 9:00 Let's Walk! 9:00 Ikea trip departs 10:00 Chess 10:00 Learn Tai Chi- A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 5:00 Albion Cruise Nite</p> | <p>9 9:00 Pickleball (A) 9:30 FUNctional Fit 10:45 Lunch Bunch 1:30 Spanish</p> | <p>10 9:00 Let's Walk! 12:30 Pickleball (A)</p> |
| <p>13 9:30 FUNctional Fit 11:00 WW Warblers 11:30 Senior Forum 1:00 Mah Jongg 1:30 DFCI meeting 5:00 Fort Cruise Nite</p> | <p>14 VOTE 10:00 Mulberry Glen Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "The Commuter" 1:00 Sheepshead</p> | <p>15 9:00 Let's Walk! 10:00 Chess 10:00 Learn Tai Chi—A 11:00 Cont. Tai Chi—A 12:30 Pickleball (A)</p> | <p>16 9:00 Motorcycle trip departs 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L 1:00 Watercolor 1:30 Spanish 7:00 Concert in the Park (L)</p> | <p>17 9:00 Let's Walk! 10:00 Let's Paddle! 12:30 Pickleball (A) 4:00 Fish Fry trip</p> |
| <p>20 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg</p> | <p>21 9:00 Pickleball (A) 9:30 Pegs & Jokers 10:30 Basic Yoga—L 12:30 Stained Glass 1:00 Sheepshead</p> | <p>22 7:00 Kickapoo Canoe trip departs 9:00 Let's Walk! 9:30 Brewers departs 10:00 Chess 10:00 Learn Tai Chi—A 11:00 Cont. Tai Chi—A 12:30 Pickleball—A 12:30 Stained Glass</p> | <p>23 8:00 Breakfast trip 9:00 Pickleball (A) 9:30 FUNctional Fit 10:00 Motorcycle trip departs 10:30 Basic Yoga—L 1:30 Spanish 4:00 Tea Party Rave @ ILY Library</p> | <p>24 9:00 Let's Walk! 12:30 Pickleball (A)</p> |
| <p>27 7:00 LST 325 Trip departs 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg</p> | <p>28 9:00 Pickleball (A) 10:00 City Bingo 12:30 Mulberry Glen Movie "Book Club" 1:00 Sheepshead</p> | <p>29 9:00 Let's Walk! 10:00 Chess 10:00 Learn Tai Chi—A 11:00 Cont. Tai Chi—A 12:30 Pickleball—A</p> | <p>30 9:00 Pickleball (A) 9:30 FUNctional Fit 1:30 Spanish</p> | <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</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 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

August 7

Brown Sugar and Garlic Chicken
Beets
Asparagus
Cherry Orchard Bar
Cornbread

August 28

Chicken Salad
Tossed Salad with Spinach
Mandarin Oranges
Wheat Bread
Cranapple Crisp

August 14

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



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THANK YOU:



- **John Rowe** for Cappucino
- **Rick Fassl** for your help on the trip.
- **Bruce Lyon** for the Johnstone Westerns for the library.

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 you can be in the newsletter, too!

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

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



Rockin' Respite—We need volunteers to be a friend, one-on-one, to a respite guest in a group setting for either 3 or 6 hours twice a month on the second and fourth Tuesday. Supervision at the site and volunteer training are provided by a nurse from Fort Healthcare. We hope to begin on October 9. We will offer planned activities, exercise, lunch, music and opportunities to socialize in a safe, supportive setting. For more info see page 7.

Technology—Looking for someone to do one-on-one tutoring with tablets, laptops and smart phones or whichever you prefer. Day/Time in your schedule.

Facebook/Publicity—Assistance is needed promoting our Dementia Friendly Group. We have everything needed from two PR classes to promote. All is electronic and just needs tweaked or info filled in. Facebook would need slides made or some items researched to post. You could prepare posts for an entire month or do it weekly, whatever works into your schedule.



Tuesdays, 10:00 am

Aug. 7: Culvers

Aug. 14: Mulberry Glen

Aug. 28: City Bingo

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2019-2021 WALWORTH CO. AGING PLAN

You're invited to attend a **Public Hearing** on Tuesday, August 21, 2018 at 10:00 AM at the Walworth County Department of Health & Human Services – Auditorium, W4051 County Road NN, Elkhorn.

Aging programs and services play a major role in the health of our community. The Walworth County Aging Unit is undergoing a planning process to determine how best to provide the services that keep older people healthy and independent, **but we need your input!**

We invite you to take a look at our plan and give us your feedback. To find a copy of the plan, stop by the ADRC of Walworth County or go online at www.co.walworth.wi.us, click on Departments then Aging & Disability Resource Center between August 7 – August 20.

Written comments will be accepted until August 20th. Please send comments to: Anne Prince, Aging Director, P.O. Box 1005, Elkhorn, WI 53121 or aprince@co.walworth.wi.us.

MAKERSPACE OPEN SHOP NIGHT

Tuesdays, August 7 and 21, 6:00-8:00 pm

Wisconsin Makers Makerspace, 200 E. Clay St.

We have Open Make Night the first & third Tuesday of each Month at Wisconsin Makers Makerspace, 200 E. Clay St. We social, create and share knowledge. For more information, email WisconsinMakers@gmail.com, call (262) 753 -6455 or visit [Facebook.com/WisconsinMakers](https://www.facebook.com/WisconsinMakers).

HOME REMEDIES: FICTION OR FACT

Ear Candling/Coning—Candling allegedly suctions debris from the ear canal. However, researchers found that it often produces external burns, ear canal blockage and perforated eardrums.

Sinus Rinses/Nasal Irrigation—The most common form of sinus rinse is the use of a Neti Pot. The biggest risk with this home remedy is the use of improperly sanitized water; make sure to use distilled or cooled boiled water.

Cough Suppressants—There is little danger in some of the most commonly accepted home remedies for coughing. Honey, tea and chicken soup are often effective at soothing a cough.

Earache Drops—Homeopathic earache drops are one of the safest home remedies but should be utilized as a temporary fix instead of replacing the role of your doctor.

Interested in learning more about hearing health? Reach out to Fort HealthCare to schedule your next appointment. Dr. Kinney at Fort HealthCare strives to improve the health and well-being for all her patients by offering free hearing screenings every month. For more information call Dr. Kinney's office at 920-563-6667.

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.

MAIN STREET FESTIVAL

The event will take place on Saturday, September 15 from 11:00 am—4:00 pm. This annual event celebrates the arts and includes sidewalk sales, art exhibits, art activities, and art and craft booths along with music and food.



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..... Friday various days/hours

Senior Coordinator

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Romelle Koch

Front Desk

Patrea Wilson

Parks & Recreation Director

Eric Boettcher

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 _____

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