



The Park Bench

July 2017

Seniors in the Park Newsletter

SUMMER HEAT PARTY

Friday, July 28

Come on in out of the heat and enjoy ice cream in it's many forms. We'll have cones, sundaes, root beer floats and pie a la mode from 1:00—3:00, all modestly priced from \$1.00—\$3.00.

At 2:00, the Whitewater Warblers will be giving an encore performance of their Television Tribute Hour, filled with memories and mirth.

Volunteers are needed. If you would like to help set up, serve or clean-up, please let Deb know. More info on times on page 12.



Volume XVII Issue 7

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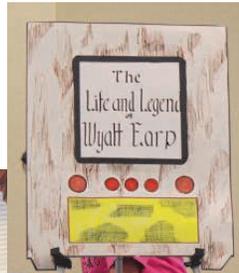
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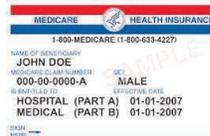
Back ADDRESS, *Phone Numbers, Staff and Subscription info*



CONFUSED? DID YOU KNOW? HERE IT IS!

Monday, July 10, 1:00 pm

Did you know that original Medicare doesn't provide coverage for vision, dental or hearing? Are you confused or uncertain about all the different parts of Medicare? Do you know what Medicare Part A, B, C and D cover? Have you recently turned 65 and don't know anything about Medicare? Do you just want to learn more about Medicare? Come hear a short talk from a local licensed agent in Whitewater about the different parts of Medicare, what they cover and the costs associated with them. There will be time for questions and answers and light refreshments will be provided. Please register for the talk by Thursday July 6.



Seniors in the Park Promotes & Enhances a Vital Aging Community

2 Creative Endeavors & Activities

OPEN SEWING GROUP

Fri., July 7, 10:00 am—3:00 pm
Downtown Armory Lower Level

Come and sew on your current project and chat with other sewing enthusiasts on the first Friday of the month. All skill levels are welcome. Bring your machine and supplies or hand sewing equipment. An ironing pad and iron will be provided. You may come and go any time between 10 & 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.

Meeting at Starin Park in August



STAINED GLASS CLASS

July 11 & 12, 12:30—3:30 pm

Downtown Armory Lower level
All levels are welcome at the class. Whether you are a seasoned glass cutter or new to this craft, you can receive one-on-one instruction. Supplies to bring: Safety glasses, an old towel, scissors and a 100-watt soldering iron, if you have one.

Instructor: Caroline Britton

Fee: \$15.00 residents;

\$18.75 non-residents

Deadline: Thursday, July 6

CAPTURING ENERGY

Thursdays, July 6-27, 1:00—4:00 pm

This class will focus on capturing energy and movement, quick sketches and travel journals. Attendees are encouraged to paint from personal references, photos, sketches or ideas. Each session will include a demonstration, discussion and time for individual painting, with one-on-one coaching.

Instructor: Pattie Kelley Fuller; patriciakelleyfuller@gmail.com

Fee: \$50 session fee (If preregistered) or \$15 per class. If the 6 person minimum is met, walk-ins may attend for the \$15 per class fee.

Register by Monday, July 3

GORGEOUS ALCOHOL INKS PARTY

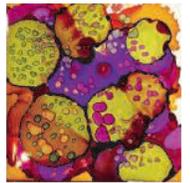
Tuesday, July 18, 5:30 – 7:30 pm

Pattie Kelley Fuller will guide you in how to work with this unique painting medium. You will complete two projects on different surfaces, using a variety of techniques: (1) dripping alcohol inks on a glazed ceramic tile and (2) on Yupo paper; you will create a breathtaking abstract floral using air blown through a straw. We will mat them and send you home with a ready-to-frame piece of art. All supplies are provided! You will be so pleased with the results of the vibrant alcohol inks. Pre-registration and payment in advance is required. (There is a minimum number for this class and space is limited, so sign up as soon as possible.) Deadline is Tuesday, July 11

Fee: \$22 total/person (includes all supplies)

Checks made out to Pattie Kelley-Fuller

Beverages are available. Feel free to bring a finger food or snack to share (not required).



ACRYLIC PAINT PARTY!!!

Tuesday, August 29 5:30—8:30 pm

Join us for a relaxing summer evening of painting in a pleasant and fun atmosphere

while painting your masterpiece! Never painted in your life? Willing to try something new? 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 11x14" stretched canvas.

Beverages are available. Feel free to bring a finger-food snack to share, but it is not required.

Fee: \$18 .00 (Includes all supplies) Checks to instructor.

Instructor: Pattie Kelley Fuller

Registration & payment due by Friday, August 18

Classes and Let's Move!

3

SENIOR SHOP CLASS & OPEN SHOP AT WISCONSIN MAKERS

Wisconsin Makers in Whitewater is now offering a free twice-monthly Senior Shop Class. The public is invited to visit the community "makerspace" from 2 to 4 p.m. on the first and third Tuesday of each month. Summer dates are July 18, Aug. 1 & 15 and Sept. 5 & 19. There will be no July 4 class. Each week's "class" will feature a different machine or project, rotating between the various workshops. There also will be a fun quiz and door prize given.

Senior Shop Class is designed for both novices and craftsmen. Members of the public age 55 and up will be able to learn how to use some of the makerspace's equipment while enjoying an afternoon with other 'makers.'"

Wisconsin Makers also has begun a **Public Open Shop** from 6 to 8 p.m. on the first and third Wednesday of each month. Each Open Shop night will feature a different machine. Aug. 2 & 15 will highlight electronics, while Sept. 6 & 20 will showcase the welding/machine shop. All shop areas are available for public use on July 19, as well as on the August and September dates. Just bring your projects and materials. Users will be required to exhibit knowledge to operate certain machines (Check beforehand to see whether a particular piece of equipment will be available for use). There will be no July 5 activity.

The **Fabric Arts Workshop** will be open all nights for interested persons of all skill levels to try out the long-arm quilting machine (instructional DVDs are available to check out for viewing beforehand), height-adjustable Big Board ironing table, industrial sewing machines and more.

No registration is necessary for either of these activities, which are free of charge.

Wisconsin Makers is located at 200 E. Clay St., across from the American Legion Hall at the corner of Wisconsin and Clay streets. The building is handicapped accessible, and has off-street parking. Makers houses machine, welding/fabrication, electronics, automotive, 3-D printing, laser engraving and woodworking shops. It also offers ceramics, metal art, quilting, fabric arts, matting/framing and more.

For more information, email WisconsinMakers@gmail.com, call (262) 753-6455 or visit [Facebook.com/WisconsinMakers](https://www.facebook.com/WisconsinMakers).

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

**Concert in the Park
featuring Twin Rivers
Thursday, July 20 7:00 pm
Cravath Lakefront Park**

KUBB

Kubb is a fun yard game for 2-12 players, that is similar to horseshoes or bocce, that originated in Sweden and is often linked to the Vikings. Bill Sydow has volunteered to provide instruction for the game. Call if you are interested in learning this yard game.



“FUN”CTIONAL FITNESS

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

Open the door to greater independence and a healthier life with “fun”ctional fitness. Experience a dynamic routine to promote coordination, balance, strength and flexibility. All levels of ability are welcome. Activities are adapted to individual needs.

Prepay \$1.00 per class residents or \$1.25 non-residents. First class is free for new participants.

GOLF LEAGUE

Mondays

Have fun with this recreational Golf League. Golfers must be 60 years old as of April 3 or spouse must be 60. Tee times are at 8:30 am. For more information, contact Vicki Flitsch, 608-884-3586, or Bill Holcomb, 262-495-2273. Play is at Oak Ridge Golf Course on Bowers Lake Road, Milton. The membership fee is \$6.00 and is paid on site. Join any time!



WHITEWATER WARBLERS

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

The Warblers will not meet on July 17 & 24.

They will be presenting their show "TV Tribute Hour" on Friday July 28 at 2:00 pm at the Summer Heat Party.



BINGO

Tuesdays, 10:00 am

July 4 NO Bingo

July 11 Mulberry Glen

July 25: City Bingo



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Fairhaven * Fort Community Credit Union * Domino's Pizza
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MOVIES: SPONSORED BY MULBERRY GLEN



"Beauty and the Beast"

Tuesday, July 11, 12:30 pm

Rated PG, 2hr, 9 min (2017)

Disney's animated classic remade as a 'Live-action' film, is the fairy tale about a monstrous-looking prince and a young woman who fall in love. Stars Emma Watson as Belle, Dan Stevens as the Beast; Kevin Kline, Ian McKellen, Emma Thompson, Stanley Tucci. Children are welcome to attend this film.

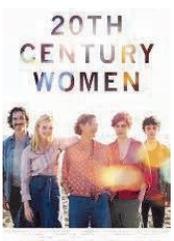


"Silence"

Wednesday, July 19, 12:30 pm

Rated R for violence; 2 hr, 41 min (2016)

In the 17th century, two Portuguese Jesuit priests (Andrew Garfield and Adam Driver) travel to Japan in an attempt to locate their missing mentor (Liam Neeson), who is rumored to have renounced his Catholicism at a time when Catholicism was outlawed and their presence forbidden. This powerful dramatic history was directed by Martin Scorsese.



"20th Century Women"

Tuesday, July 25, 12:30 pm

Rated R for language, some nudity, brief drug use. 1 hr, 59 min (2016)

The story of three women of different generations who help to see a teenage boy learn what it is to become a man, among the love and freedom of 1979 Southern California. Stars Annette Bening, Elle Fanning, Billy Crudup. Annette Bening was nominated for Best Actress, Golden Globes and AARP Movies for Grownups nominee.

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

6 Bus and Motorcycle Travel

MOTORCYCLE RIDES

Monday July 10—Ride to Potosi on the Mississippi River and have lunch at the Potosi Brewery. They have a small museum on river history in the building. Take the Cassville Ferry across the Mississippi. Ride departs at 9:00 am. Leader is Bruce Parker.

Monday, July 17—Take the Merrimac Ferry (right) and tour the back roads around the Baraboo area. Ride the Dells Speed Boat which comes highly recommended by those that went last year. Upper or Lower Dells ride is \$30. Ride departs at 9:00 am.

Tuesday, August 1— Ride to Manitowoc and tour the Maritime museum or the submarine. Trip suggested by one of our riders. Depart at 8:00 am.

Riders must arrive prior to departure to show proof of insurance (card you should be carrying) and fill out a participation form, if this is your first ride with us in 2017. You can scan and email your insurance info or drop it off in advance, too. Helmets are recommended. Call with your email, and we'll keep you current on upcoming rides and rain dates.

If you are concerned about weather the morning of the ride, call the Parks and Recreation cancellation line at 262-458-2799 or the Starin Park Community Building beginning at 8:00 am or check your email.



DANCING HORSES

Wednesday, July 19

Start at Staller Winery. Tasting on your own. Next is Everything Homespun. Lunch and show at the Dancing Horses Theater, includes the exotic bird how. Stop at the Cheese Box Store on the way home.

Fee: \$72.00 (Checks to Fort Atkinson Senior Ctr)

Depart 9:00 am Starin Park

Return 5:30 pm Starin Park

Deadline is June 26

CLASSIC CAR OUTINGS

Monday, August 7, 5:00 pm

Meet at Starin Park and head out to Jones Park for their classic Car and Cycle night. Bring your classic car or cycle, or just join the group at Jones Park and check out the awesome vehicles. They have food onsite. Let us know if you would like to attend any other car shows.

STARVED ROCK TOUR AND CRUISE

Thursday, July 13

We'll see this beautiful park on an historic trolley tour and then board the "Belle of the Rock", an authentic paddle wheeler, for a ride on the river. Your delicious lunch is a choice of a Chicken Caesar Salad, Burger, Pot Roast, Chicken Sandwich, Chicken Salad Croissant or Penne Primavera. After our tours, we will stop at Cattails, where you can taste wine, shop for chocolate, gourmet foods, clothing, jewelry and more! Right next door is Chillin' on 6 with Retro Candy, Ice Cream, Homer Sodas, Gourmet Homemade Popcorn, Homemade Fudge and more!



Depart:Fort K-Mart Lot at 8:00 am

Starin Park 8:30 am

Return:(approx) Starin Park 6:15 pm

Fort K-Mart 6:45 pm

WAIT LIST ONLY

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Summer



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.

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.

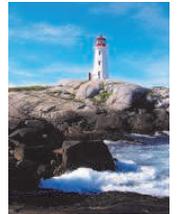


Hawaiian Adventure, January 21-30, 2018

Escape the cold next winter and bask in the wonders that are Hawaii. Stay three nights each at resorts on Oahu, Kauai and Maui with an optional 2-night Big Island extension. All three islands include leisure time or optional excursions. Fee includes airfare from Milwaukee and inter-island flights, touring as listed, 9 breakfasts, 4 dinners and a Collette tour guide. Fee is \$5499 per person double or \$7549 single. A deposit of \$500 is due with reservation. Optional trip insurance is available for \$240 per person. Deposits are due by July 10, and final payment is due by November 15. Brochures are available at the Starin Park Community Building or at this link: gateway.gocollette.com/link/803632

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. Deposit due by January 6. More info at <https://gateway.gocollette.com/link/803502> Collette Tours



Christmas in Chocolate Town, December 4—8, 2017

Highlights include Hershey’s Chocolate World, National Christmas Center, National Civil War Museum, Dutch Apple Dinner Theatre, Amish Countryside and Amish Feast. Includes 8 meals and free home pick up in Walworth County. Fee is \$1099 double, single add \$329.

Mayflower Tours



Historic Natchez Pilgrimage April 14-21, 2018—SAVE \$300 per couple

Highlights include BB King Museum, Vicksburg National Military Park tour, scenic Natchez Trace Parkway, **3 nights in historic Natchez during Pilgrimage time**, 2 shows, tour historic homes and plantations, Delta Blues Museum and much more! Includes 13 meals and home pick up in Walworth County. Fee is \$1519 double, single add \$329. Mayflower Tours

What is a Pilgrimage? Natchez, once home to the wealthiest people in the United States, has been welcoming “pilgrims” since the early 1930s. Originally, the Spring Pilgrimage attracted tourists to the city to view the beautiful gardens. However, one spring, a late freeze spoiled the blooms and the women of Natchez opened their homes to visitors—and they have been on display ever since. The annual spring Pilgrimage is a display of true southern gentility. Costumed home owners give tours of their beautifully decorated 18th- and 19th-century Greek revival, mansions and lush gardens. Special musical concerts are performed at local churches and halls and the town is abuzz with excitement. Join this tour for this **special event** and experience the antebellum homes, lush gardens, costumed hosts and live musical performance that are exclusive to the Spring Pilgrimage.



DANUBE RIVER CRUISE with HALF PRICE AIRFARE, May 7-17, 2018

There are a couple of cabins left if you are looking for a wonderful trip which includes Prague and Budapest. Free home or center pickup available. Join 12 others departing from Whitewater on this marvelous adventure!

Van Trips

FISH FRY FRIDAY

July 21—Eagle Springs in Eagle.
Depart at 4:30 pm
RSVP by July 18

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

SUNNY SIDE UP BREAKFAST CLUB

Thursday, July 20; 8:30 am
Ride to the Citrus Café in Janesville. The group's favorite spot for breakfast.
Fee: \$4.00
RSVP by Tuesday, July 18

LUNCH BUNCH

Friday, July 14 10:30 am
We will be eating at Herrings Sand Bar in Lake Mills. We will stop at the James J Chocolate Shop for teats after lunch.
Fee: \$4.00
RSVP by Tuesday, July 11
Please note change of date.

FORT ATKINSON SHOPPING

Wednesday, July 5 9:15 am
Get picked up where you live and shop in Fort Atkinson. There are grocery stores, GoodWill, Dollar Store and more. Participants choose where to shop.
Fee: \$3.00
RSVP by Monday, July 3

LAKE GENEVA MAILBOAT

Tuesday, July 18

Cruise the lake, see the mansions and homes up close and watch as the mail carrier jumps from boat to pier and back again. Lunch will be on your own at Popeye's and then enjoy an hour or so to walk around Lake Geneva.

Fee: \$47.00 Deadline is June 28
Depart Starin Park at 8:30 am Return approx 3:30 pm



WISCONSIN STATE FAIR

Thursday August 3

Enjoy a day of fun, food, entertainment, animals, shopping, cream puffs and more at the Wisconsin State Fair. Entrance fee is \$2.00 with two non-perishable food items. (Entrance fee on your own.)
Fee: \$12.00 (transportation/parking/driver) Deadline is July 20
Depart Starin Park at 8:30 am Return approx 4:30 pm

WORKERS & WRIGHT

Thursday August 24

At the Milwaukee Art Museum see the Frank Lloyd Wright 'Buildings for the Prairie' exhibit and then the visit the Grohmann Museum at MSOE to view the "Men at Work" collection. Lunch on your own at MAM.
Fee: \$37.00 includes entrance fees, transportation and driver
Depart: 9:00 am and return approx. 4:30 pm
Deadline is August 4

MARVELOUS MADISON

Saturday, August 26

Spend the day in downtown Madison. Enjoy the Farmer's Market, State Capitol, Museums or State Street. Remember to bring a cooler if you will be shopping at the market.

Fee: \$8.00 (Transportation Only)
Depart Starin Park at 8:00 am Return approx 2:00 pm
Deadline is August 10



COMING IN SEPTEMBER

September 19: Lake Geneva Museum and Yerkes Observatory
September 30: East Troy Railroad to Elegant Farmer

Welcoming Seniors, Boomers, and Adults of all ages.

Activity Calendar

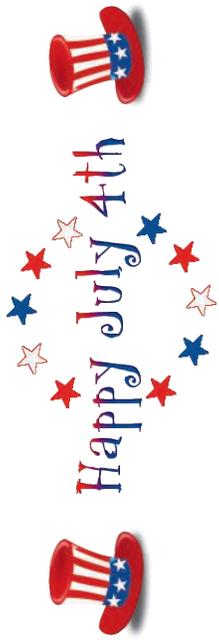
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July 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p>3</p> <p>8:00 Golf (OR) 9:30 FUNctional Fit 10:30 Book Worms 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg</p>	<p>4</p> <p>CLOSED</p>  <p>Happy 4th of July!</p>	<p>5</p> <p>9:00 Indoor Walking 9:15 Fort Atkinson Shopping 10:00 Chess 10:00 Learn Tai Chi- A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 Chair Massage</p>	<p>6</p> <p>9:00 Pickleball (A) 9:30 FUNctional Fit 11:00 Toenail Clinic 1:00 The Yarners 1:00 Painting</p>	<p>7</p> <p>9:00 Indoor Walking 12:30 Pickleball (A)</p>
<p>10</p> <p>8:00 Golf (OR) 9:00 Cycle Ride—Potosi 9:30 FUNctional Fit 11:00 WW Warblers 11:30 Senior Forum 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Medicare Info</p>	<p>11</p> <p>9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 12:30 Mulberry Glen Movie "Beauty & the Beast" 12:30 Stained Glass (A) 1:00 Dementia Friendly Meeting 1:00 Sheepshead</p>	<p>12</p> <p>9:00 Indoor Walking 10:00 Chess 10:00 Learn Tai Chi-A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 12:30 Stained Glass (A)</p>	<p>13</p> <p>8:30 Starved Rock Departs 9:00 Pickleball (A) 9:30 FUNctional Fit 1:00 The Yarners 1:00 Painting 7:00 Big Rig Gig—L</p>	<p>14</p> <p>9:00 Indoor Walking 10:30 Lunch Bunch 12:30 Pickleball (A)</p> <p>Office 9—11 am</p>
<p>17</p> <p>8:00 Golf (OR) 9:00 Cycle Ride—Baraboo/Dells 9:30 FUNctional Fit 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg</p>	<p>18</p> <p>8:30 Lake Geneva Trip departs 9:00 Pickleball (A) 1:00 Sheepshead 5:30 Alcohol Ink Paint Party</p>	<p>19</p> <p>9:00 Indoor Walking 9:30 Pegs & Jokers 10:00 Chess 10:00 Learn Tai Chi-A 11:00 Cont. Tai Chi-A 12:30 Movie "Silence" 12:30 Pickleball (A)</p>	<p>20</p> <p>8:30 Sunny Side Up Breakfast Club 9:00 Pickleball (A) 9:30 FUNctional Fit 1:00 The Yarners 1:00 Painting 7:00 Concert in the Park Twin Rivers Seniors in the Park night - L</p>	<p>21</p> <p>9:00 Indoor Walking 12:30 Pickleball (A) 4:00 Fish Fry trip Departs</p> <p>Office Closed</p>
<p>24</p> <p>8:00 Golf (OR) 9:30 FUNctional Fit 12:30 Pickleball (A) 1:00 Mah Jongg</p> <p>Office open 9 -12:30</p>	<p>25</p> <p>9:00 Pickleball (A) 10:00 City Bingo 12:30 Mulberry Glen Movie "20th Century Women" 1:00 Sheepshead</p> <p>Office open 9 - 1:00</p>	<p>26</p> <p>9:00 Indoor Walking 10:00 Chess 10:00 Learn Tai Chi-A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A)</p>	<p>27</p> <p>9:00 Pickleball (A) 9:30 FUNctional Fit 1:00 The Yarners 1:00 Painting 7:00 Drive-In Movie Night—L</p>	<p>28</p> <p>9:00 Indoor Walking 12:30 Pickleball (A) 1:00 Summer Heat Party 2:00 Warblers Show</p>  
<p>31</p> <p>8:00 Golf (OR) 9:30 FUNctional Fit 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg 1:00 Warblers</p>	<p>1</p> <p>8:00 Cycle Ride Manitowoc 9:00 Pickleball (A) 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 1:00 Sheepshead</p>	<p>Activities take place at the Starin Park Community Building unless otherwise noted.</p> <p>A=Downtown Armory, 146 W North St L=Cravath Lakefront OR=Oak Ridge Golf Course, Milton</p>		

10 Walworth County Nutrition Menu

July 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Grilled Chicken Breast Sweet Potato Souffle Brussel Sprouts Brownie Multi-Grain Bread	4 July 4th Holiday Dining Centers Closed 	5 Roast Beef and Gravy Red Potatoes Peas Lemon Poppyseed Cake Bread	6 Cuban Shredded Pork Whole Wheat Bun Baked Beans Coleslaw Pineapple Tidbits	7 Swedish Meatballs Egg Noodles San Fran. Blend Romaine Salad Banana; Bread
10 Pork with Sesame Mustard Sauce Carrots Broccoli Slaw Sugar Cookie; Bread	11 @ Starin Park Chicken Italiano Italian Blend Veg Vegetables Romaine Salad Fruit Cocktail; Bread	12 Scrambled Eggs Peppers & Onion Breakfast Potatoes French Toast Stick; Pears Turkey Sausage Link	13 Oven Fried Chicken Macaroni & Cheese Greens Melon Mix Multigrain Bread	14 Chicken A La King Mashed Potatoes Carrots Brownie Cornbread
17 Sliced Pork w/Balsamic Onion Jam Wax Beans; Rye Bread Seasoned Broccoli Cranapple Crisp	18 @ Blackhawk Western Meatloaf Rosemary Red Potato Carrots; Bread Angel Food Cake with Strawberries	19 Burgundy Tips Egg Noodles; Dinner Roll Garden Blend Veg Stewed Tomatoes Diced Fruit Mix	20 Baked Chicken Thigh & Leg Mashed Potatoes/Gravy Baked Beans Tropical Fruit; Bread	21 Chicken Salad on Lettuce Mandarin Oranges Dinner Roll Cake
24 Salisbury Steak Garlic Mashed Potato San Fran. Blend Peaches; Wheat Bread Chocolate Chip Cookie	25 @ Starin Park Sausage & Peppers Peas & Carrots Chumky Applesauce Vanilla Pudding Wheat Roll	26 Lemon Pepper Fish Red Potatoes Parsley Rice Pineapple Tidbits Sugar Cookie	27 Spaghetti & Meatballs Green Beans Tossed Salad Tropical Fruit Garlic Bread	28 Honey Balsamic Chicken Breast Blackeye Peas Mashed Spiced Yams Mand. Orange; Dinner Roll
31 Teriyaki Chicken Brown Rice 4-Way Veggie Blend Roasted Root Veggies Cherry Crisp				
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., Mon. & Wed. though Fri. and Starin Park 1st, 2nd & 4th Wed.				

DON'T GET CONNED

OK listen up—there are lots and lots of new scams hitting our community. Just a few tips: do not answer your phone if you don't recognize the phone number. A reputable company will not call asking you for money. I know many of you like to donate to charity and organizations, but if someone calls you asking for money and they can't send you information about where your money will be sent, say no. It's OK to say no! There are many legitimate organizations to donate your money to if you choose, but do your research. Don't just give money to any Tom, Dick or Harry (no offense if your name is Tom, Dick or Harry). The IRS will not call and threaten you. Your grandkids won't call you asking to bail them out. If someone calls and asks "Can you hear me now?" **HANG UP!** Once you donate somewhere, you will be bothered with mail or calls from their people wanting your money too. I'm all for donating money to meaningful, familiar charities. If you have any questions or concerns about phone calls or mail you receive asking for money, please call the Whitewater Police Department. Donate locally or know what your money is going to.



COORDINATOR'S COMMENTS

In addition to knowing how not to get conned, we have free Identity Theft booklets at the center. You may think you know a lot, but what is vishing or smishing? Do you know the signs of Identity Theft? Do you know what to do if your identity is stolen? All this and much more in our pocket sized Identity Theft Booklet at the reception desk. Stop in and pick one up. You'll be glad you did!



Concert in the Park
featuring Twin Rivers
Thursday, July 20 7:00 pm
Cravath Lakefront Park

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OPPORTUNITIES

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

July 28—Ice Cream Social help is needed to:

- Set-up 11:00—noon
- Cut pie & prep food 12:00-12:30
- Serving 1:00—3:00
- Clean-up 3:00—4:00



BOOK WORMS

Monday, July 3, 10:30 am

The Book Club will discuss *The Girl in the Red Coat* by Kate Hamer. The book for July will be *Shooting Star* by Cynthia Riggs.

In *Shooting Star*, ninety-two-year-old poet Victoria Trumbull becomes embroiled in controversy at the community theater on Martha's Vineyard. The theater's current production, her adaptation of *Frankenstein*, by Mary Shelley, is aimed to debunk the common farcical movie-monster interpretation. However, after the night of the dress rehearsal, Victoria loses control over the production, and her drama begins to take a strange course. On that night, the eight-year-old boy playing the part of Frankenstein's young brother disappears, and before a search can begin, a killer strikes. The Vineyard's police forces mobilize for an Island-wide search. In the original story of *Frankenstein*, the boy is the first victim of the monster, and Victoria fears that a copycat killer is following her playscript. She determines to find the missing boy and track down the killer before more deaths occur.

WHITEWATER DEMENIA FRIENDLY COMMUNITY INITIATIVE



Current accomplishments and upcoming tasks:

- The group had our first Dementia Screening which was a huge success! The next one will be September 20.
- We are currently working on available resources in the area
- **Congratulations** to the group for receiving a grant from the Whitewater Community Foundation toward printing of a brochure.
- We are investigating information/training for businesses and groups.
- A Memory Café is coming this fall to the ILY Memorial Library.

If you are interested in being part of the Whitewater DFCI, contact Deb Weberpal at (262)473-0535.

ACTIVITIES AT A GLANCE

Book Worms—First Monday, 10:30; Books available at Starin Park

Canasta—First, third, and fifth Monday, 1:00

Chess—Wednesdays, 10:00 am

Dominoes—First Tuesday, 11:45 (after potluck)

'FUN'ctional Fitness—Monday & Thursday, 9:30; Residents: \$1.00 per class, Non-Residents \$1.25

Mah Jongg—Mondays, 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—Tuesdays, 1:00

The Yarners—Thursdays, 1:00

Walk Away the Pounds—(Indoors), Wednesday and Friday, 9:00

Whitewater Warblers (singing group)—Mondays, 11:00



GREETING CARDS

We have a great selection of Fravessi cards, including Wedding and Anniversary cards. Most cards are priced from \$1.00 to \$2.95. Stop in and check out our selection.

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SENIOR FARMERS' MARKET NUTRITION PROGRAM

The Senior Farmers' Market Nutrition Program (Senior FMNP) provides low-income older adults with a set of vouchers worth \$25 (one set per household per year) to purchase fresh Wisconsin grown fruits, vegetables and herbs from certified farmers. The program is again available in Walworth County for 2017.

To be eligible to receive Senior FMNP checks, there must be at least one individual in the household who is age 60 or older and meets income eligibility requirements:

Single: \$22,311/year or \$1,860/month

Couple: \$30,044/year or \$2,504/month

Vouchers must be picked up in person; seniors may also send a proxy to pick them up. Vouchers will be distributed on a first-come, first-served basis at the Whitewater Starin Park Community Building, 504 W. Starin Rd., on Tuesday, July 25, 11 am-noon. **DO NOT** call the Community Building for information. Call the Nutrition Program at 262-741-3309.

HAPPY JULY BIRTHDAYS TO:

Henry Malo
Eric Zipp
Terry Williams
Sharron Hegland
Eleanor Reeb



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!

Many senior centers no longer put birthdays in the newsletter for confidentiality and identity theft reasons. We will not longer include dates with your name.

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Thanks to “Fun”ctional Fitness Exercisers:

Wow! You all are amazing! Not only because you continue to exercise thru all the stuff you have going on, but you do it with an awesome sense of humor and fun!

Thank you for all the gift cards—Brian and I will definitely put them to good use! Yum! Thank you the most for your friendships. You inspire me! See you in September. xoxo, Mary Zordel

Lyn Wolfe, Pat Metz and Janet Lindahl for providing the Dementia Screening.

Jean Diebolt for sharing her story at our Vietnam talk.

Lynn Ellis for volunteering to work at the reception desk.

CONCERTS AND FAMILY FUN NIGHTS

Thursdays, 7:00 pm, Cravath Lakefront Park

Grab your lawn chair and join us for **free** Concerts and Family Fun events. Shows are held in the Lakefront Center in case of inclement weather.

July 13 The Big Rig Gig

Explore dump trucks, tractors, skid loaders, fire trucks & semis

July 20 Twin Rivers

Seniors in the Park night

A classic Variety Band with a great music selection for all ages and something you can really tap your feet to.

July 27 Drive-in Movie Night

Join us at 7 pm to transform your seat for the night; movie (TBD) starts at 8 pm.

August 3 David Stokes

Through the use of songs, laughter, riddles, and live creatures, David will take a look at animals that share our planet.



SERVICES AT A GLANCE

CHAIR MASSAGE

Wednesday, July 5, 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, July 6

Beginning at 11:00 am

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

Next clinics: August 3

August 31 (No September clinic)



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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SENIOR FORUM

Monday, July 10, 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.

SAVORY SOUNDS



11:30 am-12:45 pm

The Whitewater Arts Alliance (WAA) will present the annual Savory Sounds Summer Concert series at the Birge Fountain in front of the Cultural Arts Center, 402 W. Main St.

June 29: Main Street Big Band

July 6: Bill Hill

July 13: Special children's event by Stuart Stotts

HEARING LOSS: FACT VS. FICTION

Myth : *If I had hearing loss, my family doctor would have told me.*

Incorrect, reports the Better Hearing Institute. Their studies indicate a mere 14 percent of physicians routinely screen for hearing loss during a physical. Audiology is a specialty that relies on training many doctors do not have, making them ill equipped to diagnose hearing loss.



Myth : *Only people with serious hearing loss need hearing devices.*

The need for hearing amplification is dependent on your lifestyle, your degree of hearing loss and your need for a more sophisticated level of hearing. A person with any degree of hearing loss experiences better quality-of-life with treatment.

Myth: *Hearing devices will make me look older.*

Hearing devices don't make you look older; the fact that you cannot hear, understand and communicate normally with others make you look older. If you are that concerned over appearance, many of today's hearing devices are so tiny they fit into your ear canal and are virtually invisible to others.

Myth: *Hearing devices aren't worth the expense.*

What price would you put on quality of life? Research studies indicate nine out of ten people with hearing devices believe their quality of life has improved. Treating hearing loss of any degree improves communication, relationships, emotional and physical well-being, self-confidence, sense of humor, mental and cognitive skills and sense of safety.

To take the next step toward healthy hearing, call 920-563-6667 to schedule an appointment at FortHealthcare Audiology.

Thanks to Fort Audiology for being a Newsletter Advertiser.

PARKS AND RECREATION

The Summer/Fall Brochure is available on line at wwparks.org and hard copies at the Center and the Municipal Building.

ATTRACTION TICKETS

Tickets for attractions are available for purchase at the Municipal building, 1st floor, Finance window, between the hours of 8 am—4:30 pm. Tickets available until August 29.

	Gate Price	Our Price
Milwaukee County Zoo		
Adult:	\$14.25	\$10.50
Child 3-12	\$11.25	\$8.50
Noah's Ark		
All Day Pass	\$41.62	\$27.00
Child under 36" - Free		
Six Flags Great America		
Any Day	\$75.18	\$48.25
WPR Week July 3—9	\$75.18	\$36.25
Under 2 yrs—Free		

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. No donations will be accepted for their service.



Seniors in the Park

PO Box 178
Whitewater WI 53190



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Phone 262-473-0535
Fax 262-473-0537
Nutrition Site 262-903-0436
Hours.....Mon-Thurs, 9:00 am-4:00 pm

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Romelle Koch

Center Receptionists

Patti Grosskreutz
Diana Stettner

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 _____

E-Mail _____

Address _____
