



# The Park Bench

December 2017

Seniors in the Park Newsletter

## THANKS! WE'LL MISS YOU!

**Patti Grosskreutz** will be “retiring” from the receptionist position on December 14. She has been a wonderful asset to Senior in the Park. She started as a volunteer receptionist and has grown with the job, being hired in 2015. She is the friendly voice on the phone and a whiz on the computer. She has been willing to step in and do what was needed for the betterment of the program. She is excited to



have more time to attend programs and time with her family, friends and pets.



**Stop in on Monday December 11 from 10—11:30 and say thanks! We'll have coffee and treats.**

## SCHOLARLY SCOOP: TRUMP'S AMERICA ONE YEAR IN: ACCOMPLISHMENTS, FAILURES, AND WHAT WE CAN EXPECT IN 2018



**Friday, December 1, 10:30 am**

President Donald Trump is about to complete his first year as President of the United States. 2017 witnessed some significant successes for the 45th President, but it has also been a period marked by turmoil and high-profile policy failures. As we usher in the New Year, it is an appropriate time to take stock of Trump's first year on the job and see what hints it may offer about the future. Why did the president succeed in appointing a new Justice to the Supreme Court yet fail to achieve the long-promised Obamacare repeal in Congress? Why does the President's desire to ban travel to the U.S. from certain countries enjoy some support in U.S. courts but his goal of constructing a wall along the Mexican border is floundering? Why are Republicans struggling to pass new policies despite controlling all branches of government? Come join us to discuss these questions and other current events in national politics. With congressional midterms on the horizon in 2018, American politics promises to be exciting next year, as well! Speaker is Eric Loepp, an assist. professor of Political Science at UW-W. Please register in advance. Thanks!

Volume XVII Issue 12

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

Life moves in all directions.  
You should, too!

## LET'S WALK!

**Wednesdays and Fridays, 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.

## 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 Members: \$1.00/class

Prepay Non-members: \$2.00/class

First class is free for new participants.

## WHITEWATER WARBLERS

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

## SENIOR FORUM

**Monday, Dec. 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. Give your input on membership, fundraising, trips, activities and classes.

## BASIC YOGA

**Tuesdays, January 9 — March 6\***

**Thursdays, January 11 — March 8\***

**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: \$35 members \$45 non-members

**Payment/Deadline: Wednesday, January 3**

**\* No class Thursday, February 8 and Tuesday, February 13**



## LEARN T'AI CHI CH'UAN

**Wednesdays, 10:00 am**

**Downtown Armory Dance Studio**

**New class begins Wednesday, January 10.**

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, January 4



## "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 members or \$2.00 non-members

First class is free for new participants.



## IS THE WORLD PASSING YOU BY?



Want to stay in contact with children and grandchildren? See their pictures or talk to them while looking at them? See what's going on in the world? Nothing on TV; you could watch videos or play games online. Have a hobby or want to fix something? It's all online! A tablet opens up a whole new world for you. Also, unfortunately, Medicare, Social Security and almost everything is online. An easy way to step into the digital age is to learn to use a tablet. They are inexpensive and not difficult to learn.

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

It's 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 2018

This First Friday lecture series begins at 10:30 am. The coffee will be on, and we look forward to you being here to learn and converse on new topics. Thanks to the College of Letters and Sciences for providing this lecture series.



UNIVERSITY OF WISCONSIN  
WHITEWATER

- Jan. 5** Studying Insects at UW-Whitewater: What Are We Finding in Our Backyard?  
Kerry Katovich, Assoc. Professor, Dept. of Biological Sciences
- Feb. 2** From the Silent Generation to Generation Z: How Do We Work Together?  
Sarah Hessenauer, Assoc. Professor, Dept. of Social Work
- Mar.2** Reimagining Women: Images of Gender from Ancient Peru  
Jo Ellen Burkholder, Assoc. Professor, Dept. of Women's & Gender Studies
- Apr. 6** Out of the Basement and into the Streets: Far-Right and Antifascist Mobilizations in the Trump Era  
Stanislav Vysotsky, Assist. Professor, Dept of Sociology, Criminology & Anthropology
- May 4** The Soil Regions of Wisconsin  
Peter Jacob, Professor, Dept of Geography, Geology, & Environmental Science

## PUZZLE EXCHANGE

Friday, December 15  
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.

## TABLET AND FACEBOOK CLASSES

Watch the January newsletter for information on monthly classes for tablets and Facebook. Two students have volunteered and will start in January.



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

## OPEN SEWING GROUP

**Fri., December 1, 10 am-3:00 pm**  
**Downtown Armory Lower Level**

Come and sew on your current project and chat with other sewing enthusiasts on the first Friday of the month. All skill levels are welcome. Bring your machine and supplies or hand sewing equipment. An ironing pad and iron will be provided. You may come and go any time between 10:00 & 3:00. Bring a lunch, or we will decide as a group to go out or to order in. Questions: Contact Carolyn at 262-903-5678 or [behrecar@gmail.com](mailto:behrecar@gmail.com).

## 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.



## WATERCOLOR POTPOURRI

**Thursdays, December 7- 28, 1:00—4:00 pm**

Explore a fun potpourri of watercolor techniques in this four-week watercolor class with Karolyn Alexander Tscharnack. Using a small painting format (1/4 sheet or smaller), discussion and demonstrations will focus on semi-abstract, collage and special watercolor techniques (color sanding, creating visual texture, stamping, creating patterns, etc.). 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 may include seasonal florals (amaryllis or poinsettia) and winter landscapes. Please bring personal references, sketches, photos or ideas to work from. Fee: \$15 per class or \$50 session fee for all 4 classes for those who are pre-registered. Session fee is payable to the instructor at the first class. Sign up by Monday, Dec 4



## HOLIDAY LUNCH

**Wednesday, December 13, 11:30 am**

Enjoy great food, good friends and wonderful entertainment at our annual Holiday Luncheon.

**The entertainment this year will be the Music Masters Ensemble from Whitewater High School, beginning at 11:45 am.** The meal will be catered by 841 Brewhouse and served by the Parks and Recreation staff. Tickets are \$12.

Deadline for purchasing tickets is Friday, December 1.



## Many Thanks!

- **State Representative Don Vruwink** for sharing his story and for Blue Books for our library.
- **Mark Dorn** for the Halloween treats at the movie.
- **Arlene Trewyn** for donating candy for the dish.
- **Herb Casey** for donating puzzles for our exchange
- **Russ and Pat Saunders** for donating a Pegs & Jokers game.



## WORLD WAR II STORIES

**Wednesdays, 1:00 pm**

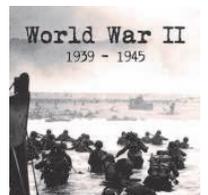
Join Dr Richard Haney, Emeritus UW-W, for interesting and informative history talks. Thanks to UW-W Continuing Education Department for funding the series.

**Jan. 17** Unsung Civilian World War Two Heroes

**Jan. 24** When is Daddy Coming Home? An American Family During World War Two

**Jan. 31** Generals Dwight Eisenhower and Douglas MacArthur: Their Vital Strategic Decisions in Europe and the Pacific

**Feb. 7** Hiroshima and Nagasaki: President Truman's Decision to Use the Atomic Bomb



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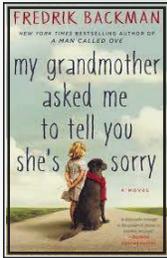


## BOOK WORMS

**Monday, Dec. 4, 10:30 am**

The Book Club will discuss *Broken for You* by Stephanie Kallos. The book for December will be *My Grandmother Asked Me to Tell You She's Sorry* by Fredrik Backman.

From the author of *A Man Called Ove*, this is a charming, warmhearted novel about a young girl whose grandmother dies and leaves behind a series of letters, sending her on a journey that brings to life the world of her grandmother's fairy tales.



Elsa is seven years old and different. Her grandmother is seventy-seven years old and crazy. She is also Elsa's best, and only, friend. At night Elsa takes refuge in her grandmother's stories, in the Land of Almost-Awake and the Kingdom of Miamas where everybody is different and nobody needs to be normal.

When Elsa's grandmother dies and leaves behind a series of letters apologizing to people she has wronged, Elsa's greatest adventure begins. This is a story about life and death and an ode to one of the most important human rights: the right to be different.

## INTERESTED???

We would like to offer a ukulele class. If you are interested let Deb know. We are always looking for ideas for new classes. Please share your talents and knowledge or let us know what you'd like to learn or do and we will try to facilitate it. It's YOUR center.



## SPECIAL HOLIDAY MEAL

**Tuesday, December 26, 11:30 am**

Stop in for our baked potato bar with all the trimmings, dessert and coffee or tea. There's no meal site today! If you are playing bingo or coming to the movie or just want to stop in after the holidays for a simple meal, sign up and pay for the meal by Thursday, December 21. Fee for the meal is \$3.00.



## MOVIES: SPONSORED BY MULBERRY GLEN

**“Almost Christmas”**

**Tuesday, December 12, 12:30 pm**  
**Rated PG-13; 1 hr, 51 min (2016)**

In their first Christmas gathering since their mother passed away, Dad begs the family to suspend their differences and have a peaceful Christmas at home. Comedy, drama, laughs and tears follow. A clever, fun, and inspirational Christmas tale, starring Danny Glover, Gladys Knight and Mo’Nique.



**“Guardians of the Galaxy, Volume 2”**

**Tuesday, December 26, 12:30 pm**  
**Rated PG-13; 2 hrs, 15 min (2017)**



It's the day after Christmas: time to relax, roam the galaxy, and conquer the Universe. Star Lord Peter Quill and his family of misfits are back to, well, conquer the Universe. This tongue-in-cheek sci-fi romp returns Chris Pratt, Vin Diesel (“I am Groot”), Bradley Cooper, Sylvester Stallone, and Kurt Russell. Bring your grandkids; we'll have popcorn and treats.

## BINGO

**Tuesdays, 10:00 am**

Dec. 5: Culvers  
Dec. 12: Mulberry Glen  
Dec. 26: City Bingo

## BINGO SPONSORS

**Culver's, Mulberry Glen and  
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## CITY BINGO SPONSORS:

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## 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



## IT'S ALL ABOUT RELATIONSHIPS

Thursday, November 30,  
1:00-3:00 pm

Town Bank/ Delavan Comm. Cntr  
824 E. Geneva St.

Attendees will learn what happens to relationships that persons with dementia and care partners had, the impact of loss of many relationships and the need to maintain and develop new relationships. Lynda Markut will utilize Dr. Amy Banks' CARE System and reflections of care partners and persons with dementia to help attendees understand the impact relationships have on their emotional, physical and cognitive health.



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

## IRVIN L YOUNG MEMORIAL LIBRARY OFFERINGS

### Broke Holidays

Why break the bank this season? Come join us in our month long homemade Gift series! Every Thursday, 4-7 pm.

**Nov. 30** Stamps and Cards

**Dec. 7** Ornaments

**Dec. 14** MakerSpa

**Dec. 21** T-Shirt Totes

Open to all ages. Registration is required. Some Crafts are limited.

### Make Your Own Cookie Cutter!

Using CookieCaster.com. Design your own cookie cutter and have it printed at the library!

20 cents/gram. Not sure how, ask your Makerspace Librarian how.



*“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*.



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](http://ourseniorcenter.com/find/seniors-in-the-park)

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



## ROTARY GARDENS LIGHT SHOW

**Sunday, December 10 or Friday December 15**

The wintery garden paths are brought to life with over a quarter-million lights, 100 beautifully decorated trees, over 2,500 luminaries, 500 dangling icicle lights hung from the tallest trees in the Garden and more. With photo op stops, a train model set and food inside, the event is sure to delight people of all ages. Friday is Wacky Winter Hat Night! The van will depart Starin Park at 4:00 pm. Fee: \$9.00 Deadline: Wednesday, December 6

## FISH FRY FRIDAY

**December 8**

We will take a short jaunt out to the Duck Inn. They are very festive for the holidays.

Depart at 4:00 pm.

RSVP by Tuesday, December 6

Fee: \$3 per person for transportation only.

Minimum of 7 people

## LUNCH BUNCH

**Thursday, Dec. 14, 10:30 am**

We will be eat at the Trout House in Delavan. Rushing Waters opened a second site and the menu looks scrumptious!

Fee: \$3.00

RSVP by Tuesday, Dec. 12

## JANESVILLE SHOPPING

**Wednesday, Dec. 6, 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, Dec.4

## SUNNY SIDE UP BREAKFAST CLUB

No breakfast trip in December.

## SHARE YOUR TALENTS

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



- **Decorate the Tree**—Wednesday November 29 at 10:00 am. Help make the building festive for the holidays.
- **Decorate the van**—2:00 Friday December 1 at the Streets Department in their shed. Can meet at Starin at 1:50, if you want to car pool or need to know where to go.
- **Holiday Parade**—Walk in the Holiday Parade and hand out candy or ride on the van. Meet at Starin Park at 5:15 pm Friday December 1. We are usually done by 7:00 pm. This includes undecorating the van.
- **Holiday Lunch set-up**—8:30—10 am on Wednesday December 13. Help set tables and prep beverages for the lunch.
- **Bake Brownies**—1:30 Tuesday December 12 help make brownies for the holiday lunch.
- **Potato Lunch** - Tuesday December 26 9:00 am—1:30. Help prepare food and beverages, set tables, serve the meal and clean up. You can help the entire time or as you can.
- **Special Events**—We are looking for a few people interested in helping to plan and implement Special Events. We have a list of events we'd like to offer next year, so if you love planning parties, join us!
- **Ladies Day**—We are putting together a group to plan a Ladies Day for November 17, 2018. What are your ideas? Let Deb know if you are interested so we can start researching
- **Travel Assistant**—Looking for someone willing to help research, plan, reserve and organize van and bus outings for 2018. We will work on this in January and February.
- **Discussion Facilitator** - Listen to a short monthly podcast by the Retiree Rebels and facilitate a discussion after. Day and time per your schedule.
- **Bingo Prep**—Make coffee, make sure tables and chairs are arranged, prep treat, lemonade and water. First, Second, fourth and fifth Tuesdays 8—9 am.
- **Technology**—Are you good with any or all forms of technology? We are in need of tutors for laptops, cell phones, digital cameras, etc.
- Time is per your schedule. One hour tutoring sessions.

**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:

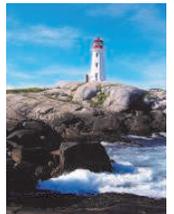
## **LAST CALL!!**

### **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! Final payment due Wednesday, January 3.

### **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



### **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.

**Planning for 2019 is starting! Where do you want to go?  
Give your input for touring adventures.**

## COORDINATOR'S COMMENTS

**Gratitude:** The quality of being thankful; readiness to show appreciation for and to return kindness.



This is the time of year when we are all especially grateful for many things in our lives; family, friends, health, opportunities and the list goes on. I am very grateful for all that everyone does to help keep Seniors in the Park a lively and growing program in the community. I often hear from 'younger' adults how they would love to participate. That is a testament to all of us, because without each other, the program would not be what it is. Thank you!

I am also constantly amazed and in awe of how grateful and appreciative so many people are of our programs and all that we do here. At least once or twice a week, someone says thanks for a program or for all I and the staff do. It is so gratifying and I feel so fortunate to hear this from so many people. To have a job where people express their appreciation is golden. It keeps me going and wanting to do more and better things for all of you.

I wish you all a wonderful holiday season full of joy, friends, family and peace.

## MEMBERSHIP FEE 2018

We appreciate your support of our program and front desk staffing. We hope you are grateful for everything we provide.

- Fee: \$10 per person. Applies to attendance in all programs/classes, trips\* and activities. This amounts to .83 per month to participate.
- Exempt from membership: If you only attend Foot Clinic, Meal Site or Tax Preparation. Bus trips in conjunction with other centers and extended travel are also exempt.
- Guests are allowed to attend twice before paying the membership fee.
- We have a sunshine fund for anyone truly unable to afford the membership.
- Most of our activities are free or very low cost.
- We really don't want to start adding fees for activities that are currently free. This easy once a year donation to support a front desk staff person, is welcomed and needed.
- Membership fees will probably only cover about half of the front desk position. Staff work to find the rest through other sources.

### Benefits

- Join before February 23 and receive tickets for raffle prizes
  1. Receive five raffle tickets if paid in December
  2. Receive three tickets if paid in January
  3. Receive 1 ticket if paid by February 23.
- Know you are helping our program grow!
- Someone to assist you, answer questions, set up and take down equipment for programs, help keep the facility open more hours to serve you, and so much more.

FYI – Memberships in Milton and Janesville are \$25 per person.

Senior Center Budget:

Coordinator wages

Staff training and professional memberships

\$2500 for supplies (inclusive of office supplies, copy machines, phones, software, technology, paper goods, program food/supplies and much more).

## HOW TO REGISTER AND PAY ONLINE

Register and pay for trips, classes and membership online at home: [schedulesplus.com/wwtr](http://schedulesplus.com/wwtr) (you need to be registered with us including your phone number and birth date). We have printed directions at the center, if you need help.

OR Pay for classes and membership only (No trips) at [www.wwparks.org](http://www.wwparks.org). (You must create an account.) Checks for activities, classes and trips are made out to: City of Whitewater, unless indicated otherwise. Sometime after the first of the year, we are hoping to have a mobile card reader here for people to use, if they would like to pay by credit card.





## CHAIR MASSAGE

**Wednesday, Dec. 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, December 7**

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: January 4**

## GREETING CARDS



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

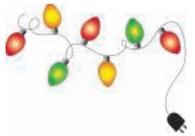
## OTHER SERVICES

- Free wifi access
- A document shredder is available (1-inch stack of documents or less to shred)
- There are books, magazines and puzzles available to borrow FREE from our library.
- Newcomer tours are offered by appointment.

<p><b>Jessica's Family Restaurant &amp; Banquet Room</b>                  Breakfast All Day • Fish Fry Friday                  Homemade Potato Pancakes, Soups &amp; Specials                  Now available for parties up to 80 people                  Now featuring beer &amp; wine  <b>Call Today 473-9890</b>                  140 W. Main St.</p>	<p><i>McCullough's</i>                  • PRESCRIPTIONS                  • GIFTS                  Contact us regarding convenient medication packaging options                  1173 W. Main St. • 473-5065</p>	<p><b>Attorney Michael T. Sullivan</b>  <i>Preserve Your Estate:</i>                  • Wills/Estate Administration                  • Beneficiary Designations                  • Powers of Attorney                  • Guardianships                  • Residential Real Estate  <b>1-262-495-2228</b></p> <p><i>Offering:</i>                  • Proven Experience                  • Home Appointments                  • A Free Consultation</p> <p><i>Office Location:</i>                  125 N 3rd Street • Palmyra, WI</p>
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<p>FortHealthCare.com • 262.473.5599                  1461 W. MAIN STREET • WHITEWATER                  We accept a variety of insurance plans.</p>		<p><b>FIRST CITIZENS STATE BANK</b>                  SINCE 1863</p> <p><b>Trust Services:</b> • Administer your Will                  • Administer your Trust • Invest your Funds • Pay your Bills</p> <p><b>Serving Whitewater, Palmyra &amp; East Troy</b></p> <p>Member FDIC <b>www.firstcitizensww.com</b></p>

# Activity Calendar

## December 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</p>		<p><b>29</b> 9:00 Bowling (HB) 9:00 Let's Walk! <b>10:00 Decorate the Tree</b> 10:00 Chess 10:00 Learn Tai Chi- A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 3:00 Sign Language</p>	<p><b>30</b> 8:30 Core &amp; More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L 10:45 I-pad Group 1:00 Begin Draw &amp; Paint 1:00 The Yarners</p>	<p><b>1</b> 9:00 Let's Walk! 10:00 Open Sewing Group –A <b>10:30 Scholarly Scoop</b> 12:30 Pickleball (A) <b>2:00 Decorate the van</b> <b>5:15 Meet for the Holiday Parade</b></p>
<p><b>4</b> 8:30 Core &amp; More 9:30 FUNctional Fit 10:30 Bookworms 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Canasta</p>	<p><b>5</b> 9:00 Pickleball (A) 10:00 Culver's Bingo 10:30 Basic Yoga—L 11:15 Pot Luck 11:45 Dominoes 1:00 Sheepshead</p>	<p><b>6</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> 3:00 Sign Language</p>	<p><b>7</b> 8:30 Core &amp; More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:00 Toenail Clinic 10:30 Basic Yoga—L 1:00 The Yarners 1:00 Watercolor</p>	<p><b>8</b> 9:00 Let's Walk! 12:30 Pickleball (A) 4:00 Fish Fry trip</p>
<p><b>11</b> 8:30 Core &amp; More 9:30 FUNctional Fit <b>10:00 Patti's Party!</b> 11:00 WW Warblers 11:30 Senior Forum 12:30 Pickleball (A) 1:00 Mah Jongg 1:30 Dementia Friendly Meeting</p>	<p><b>12</b> 9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "Almost Christmas" 1:00 Sheepshead</p>	<p><b>13</b> 9:00 Bowling (HB) <b>11:30 Holiday Lunch</b> 12:30 Pickleball (A) 3:00 Sign Language</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 Watercolor</p>	<p><b>15</b> 9:00 Let's Walk! 9:30 Puzzle Exchange 12:30 Pickleball (A) <b>4:00 Rotary Gardens Light Tour departs</b></p> 
<p><b>18</b> 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) 9:30 Pegs &amp; Jokers 10:30 Basic Yoga—L 1:00 Sheepshead</p>	<p><b>20</b> 9:00 Bowling (HB) 9:00 Let's Walk! 10:00 Chess 12:30 Pickleball (A)</p>	<p><b>21</b> 8:30 Core &amp; More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L 1:00 The Yarners 1:00 Watercolor</p>	<p><b>22</b> 9:00 Let's Walk! 12:30 Pickleball (A)</p> <p><b>Closed</b> <b>Happy Holidays</b></p> 
<p><b>25</b></p> <p><b>Closed</b> <b>Merry Christmas</b></p> 	<p><b>26</b> 9:00 Pickleball (A) 10:00 City Bingo <b>11:30 Baked Potato Lunch</b> 12:30 Mulberry Glen Movie "Guardians of the Galaxy 2" 1:00 Sheepshead</p>	<p><b>27</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)</p> <p><b>Office Closed</b></p>	<p><b>28</b> 9:00 Pickleball (A) 1:00 Watercolor</p> <p><b>Office Closed</b></p>	<p><b>29</b> 9:00 Let's Walk! 12:30 Pickleball (A)</p> <p><b>Office Closed</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 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

### December 5

Hearty Chick. Noodle Veg Soup  
Tossed Salad  
1/2 Egg Salad Sandwich  
Mandarin Oranges  
Snicker Doodle Cookie

### December 12

Sliced Roast Beef  
Red Potatoes  
California Blend  
Chocolate Cake  
Rye Bread

### December 26

**Dining Centers Closed**

See page 6 for  
Baked Potato Lunch Information



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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, Dec. 5, 7:00-8:00 pm, Starin Park Community Building

**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 both Spanish and English, in a variety of community settings.

Practice/learn some Spanish conversing with a native speaker.

## HAPPY DECEMBER BIRTHDAYS TO:



Clara Bastian  
Janet Nell  
Joyce Kiger  
Bruce Parker

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.)

## BAD WEATHER CLOSINGS

In case of inclement weather, (Snow that four letter "S" word), program cancellations will be on or radio stations WFAW 940 AM and WSJY 107.3 FM, or online on the Whitewater Banner. **If school is cancelled we will not be open.** If there is a delay, we will be open.



## CHILI COOK-OFF

Have fun helping to raise funds for Special Olympics at Freeze Fest on Saturday, February 10. Make a roaster full of your favorite chili or soup, decorate your serving table and win the traveling trophy, the Golden Ladle, or the Best Decorated Table. There is no entry fee! Fundraiser takes place in the warming tent. Get your friends, neighborhood group, civic group, work group (promote your business) or anyone together and keep those plungers warm with your yummy food. They really look forward to your creation! To register go to [wwparks.org](http://wwparks.org) or call 262-473-0535.



## IMPORTANCE OF REGULAR HEARING TESTS



We tend to take our hearing for granted. We assume it will always be there for us, even though hearing loss affects one out of three adults aged 65 or older. Hearing impairment develops so gradually that many are not even aware of a problem until it has advanced beyond an easily treatable stage. Much like routine vision exams, regular hearing exams are an excellent first line of defense. Early detection increases the odds of successful treatment.

Some degree of hearing loss naturally occurs as we age, but other factors can lead to hearing impairment. Excessive exposure to loud noise, impacted earwax, chronic ear infections and certain medications can all contribute to hearing loss. Regular hearing exams can help an audiologist spot these issues before they grow worse and offer a treatment solution to those who might otherwise experience the debilitating social and emotional effects of living with a hearing impairment. Confusion, depression and social withdrawal are all common in individuals with untreated hearing loss.

Hearing exams are quick, painless and perfectly safe. They allow us to protect one of our most valuable attributes, our sense of hearing. It makes no sense to delay – Call Fort Healthcare Audiology at 920-563-6667 to schedule a free hearing screening or hearing exam

## Advertiser of the Month

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## MAKERSPACE SENIOR SHOP CLASS

**First & Third Tuesday of each Month, Dec 5 & 19, 2:00—4:00 pm**  
**Wisconsin Makers Makerspace, 200 E. Clay St.**

Sharpen your paring, carving and all other knives for the holidays! Each week's class features a different machine or project, rotating between the various workshops. This class is designed for novices and craftsmen, men and women, who will be able to learn how to use some of the equipment, while enjoying an afternoon with other "makers." No registration is necessary.

Open Show takes place from 6 to 8 p.m. on two Wednesdays, Dec. 6 and 20, at Wisconsin Makers. The welding/machine shop will be featured, although all areas are available for use. 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)



## UPCOMING MUSIC EVENTS

The Madrigal Dinner will be the evening of December 9 at the American Legion in Whitewater. Contact Whitewater High School for tickets.

The WHS Winter Gala Concert will be on December 18 at 7:30 pm at the high school auditorium.

## DISCUSSION LEADERS NEEDED

The Whitewater Unites Lives (WUL) group would appreciate your help as a discussion leader for students on Martin Luther King Jr. Day, January 15. We will be discussing diversity and the principles of Dr. King. Help is needed at both the Whitewater Middle School, 8-10 am and the Whitewater High School, 9-11 am, on January 15. Group discussion leaders must attend a training on January 10 from 3:45-4:45. For more information or to sign up, call or email Marjorie Stoneman at 414-861-4126 or [margiestoneman@sbcglobal.net](mailto:margiestoneman@sbcglobal.net).



## WINTER/SPRING CITY GUIDE

The Winter/Spring version of the City Guide, including Recreation and Seniors in the Park, is available both online at [wwparks.org](http://wwparks.org) and at the Community Building and Municipal Building.



## 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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## 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  
..... Friday various days/hours

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Romelle Koch

### Center Receptionists

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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)

*Seniors in the Park is a division of  
Whitewater Parks and Recreation*



## NEWSLETTER SUBSCRIPTION OR PICK-UP SITES

To have the Seniors in the Park Newsletter mailed to your home for one year, send **\$8.00** with this coupon. To receive the newsletter **FREE**, go online to [wwparks.org](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.

Name \_\_\_\_\_

E-Mail \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_