



# The Park Bench

September 2017

Seniors in the Park Newsletter

## SEPTEMBER IS SENIOR CENTER MONTH

The theme this year is “Senior Centers: Masters of Aging”. Senior Center Empower, Engage, Enlighten and Enrich the lives of older adults. Check out all we offer and share your ideas for new programs, services, classes and trips. The center is YOUR center. We wouldn’t exist without you. Invite your friends and neighbors to attend something with you. They will be pleasantly surprised at the vitality and engagement here.

## SCHOLARLY SCOOP: THE INTERNET OF THINGS

Friday, September 8, 10:30 am

Imagine a world where billions of everyday objects, such as vehicles, refrigerators, ovens, air conditioning systems and light switches, are interconnected over networks. These interconnected objects will not only create great convenience by enabling one to control things remotely, but also allow data to be regularly collected and analyzed to provide a wealth of intelligence for planning, management and decision making. This is the world of the Internet of Things (IOT). In this talk, we will check the current status of the Internet of Things in real life and also 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. In the end, we will have discussion on our research about security issues in one emerging application of IOT - the self-driving vehicles.



Dr. Jiazhen Zhou is an Associate Professor with the Department of Computer Science at UW-W. He received the Ph.D. degree in Computer Science from the University of Missouri-Kansas City. His research interests include emergency communication networks, internet of things, cloud computing and wireless networks. Please register for the talk by Wednesday, September 6

Volume XVII Issue 9

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*Seniors in the Park Promotes & Enhances a Vital Aging Community*

**Welcoming Seniors, Boomers, and Adults of all ages.**

## KAYAKING

**Wednesday, September 6, 10:00 am**

We've had a request for a monthly kayak outing. We're testing it out this month. Meet at the boat landing on Turtle Lake by Snug Harbor. Bring your kayak and you must wear a personal floatation device. You can stop in and sign our waiver in advance or at the lake, the day of kayaking.

**Please register** so we know if anyone is interested. If you can't make this date but are interested in kayaking with others next summer, please call and let us know.

## CORE AND MORE

**Mondays & Thursdays, 8:30 am**

**Class starts Sept. 7**

This class will help you to perform daily activities safely and with ease. Shoulder opening & strengthening, balance and core exercises are done standing, seated and on the floor. Modifications for all levels of ability will be demonstrated. Please bring a thick exercise mat, not a yoga mat.

Prepay Residents: \$1.00/class

Prepay Non-Residents: \$1.25/class

First class is free for new participants.

## “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.

## BASIC YOGA

**Tuesdays, September 12—October 24 OR**

**Thursdays, September 7—October 26**

**10:30 am, 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 both your 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 for the 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



## RECREATIONAL BOWLING LEAGUE

**Wednesdays, 9:00 am Begins September 6**

This fun and recreational league at Hawk Bowl, goes into March. League begins September 6, with a fun play day. Questions or to sign up for the league, contact Darla, 262-495-2294.



## FREE DEMENTIA SCREENING

**Wednesday, September 20; 1:30—3:00**

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, September 18.

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.



## MEDICARE MADE CLEAR

**Tuesday, September 19, 9:30 am**

Do you have questions about what Medicare does and doesn't cover? National Medicare Education Week was created to help meet the growing demand for clear Medicare information and to help empower people to make confident decisions about their Medicare coverage. We will be hosting a Medicare Made Clear presentation by a local licensed agent from Whitewater to provide information and answer your questions. Come get your questions answered and bring a friend. Light refreshments will be provided.

Please register for the presentation by Thursday, September 14.



## SIP & SWIPE: TABLET TRAINING

 Under a generous grant from Bader Philanthropies, Seniors in the Park is offers 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.

## 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

## SENIOR FORUM

**Monday, Sept. 11, 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.

## OPEN SEWING GROUP

Fri., September 1

10:00 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](mailto: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

## PUMPKIN CLASS

Saturday, September 9; 9:00 am—Noon

Friday, October 6; 1:00—4:00 pm

Create your own colorful pumpkin that you can use year after year. A short 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: Electro pop (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 for September class

Deadline: September 28 for October class



## BEGINNING DRAWING AND WATERCOLOR PAINTING

Thursdays, September 7—28; 1—4 pm

Thursdays, November 2—30\*; 1—4 pm

Want to try something new? Have a favorite medium already? We will start at the very beginning and cover supplies, how to get started with hands-on techniques for painting and sketching and ideas to help you learn. All skill levels are welcome, but demonstrations will focus on getting started and basic techniques! Pattie will spend time with each person helping you with your subject medium.

- Demonstration at every class.
- Choose to participate in guided activities or work on your own.
- Demonstrations based on participant interests.
- Instructor will have a variety of mediums for you to try.

Instructor: Pattie Kelley Fuller, [www.pattiekellyfuller.com](http://www.pattiekellyfuller.com)

Fee: \$50 for the session, payable at first class, or \$15 per class if class minimum of 6 is met

Deadline: September 1 for September classes

Deadline: October 26 for November classes

\* NO class November 23



## THE YARNERS

Thursdays, 1:00 pm

Get together to knit, crochet or any kind of yarn art. Enjoy time socializing and sharing ideas with others. All levels are welcome.



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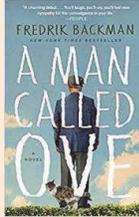
Seniors in the Park, Whitewater, WI. A 4C 01-1235

## BOOK WORMS

**Monday, Sept. 11, 10:30 am**

The Book Club will discuss *Daytripper* by Fabio Moon and Gabriel Ba. The book for September will be *A Man Called Ove* by **Fredrik Backman**.

A grumpy, yet loveable, man finds his solitary world turned on its head when a boisterous young family moves in next door.



Meet Ove. He's a curmudgeon, the kind of man who points at people he dislikes as if they were burglars caught outside his bedroom window. He has staunch principles, strict routines and a short fuse. People call him *the bitter neighbor from hell*, but must Ove be bitter just because he doesn't walk around with a smile plastered to his face all the time? Behind the cranky exterior, there is a story and a sadness. So when one November morning a chatty young couple with two chatty young daughters move in next door and accidentally flatten Ove's mailbox, it is the lead-in to a comical and heartwarming tale of unkempt cats, unexpected friendship, and the ancient art of backing up a U-Haul. All of which will change one cranky old man and a local residents' association to their very foundations.

## 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: THE ECONOMICS OF WHY AMERICANS ARE GETTING CHUBBIER

**Friday October 6, 10:30 am**

Today, 70% US adults are overweight. Why have Americans gotten chubbier over the past fifty years? The simple answer is: caloric intake has increased more than exercise. But, why? Genes do not explain why. What are the reasons from an Economics perspective? What can policy makers do? What have other countries done?

Presenter: Cathy Y. Xue, Assistant Professor, UW-W Dept. of Economics

## ACTIVITIES AT A GLANCE

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

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

**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**

Sept. 5: Culvers

Sept. 26: City Bingo

Sept. 12: Mulberry Glen



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# Motorcycle & Classic Car

7

## MOTORCYCLE RIDES

**Saturday, September 23**

Ride through the colorful hills west of Madison and head toward Richland Center. At Oakwood Apple Farm, find apples, lots of yummy bakery and their country store. Head into Richland Center for lunch and then we'll ride where the wind takes us. Trip departs at 9:00 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 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.

## CLASSIC CAR OUTINGS

**Monday, September 11, 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 meet up with the group at Jones Park and check out the awesome vehicles. They have food onsite.



## Activities and Info

### MOVIES: SPONSORED BY MULBERRY GLEN



**"Going in Style"**

**Tuesday, September 12, 12:30 pm**

**Rated PG-13; 1 hr, 36 min (2017)**

Morgan Freeman, Michael Caine and Alan Arkin play aging buddies, who, after their pension fund is tapped out, decide to rob the bank that took their money. Also features Ann-Margret and Matt Damon. Fun, laugh out loud movie!

**"The Shack"**

**Tuesday, September 26, 12:30 pm**

**Rated PG-13; 2 hr, 12 min (2017)**

Based on the novel by William P. Young (which our SIP Book Club read). A grieving father is drawn to an abandoned shack, where he meets and receives counsel from a woman who calls herself Papa—the name his wife uses to describe God. A faith-based drama with Sam Worthington, Octavia Spencer and Tim McGraw.



### THE AMERICAN CIVIL WAR

**Wednesdays in October, 1:00 pm**

Join Dr Richard Haney, Emeritus UW-W, for interesting and informative history talks. Thanks to UW-W Continuing Education Department for funding the series.

**Oct. 4**—The Gathering Storm: A Nation Divided Over Enslavement of People

**Oct. 11**—The Uncivil War: Families Divided

**Oct. 18**—Robert E. Lee Invades Yankee Country: Antietam and Gettysburg

**Oct. 25**—Invading Dixieland: Grant, Sherman and Sheridan Conquer the Confederacy



## FISH FRY FRIDAY

**Sept. 29**—Venture to My Apartment in Janesville. Depart at 4:00 pm.  
RSVP by Tuesday, Ept. 12

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

## SUNNY SIDE UP BREAKFAST CLUB

**Thursday, Sept. 21; 8:30 am**  
Ride to the Simple in Lake Geneva. This restaurant has a unique menu and fresh ingredients.

Fee: \$4.00  
RSVP by Tuesday, Sept. 19

## LUNCH BUNCH

**Thursday, Sept. 14, 10:30 am**  
We will be eating at the Lakeview Grill in Newville.  
Fee: \$3.00  
RSVP by Tuesday, Sept. 12



## FORT ATKINSON SHOPPING

**Wednesday, Sept. 6, 9:15 am**  
Get picked up where you live and shop in Fort Atkinson. There are grocery stores, GoodWill, Dollar Store and more. Participants choose where to shop.  
Fee: \$3.00  
RSVP by Tuesday, Sept. 5

## 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

## EAST TROY RAILROAD & ELEGANT FARMER



### Saturday, 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.

Fee: \$4.00 (van/driver) Note: train ride is on your own and fee is \$10.50 for 65+ or \$12.50 for under 65.  
Deadline: Thursday September 14  
Depart: 8:30 am; Return approx. 3:00 pm  
Minimum 8, Maximum 15

## AUTUMN APPLES

### Wednesday, September 20

Savor lots of varieties of apples, baked goods and a retail shop, with wine, syrup, honey, cider and more, at Oakwood Fruit Farm outside Richland Center. First, we will stop in Plain at Cedar Grove Cheese for a tour and a chance to purchase some of their wonderful cheeses. After lunch on your own, we will have a tour of the A. D. German Warehouse, designed by Frank Lloyd Wright.



Deadline: Monday, September 11  
Depart: 7:30 am; Return Approx. 5:00 pm  
Minimum 8, Maximum 13

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](mailto:dweberpal@whitewater-wi.gov), go to the city website at [www.whitewater-wi.gov](http://www.whitewater-wi.gov), (Departments, Seniors in the Park) or stop in at the Starin Park Community Building.

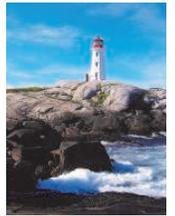
## Wolves, Wilderness and Water, June 18– 22, 2018 [Are you interested? Let Deb know ASAP](#)



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 our fabulous Mississippi River Road 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. Double \$3799; Single \$4549 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!



- **Dennis Gowey** for donating post-it notes
- **Mary Meikle, Kathy Poyicsanyi, Char Perkins, Karen Strauss, Barbara Bren and Peggy Anderson** for volunteering at the Summer Heat Party.
- Thanks to the **Whitewater Warblers** and leader **Lori Heidenreich** for the great performance.
- **John Rowe** for donating wooden crafts for bingo and cappuccino.

## 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.
- **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 you 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.
- **Receptionist:** Tuesdays and fill-in. Looking for a friendly person to greet participants, answer phones, register people for classes online, assist with programs as needed.

## COORDINATOR'S COMMENTS

This year's Senior Center Month theme "Masters of Aging" highlights the many ways senior centers lead their communities and inspire individuals to master this phase of life. At Seniors in the Park, you can find programs and resources that inspire you to make the most of your time. Community leaders often turn to senior center professionals, their local 'masters of aging', to facilitate improved services and positively address changing demographic challenges and opportunities. Celebrate the many ways our center cultivates Masters of Aging!

Senior Centers Enrich, Engage, Enlighten, and Empower. We 'Engage' you in life with volunteer and social opportunities. We 'Empower' you with things like advocacy alerts, information on Medicare, technology classes, and wellness opportunities. We 'Enlighten' you with classes, learning opportunities and new adventures. We 'Enrich' your life with friends and fun. These are just a few of the significant contributions your senior center makes as we all seek to master aging.

Senior Centers:  
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National Senior Center Month | September 2017  
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## CHAIR MASSAGE

**Wednesday, Sept. 6, 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, August 31**

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: October 5**



## 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

## September 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 HB=Hawk Bowl L=Cravath Lakefront OR=Oak Ridge Golf Course, Milton</p>				<p><b>1</b> 9:00 Indoor Walking 10:00 Open Sewing Group –A 12:30 Pickleball (A)</p> <p style="text-align: center;"><b>Office Closed</b></p>
<p><b>4</b> <b>Closed in Observance of Labor Day</b></p> 	<p><b>5</b> 9:00 Pickleball (A) 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 1:00 Sheepshead</p>	<p><b>6</b> <b>9:00 Bowling (HB)</b> 9:00 Indoor Walking 9:15 Janesville Shopping 10:00 Chess <b>10:00 Kayaking</b> 10:00 Learn Tai Chi- A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 Chair Massage</p>	<p><b>7</b> 8:30 Core &amp; More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L 1:00 Beginning Art 1:00 The Yarners 1:30 Continue Spanish</p>	<p><b>8</b> 9:00 Indoor Walking <b>10:30 Scholarly Scoop</b> 12:30 Pickleball (A)</p> <p><b>9</b> <b>9:00 Pumpkin Decorating</b></p>
<p><b>11 Patriot Day</b> 8:00 Golf (OR) 8:30 Core &amp; More 9:30 FUNctional Fit 10:30 Bookworms 11:00 WW Warblers 11:30 Senior Forum 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Dementia Friendly Meeting <b>5:00 Classic Car</b></p>	<p><b>12</b> 9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "Going in Style" 1:00 Sheepshead</p>	<p><b>13</b> 9:00 Indoor Walking <b>10:00 AARP Smart Driver Class</b> 10:00 Chess <b>10:00 Learn Tai Chi—A (New Session)</b> 11:00 Cont. Tai Chi-A 12:30 Pickleball-A</p>	<p><b>14</b> 8:30 Core &amp; More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L <b>10:30 Lunch Bunch</b> 1:00 The Yarners 1:00 Beginning Art 1:30 Continue Spanish</p>	<p><b>15</b> <b>8:30 Mail boat trip</b> 9:00 Indoor Walking 12:30 Pickleball (A)</p> <p><b>16</b> <b>11—4 Main Street Festival</b></p> <p><b>17</b> <b>Discover Whitewater Marathon</b></p>
<p><b>18</b> 8:00 Golf (OR) 8:30 Core &amp; More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg</p>	<p><b>19</b> 9:00 Pickleball (A) <b>9:30 Medicare Week Presentation</b> 10:30 Basic Yoga—L 12:30 Stained Glass—A 1:00 Sheepshead</p>	<p><b>20</b> <b>7:30 Apple trip departs</b> 9:00 Indoor Walking 9:30 Pegs &amp; Jokers 10:00 Chess 10:00 Learn Tai Chi—A 11:00 Cont. Tai Chi-A 12:30 Pickleball (A) 12:30 Stained Glass—A <b>1:30 Dementia Screening</b></p>	<p><b>21 Peace Day</b> 8:30 Sunny Side Up Breakfast Club 8:30 Core &amp; More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L 1:00 The Yarners 1:00 Beginning Art 1:30 Continue Spanish</p>	<p><b>22 Autumn Begins</b> 9:00 Indoor Walking 12:30 Pickleball (A)</p> <p><b>23</b> <b>9:00 Cycle Ride Departs</b></p>
<p><b>25</b> 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg</p> <p><b>Office Closes 12:30</b></p>	<p><b>26</b> 9:00 Pickleball (A) 10:00 City Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "The Shack" 1:00 Sheepshead</p> <p style="text-align: center;"><b>Office 9—1:00</b></p>	<p><b>27</b> 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 style="text-align: center;"><b>Office Closed</b></p>	<p><b>28</b> 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L 1:00 The Yarners 1:00 Beginning Art 1:30 Continue Spanish</p> <p style="text-align: center;"><b>Office Closes 12:30</b></p>	<p><b>29</b> 9:00 Indoor Walking 12:30 Pickleball (A) 4:00 Fish Fry trip</p> <p style="text-align: center;"><b>Office Closed</b></p> <p><b>30</b> <b>8:30 East Troy trip</b></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, serving at 11:30 am.

## STARIN PARK NUTRITION SITE MENU

### September 5

Salisbury Steak  
Mushroom Gravy  
Garlic Mashed Potato  
San Francisco Blend  
Vegetable  
Peaches  
Chocolate Chip Cookie  
Wheat Bread

### September 12

Sloppy Joes  
Hamburger Bun  
Baked Beans  
Romaine Salad  
Tropical Fruit Blend

### September 26

Swedish Meatballs  
Egg Noodles  
San Francisco Blend  
Vegetable  
Romaine Salad  
Banana  
Wheat Bread



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## 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 anyone who you may know is a care partner.



## GREETING CARDS—50% OFF

We have discounted some of our cards. They are in a separate bin on the lobby desk. Come in and check out the savings on our already moderately priced cards. We have a great selection of Fravessi cards, including Wedding, Anniversary, Birthday (including 80, 85 & 90-year-old cards), Pet Sympathy, Serious Illness and much more! Most cards are priced from \$1.00 to \$2.95. Stop in and check out our selection. **We'll be making another order in October, let us know what types of cards you would like us to carry.**

## HAPPY SEPTEMBER BIRTHDAYS TO:

**William Wilson**  
**Bea Jacobs**  
**Doris Wutke**

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.)



## ARE YOU ON FACEBOOK?

 If you are on Facebook, please like Whitewater Parks and Recreation. Seniors in the Park activities, special events and more are posted here.

## HOW TO REGISTER AND PAY ONLINE

Register and pay for trips and classes online at home: [schedulesplus.com/wwtr](http://schedulesplus.com/wwtr) (you need to be registered with us including your phone number and birth date) OR pay for classes only (No trips) at [www.wwparks.org](http://www.wwparks.org). Checks for activities, classes and trips are made out to: City of Whitewater, unless indicated otherwise.

## STRAIGHT TALK FOR SENIORS

“In the coming weeks and months, there will be much discussion about programs and issues that will affect older Americans and their families on the national level. Straight Talk for Seniors® provides information for older adults, their families, caregivers and the professionals who serve them on key policy concerns involving the Affordable Care Act (ACA), Medicaid, Medicare and the Older Americans (OAA).” (Excerpt from the National Council on Aging website). Go here: <https://www.ncoa.org/news/straight-talk-for-seniors/> to learn more and sign-up to receive NCOA Advocacy Alerts. Note: NCOA is a trusted and valuable resource for older adults.

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## MAIN STREET FESTIVAL



**Saturday, September 16,  
11:00 am—4:00 pm**

The Main Street Festival is an annual event celebrating the Arts. There will be sidewalk sales, art and craft booths, art exhibits, and art activities for all to enjoy, with hands on activities for the family, music, food and so much more. The Discover Whitewater Half Marathon and Fit Kids Shuffle is on Sunday, September 17.

## SEPTEMBER FUN

In addition to being Senior Center Month, it is also Self Improvement Month. September has a lot of fun ‘holidays’ like:

- 4 Eat Extra Dessert Day
- 10 Grandparents Day
- 11 Patriot Day
- 13 Positive Thinking Day
- 15 POW/MIA Day (Did you have a bracelet?)
- 17 Constitution Day
- 18 Cheeseburger Day
- 19 Talk Like a Pirate Day — Arrrggg!
- 21 World Gratitude Day; International Peace Day
- 22 Autumn Equinox
- 23 Checkers Day
- 25 National Comic Book day
- 28 Ask a Stupid ? Day, Good Neighbor Day & Drink Beer Day



## BROCCOLI SALAD

- 8 C. broccoli, bite-size
- 1/2 C. red onion
- 8 slices bacon, fried & crumbled
- 1 8-oz. can water chestnuts
- 1 . grated cheese
- 1/2-3/4 C. raisins

- Dressing**
- 1 C. mayonnaise
  - 1/2 C. sugar
  - 2 T. vinegar



Combine in a large bowl. Mix dressing ingredients and add to other ingredients. Toss well to coat. Chill several hours or overnight.

**Note:** May add dried cranberries or chopped walnuts with or in place of raisins. ~Recipe from “Sharing Our Best” Senior Center Cookbook

## 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.



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

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## SENIORS IN THE PARK

504 W Starin Rd, PO Box 178  
Whitewater WI 53190

Phone ..... 262-473-0535  
Fax ..... 262-473-0537  
Hours....Mon-Thurs, 9:00 am-4:00 pm

### Senior Coordinator

Deb Weberpal, CPRP  
dweberpal@whitewater-wi.gov

### Volunteer Editor

Romelle Koch

### Center Receptionists

Patti Grosskreutz  
Diana Stettner

Websites: [schedulesplus.com/wwtr](http://schedulesplus.com/wwtr)  
[www.wwparks.org](http://www.wwparks.org)  
[www.whitewater-wi.gov](http://www.whitewater-wi.gov)

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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](http://wwparks.org), [www.whitewater-wi.gov](http://www.whitewater-wi.gov), click on Departments, then Seniors in the Park or [www.whitewaterbanner.com](http://www.whitewaterbanner.com) and look for the link in the left column or [ourseniorcenter.com/find/seniors-in-the-park](http://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.

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