



# The Park Bench

October 2017

Seniors in the Park Newsletter

## THE AMERICAN CIVIL WAR



### Wednesdays, 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

## SCHOLARLY SCOOP: THE ECONOMICS OF WHY AMERICANS ARE GETTING CHUBBIER

### Friday October 6, 10:30 am

Today, 70% of US adults are overweight. Obesity increases risks of certain types of disease and on average increases medical costs. Why are Americans getting chubbier over the past fifty years? The simple answer is: caloric intake has increased more than exercise. But, why? Science has found that there are certain genetic profiles that are associated with being overweight. However, genes do not explain why Americans have gotten chubbier over the past fifty years. What are the reasons from an Economics perspective? What can policy makers do? What have other countries done?



Dr. Cathy Xue is an Assistant Professor in the Department of Economics at UW-W. The focus of her research is primarily in the areas of labor economics, health economics and public policy. Her studies include a variety of topics such as indoor air pollution and infant health, the effect of food stamp programs on food security, hospital efficiency, the effects of alcohol access on health, the effects of foster care placements and more. Dr. Xue has lived in China, Hong Kong and California before moving to Wisconsin. She loves cheese curds and Friday fish fries. Please register by October 4.

Volume XVII Issue 10

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

The cornerstone of healthy aging is Movement!

## LET'S WALK!

**Wednesdays and Fridays, 9:00 am**

Walk indoors on a 45 minute DVD, incorporating arms and movement in all directions. Do as much or as little as you want with this fun group.

## HALLOWEEN

We will have a spooky and fun day on Tuesday, October 31 here at the Park. We



will have a best costume contest ending at 12:15, before the movie. The winner will get the decorated pumpkin that has been on display in the lobby (it will be finished).

Spooky Bingo is at 10:00 and the "Halloween Bijou Movie at the Seniors in the Park Theater" kicks off at 12:30. If you want to eat at the meal site that day, make sure to make your reservation by Monday noon. (see page 13) There may be a few other surprises and activities, so be prepared!

## PUZZLE EXCHANGE

**Friday, January 20, 9:30-10:00 am**

Are you ready to trade your 500/1000-piece puzzles for different ones at no cost?



Bring 3 to 10 bagged-in-the-box puzzles to the Starin Park Community Building. The exchange will take no longer than a half hour. If you are unable to make this one, others will be held on the third Friday of the month through the winter. If you have questions, call Louise, 262-473-2548.

## VISIT A PARK DAY

**Friday, October 6**

The public is encouraged to take time to visit a local, state, regional or national park to take a walk, go for a run, have a picnic, watch wildlife, read a book, or take part in a great program. Parks promote a healthy and active lifestyle. Parks impact communities through conservation, health, and wellness, and social equity by preserving natural resources, connecting people to nature, improving overall health and wellness, and ensuring universal access to public parks and recreation programs. Visit a park today!



## BASIC YOGA

**Tuesdays, November 7 — December 19 OR  
Thursdays, November 2 — December 21  
10:30 am, Cravath Lakefront Center**



This seven-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: \$28 residents; \$35 non-residents; Tuesday or Thursday  
Payment/Deadline: Friday October 27

## "FUN"CTIONAL FITNESS

**Monday and Thursdays, 9:30-10:30 am**

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



## CORE AND MORE

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

This class will help you to perform daily activities safely and with ease. Shoulder/hip 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. **No Class Thurs. Oct. 5 & 12**

## IPAD GROUP: APPS

**Thursday October 19, 10:45 am**

Have you been through a Sip & Swipe® class or have an iPad and just want a little more information? Here's a group for you! Mark Dorn will lead this monthly group. This month's topic is Apps. How to find, download, delete, use, etc. Please bring your iPad to work on. If you have a topic for another month, let Deb or Mark know. Please register for the group by Monday, Oct. 16.

## REGISTERING AND PAYING FOR ACTIVITIES AND TRIPS AT HOME



**Friday, October 27, 10:30 am**

Discover how to sign up for activities and trips online at home, including paying with a debit or credit card. We will walk you through the process and send you home with a handout. We'll have a few tips and ticks to make it easier for you to do. Please bring a laptop or tablet, if you have one. Register by Tuesday, October 24.



## SIP & SWIPE: TABLET TRAINING

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

## SCHOLARLY SCOOP: STANDARD VS OBSERVED RESIDENTIAL INTEGRATION IN METRO AREAS, 1980-2010

**Friday November 3, 10:30 am**

Throughout literature, the change to "observed" residential segregation is reported as evidence of altering racial relations. However, observed segregation change is the combination of two effects: the changes expected from demographic shift and those caused by the alteration of the inter-group relations. In this study, we attempt to quantify the contributions from these two sources. Dr. Wenquan Zhang, Assist. Prof. in the UW-W Dept. of Sociology, Criminology and Anthropology. Please register by Wednesday, Nov. 1.



## SCHOOL REFERENDUM UPDATE

**October 3, 11:00 am (after Bingo)**

Dr. Mark Elsworth, District Administrator, and Matthew Sylvester Knudtson, Business Manager, Whitewater Unified School District, will be present the State of the Whitewater Unified School District and give a referendum update on the construction and upgrades happening at the school buildings.



## LEARN MAH JONGG

**Mondays in October 1:00 pm**

Learn this brain stimulating game played with tiles.



American Mah Jongg will be played. (Not like the computer version.)

Deadline to register is September

## PEGS & JOKERS

**October 17, 9:30 am**

**Date Change!**

The meeting date for Pegs and Jokers has been changed to the third Tuesday of each month.

## SENIOR FORUM

**Monday, Oct. 9, 11:30 am**

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

## OPEN SEWING GROUP

Fri., October 6

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

Oct. 17 & 18, 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, Oct. 12

## 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.

## PUMPKIN CLASS

Friday, October 6; 1:00—4:00 pm

Create your own colorful pumpkin you can use year after year with metallic inks. A sort lesson on design ideas will be given and then you will create your masterpiece!

Resident: \$21.00 large pumpkin or \$16 medium pumpkin

Non-Resident: \$26.25 large pumpkin or \$20 medium pumpkin

Deadline: September 28



## BEGINNING DRAWING AND WATERCOLOR PAINTING

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)

Deadline: October 26 \* NO class November 23



## WATERCOLOR – MORNING, NOON AND NIGHTTIME SKY

October 5—26, 1:00—4:00 pm

Topics will focus on painting the sky at different times of the day, using a small painting format. Wet-into-wet, wet-on-dry and lifting will be demonstrated. 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. Each session will include a demonstration on a technique or concept and plenty of time for individual painting with optional one-on-one coaching.

Beginning, intermediate and advanced concepts will be covered.

Instructor: Karolyn Alexander Tscharnack: [www.karolyn.biz](http://www.karolyn.biz)

Fee: \$15 per class or \$50 session fee for all 4 classes for those who are pre-registered. Fee is payable to the instructor on October 5 by cash or check.

Deadline: Monday, Oct 2

Minimum – 6 people; Maximum – 16 people



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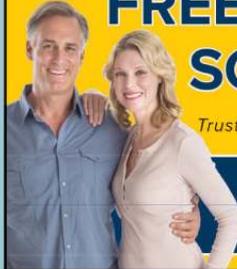
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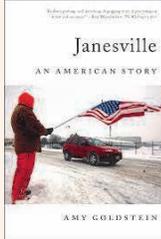


## BOOK WORMS

**Monday, Oct. 2, 10:30 am**

The Book Club will discuss *A Man Called Ove* by Fredrik Backman.

The book for October will be *Janesville: An American Story* by Amy Goldstein.



This is the story of what happens to an industrial town in the American heartland when its factory stills - but it's not the familiar tale. Most observers record the immediate shock of vanished jobs, but few stay around long enough to notice what happens next, when a community with a can-do spirit tries to pick itself up.

Pulitzer Prize winner Amy Goldstein has spent years immersed in Janesville, WI, where the nation's oldest operating General Motors plant shut down in the midst of the Great Recession, two days before Christmas of 2008. Now, with intelligence, sympathy and insight into what connects and divides people in an era of economic upheaval, she makes one of America's biggest political issues human. Her reporting takes the reader deep into the lives of autoworkers, educators, bankers, politicians and job re-trainers to show why it's so hard in the twenty-first century to recreate a healthy, prosperous working class.

## WHITEWATER WARBLERS

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

## 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 Tuesday at 9:30
- Puzzle Exchange**—Third Friday at 9:30
- Sheepshead**—Tuesdays 1:00 pm

## BINGO

**Tuesdays, 10:00 am**

- Oct. 3: Culvers
- Oct. 10: Mulberry Glen
- Oct. 24: City Bingo
- Oct. 31: Scary Bingo



**On October 31**, wear your favorite costume, and you may win a prize for the best costume. We'll treat and some tricks so enjoy the fun!

### BINGO SPONSORS

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

### CITY BINGO SPONSORS:

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

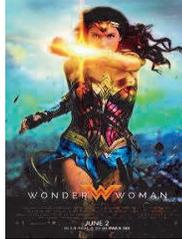
## MOVIES: SPONSORED BY MULBERRY GLEN

### "Wonder Woman"

Tuesday, October 10, 12:30pm

Rated PG-13; 2 hrs, 12 min. (2017)

Diana is the principled warrior-daughter of the female ruler of Paradise Island, sheltered from men and the outside world's evils. Then, an American pilot crashes on the island, telling her of The War to End All Wars. Wonder Woman enters the fray: World War I! This was the summer's most popular film, garnering great reviews, as well. Stars Gail Gadot and Chris Pine.



### "Ghostbusters"

Tuesday, October 24, 12:30 pm

Rated PG-13; 1 hr., 56 min. (2016)

Melissa McCarthy, Kate McKinnon, Kristen Wiig, and Leslie Jones strap on the proton packs in this outrageously funny female remake of the original 1984 action/comedy.



### Halloween Movie at the SITP Bijou Theatre!!!

"Kong: Skull Island"

Tuesday, October 31, 12:30 pm

Mark will have Halloween treats and movie tricks: a Mighty Mouse cartoon, a serial chapter (Commando Cody "Radar Men from the Moon") and "KONG: Skull Island," A redo/update/reboot of "King Kong" with an All-Star cast of Tom Hiddleston, Samuel L. Jackson, Brie Larson, John C. Reilly, and John Goodman. KONG IS H-U-U-G-E !!!



## SAFETY PLANNING FOR DEMENTIA

October 10, 2:00—4:00 pm

Matheson Memorial Library

101 N. Wisconsin St., Elkhorn

The need for comprehensive safety planning is particularly important for a person with dementia as the disease progresses. Safety measures can prevent injuries and help a person with dementia feel more relaxed, less overwhelmed and maintain his or her independence longer. To register call Bonnie at 920.728.4088 or email [bbeam@alz.org](mailto:bbeam@alz.org).

*"Dementia doesn't rob someone of their dignity, it's our reaction to them that does."*

~Teepa Snow

Everyone deserves to be treated with dignity regardless of race, color, creed, gender or *disease*.

## WHAT IS A DEMENTIA FRIENDLY COMMUNITY?

D—Dementia Friendly Community is:

E—Empathetic, engaged

M—Motivated to help

E—Educated about dementia

N—Neighborly

T—Tuned in to assist

I—Intergenerational

A—A win for everyone!



## CAREGIVER BOOT CAMP



Saturday, October 14, 9 am—3 pm

Rock County Job Ctr, Room D/E

1900 Center Ave, Janesville

This free Boot Camp is an educational "survival" program for families coping with Alzheimer's disease and related dementia. Pre-registration is required by October 12. Call Cori Marsh @ 608-741-3615 or email [cori.marsh@co.rock.wi.us](mailto:cori.marsh@co.rock.wi.us).

## BEHAVIORS AND COMMUNICATION

Thursday, November 9; 6-8:00 pm

Mulberry Glen

Bonnie from the Alzheimer's Assn will discuss this topic at Mulberry Glen. To register call Gina at 262-473-4515.

Join the Whitewater Dementia Friendly Community Initiative (WDFCI) by calling Deb at 262-473-0535 or email [dweberpal@whitewater-wi.gov](mailto:dweberpal@whitewater-wi.gov). We would love to have your help and input.

## FISH FRY FRIDAY

**October 27**—Venture to Lakeview Bar & Grill with three kinds of fish, lobster and shrimp on the menu!

Depart at 4:00 pm.

RSVP by Tuesday.

Fee: \$3 per person for transportation only.

Minimum of 7 people for trip to go.

## SUNNY SIDE UP BREAKFAST CLUB

**Thursday, Oct. 19; 8:30 am**

Ride to the Double B Farm & Café where everything is made to order. They raise their own meat, which you can purchase at their store.

Fee: \$4.00

RSVP by Tuesday, Oct. 17

## LUNCH BUNCH

**Thursday, Oct. 12, 10:30 am**

We will be eating at the Copper Falls in Clinton. With a choice of salads, sandwiches, burers and specialties including Chef's Pot Pie of the Day it should be an interesting outing. Great rating form the Janesville Gazette.

Fee: \$3.00

RSVP by Tuesday, Oct. 10

## JANESVILLE SHOPPING

**Wednesday, Oct. 4, 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, Oct. 2

## TRAVEL AROUND THE WORLD - 74TH ANNUAL HOLIDAY FOLK FAIR INTERNATIONAL

**Saturday, November 18**

Holiday Folk Fair International, America's premier multicultural festival and a program of the International Institute of Wisconsin, celebrates the cultural heritage of the people living in southeastern Wisconsin. This year's theme, "Celebrate the Culture of Welcome," will allow Fair-goers the opportunity to learn the ways that different cultures welcome each other through music, food, dance, arts, and crafts of Holiday Folk Fair.



Special attractions in 2017 include invited international performers and artisans, the Artisan corner, the Kohl's Color Wheels display, the Wisconsin Woodturners, and a bonsai exhibit.

The three-day event features the All Nations Theater with traditional music and dance, the World Café offering traditional dishes, the International Stage where young people perform their ethnic dances, the Tanzhauz (Music Pavilion) where attendees dance and sing along with a variety of musical styling's, the Coffee House where patrons enjoy a beverage and baked goods while listening to talented musicians, Heritage Lane, with unique traditions and customs through interactive exhibits, the International Bazaar, where cultural artifacts create a unique shopping experience, and the Chef's Stage featuring local chefs preparing traditional cuisine.

Fee: \$34.00 includes school bus transportation, parking, driver tip and entrance to the event.

Depart Fort K-Mart at 8:30 am and Starin Park at 9:00 am

Return approximately 5:00 Starin park and 5:30 Fort K-Mart

## 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



# Extended Travel

9

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

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



Fee: \$975 double or \$1405 single. \$150 deposit due with registration. Complete itinerary at the center or online:

## 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. Space still available!** 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, but a late freeze spoiled the blooms and the women of Natchez opened their homes to visitors—and they have been on display ever since. It’s a display of true southern gentility. Costumed private 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. 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!



## 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

## COORDINATOR'S COMMENTS

So much to do, learn and see, I almost got squeezed out of the newsletter again! But this does mean we are serving our purpose.



Seniors in the Park does have purpose statements. They are:

1. To serve as a hub and focal point for lifelong opportunities that enrich, engage and enhance quality of life.
2. To encourage value and respect.
3. To advocate for those who cannot speak for themselves.
4. To educate and inform the community on trends and issues which affect older adults and alter negative perceptions of aging and senior centers.

With your input and ideas, I think we do serve as a hub and focal point. Everyone who walks through our door is valued and respected. You each bring something new and unique to the center. Our current advocacy project is becoming a dementia friendly community. I also advocate for older adults at the city and state level, when the opportunities arise. Educating and informing the community takes all of us! From calling out ageist remarks, to letting others know why you like Seniors in the Park and how we benefit the community.

We are all in this aging thing together. We can make the best of it and shout out the benefits, as there are many. Next month for more on that! Happy Halloween!

## SHOUT OUT—SIP & SWIPE VOLUNTEERS

A BIG THANK YOU SHOUT OUT TO:

**Tom Fick**, Sip & Swipe Café® volunteer peer coach, AND a former US Olympic Team member! Tom likes that coaching makes him continue to learn. The biggest change he sees in his learners is "they can now do what their children and society at large, are talking about (email, search the web, listen to music, play games...)"

**Carolyn Behrens** Volunteer Peer Coach at our Sip & Swipe Cafe®. Carolyn is a generous coach who loves to share information and knowledge. The biggest change she sees in her learners is that they start to "love the magic of the tablet. They didn't think the tablet could do so much!" Carolyn, loves running so much she even has a vanity license plate that reads: **IRUNDU** (*Did you get it? I run do you?*)

**They are both making a difference in the community. Thanks!**

## SHARE YOUR TALENTS

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

- **Bingo Prep**—Make coffee, arrange tables and chairs, prep treat, lemonade and water. First, Second, fourth and fifth Tuesdays 8—9 am.
- **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 Android 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.
- **Receptionist**: Tuesdays and fill-in. Looking for a friendly person to greet participants, answer phones, register people for classes online, and assist with programs as needed.



- **Dennis Gowey and Jan Schmeling** for donating books\*
- **Susan Schulte** for donating an audio book
- **Eunice Rowe** for donating bingo prizes
- **Barb Koch** for donating necklaces for bingo prizes
- **Jerry Philip** for donating greeting cards
- **Everyone who brought in fresh produce**
- **Dan Sable** for the wire candy bowl

\*Reminder: Donated books must be published within the past 5 years.

## CHAIR MASSAGE



**Wednesday, Oct. 4, 1:00 pm**

Chair Massage is for stress and tension relief, relaxation and just to feel good! Stuart is a certified massage therapist and has ten years of experience and is excited to be able to provide this service monthly, on the first Wednesday. Ten-minute chair massages are \$12.00.

**Appointments are necessary and available.**

## TOENAIL CLINIC



**Thursday, October 5**

Beginning at 10:00 am

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

**Next Clinics: November 2 & December 7**

## 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.

**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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# Activity Calendar



## October 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<b>2</b> 8:30 Core & More 9:30 FUNctional Fit 10:30 Bookworms 11:00 WW Warblers 12:30 Pickleball (A) <b>1:00 Learn Mah Jongg</b> 1:00 Mah Jongg 1:00 Canasta	<b>3</b> 9:00 Pickleball (A) 10:00 Culver's Bingo 10:30 Basic Yoga—L <b>11:00 School District Update</b> 11:15 Pot Luck 11:45 Dominoes 1:00 Sheepshead	<b>4</b> 9:00 Bowling (HB) 9:00 Let's Walk! 9:15 Janesville Shopping 10:00 Chess 10:00 Learn Tai Chi-A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) <b>1:00 Chair Massage</b> <b>1:00 Civil War</b>	<b>5</b> 9:00 Pickleball (A) 9:30 FUNctional Fit 10:00 Toenail Clinic 10:30 Basic Yoga—L 1:00 Watercolor 1:00 The Yarners 1:30 Continue Spanish	<b>6 VISIT A PARK!</b> 9:00 Let's Walk! 10:00 Open Sewing Group -A <b>10:30 Scholarly Scoop</b> 12:30 Pickleball (A) <b>1:00 Pumpkin Decorating</b> 
<b>9</b> 8:30 Core & More 9:30 FUNctional Fit 11:00 WW Warblers 11:30 Senior Forum 12:30 Pickleball (A) 1:00 Learn Mah Jongg 1:00 Mah Jongg 1:30 Dementia Friendly Meeting	<b>10</b> 9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "Wonder Woman" 1:00 Sheepshead	<b>11</b> 9:00 Bowling (HB) 9:00 Let's Walk! 10:00 Chess 10:00 Learn Tai Chi-A 11:00 Cont. Tai Chi-A 12:30 Pickleball-A <b>1:00 Civil War</b>  <b>Office Closed</b>	<b>12</b> 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 Watercolor 1:30 Continue Spanish  <b>Office Closes 12:30</b>	<b>13</b> 9:00 Let's Walk! 12:30 Pickleball (A)  <b>Office Closed</b>
<b>16</b> 8:30 Core & More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Learn Mah Jongg 1:00 Mah Jongg	<b>17</b> 9:00 Pickleball (A) 9:30 Pegs & Jokers 10:30 Basic Yoga—L 12:30 Stained Glass-A 1:00 Sheepshead	<b>18</b> 9:00 Bowling (HB) 9:00 Let's Walk! 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>1:00 Civil War</b>	<b>19</b> 8:30 Breakfast Club 8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L <b>10:45 iPad Group</b> 1:00 The Yarners 1:00 Watercolor 1:30 Continue Spanish	<b>20</b> 9:00 Let's Walk! 9:30 Puzzle Exchange 12:30 Pickleball (A)
<b>23</b> 8:30 Core & More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Learn Mah Jongg 1:00 Mah Jongg	<b>24</b> 9:00 Pickleball (A) 10:00 City Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "Ghostbusters" 1:00 Sheepshead	<b>25</b> 9:00 Bowling (HB) 9:00 Let's Walk! 10:00 Chess 10:00 Learn Tai Chi-A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) <b>1:00 Civil War</b>	<b>26</b> 8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L 1:00 The Yarners 1:00 Watercolor 1:30 Continue Spanish	<b>27</b> 9:00 Let's Walk! <b>10:30 Register &amp; Payment Class</b> 12:30 Pickleball (A) 4:00 Fish Fry trip
<b>30</b> 8:30 Core & More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Learn Mah Jongg 1:00 Mah Jongg	<b>31 Halloween</b> 9:00 Pickleball (A) <b>10:00 Scary Bingo</b> 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "Kong: Skull Island" 1:00 Sheepshead  <b>Halloween activities all day!</b>			Activities take place at the Starin Park Community Building unless otherwise noted. A=Downtown Armory 146 W North St HB=Hawk Bowl L=Cravath Lakefront

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

### October 3

Beef Noodle Soup  
Carrots  
Peas  
Corn Bread  
Pumpkin Bar

### October 24

Hearty Chicken Noodle Veg Soup  
1/2 Egg Salad Sandwich  
Mandarin Oranges  
Snickerdoodle Cookie

### October 10

Swedish Meatballs & Noodles  
San Francisco Blend Vegies  
Green Beans  
Fruit Jell-O  
Dinner Roll

### October 31

Beef Chili  
Coleslaw  
Fruit Cocktail  
Corn Bread Muffin  
Peach Crisp



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## 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.

## WHITEWATER PARTNERS IN COMMUNICATION

**First Tues. of the month, October 3  
7:00-8:00pm**

**Mission:** Whitewater Partners in Communication is a group of adults dedicated to helping foster relationships between native English speakers and native Spanish speakers in order to improve communication skills and cultural awareness. It provides monthly conversational opportunities in a variety of community settings.

**Oct. 3:** Starin Park Community Bldg.  
**Nov. 7:** Whitewater High School

## GREETING CARDS

Halloween cards are here! 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 OCTOBER BIRTHDAYS TO:

### John Rowe

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.)



## SEEKING ADULTS FOR UW-WHITEWATER RESEARCH STUDY

A team of undergraduate students under the direction of Assistant Professor Lynn Gilbertson (Communication Sciences and Disorders) is seeking adults over the age of 65 to be a part of an ongoing research study. The study aims to evaluate whether or not playing computer-based brain games (similar to those provided by AARP) improves an individual's ability to hear speech in noise. To participate in the study, the participant must be over the age of 65 and have no cognitive impairments or cardiac related illness. The participant must have normal hearing in at least one ear or have an unaided hearing loss. The study requires eight study visits spread over two weeks. Most study visits last 25 minutes. Study visits can be arranged either on the UW-W campus or the surrounding area. For more information or to participate in this study please send an e-mail to [hearspeech@uww.edu](mailto:hearspeech@uww.edu) or contact Dr. Gilbertson at 262-472-5202.



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## INVENTORS & ENTREPRENEURS GROUP

**Last Tuesday of the Month, 7 pm**  
**Wisconsin Makers Makerspace, 200 E. Clay St.**

A new inventors and entrepreneurs networking group has been organized for Jefferson, Walworth and Rock counties. Welcome are entrepreneurs, inventors and “creatives” of all ages who are interested in starting or who have started a business, as well as those who provide support services for business startups. For further information, contact Peter Spangler at [wisconsinmakers@gmail.com](mailto:wisconsinmakers@gmail.com).

## MAKERSPACE SENIOR SHOP CLASS

**First & Third Tuesday of each Month, Oct. 3 & 17, 2:00—4:00 pm**  
**Wisconsin Makers Makerspace, 200 E. Clay St.**

The public is invited to this free Senior Shop Class. Each week's “class” features a different machine or project, rotating between the various workshops. Certain projects will be continuous. Senior Shop Class is designed for novices and craftsmen, men and women, who will be able to learn how to use some of the makerspace's equipment while enjoying an afternoon with other 'makers'. No registration is necessary. The building is handicapped accessible and has off-street parking. For more information, email [WisconsinMakers@gmail.com](mailto:WisconsinMakers@gmail.com), call (262) 753-6455 or visit [Facebook.com/WisconsinMakers](https://www.facebook.com/WisconsinMakers).

## HANDS2HELPU

This free service for elderly and disabled adults living within 15 miles of LaGrange (includes Whitewater) is sponsored by the LaGrange United Methodist Church. Two adults (one male, one female) will assist with small jobs at your home. Call Judy Seip at 608-843-7143 to schedule assistance. No donations will be accepted for their service.



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## REFLECTIONS ON THE GREAT WAR

**Mondays, 3:00 pm, Fellowship Hall, Fairhaven, 435 W. Starin Rd.**

All lectures are free and open to the public. Street parking adjacent to building. Links to videos of lectures, including those from prior series, can be found at <http://www.uww.edu/ce/fairhaven>.

- Sept. 25 Woodrow Wilson's Reluctant March to War in Europe**  
Louis Fucilla, *Assistant Professor, Political Science*
- Oct. 2 From Shell Shock to Spanish Flu – Impacts of the Great War on Health and Medicine**  
Elizabeth Hachten, *Asst. Dean, Coll. of Letters & Sciences*
- Oct. 9 To Do and Die: World War One Poetry and The End of Victorian Progress**  
John McGuigan, *Assoc. Professor, Lang. and Literatures*
- Oct. 16 No One Wants to go to War: African Participation in World War I**  
Adam Paddock, *Assist. Professor, History*
- Oct. 23 Have We Learned the Lessons of the War to End All Wars?**  
Jonah Ralston, *Asst. Professor, Political Science*
- Oct. 30 The 32nd Division's Great War**  
Richard Pifer, *Freelance Historian and Author, Wisconsin Historical Society Press*

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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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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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