



The Park Bench

February 2017

Seniors in the Park Newsletter

FREEZE FEST & CHILI COOK-OFF

Saturday, February 11

Put on your snow pants and bundle up for another great Freeze Fest Event at Cravath Lakefront Park. Funds raised stay here in Southeastern Wisconsin.



Taste several unique chilis, at the Chili Cook-off beginning at 11:00 am. Vote for your favorite. You can also register as a participant and bring a nesco of chili to be judged. Either way you help raise funds for Special Olympics and Seniors in the Park. More info on page 14.

Volume XVII Issue 2

WHAT'S INSIDE

SCHOLARLY SCOOP: ORIGIN AND HISTORY OF THE SOUTHERN WISCONSIN LANDSCAPE

Friday, February 3, 10:30 am



Dr. Peter Jacobs will discuss the origin and history of the Southern Wisconsin landscape. He will focus on how sediments, soils, and landforms reveal the history of past glaciers, large lakes and wind which have shaped the landscape regions of southern Wisconsin. In addition to describing the physical characteristics of our landscape, Dr.

Jacobs will explain how these characteristics ultimately affect the way we use and manage the land today.

Peter Jacobs, Professor and Chairperson, Dept. of Geography, Geology, & Environmental Science, UW-W, was an Eagle Scout, worked as a farmhand and explored the woods of south-central Indiana, all of which helped develop his interest in natural history.

Dr. Jacobs teaches a variety of courses, Physical Geography, Soil Science, Geomorphology, Water Resources, and the Geography of Wisconsin. In addition, he is an active researcher investigating the age and origin of landscapes and the soil that mantles the landscape. He has worked on projects in Wisconsin, Minnesota, Indiana, Nebraska and other places on the Great Plains. Coffee and doughnuts will be available, thanks to Sable House. Please register for the talk by Wednesday, February 1

2..... *Creative Endeavors*

3-4, 6..... *Activities*

5..... *Support Our Sponsors*

7-8..... *Travel Opportunities*

9-10..... *Calendars*

11..... *Support Our Sponsors*

12..... *Activities*

13..... *Your Senior Center*

14-15..... *Info & Community*

Back ADDRESS, *Phone Numbers, Staff and Subscription info*

Seniors in the Park Promotes & Enhances a Vital Aging Community



KNITTING GROUP

Thursdays, 1:00 pm

Get together to knit and crochet, socialize and share ideas with others. All levels are welcome. This group meets every Thursday.

COLOR GROUP

February 21, 10:00 am

Coloring can be relaxing and meditative and it's the current craze! Bring your colored pencils, markers or whatever your favorite color implement is. **We also have books and color pencils for your use.** Whether you draw or use color books, this is a chance to come together, share ideas and spend some time being creative. This group meets on the third Tuesday of the month.



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

BASKET MAKING CLASS

Wednesday, March 15, 10:00 am—4:00 pm

Make a muffin basket with instructor Bunny Schoen. All basket supplies are furnished. Please bring your lunch and a towel for your lap. Let us know when registering, if you would like to do the twisted handle (pictured) or a wooden handle for this basket. Basket is available to view at the center. Class is suitable for beginners.

Fee: \$12 resident, \$15 non-resident.

Registration deadline is March 8

Minimum 5; Maximum 8



WATERCOLOR—WET INTO WET

Thursdays February 2-23 1:00—4:00 pm

This class will focus on painting on wet and/or damp watercolor paper. Topics will include using various masking agents, value choices, color temperature and color mixing. Subject matter may include flowers, fruit, vegetables and still life objects. Attendees are always encouraged to paint from personal references, photos, sketches or ideas. Each session

will include a demonstration and discussion. There will be plenty of time for individual painting, with optional one-on-one coaching.

Instructor: Karolyn Alexander Tscharnack, www.karolyn.biz

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 on February 2.

Register by Monday, January 30, by one of these methods:

Phone the Starin Park Community Center at 262-473-0535

Send email to karolynalexander@att.net or text message to 262-203-3144

If the 6 person minimum is met, walk-ins may attend for the \$15 per class fee. Please call ahead to make sure the class minimum has been met.

STAINED GLASS CLASS

February 7 & 8, 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. This class will teach you the basics and help you move to the next level.

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, February 2

Upcoming class: March 7 & 8; 12:30—3:30 pm



BASIC YOGA

Tuesdays, February 28-April 26, 11:15 am

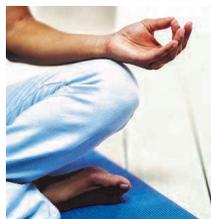
At the Cravath Lakefront Center

This eight-week course will focus on basic yoga postures and deep breathing. You will learn a workout routine that stretches and tones your entire body. Each session promotes an increase in oxygen intake, circulation, concentration and relaxation. Please avoid a big meal before class. Students should bring a mat and wear loose or flexible clothing.

Instructor: Brienne Brown, RYT

Fee: \$32 residents; \$40 non-residents Deadline: Thursday, February 23

Minimum 10, maximum 16



“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. Hand weights, tubes, leg weights and weighted bars are all part of the fun. 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.

SIP & SWIPE: TABLET TRAINING



Did you receive a tablet for Christmas and need help learning to use it? This class is for you!

Under a generous grant from Bader Philanthropies, Seniors in the Park is now proudly offering a Generations on Line® Sip & Swipe Cafe® tablet training program. This means that, 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. Learners attend a few sessions, moving at their own pace; no class to keep up with the other students! Learn everything from the very basics of how to turn the tablet on/off and how to turn the page on the tablet (swipe), to writing and receiving email, searching the Internet, texting, using the camera and more. Learners enjoy doing this with 1-2 new friends and often with a cup of coffee to sip (thus the Sip & Swipe Café).

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.

WISCONSIN HISTORY 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.

Feb. 1 The Good, the Bad and the Interesting: Some Wisconsin Governors.

Feb. 8 The Ku Klux Klan in Whitewater, Wisconsin in the 1920s.



**Holiday
'Sock'ercise**

CORE AND MORE

Mondays & Thursdays

8:30 am

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. Once on the floor, we stay there until the end of class. Modifications for all levels of ability will be demonstrated. Please bring a thick exercise mat, not a yoga mat. **No class Thursday, Feb. 23**
Prepay Residents: \$1.00/class
Prepay Non-Residents: \$1.25/class
First class is free for new participants.



WHITEWATER WARBLERS

The Warblers are starting to put together their performance for the June Senior Music Festival. If you would like to join them for this fun event, they meet on Mondays at 11:00 am. You don't need to read music; just enjoy singing and having fun.

They will be singing on March 28 at Fairhaven at 1:00 for the birthday party.

PUZZLE EXCHANGE

Friday, February 17, 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.



SENIOR FORUM

Monday, February 13, 11:30 am

NOTE DATE AND TIME CHANGE

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.

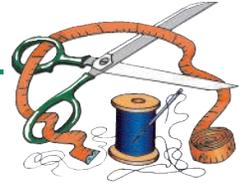
PEGS AND JOKERS

Pegs and Jokers meets on the third Wednesday of the month, February 15. Stop in and try out this fun game.

MENDING CLINIC

Wednesday, February 8, 1:00-3:00 pm

A free mending clinic will be open to provide basic mending services, such as sewing on buttons or repairing seams and rips on the spot, if possible. Items can also be dropped off prior to the clinic, if this is more convenient. Limit 3 items per person per month. The mending clinic will happen on the second Wednesday of every month.



SCHOLARLY SCOOP: EXPLORING THE SACRED LANDSCAPES OF PERU

Friday March 3, 10:30 am

Jo Ellen Burkholder is an Associate Professor in Women's and Gender Studies and the Coordinator for Anthropology at the University of Wisconsin - Whitewater. Over the last 20 years, she has been conducting research in the Southern Andes of Peru and



Bolivia. Her work has concentrated on the expressions of social identity (gender, ethnicity class, age, etc.) in the ancient Andes, using pottery and funerary art, architecture and uses of the landscape as markers of social cohesion and differences. She has recently identified new images of child birth and mothering in ancient Peruvian arts and begun to explore the ways in which complex societies, similar to that of the Inca, used architecture and infrastructure to disseminate and manipulate ideas about where and what is sacred.

Please register by Wednesday, March 1. Coffee and doughnuts are donated by Sable House. Thanks!

UPCOMING SCHOLARLY SCOOPS

This First Friday lecture series will resume in January at 10:30 am on the listed dates. Thanks to Sable House for providing the doughnuts. The coffee will be on, and we look forward to you being here to learn and converse on new topics. Thanks to Akiko Yoshida, Associate Professor of Sociology for arranging the series.

April 7: David Havas (Psychology) *How Language Captures Hearts and Minds: A View from Cognitive Neuroscience*

May 5: Asmahan Sallah (Languages & Literature) *That Ye May Know Each Other*

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MOVIES: SPONSORED BY MULBERRY GLEN



"Sing Street"

Tuesday, February 14, 12:30 pm
Rated PG 13; 1 hour, 46 min.

It's Valentine's Day, and this is our Valentine to you! A sweet, funny, cute musical that was nominated as Best Musical at the Golden Globes! An awkward teenager growing up in 1980's Dublin, Ireland, attempts to fit in---and win the girl of his dreams---by putting together a rock band. You will have a smile on your face! In addition to popcorn, Mark will have sweet treats for you!



"Queen of Katwe"

Tuesday, February 28, 12:30 pm
Rated PG; 2 hours, 4 min.

A young girl in rural Uganda finds an unlikely outlet for pride and empowerment after being introduced to the game of chess. This inspirational, based on a true story drama stars David Oyelowo and Lupita Nyong'o. It was a featured film at the prestigious Milwaukee Film Festival last fall.



AARP TAX ASSISTANCE

Wednesdays, beginning February 8

AARP is offering free tax preparation to low and moderate income taxpayers, with special attention to those age 60 and older, with quality assistance in filing their personal taxes. Call 262-473-0535 to set up an appointment January 25 or after. Donations for this service are accepted and support programming at Seniors in the Park.

You must bring:

- Photo ID and Social Security Card (both are required this year)
- Copy of 2015 tax returns
- Proof of 2016 income
- Blank check for electronic refund deposit

If you are filing Wisconsin Homestead Credit, you will need either a 2016 real estate tax bill OR Certificate of Rent form signed by your landlord. 2016 taxes do not have to be paid to file Homestead Credit. **IMPORTANT NOTE:** Preparers will not do returns for people who are married, but file separately, or who become divorced in 2016; schedules for business, rental income, farms, moving expense forms, forms for nondeductible IRAs, and child investment income tax.

GADGET GURU

UW-W students will be available to assist you for an hour, with any of your "gadgets": smart phones, cameras, tablets, e-readers, laptops, or ipods. Call to reserve a day and time, let us know the brand/model of your gadget and what kind of assistance you need. Days and times to be determined.
 Fee: \$5.00 resident
 \$6.25 Non Resident
 Deadline: Three days in advance



ST. PATRICK'S DAY PARTY

Friday, March 17 @ Noon

Celebrate this fun holiday when everyone is Irish! Jefferson County Craic will be providing Irish music during the event.



Capn's is once again catering. Meal choice is Corned Beef & Cabbage or Baked Cod, with potatoes, carrots and dessert. Tickets go on sale Monday, February 20. There will be no advance registration, you must purchase a ticket. Participants are welcome to bring their own beverage, if desired.



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Trips are open to adults of ALL AGES. For detailed itineraries on any of the extended trips, call 262-473-0535, send an email to dweberpal@whitewater-wi.gov, go to the city website at www.whitewater-wi.gov, (Departments, Seniors in the Park) or stop in at the Starin Park Community Building.

New York's Haunted History Trail, July 29—August 4, 2017



Scenic ride on the Arcade and Attica Railroad and cruise on the Maid of the Mist at Niagara Falls. Two of the top haunted places in the U.S. are in upstate New York. Haunted visits include the Wm. Phelps General Store, Fort Ontario, Red Coach Inn, Brae Loch Inn, Rolling Hills Asylum and most other stops. Also wine tasting and Cruise on Seneca lake in a vintage motor vessel. Per person twin room is \$1849; or add \$699 for single supplement. Mayflower Tours

Country Roads of Tuscany November 7—15, 2017



Join Deb and Nan on this wonderful trip to Italy. It features one hotel stay in Tuscany and flying in and out of Florence, Italy. Highlights of the trip include a Tuscan winery and tasting; Florence, including Statue of David, Piazza Della Signoria & Santa Croce; the famous Ponte Vecchio Bridge; Pisa; Lucca; San Gimignano; Cooking Class with lunch and wine and more. Per person twin room is \$2895 if make final payment with check (\$2995 credit card), or add \$375 for single. supplement. Premier World Discovery

TRIP PREVIEW

Thursday

Feb 23, 4:30 pm

Please register by
February 20
Italian nibbles and
social time, too.

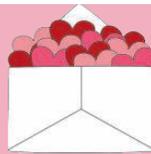
Legendary Blue Danube River Cruise May 11—21, 2017

Enjoy 7 nights on the MS Emerald Destiny, Unpack once and enjoy your included-meals. Highlights of the tour include: Budapest; Bratislava Slovakia; Vienna Austria, Durnstein, Wachau Valley, Melk, Linz and Salzburg, Austria, Passau, Germany and two nights in Prague. Rates, with free air, start at \$3799 per person double. Add \$1799 for a single traveler. Mayflower tours has a Guaranteed Share program for single travelers. Mayflower Tours.

SPECIAL OFFER!
FREE Airfare if you
book by January 31

GREETING CARDS

New cards are here and they are flying off the card rack! We have a great selection of Fravessi cards, including Valentine's, wedding and anniversary cards. We've added birthday cards for brother, sister, son, daughter, 80th, 85th and 90th. Cards for Serious Illness, Cancer, Pet Sympathy and Congratulations. We also have Thanksgiving cards. Most cards are priced from \$1.00 to \$1.50. Some newer cards are \$2.95. Stop in and check out our selection.



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SUNNY SIDE UP BREAKFAST CLUB

Thursday, February 16

8:30 am

Ride to the Fiddlesticks Café in Elkhorn. Their unique menu will have your mouth watering.

Fee: \$4.00

RSVP by Tuesday, February 14

LUNCH BUNCH

Thursday, February 9

10:30 am

Lunch will be at the Winchester Restaurant in Edgerton known for their home cooked meals. You can also view their Winchester Commemorative on display.

Fee: \$4.00

RSVP by Tuesday, February 7

JANESVILLE SHOPPING

Wednesday, February 1

9:15 am

Get picked up where you live and shop in Janesville. Participants choose where to shop.

Fee: \$3.00

**Register and pay for trips
or classes online:**

schedulesplus.com/wwtr

**OR pay for classes only at
www.wwparks.org.**

**Checks for activities,
classes and trips are made
out to: City of Whitewater,
unless indicated otherwise.**

UW-MADISON BAND CONCERT

Thursday, April 20

We will once again be attending this fabulous and fun event. They have not published what their show is this year yet, so watch next month's newsletter for more information. This year they moved the start time up half an hour to 7:00 pm. We only have 10 tickets so sign up and get your payment in early. This trip always sells out! Dinner will be on your own at the Coliseum Bar.

Fee: \$32.00

Deadline is March 31

Depart 4:00 pm and return approx 11:00 pm



WHITEWATER INNOVATION CENTER TOUR

Thursday February 16, 1:00 pm

Dedicated on May 5, 2011, the Innovation Center is the



cornerstone of the Whitewater Technology Park. The Innovation Center was specially designed to offer collaborative space, resources, and services to entrepreneurs and growing businesses. Those who build or grow their company in the Whitewater community benefit from support from the University of Wisconsin-Whitewater, the Whitewater Community Development Authority, the City of Whitewater, as well as the broader entrepreneurial ecosystem of southeastern Wisconsin. The Center has office and Lab space, Conference and training rooms, Share equipment: 3D printers and laser etcher, the Whitewater Incubation Program, and Elements for Success Seminars for new/small businesses. It's a beautifully designed and decorated building. You can meet us in the lobby by 1:00 or request van transportation. There is parking and an entrance both in front and behind the building. You MUST register for the tour by Thursday, February 9, so they know how many to plan for.

MOTORCYCLE TRIP PLANNING

Friday, February 24 at 9:00 am

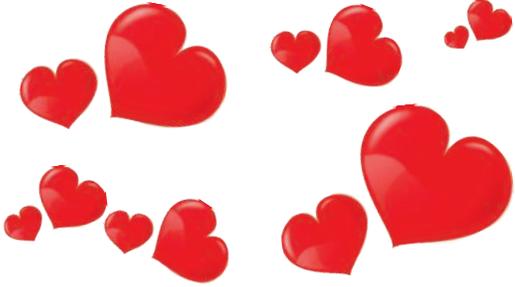
Stop in for coffee and donuts and bring your ideas for motorcycle road trips this summer. If you can make it, call or email with your ideas and or preferences.



Activity Calendar

9

February 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
		1 9:00 Bowling (HB) 9:00 Indoor Walking 9:15 Janesville Shop 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess 1:00 WI History Stories	2 8:15 Core and More 9:00 Pickleball (A) 9:00 Toenail Clinic 9:30 FUNctional Fit 1:00 Knitting Group 1:00 Watercolor 	3 9:00 Indoor Walking 10:30 Scholarly Scoop: So. WI Landscape 12:30 Pickleball (A)
6 8:15 Core and More 9:30 FUNctional Fit 10:30 Book Worms 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg	7 9:00 Pickleball (A) 10:00 Culver's Bingo 11:00 Yoga (L) 11:15 Pot Luck 11:45 Dominoes 12:30 Stained Glass (A) 1:00 Sheepshead	8 9:00 AARP Taxes 9:00 Bowling (HB) 9:00 Indoor Walking 10:00 Learn Tai Chi (A) 10:30 Rebranding Mtg 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 12:30 Stained Glass (A) 1:00 Chess 1:00 WI History Stories 1:00 Mending Clinic	9 8:15 Core and More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Lunch Bunch 1:00 Knitting Group 1:00 Watercolor	10 9:00 Indoor Walking 12:30 Pickleball (A)
13 8:15 Core and More 9:30 FUNctional Fit 11:00 WW Warblers 11:30 Senior Forum 12:30 Pickleball (A) 1:00 Mah Jongg	14  9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 11:00 Yoga (L) 12:30 Mulberry Glen Movie "Sing Street" 1:00 Sheepshead	15 9:00 AARP Taxes 9:00 Bowling (HB) 9:00 Indoor Walking 9:30 Pegs & Jokers 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess	16 8:15 Core and More 8:30 Sunny Side Up Breakfast Club 9:00 Pickleball (A) 9:30 FUNctional Fit 1:00 Innovation Center Tour 1:00 Knitting Group 1:00 Watercolor	11 11:00 Chili Cook-off 12:00 Freeze Fest 
20 8:15 Core and More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg	21 9:00 Pickleball (A) 10:00 Color Group 11:00 Yoga (L) 1:00 Sheepshead	22 9:00 AARP Taxes 9:00 Bowling (HB) 9:00 Indoor Walking 12:30 Pickleball (A) 1:00 Chess	23 9:00 Pickleball (A) 9:30 FUNctional Fit 1:00 Knitting Group 1:00 Watercolor 4:30 Italy Preview	17 9:00 Indoor Walking 9:30 Puzzle Exchange 12:30 Pickleball (A) 
27 8:15 Core and More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg	28 9:00 Pickleball (A) 10:00 City Bingo 11:00 Yoga (L) 12:30 Mulberry Glen Movie "Queen of Katwe" 1:00 Sheepshead			24 9:00 Indoor Walking 12:30 Pickleball (A)
				Activities take place at the Starin Park Community Building unless otherwise noted. (A)=Downtown Armory (HB)=Hawk Bowl (L)=Cravath Lakefront

10 Walworth County Nutrition Menu

February 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6 Chicken Drumsticks Mashed Potatoes Broccoli; Banana Peanut Butter Cookie Bread</p> 	<p>7 @ Starin Park Ground Beef & Cabbage Casserole Carrots; Green Beans Orange Fluff Salad Dinner Roll</p>	<p>1 Chicken Rice Soup Mediterranean Veg Roasted Root Veg Applesauce & Peaches Cherry Crisp; Din. Roll</p>	<p>2 Chicken Chow Mein Brown Rice San Fran. Veg; Peas Fruit Cocktail Brownie; Dinner Roll</p>	<p>3 Scrambled Eggs w/Bell Pepper, Cheese, Onion Hash Brown Casserole Orange Juice; Fruit mix Fr. Toast Sticks; Muffin</p>
<p>13 Corn Chowder Carrots Almondine Orange Zested Gr. Beans Veg. Pasta Salad Applesauce; Pump. Bar</p>	<p>14 @ Starin Park Spaghetti with Meatballs Tossed Salad Green Beans Cookie French Bread</p>	<p>8 Quiche w/Spinach, Feta, Ground Turkey California Mixed Veg Red Potatoes Fruit Cocktail; Din. Roll</p>	<p>9 Pork Pot Roast Brussels Sprouts Squash Pineapple Tidbits Baking Powder Biscuit</p>	<p>10 Beef Noodle Soup Peas; Bean Salad Hot Peaches/Granola Fruit Jell-O Dinner Roll</p>
<p>20 Pork with Dijon Sauce Baked Beans Baked Potato Pineapple; Sugar Cookie Bread</p>	<p>21 @ Blackhawk Stuffed Chicken Breast Squash Broccoli Fruit cocktail & Jell-O Bread</p>	<p>15 Hot Pork Sandwich; Bun Baked Beans Parsley Red Potatoes Fruit Mix Snickerdoodle Cookie</p>	<p>16 Chopped Steak Mashed Potatoes Red Cabbage Mandarin Orange Wheat Bread</p>	<p>17 Swedish Meatballs Egg Noodles San Fran. Blend Romaine Salad; Bread Apricots & Peaches</p>
<p>27 Rosemary Pork Loin Sweet Potatoes Broccoli Pears; Brownie Rye Bread</p>	<p>28 @ Starin Park Western Meatloaf Parsley Red Potatoes Green Beans Pineapple chunks Sugar cookie; Dinner Roll</p>	<p>22 Italian Wedding soup Peas; Tossed salad Pears M&M cookie Wheat roll</p> 	<p>23 Shepherd's Pie Mashed Potatoes Winter Mixed Veg Wheat Bread Apple Slices</p>	<p>24 Chicken Cacciatore Penne Pasta Carrots; Green Beans Mandarin Oranges Breadstick</p>
<p>Persons 60 and over and their spouses are eligible. Suggested donation is \$3.00. Call 1-800-365-1587 ext 3333 to make a reservation by noon a day previous or to cancel meals day of by 8:00 am. Meal site is at Brookdale Manor, 1061 Blackhawk Dr., Monday & Wednesday though Friday.</p>				

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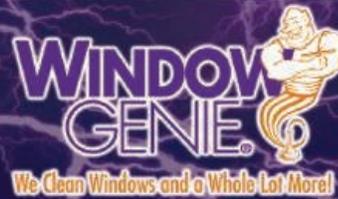
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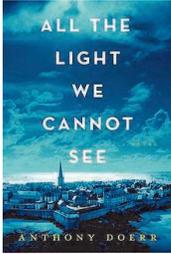
Seniors in the Park, Whitewater, WI.

B 4C 01-1235

BOOK WORMS

Monday, February 6, 10:30 am

The Book Club will discuss *The Things They Carried* by Tim O'Brien. The book for February will be *All the Light We Cannot See* by Anthony Doerr.



Ten years in the writing, Anthony Doerr's *All the Light We Cannot See* is an epic work of historical fiction. With richly detailed language and characters who are both brave and

heartbreaking, Doerr weaves together the stories of a French girl named Marie-Laure who has lost her eyesight and a German orphan named Werner. As Hitler's occupied territory grows, Marie-Laure and Werner's lives and families are torn apart by the war, yet this gorgeous novel is the story of people who, against the odds, find good in one another.

BAD WEATHER CLOSINGS

In case of inclement weather, (Snow that four letter "S" word), program cancellations will be on Whitewater Cable Channel 98, digital 990 or radio stations WFAW 940 AM and WSJY 107.3 FM, or online at wwparks.org You can also call the Parks and Recreation cancellation Hotline at 262-458-2799.



ACTIVITIES AT A GLANCE

- Book Worms**—First Monday, 10:30; Books available at Starin Park
- Bowling**—Wednesday, 9:00 at Hawk Bowl, fee to bowl
- Canasta**—First, third, and fifth Monday, 1:00
- Chess**—Wednesdays 1:00 pm
- Color Group**—Third Tuesday, 10:00
- Core and More**—Monday and Thursday, 8:15; Residents: \$1.00 per class, Non-Residents \$1.25
- Dominoes**—First Tuesday, 11:45 (after potluck)
- 'FUN'ctional Fitness**—Monday & Thursday, 9:30; Residents: \$1.00 per class, Non-Residents \$1.25
- Knitting/Crochet**—Thursday, 1:00
- Mah Jongg**—Monday, 1:00
- Pegs & Jokers**—Third Wednesday, 9:30
- Pickleball**—Monday, Wednesday and Friday, 12:30-2:30; Tuesday, 9:00-11:00 and Thursday, 9:00-11:00; Downtown Armory
- Potluck**—First Tuesday, 11:15
- Sheepshead**—Tuesday, 1:00
- Walk Away the Pounds**—(Indoors), Wednesday and Friday, 9:00
- Whitewater Warblers** (singing group)—Monday, 11:00

BINGO

Tuesdays, 10:00 am

- Feb. 7: Culver's
- Feb. 14: Mulberry Glen
- Feb. 28: City Bingo



BINGO

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City Bingo Cover All: Our House

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- Binning & Dickens Insurance * Rocky Rococo Pizza * Subway *
- Fairhaven * Fort Community Credit Union * Domino's Pizza *
- Walworth Co. Nutrition * Cozumel

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

OPPORTUNITIES

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

 **Chili Cook-off**—Help is needed selling bowls beginning at 11:00 am to 12:30 and 12:30—2:00. Assistance is also needed from 11:30—Noon assisting with the judging of the chili.

Tax Assistance Check-in: Help is needed on Wednesdays, February 8 thru March 29. There are two shifts: 8:30 am—11:30 and 11:30—2:30. You would be checking in people coming for tax appointments and making appointments for those that call in. Please call to sign up specific days/time.



 **St. Patrick's Day Party**—Friday, March 17, assist with any of the following: set-up from 9:00—10:00 am. Help serve from 11:30—12:45. Clean up from 1:15 –2:00.

REBRANDING SENIORS IN THE PARK

The rebranding effort will look at several things:

- A new logo for Seniors in the Park
- Does the name needs to be changed?
- What is the perception of the center and our programs in the community?
- If and where we need to improve and what that would entail

The first meeting will be Wednesday, February 8 at 10:30 am. If you are interested in assisting with the process please contact Deb. WE also have a UW-W Marketing/PR major who will be working with us on the project. You are als welcome to give input oin the above areas if you cannot be part of the process. This is YOUR senior center and what you think and want counts!

COORDINATOR'S COMMENTS

VIGILENCE! We must remain vigilant and willing to make our voices heard, if something is not right. We also need to fact check and be sure of our sources of information before speaking out for or against something, whether it is at the local, state or national level. Phone calls make the most difference to politicians, but you need to be prepared with factual, honest information. The most powerful call is how something will affect you as a citizen. Your story or the story of someone you know, makes a difference. Check out Straight Talk for Seniors on page 14 for a credible site to get information on issues that affect older adults. We must be willing to take a stand for ourselves and our families and friends.



SERVICES AT A GLANCE

Toenail Clinic:
Thursday, Feb. 2
9:00 am-1:30 pm



Thursday, March 2
9:00 am-1:30 pm

By Appointment only.
Please bring a towel. \$15.00.

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.

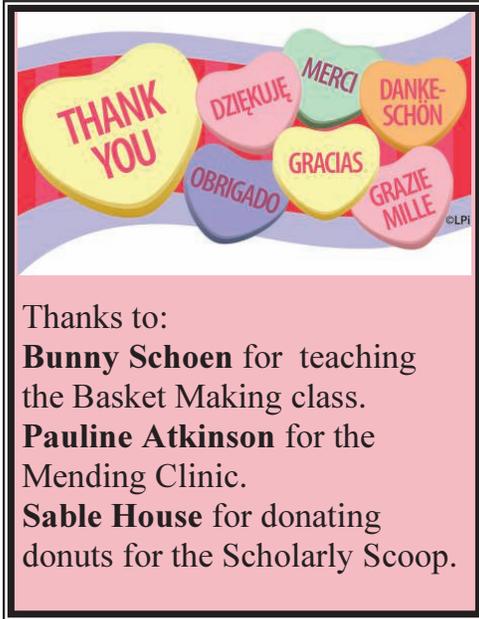
SIGN IN, PLEASE!

Whether enjoying a program, listening to music, reading the paper, sitting down for a meal or using toilet facilities, each person entering this facility is now required to sign in at the front desk. Why? Many reasons!



- Gives an accurate count of attendees for reporting and funding.
- Identifies trends in program participation so staff knows what's popular or not.
- Security! Police advise public facilities to know who's coming and going and why.
- Safety and knowledge, in case of emergency; staff knows to look for you.

Enjoy the Starin Park Community Building every day! Please think of this simple act as a thank you for the benefits of this facility.



HAPPY FEBRUARY BIRTHDAYS TO:

20 Dan Sable

If you want to be on our birthday list, let Deb know your birth month and day and correct spelling of your name, and you can be in the newsletter, too!



THE WISCONSIN IDEA: WHITEWATER, WISCONSIN AND BEYOND



Mondays, 3:00 pm
Fellowship Hall, Fairhaven

The Wisconsin Idea is a unique and long-standing principle of the University of Wisconsin System, a tradition of community engagement that guides our work beyond the boundaries of our campus and the promise that the university makes to the state to improve the lives of all Wisconsin residents. You have heard this phrase before--but how is the Wisconsin Idea practiced at UW-Whitewater?

Lectures in our spring series will explore how UW-Whitewater faculty and students share their expertise and resources in areas as diverse as science, technology, health, business and the environment. Join us to see how we are making that happen in Whitewater, in Wisconsin, and beyond. All lectures are free and open to the public.

Links to videos of lectures in this and prior series can be viewed at any time at www.edu/ce/fairhaven.

- Jan. 30** The Past, Present and Future of the Wisconsin Idea
Noel Radomski, Direct. & Assoc. Researcher, Wis. Center for the Advancement of Postsecondary Ed., UW-Madison
- Feb. 6** Embracing Open Arms Free Clinics: Client Conversations
Kate Ksobiech, Assistant Professor, Communication, and Nick Surita, Undergraduate Student
- Feb.13** Sensors in Our Lives and Why They Matter
Ozgur Yavuzcetin, Assistant Professor, Physics
- Feb. 20** The Third Space of Teacher Education for Future Elementary Teachers
Matt Vick, Assoc. Prof. & Chair, Curriculum .and Instruc.
- Feb. 27** Testing the Waters: Real-Time Mapping of Water Quality on the Rock River
Eric Compas, Assoc. Prof., Geography, Geology, and Environmental Science

NAVAHJO SILVERSMITH AT UW-W

UW-Whitewater announced that visiting artists Allison Snowhawk Lee and son Trent Lee will be sharing their talents as silversmiths on Wednesday, February 8, 2017. There will be a free public illustrated lecture by Allison Snowhawk Lee in the Greenhill Center of the Arts Room 3 starting at noon. This will be followed by a workshop for Advanced Metals Students from 2:00-5:00 pm on February 8th and from 9:00 am – 5:00 pm on February 9th (the Public is welcome to observe but must contact Teresa Faris at farist@uww.edu as space is limited) Allison Snowhawk Lee and Trent Lee are a father and son team of silversmiths. Allison became involved in silversmithing in a high school art class, making his first simple jewelry pieces at age 12. When he was 14 years old his mother asked him to remove the last stone from an old turquoise brooch and make her a ring with it. Being able to combine old and new into something beautiful gave him a metaphysical sense of bridging generations, connecting him to his heritage and at the same time launching him a lifelong career as a silversmith.

FREEZE FEST AND CHILI COOK-OFF

Saturday, February 11

Put on your snow pants and bundle up for another great Freeze Fest Event at Cravath Lakefront Park. All monies raised in Whitewater remain in the region to support the nearly 1500 Special Olympics athletes residing in Southeastern Wisconsin.

11:00—1:00 Snow Dogs at ILY Library

11:00—2:30 Chili Cook-off

Noon—3:00 Polar Plunge

4:00—6:00 pm Swim-in Movie—Aquatic Center

CHILI COOK-OFF COOKS NEEDED



Have fun helping to raise funds for Special Olympics at Freeze Fest. Make a roaster full of your favorite chili or soup, decorate your serving table and win the traveling trophy, the

Golden Ladle, for the best decorated table. There is no entry fee this year! This fundraiser for Special Olympics and Seniors in the Park, takes place in the warming tent. Get your friends, neighborhood group, civic group, work group (promote your business) or anyone else together and keep those plungers warm with your yummy food. They really look forward to your creation!

We will once again have Polar Plunge mugs for sale for \$10. You can get one early at the Community Building and the chili will be free at Freeze Fest.

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 Act (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.



PARKS & RECREATION

Visit wwparks.org for the 2017 Winter/Spring brochure or pick one up at the Starin Park Community Building.

Find the newsletter at <http://ourseniorcenter.com/find/seniors-in-the-park>

LEGISLATIVE CONTACTS

How to Contact your State Legislator:

<http://legis.wisconsin.gov/pages/cg/contact.aspx>

Who is my state contact?:

<https://legis.wisconsin.gov/About/Contact>

US Senate and House Contacts:

<https://www.govtrack.us/congress/members/WI>

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Fax 262-473-0537
Nutrition Site (Tues) ... 262-473-0536
Nutrition Site 262-903-0436
Hours....Mon-Thurs, 9:00 am-4:00 pm

Senior Coordinator

Deb Weberpal, CPRP
dweberpal@whitewater-wi.gov

Volunteer Editor

Romelle Koch

Parks and Recreation Director

Websites: schedulesplus.com/wwtr
www.wwparks.org
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, www.whitewater-wi.gov, click on Departments, then Seniors in the Park or www.whitewaterbanner.com and look for the link in the left column or ourseniorcenter.com/find/seniors-in-the-park. The newsletter is available for pick up at the Starin Park Community Building, Municipal Building, the Whitewater Aquatic and Fitness Center, the Irvin L. Young Memorial Library and many other locations throughout Whitewater.

Name _____

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