



The Park Bench

February 2018

Seniors in the Park Newsletter



CABIN FEVER PARTY

Sunday, February 25, 1:00—4:00 pm

It's time to get out of the house and enjoy an afternoon of fun! We will have table games and people to help you learn them, including Farkle, Uno, Tensies (dice game), Phase 10 and Chicken-Foot dominoes. Learn some fun simple line dances. We'll have bag toss/corn hole games, and other fun activities. We'll have snacks, hot and cold beverages and make your own s'mores. At 3:45 will be the membership raffle drawing. You don't have to be present to win. It's been a long winter. Time to get out of your 'cabin' and enjoy the warmth of friendship and fun. Bring someone who has never been to Seniors in the Park and they are free! Detailed schedule on page 10
Fee: \$3.00 members, \$5.00 non-members
Registration and payment due by Monday, February 19.

SCHOLARLY SCOOP: FROM THE SILENT GENERATION TO GENERATION Z: HOW DO WE WORK TOGETHER?

Friday, February 2, 10:30 am

Every generation tends to complain about the next generation: from the silent generation who experienced the great depression, the Woodstock experience of the baby boomers, to the "technoholics" of Generation Z. As individuals, we can either ignore the differences that exist or learn to build on each other's strengths in order to create more change together. From the classroom to the workplace, to society as a whole, we should learn to recognize and honor the differences of the next generations in order to be able to connect and to find ways to build bridges in order to address larger social issues together.

Sarah Hessenauer is an Associate Professor and Program Coordinator for Social Work at UW-W. She received her PhD in Social Work from Loyola University of Chicago, her MSW from UW-Milwaukee and her undergraduate Social Work degree from UW-W. Sarah is a licensed clinical social worker who worked with individuals with mental health issues, addiction, eating disorders and OCD. Her research interests included undergraduate social work education and coping in social work. Please register in advance. Thank you.

Volume XVIII Issue 2

WHAT'S INSIDE

2-4, 6, 14Activities

7.....Special Events

8.. Van Trips and Volunteer Needs

9..... Extended Travel

10..... Your Senior Center

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

12.....Activity Calendar

14-15...Info & Community

BackADDRESS, Phone Numbers, Staff and Subscription info

Welcoming Seniors, Boomers, and Adults of all ages.

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

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.

WHITEWATER WARBLERS

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

PUZZLE EXCHANGE

Friday, February 16, 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, Feb. 12, 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, March 13– May 15*

Thursdays, March 15—May 17*

10:30 am, Cravath Lakefront Center

This eight 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: \$32 members \$42 non-members

Payment/Deadline: Wednesday, March 7

*No class Tues., March 20 & 27; Thurs., March 29 & April 26



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. 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

Feb. 14 Snow date

AARP TAX ASSISTANCE

Wednesdays beginning February 7

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. 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 2016 tax returns
- Proof of 2017 income
- Blank check for electronic refund deposit

If you are filing Wisconsin Homestead Credit, you will need either a 2017 real estate tax bill OR Certificate of Rent form signed by your landlord. 2017 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 2017; schedules for business, rental income, farms, moving expense forms, forms for nondeductible IRAs, and child investment income tax.



THE KEYS TO LIVING WELL AT END-OF-LIFE

Wednesday, February 21, 1:00—2:00 pm



American medicine's success at fighting disease and extending life has created a new problem. What's the new problem you ask? Well, we've gotten so good at prolonging life with advancements in our medical technology and treatments that we've fundamentally changed where and how Americans die. One hundred years ago, most people died at home surrounded by family, friends and neighbors. Today, however, most of us die in hospitals and nursing homes – alone and hooked up to tubes and machines. And, as recently as 50 years ago, most of us still died suddenly from heart attacks, accidents and strokes. Today, however, thanks to the miracle of modern medicine, 90% of Medicare beneficiaries and 70% of all Americans, regardless of their age, can expect to die slowly and incrementally from one or more severe chronic diseases.

This historic shift, combined with the fact that patients, families and medical professionals still haven't learned how to talk with one another about dying, means that we've created an end-of-life journey that is typically accompanied by a great deal of suffering. Suffering that is physical in nature but also emotional, spiritual, social and financial. Suffering that impacts patients, loved ones and the medical professionals who care for them. It is a problem we never intended to create and one that must be solved. But how? Please register in advance.

Michael Bernhagen, Rainbow Hospice Care's Director of Community Engagement and Care Partner Relations will present.

CHILI COOK-OFF & FEEZE FEST

Saturday, February 10

Have fun helping to raise funds for Special Olympics at Freeze Fest. Make a roaster full of your favorite chili, 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 or call 262-473-0535.

Chili is served beginning at 11:00 am and the judging takes place at 11:30 am. The Polar Plunge begins at noon. Watch those crazy plungers "Freezin' for a Reason"! Last year they raised over \$46,000 for Special Olympics.

Volunteers are needed. See page 8.



IPAD GROUP

Thursday Feb 15 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. Get together with other iPad users and share. 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 February 13.

TABLET AND FACEBOOK CLASSES



Still working on instructors/facilitators for these classes. Please call with your interest and we'll contact you when the classes and tutoring sessions are in place.

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.



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

STAINED GLASS CLASS

February 13 & 14, 12:30-3:30 pm
Downtown Armory



Lower level

All levels are welcome at the class. Whether you are a seasoned glass cutter or new to

this craft, you can receive one-on-one instruction.

Supplies to bring: Safety glasses, an old towel, scissors and a 100-watt soldering iron, if you have one.

Instructor: Caroline Britton

Fee: \$15.00 members

\$20.00 non-members

Deadline: Thursday, February 8

March class = 6th and 7th

OPEN SEWING GROUP

Fri., February 2, 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.

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

WATERCOLOR AND COLLAGE

Thursdays, April 5—26, 1:00—4:00 pm

Incorporating collage and watercolor into painting will be explored in this four-week watercolor class. Using a small painting format (11" x 15" or smaller), discussion and demonstrations will focus on using both collage and watercolor in a painting. Participants will have the opportunity to paint unique collage papers in this session. Composition and color mixing will be discussed. Beginning, intermediate and advanced concepts will be covered with plenty of time for individual painting and optional one-on-one coaching. Subject matter may include birds, animals, landscapes, still life or florals. 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 on April 5th by cash or check.

Instructor: Karolyn Alexander Tscharnack

Deadline: Monday, Apr 2

Minimum – 6 people

BEGINNING DRAWING AND WATERCOLOR PAINTING

Thursdays, March 1—22; 1:00-4:00 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.

Fee: \$15 per class or \$50 for the session of four classes for those pre-registered.

Deadline: Friday, February 23

Instructor: Pattie Kelley Fuller www.PattieKelleyFuller.com



ACRYLIC PAINT PARTY

Tuesday March 27 5:30—8:00 pm

Join us for a relaxed evening of painting in a pleasant and fun atmosphere painting your masterpiece! You don't need to be an artist or creative genius to have lots of fun at a painting party. You will be led by an experienced artist to create your own masterpiece on an 11" x 14" stretched canvas. Beverages will be available and feel free to bring a finger-food snack, but it is not required.

Fee: \$18.00 members \$23 non-members

Deadline: Thursday, March 15

Instructor: Pattie Kelley Fuller www.PattieKelleyFuller.com



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BOOK WORMS

Monday, February 5, 10:30 am

The Book Club will discuss *Killers of the Flower Moon* David Gramm. The book for February will be *The Forgetting Time* by Sharon Guskin.

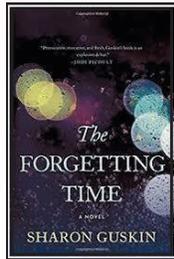
Noah wants to go home.

A seemingly easy request from most four year olds. But as Noah's single-mother, Janie, knows, nothing with Noah is ever easy. One

day the pre-school office calls and says Janie needs to come in to talk about Noah, and no, not later, *now*—and life as she knows it stops.

For Jerome Anderson, life as he knows it has stopped. A deadly diagnosis has made him realize he is approaching the end of his life. His first thought—I'm not finished yet. Once a shining young star in academia, a graduate of Yale and Harvard, a professor of psychology, he threw it all away because of an obsession. Anderson became the laughing stock of his peers, but he didn't care—something had to be going on beyond what anyone could see or comprehend.

He spent his life searching for that *something else*. And with Noah, he thinks he's found it. Soon Noah, Janie and Anderson will find themselves knocking on the door of a mother whose son has been missing for eight years—and when that door opens, all of their questions will be answered. Sharon Guskin has written a captivating, thought-provoking novel that explores what we regret in the end of our lives and hope for in the beginning, and everything in between. In equal parts a mystery and a testament to the profound connection between a child and parent.



MOVIES: SPONSORED BY MULBERRY GLEN

“The Big Sick”

(Comedy/drama/romance)

Tuesday, February 13, 12:30 pm

Rated R (language); 2 hrs (2017)

Pakistani-born stand-up comedian Kumail Nanjani and grad student Emily Gardner fall in love but struggle as their cultures clash. When Emily contracts a mysterious illness, Kumail finds himself forced to face her feisty parents (played by Holly Hunter and Ray Romano), his Pakistani family's expectations for an arranged marriage and his true feelings. This is Kumail's awkward true story.



“The Florida Project”

(Drama)

Tuesday, February 27, 12:30 pm

Rated R (language); 1 hr, 51 min (2017)

Set over one summer, this film follows precocious six year old Moonee, who lives in a low budget hotel near Disney World with her welfare Mom, Halley. Moonee courts mischief and adventure with her ragtag playmates, bonds with her rebellious yet caring mother, and is taken under the wing of the concerned motel manager, Bobby (played by Appleton, WI native Willem Defoe).



BINGO

Tuesdays, 10:00 am

Feb. 6: Culvers

Feb.. 13: Mulberry Glen

Feb. 27: City Bingo

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GOT A NEW TABLET OR IPAD?



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.

MEMORY CAFÉ

February 12, 10:30 am

The Irvin L. Young Memorial Library, in partnership with the Alzheimer's Association, will host a monthly Memory Café for individuals who are living with Mild Cognitive Impairment (MCI), early-stage Alzheimer's or other dementia, and their care partners. This free social event will be held on the second Monday of every month in the Library Community Room at 431 W. Center St. in Whitewater, at 10:30 am. The first meeting will be on February 12th. The theme of the first session is "The Color of Love" and will include storytelling and exploring one's artistic talents with color.

The Memory Café offers participants a safe and fun way to share their stories and socialize with others who have similar experiences. Learn how staying physically, socially and mentally active, is good for the brain.

Registration is required for first time attendees. Please call 800-272-3900 to register.



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.



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

"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*.

VIRTUAL DEMENTIA TOUR

Watch for this amazing opportunity on Friday April 20. Appointments are necessary. More info next month!

UW BAND CONCERT



Thursday, April 19

The evening will be highly diversified and rewarding. There will be popular music favorites by Abba and the Rolling Stones. There will be music from the concert hall—George Gershwin's "Rhapsody in Blue" (which is re-titled Rhapsody in Red!). They'll perform a tribute to the 50th anniversary of the Beatles "Sgt Pepper" album plus music from the Broadway masterpieces "West Side Story" and "Miss Saigon". You will have an evening of fun...great sounds... and exciting Badger spirit. Dinner on your own at the Coliseum Bar.

Fee: \$31.00 members \$41.00 non-members Deadline: March 22 **Seats limited!!!**

Depart Starin Park: 3:45 pm Return approx 11:30 pm

FISH FRY FRIDAY

February 16

Milwaukee Grill was voted the best fish fry in Janesville.

Let's check it out!

Depart at 3:30 pm.

RSVP by Wednesday, Feb. 14

Fee: \$3 per person for transportation only.

Minimum of 7 people

LUNCH BUNCH

Thursday, Feb. 8, 10:30 am

We are headed for a perennial favorite, Moy's in Elkhorn.

This includes a stop at the bakery on the way to Moy's

Fee: \$3.00

RSVP by Tuesday, Feb. 6

JANESVILLE SHOPPING

Wednesday, Feb. 7, 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, Feb. 5



SHARE YOUR TALENTS

Volunteer!

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

- **Chili Cook-off** - All assistance is needed in the warming tent. Sell chili bowls from 10:45—12:30 or 12:30—2:00 (2 people). Help with chili judging 11:20—noon (2 people).
- **Sip & Swipe Coaches**—If you can use a tablet, please consider volunteering. It's per your schedule. Learners read what is on the tablet screen and progress at his/her own rate. Volunteers are there to assist learner's along the way as support is needed. Training and materials provided.
- **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.
- **Ukulele Instructor**—I have a core group of people wanting to take lessons. If you would be willing to teach or know someone who could please let Deb know.

MOTORCYCLE AND CAR SHOW TRIP PLANNING

Tuesday, February 20 9:00 am

Bring your ideas for motorcycle adventures and car shows you would like to attend. The coffee will be on and we'll have treats. Bring a tablet or laptop for research or route planning.



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.

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.



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](#).

TRIP PREVIEW
Wednesday, Feb. 28
2:00 pm
Please register by
February 14

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

Trip is now space available only. Please call.



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 **Trip is now space available only. Please call.**

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



Advertiser of the Month



WELCOME PATREA!

Patrea retired from managing the office of a state-wide environmental nonprofit eight years ago to care for her elderly mother at home. A long-time volunteer at Rotary Botanical Gardens in Janesville, she was hired for a part-time reception and sales position in their gift shop after her mom moved to Hearthstone in 2016 and worked there a year and a half. Her hobbies are tea, taiji, photography and volunteering at Rotary Gardens. She is excited to start a new adventure with Seniors in the Park.



CABIN FEVER SCHEDULE



1:00	Arrive
1:15—2:00	Line Dance, Phase 10 and Tensies
2:00—2:45	Uno, Farkele, Bag Toss and S'mores
2:45—3:00	Chicken Foot, Bag toss, Uno and Heads Up
3:45	Raffle drawing!

Snacks and beverages available all afternoon. You can always keep playing your favorite game. Come and have some fun!

MEMBERSHIP FEE 2018

We appreciate your support of our program and front desk staffing.

- 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 unable to afford the membership.**

Benefits

- Join before February 23 and a raffle ticket for some fabulous prizes
- 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.

HOW TO REGISTER AND PAY ONLINE

Register and pay for trips, classes and membership online at home: 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 (No trips) at 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.



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



CHAIR MASSAGE

Wednesday, Feb. 7 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, February 1

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: March 1

GREETING CARDS



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

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Activity Calendar

February 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p>Activities take place at the Starin Park Community Building unless otherwise noted.</p> <p>A=Downtown Armory 146 W North St HB=Hawk Bowl L=Cravath Lakefront</p>			<p>1</p> <p>8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:00 Toenail Clinic 1:00 Watercolor</p>	<p>2</p> <p>9:00 Let's Walk! 10:00 Open Sewing Group -A 10:30 Scholarly Scoop 12:30 Pickleball (A)</p>
<p>5</p> <p>8:30 Core & 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>6</p> <p>9:00 Pickleball (A) 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 1:00 Sheepshead</p>	<p>7</p> <p>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) 1:00 WWII Stories 1:00 Chair Massage</p>	<p>8</p> <p>8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Lunch Bunch 1:00 Watercolor</p>	<p>9</p> <p>9:00 Let's Walk! 12:30 Pickleball (A)</p>  <p>10 FREEZE FEST & Chili Cook-off</p>
<p>12</p> <p>8:30 Core & More 9:30 FUNctional Fit 11:00 WW Warblers 11:30 Senior Forum 12:30 Pickleball (A) 1:00 Mah Jongg 1:30 DFCI Meeting</p>	<p>13</p> <p>9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 12:30 Mulberry Glen Movie "The Big Sick" 12:30 Stained Glass 1:00 Sheepshead</p>	<p>14</p> <p>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 1:00 WWII Stories 3:00 Sign Language</p>	<p>15</p> <p>8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L 10:45 I-pad Group 1:00 Watercolor</p>	<p>16</p> <p>9:00 Let's Walk! 9:30 Puzzle Exchange 12:30 Pickleball (A) 3:30 Fish Fry trip</p>
<p>19</p> <p>9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg</p>	<p>20</p> <p>9:00 Cycle and Car Show Plan Mtg 9:00 Pickleball (A) 9:30 Pegs & Jokers 10:30 Basic Yoga—L 1:00 Sheepshead</p>	<p>21</p> <p>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) 1:00 Living Well at the End of Life 3:00 Sign Language</p>	<p>22</p> <p>8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L 1:00 Watercolor</p>	<p>23</p> <p>9:00 Let's Walk! 12:30 Pickleball (A)</p> <p>25 1:00 Cabin Fever Party </p>
<p>26</p> <p>8:30 Core & More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg</p>	<p>27</p> <p>9:00 Pickleball (A) 10:00 City Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "The Florida Project" 1:00 Sheepshead</p>	<p>28</p> <p>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 2:00 Trip Preview 3:00 Sign Language</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

February 6

Sliced Pork Sandwich
Coleslaw; Baked Beans
Pineapple Tidbits
Hamburger Bun

February 27

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

February 13

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



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Many Thanks!

- **Marcia James and Mark Dorn** for Special Events Planning.
- Holiday Party volunteers **Peggy Anderson, Diana Stettner, Marcia James, Richard James, and De Simon.**
- Baked Potato Lunch volunteers **Dan Sable, Elaine Schultz and Nancy Cassano.**
- Thanks to **Sandie Sorkan** for opening for the walking group.
- For helping with trip planning: **Dan Sable, Mark Dorn, Carol McLernon, Jean Bromley and Mariann Scott.**
- **Mark Dorn and Dan Sable** for un-decorating the building after the holiday season.



HAPPY FEBRUARY BIRTHDAYS TO:

Dan Sable
Marie Roe

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.)

BENEFITS FOR \$0?? YES!

Thursday, March 22, 1:00pm

Do you have a Medicare and a ForwardHealth card? Learn how to add extra benefits to what you already have! Rebecca Spychalla and Rick Krol will be presenting the 'United Health Care Dual Complete' plan. This plan combines your Medicare and Medicaid into one plan with a \$0 premium. You won't lose any of your current benefits. You will get extra benefits like \$2000 in dental services, \$680 in over the counter products per year, transportation services, a Personal Emergency Response System and more!

Come and see how to get more of what you deserve!

Please register by Monday, March 19



ACTIVITIES AT A GLANCE

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

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

Pickleball—Monday, Wednesday and Friday 12:30-2:30, Tuesday and

Thursday 9:00-11:00 am at the Downtown Armory

Let's Walk! (indoors)—Wednesdays and Fridays, 9:00 am

Whitewater Warblers (singing) – Mondays 11:00 am

Book Club—First Monday 10:30. Books available at Starin Park

Potluck—First Tuesday 11:15 am

Bingo—First, Second & Fourth Tuesdays 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



SCHOLARLY SCOOP: REIMAGINING WOMEN: IMAGES OF GENDER FROM ANCIENT PERU

Friday, March 2, 10:30 am

The pottery and textiles of Ancient Peru evoke political worlds and religious ideologies through the use of iconography that is both technically complex and visually stunning. Our language used to describe these images, however, has focused on males leaving open the question "Where were women in these social worlds?" A combination of new discoveries and new ways of thinking about gender, however, allow us to identify many more images as female or feminine.

Presenter will be Jo Ellen Burkholder, Associate Professor, Department of Women's & Gender Studies

UW-W & FAIRHAVEN LECTURE SERIES - “NATIVE AMERICA”

At Fairhaven Senior Services, 435 W. Starin Road; 3:00 pm

America’s indigenous peoples have rich and diverse traditions and cultures. What is the impact of historical treaties and contemporary policies on native people past and present? How are native communities responding to issues of social injustice? Explore historic and contemporary stories, issues and customs from the country’s indigenous peoples.

Feb. 5: Ho-Chunk Nation: Building Relationships and Strong Communities Throughout Wisconsin—*Collin Price, Public Relations Officer, Ho-Chunk Nation, Office of the President*

Feb. 12: Manifest Ignorance: Manifest Destiny & Popular Culture in the U.S.—*Rossitza Ivanova, Asst Prof, Dept. of Languages & Literatures*

Feb. 19: Natural & Cultural Resource Struggles and Successes in Indian Country—*Holly Denning, lecturer, Dept of Sociology, Anthropology & Criminology*

Feb. 26: A Photographer’s Life: Edward S. Curtis and the North American Indian—*Michael Flanagan, Director, Crossman Gallery*

UW-EXTENSION MASTER GARDNER PROGRAM

Begins Feb 7

At ILY Memorial Library

Want to make a difference in your community through gardening and education? The UW-Extension Master Gardener Program in Walworth and Rock Counties is offering the opportunity to join our volunteer team in 2018. This is a level 1 training and will meet alternating Wednesdays from 9:00 am—12 pm. For registration information visit <https://wimastergardener.org/events/level-1-training-in-walworth-and-rock-counties/>



MEDICARE WORKSHOPS

Irvin L. Young Memorial Library

February 14, 10:30 a.m.

February 20, 10:30 a.m. and 6:00 p.m.

Learn the ABC's of Medicare. Whether you are approaching initial enrollment, or are already enrolled and concerned, attend this educational session and increase your awareness. You’ll define your own enrollment action list, learn Part A & B benefits, and understand Part D drug plans and the Donut Hole. We’ll review 2018 Deductibles, Exclusions, WI Mandates, and Supplement plan differentiation, including Part C. If you have questions before the workshop or would like to RSVP, please call Larry Raupp at 920-285-9184.

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 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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Fax 262-473-0537
Hours....Mon-Thurs, 9:00 am-4:00 pm
..... Friday various days/hours

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Websites: schedulesplus.com/wwtr
www.wwparks.org
www.whitewater-wi.gov

*Seniors in the Park is a division of
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NEWSLETTER SUBSCRIPTION OR PICK-UP SITES

To have the Seniors in the Park Newsletter mailed to your home for one year, send **\$8.00** with this coupon. To receive the newsletter **FREE**, go online to wwparks.org, www.whitewater-wi.gov, click on Departments, then Seniors in the Park or www.whitewaterbanner.com and look for the link in the left column or ourseniorcenter.com/find/seniors-in-the-park. The newsletter is available for pick up at the Starin Park Community Building, Municipal Building, the Whitewater Aquatic and Fitness Center, the Irvin L. Young Memorial Library and many other locations throughout Whitewater.

Name _____

E-Mail _____

Address _____
