



The Park Bench

July 2018

Seniors in the Park Newsletter

SUMMER HEAT PARTY

Friday, July 27

Come on in out of the heat and enjoy ice cream in it's many forms. We'll have cones for \$1.00 sundaes and root beer floats for \$2.00 and pie a la mode for \$3.00 from 1:00—3:00. At 2:00, the Whitewater Warblers will be giving an encore performance of their 2018 show. The show travels from the east coast to the west coast. They include snippets from many different songs that have destinations in them, you'll have to come and see if your favorite song will be included, MANY songs are in the show. There are also references to many memories from childhood trips and information along the way. We have a lot of fun performing and hope you will enjoy our show too.



Volunteers are needed. If you would like to help set up, serve or clean-up, please let Deb know. More info on page 14.



TEA PARTY RAVE

Thursday, August 23, 4:00 pm—7:00 pm

At the ILY Memorial Library

This is all the rage across the pond in England. A Rave is a lively party or gathering involving dancing and beverages. We're starting sedately from 4:00—5:00 pm with tea, and beverages including beer, wine and a signature cocktail, along with snacks. From 5—7 pm a DJ will play dance music so we can RAVE! We appreciate knowing if you will be attending so we can have enough food and beverages for your enjoyment. Please call.



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

Welcoming Seniors, Boomers and Adults of all ages.



LET'S WALK!

Wednesday & Friday, 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.

POLE WALKING



Tuesday, July 17, 10:00 am

Do you have poles and want to know how to use them more efficiently and effectively? Maybe you just want to see what they are or to vary your workout. You can increase your cardio workout by 20% and calorie burn by up to 48% more using poles! Lessen the impact on joints, naturally align your spine and work your core. Poles provided or bring your adjustable poles with road feet
 Fee: \$10 members
 \$15 non-members

Deadline: Monday, July 9

Class # 5211.12 (wwparks.org)

Starin Park Community Building

LET'S PADDLE!

Wednesday, July 25 10:00 am

Adults of all ages are invited to meet at the boat launch on **Turtle Lake, west of Snug Harbor**. You must sign a paddle waiver and wear a personal floatation device. You are welcome to paddle with a kayak, canoe or paddle board. Paddle will last approximately an hour. We will have lunch at Snug Harbor after the paddle, for those who wish. Please call if you will be paddling with us by Friday, July 20.



"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. Thanks to May Zordel for teaching. Linda Geske takes over for the summer months.

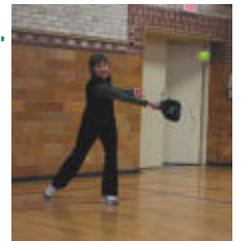
\$1.00 per class members with prepay accounts

\$2.00 non-members or those without prepay accounts

First class is free for new participants.

PICKLEBALL

Try this fun, invigorating, and addicting game. It's played on a badminton-sized court with paddles and a wiffle ball. It's about strategy and fun, not power or athleticism. This non-competitive group plays Monday, Wednesday, and Friday from 12:30– 2:30 pm and Tuesdays and Thursdays 9:00—11:00 am at the Downtown Armory.



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

SENIOR FARMERS' MARKET VOUCHER PROGRAM



Tuesday, July 10, 11 am-Noon.

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 2018.

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: \$22,459/year or \$1,872/month

Couple: \$30,451/year or \$2,538/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

DO NOT call the Community Building for information. Call the Nutrition Program at 262-741-3309.

STAINED GLASS CLASS

No July class

August 21 & 22, 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: Thur., August 16



SENIOR FORUM

Monday, July 9, 11:30 am

If you would like a voice in how the Senior Center is administered and how we should look in the future, attend a meeting and share your ideas. Give your input on membership, fundraising, trips, activities and classes.

WHITEWATER WARBLERS

The Warblers meet on Mondays at 11:00 am. EVERYONE is invited to come and participate in the Warblers. We are preparing for the music festival show in June.

We love to sing songs we have known throughout our lives; kind of like singing in the car or shower, but with friends. We also do some music activities and games, seasonal music and have an anniversary picnic. It's a fun group of people with HUGE hearts. Music and socializing are proven to be good for health and brain fitness, so come join us. You don't need to read music; just enjoy singing and having fun.

OPEN SEWING GROUP

Fri., July 7, 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.

REMINDER

If you change your email, phone number or address, please remember to let us know. There are times we need to contact you with cancellations or other information. Thanks



CRUISIN' CAR SHOWS AND MUSIC

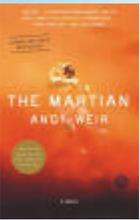
You can meet us at Starin Park at 5:00 pm to leave for the destination or just meet people there. Monday, July 9 is at Jones Park in Fort Atkinson and/or Wednesday, July 11 at Albion Park in Albion. **Sunday, July 29** is a Cruisin' Car Show at the Delavan Band Shell starting at 1:00 pm. At 1:30, enjoy 50's music with PF & the Flatheads Band. Join the fun and see lots of classics!



BOOK WORMS

Monday, June 4, 10:30 am

The Book Club will discuss *The Art of Hearing Heartbeats* by Jan-Philipp Sendker. The book for August will be *The Martian* by **Andy Weir**.



Six days ago, astronaut Mark Watney became one of the first people to walk on Mars. Now, he's sure he'll be the first person to die there.

After a dust storm nearly kills him and forces his crew to evacuate while thinking him dead, Mark finds himself stranded and completely alone with no way to even signal Earth that he's alive—and even if he could get word out, his supplies would be gone long before a rescue could arrive.

Chances are, though, he won't have time to starve to death. The damaged machinery, unforgiving environment, or plain-old "human error" are much more likely to kill him first.

But Mark isn't ready to give up yet. Drawing on his ingenuity, his engineering skills—and a relentless, dogged refusal to quit—he steadfastly confronts one seemingly insurmountable obstacle after the next. Will his resourcefulness be enough to overcome the impossible odds against him? (Also a great movie)

MOVIES: SPONSORED BY MULBERRY GLEN

“All the Money in the World” (Biography/Drama)
Tuesday, July 10, 12:30 pm

Rated R (language, violence); 2 hours, 12 minutes (2017)
Rome, 1973. The true story of the kidnapping of John Paul Getty III and the desperate attempt by his devoted mother to convince his billionaire grandfather to pay the ransom. Oscar and Golden Globe nominations for Christopher Plummer and Michelle Williams; also stars Mark Wahlberg and Timothy Hutton.



“Loving Vincent” (Live action/Animation/Biography)
Wednesday, July 18, 12:30 pm,

Rated PG-13; 1 hour, 34 minutes (2017)



A story depicted with live actors and oil-painted animation. In the summer of 1891 in France, a young man comes to the last hometown of deceased painter Vincent van Gogh to deliver the troubled artist's final letter to his brother. He ends up investigating van Gogh's last days. Oscar/Golden Globe nominations: Best Animated Motion Picture. Please note: this film is being shown on Wednesday, July 18, as part of our Summer art/foreign film series.

“The Leisure Seeker” (Drama/Comedy/Adventure)
Tuesday, July 24, 12:30 pm,

Rated R (sexual content); 1 hour, 52 min. (2018)

Traveling in their family Leisure Seeker vintage RV, John (Donald Sutherland) and Ella Spencer (Helen Mirren) take one last road trip from Boston to the Hemingway House in Key West, before his Alzheimer's and her cancer catches up with them. Best Actress nomination for Helen Mirren. (The book is good, too.)



“Black Panther” (Action/Adventure/Sci-Fi)
Tuesday, July 31, 12:30 pm,

Rated PG-13; 2 hours, 14 min. (2018)



Based on the Marvel Comics superhero. T'Challa, the King of Wakanda, rises to the throne in the isolated, technologically advanced African nation. But his claim is challenged by a vengeful outsider who was a childhood victim of T'Challa's father's mistake. Stars Chadwick Boseman, Lupita Nyong'o, and Forest Whitaker.

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

ACTIVITIES AT A GLANCE

'FUN'ctional Fitness—Mon & Thurs. 9:30 am; \$1.00 per class Members; \$2.00 non-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 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 9:30

Sheepshead—Tuesdays 1:00 pm

CONCERTS & FAMILY FUN NIGHTS

Thursdays, 7:00 pm Cravath Lakefront Park

Grab your lawn chairs and join us for FREE concerts and family fun events.

July 12 The Dang it's

Great music for all ages

July 19 Phillip and Henry Magic Show

(Inside the Lakefront Building) Amazing and highly interactive performance

July 26 The Big Rig Gig

Explore dump trucks, tractors, skid loaders, fire trucks, semis, create your own hard hat and much more

August 2 Cyndi Meyer (Inside the Lakefront Building)

Sponsored by Seniors in the Park

Cyndi plays a wide variety of music from country to 70's and some classic favorites. She has been playing in the area with the Rainbow Bridge Band for 42 years.



August 9 Bouncy Fun

Bouncy houses, games, crafts and face painting

August 16 Piper Road Spring Band

Band was born into the age of rock and roll with individual backgrounds in classical, cowboy, folk, blues and Dixieland.

SUMMER/FALL CITY GUIDE

The Summer/Fall 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.



Tuesdays, 10:00 am

July 3: Culvers July 10: Mulberry Glen
July 24: City Bingo July 31: Surprise Bingo

BINGO SPONSORS

**Culver's, Mulberry Glen, and
City Bingo Cover All: Brain Freeze**

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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 dweberpal@whitewater-wi.gov.

FIRST CITIZEN'S BANK RECEIVES FIRST PURPLE ANGEL



The Whitewater Dementia Friendly Community initiative is proud to announce that the **First Citizen's Bank of Whitewater** was awarded the Purple Angel on June 18th. This is the first business in Whitewater to achieve this honor. Katie Nass and Penny Ardelt of First Citizens, who spearheaded this effort, are trained and can help other businesses become Dementia Friendly. Nass became involved as a member of the Whitewater Dementia Friendly Community Initiative (WDFCI). The Purple Angel is an international symbol which says employees have received dementia awareness training and are sensitive to customers and care partners who are affected by dementia or Alzheimer's. By helping everyone in a community understand what dementia is and how it affects families each of us can make a difference for the people touched by dementia. A Dementia Friendly Community is one that engages people with dementia, making them feel welcome and improving their quality of life while supporting their unique needs as well as the care partners and family members.

MEMORY CAFÉ

Monday, June 11, 10:30 am

The Irvin L. Young Memorial Library, in partnership with the Alzheimer's Association, is hosting 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 is 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 theme will be "We All Scream For Ice Cream". 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.

Whitewater Dementia Friendly Community Initiative (WDFCI) announcement

OPENING THIS FALL: ROCKIN' RESPITE

Whitewater has no adult daycare available. Caring for a loved one at home 24/7 can be both rewarding, and exhausting. Without a break, these care partners burnout or get sick themselves. Rockin' Respite will offer 6 hours of activities and fun, 2 times a month, so care partners can get a haircut, see a doctor, grocery shop, lunch with friends or just take a nap!

We need volunteers to "friend" our "guests" one-on-one in a group setting. We will offer planned activities, exercise, lunch, music, and opportunities to socialize in a safe, supportive setting. Our vision: Neighbor helping Neighbor.

We are also taking applications for "guests", so their care partners can take a break. Candidates must be able to care for themselves, including toileting, with minimal assistance (walkers and wheelchairs okay), be able to follow simple instructions, and be medically stable. Applications will be available beginning July 23.

- Living Word Church has offered accessible space for our use.
- Mulberry Glen has offered to provide lunch for our guests.
- Fort Hospital will provide a paid RN to oversee guests and the program.

Our target open date is October 9, with the respite being open the 2nd and 4th Tuesday from 9:30 am - 3:30 pm.

Please consider volunteering 3 or 6 hours of your time twice a month so these exhausted neighbors can continue to "age at home" together.

If you are a caregiver who would like a few hours of "me time", or are a volunteer willing to help, please call 262-473-0535, Seniors in the Park, for more information.

Donation Wish List:

Oversized playing cards, dice, adult theme puzzles (max. 45 large pieces), sing-along DVDs with "oldies" songs, DVDs of I Love Lucy, Red Skelton, Carol Burnett. No movies please!

FISH FRY FRIDAY

Friday, July 20

Ride with us for a fish fry at Heron's Landing in Jefferson

Depart at 4:00 pm.

RSVP by Wed., July 18

Fee: \$3 per person for transportation only.

Minimum of 7 people

LUNCH BUNCH

Thursday, July 12, 10:30 am

Enjoy lunch at the Herings Sand Bar in Lake Mills. Visit the James J Chocolate Shoppe after lunch.

Fee: \$3.00

RSVP by Tuesday, July 10

SUNNY SIDE UP BREAKFAST CLUB

Thursday, July 26, 8:00 am

Join us for breakfast at Deb's Country Café in Darien.

Featuring local butcher meats and homemade hash browns, American fries, sausage gravy, apple butter and Strawberry-rhubarb jam

Fee: \$3.00

RSVP by Tuesday, July 24

JEFFERSON SHOPPING

Thursday, July 11, 9:15 am

NOTE Change of Date

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

Fee: \$3.00

RSVP by Monday, July 9

CIVIL WAR MUSEUM & KEMPER CENTER

Tuesday, July 17*

Enjoy a ninety minute tour featuring an overview of the Kemper Center. Head downtown for a trolley ride (\$1, must have exact change). Get off at the Fifth Street stop with three restaurants nearby, including Frank's Diner (cash only here) made famous on Diners, Drive-ins and Dives. After lunch, take the trolley to the Civil War Museum for a tour. The museum focuses on the Civil War from the perspective of the people of the Midwest. Through the use of personal stories and narratives, the Museum also explores how the Civil War impacted the people on the Western home front before, during, and after the war.

Fee: \$31 (includes transportation, Kemper Center and Museum)

Depart: 8:00 am Return approx. 4:00 pm

Deadline to register is June 28

***NOTE: There will be a lot of walking on this tour.**



WISCONSIN STATE FAIR

Monday, August 6

Enjoy a day of fun, food, entertainment, animals, shopping, cream puffs and more at the Wisconsin State Fair. Entrance fee, on your own, is \$6.00.

Fee: \$12.00 (transportation/parking/driver)

Depart Starin Park at 8:30 am Return approx 4:30 pm

Deadline is Thursday, July 20



IKEA

Wednesday, August 8

Check out the new Ikea store in Oak Creek, where you can also enjoy a Swedish lunch. There may be a stop for Kopps custard on the way home.

Fee: \$9 (transportation and Driver)

Depart Starin Park 9:00 am Return:

Deadline is Tuesday, July 28

CANOE THE KICKAPOO

Wednesday, August 22

Enjoy a 2 1/2—3 hour paddle (rent a canoe or kayak) on the Kickapoo River starting in Ontario. Rental is on your own. More info on stops, meals and rental fees in the August newsletter or call after July 10th for information.

Fee: 15.00 (transportation and driver) Deadline is August 8

Depart 7:00 am Return 7:00 pm (approx.)



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.

DISCOVER PANAMA: THE LAND BETWEEN THE SEAS

February 14-22, 2019

Experience a land of contrasts with remote rainforests, rich history, diverse wildlife and spectacular coastlines. Highlights include the Gamboa Rainforest Resort, Embera Indigenous Village—'Keepers of the Rainforest', the culture of the country, including indigenous artisans, cigar rollers and folkloric masks. Savor culinary treats, such as fresh Panamanian ceviche, guarapa at a sugar mill, sample breads and pastries from a clay oven bakery and learn how to make seco. Visit Anton Valley nestled inside the world's second largest volcanic crater and learn about frog conservation, butterflies, and visit a nonprofit orchid nursery. The trip includes a one-day partial transit through the canal, 15 meals and airfare. Double is \$2999 per person or \$3699 single. \$500 due with reservation. Deadline to deposit is August 1. Full itinerary is at the center or online at: <https://gateway.gocollette.com/link/883244>



UPCOMING TRAVEL OPPORTUNITIES

West Virginia Autumn Foliage; October 19-23, 2018; Ride West Virginia's New River Train and the "Grand Canyon of the East"; the Railroad Days Festival; visit the "Bunker" and tour Charleston, the state capital. Mayflower Tours. From \$1349 double. **Trip is space available only. Please call.**



A Blue Christmas with Elvis, December 3-7, 2018; Tour Memphis, the Elvis Holiday tribute show, the Delta Cultural Center, Ground Zero Blues Club, Delta Blues Museum, Graceland mansion, private tour of Elvis' museum complex, National Shrine of our Lady of the Snows and the Abraham Lincoln Presidential Library and museum. Mayflower Tours. From \$1499 double. Deposit due by August 1.



Caribbean Cruising and New Orleans, February 13-22, 2019; Tour the "Big Easy", National WWII Museum, Mardi Gras World and dinner at the New Orleans School of Cooking. Enjoy 5 nights on the 'Carnival Glory' cruise ship. Mayflower Tours. Cabins start at \$1769. Deposit due by August 20.



Virginia International Tattoo, April 23-29, 2019; Highlights include a visit to Virginia's Military Aviation Museum, Norfolk Naval Station and the Nauticus National Maritime Center; and explore the *Wisconsin*; attend the "Hullabaloo", reserved seats at the Virginia International Tattoo and the Norfolk NATO Parade of Nations. Mayflower Tours. From \$1939 double. Deposit due by December 20.

Watch for info on a trip to Machu Picchu in November of 2019



TOUR THE USS LST 325

Monday, August 27

Tour the USS LST 325, in Dubuque, Iowa. This particular LST (landing ship/tank) was originally known as LST-325 during the second World War and later L-144 (A/G Syros), while it was in the service of the Greek Navy. It was acquired by The USS LST Ship Memorial, Inc. in 2000, and caught considerable public attention when the veteran crew, with an average age of 72, brought it on a 6,500-mile journey from the Greek island of Crete to Mobile, AL. Once a year, it travels to destinations throughout the United States for people to board and tour. (Note: There are stairs on the ship, but you can do an abbreviated tour without stairs.) After the tour and included lunch at the **Diamond Jo Casino**, visit the **National Mississippi River Museum** or stay at the casino. Ride the **Fenelon Place Elevator**, which is the steepest incline railway.

Fee is \$57.00 (check to City of Whitewater). Deadline is August 1

Depart Starin Park 7 am and Fort K-Mart Lot at 7:30 am

Return approx: Fort 5:30 pm and Starin Park 6:00 pm



APPLES, ANTIQUES & TREATS



Tuesday, September 18

Start the day with an Apple Orchard stop. Travel to New Glarus to tour the Chalet of the Golden Fleece. This Swiss Alps chalet-style home of Edwin Barlow, who brought the Wilhelm Tell play to America in 1938, is where you will discover thousands of artifacts Barlow collected during his travels abroad in the early- to mid-20th century. From wood carvings to ancient and unique jewelry, he collected it all. There will also be a wine tasting at the Hawks Mill Winehaus. You will have time to shop and find lunch on your own, also. Everything is within a 4 block area. There's an included surprise treat on the way home.

Fee: TBD (probably <\$50)

Deadline: Friday, August 24

Depart Fort K-Mart lot 8:00 am; Starin Park 8:30 am

Return (approx) 5:00 Starin; 6:00 Fort

BREWERS GAME



Wednesday, August 22

Watch the Brewers as they take on Cincinnati. The fee includes coach bus transportation, game ticket, snack on the bus and bottle of water.

Fee: \$56 (checks Fort Atkinson Senior Center)

Only 8 seats available.

MOTORCYCLE TRIPS



Thursday, July 19—Milwaukee:

Discovery World & Harley

Davidson. Fascinate at the cool things you can do at the Discovery Museum. It's for 'kids' of all ages. Fee is 60+ \$16 or <60 \$19. Visit the Harley Museum and see Harleys from the beginning and information on how they make them. Fee is 65+ \$14 or <65 \$20. HOG members are free. Depart at 8:30 am

Sunday, July 22—Head for the Rockton Bar and the Almost World Famous Chicken Barbeque (Kickapoo Valley). Trip departs at 9:00 am. Group Leader is Bill McCormick. Round trip approx. 300 miles.

Thursday July 26—Sugar River Raceway. Let your inner child out at the go-cart track. \$40 for 30 minutes. Depart at 10 am. Stop for brunch or lunch then RACE!!.

Riders must arrive prior to departure to show proof of insurance and fill out a participation form, if this is your first ride with us in 2018. 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.

Thursday, August 16—Port Washington and Cedarburg

Wednesday, August 22—Canoe the Kickapoo

Thursday, September 13—Travel toward Richland Center for Apple and Cheese stops.

Saturday, October 13—Holy Hill and lunch at the Fox and Hounds



CHAIR MASSAGE

Wednesday, July 11, 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 12

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: Friday, August 3 (Note the date change)

GREETING CARDS



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

Jessica's Family Restaurant
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Activity Calendar

July 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
2 9:30 FUNctional Fit 10:30 Bookworms 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Canasta Office closes 12:30	2 9:00 Pickleball (A) 10:00 Culver's Bingo 11:15 Pot Luck 12:00 Dominoes 1:00 Sheepshead Office closes 12:30	4 CLOSED Happy 4th! 	5 9:00 Pickleball (A) 9:30 FUNctional Fit 1:30 Spanish Office closes 12:30	6 9:00 Let's Walk! 10:00 Open Sewing Group -A 12:30 Pickleball (A) Office Closed
9 9:30 FUNctional Fit 11:00 WW Warblers 11:30 Senior Forum 12:30 Pickleball (A) 1:00 Mah Jongg 1:30 DFCI meeting 5:00 Fort Cruise Nite	10 9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 10:30 Basic Yoga—L 11:00 Market Vouchers 12:30 Mulberry Glen Movie "All The Money in the World" 1:00 Sheepshead	11 9:00 Let's Walk! 9:15 Jefferson Shop 10:00 Chess 10:00 Learn Tai Chi- A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 Chair Massage 3:00 Sign Language 5:00 Albion Cruise Nite	12 9:00 Pickleball (A) 9:30 FUNctional Fit 10:00 Toenail Clinic 10:30 Basic Yoga—L 10:30 Lunch Bunch 1:30 Spanish 7:00 Concert in the Park (L)	13 9:00 Let's Walk! 12:30 Pickleball (A) Office Closed
16 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg	17 8:00 Kemper Tour departs 9:00 Pickleball (A) 9:30 Pegs & Jokers 10:00 Pole Walking 10:30 Basic Yoga—L 1:00 Sheepshead	18 9:00 Let's Walk! 10:00 Chess 10:00 Learn Tai Chi—A 11:00 Cont. Tai Chi-A 12:30 Movie "Loving Vincent" 12:30 Pickleball (A) 3:00 Sign Language	19 8:30 Motorcycle trip departs 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L 1:30 Spanish	20 9:00 Let's Walk! 12:30 Pickleball (A) 4:00 Fish Fry trip
23 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg	24 9:00 Pickleball (A) 10:00 City Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "The Leisure Seeker" 1:00 Sheepshead	25 9:00 Let's Walk! 10:00 Chess 10:00 Learn Tai Chi—A 10:30 Let's Paddle! 11:00 Cont. Tai Chi-A 12:30 Pickleball-A 3:00 Sign Language	26 8:00 Breakfast trip 9:00 Pickleball (A) 9:30 FUNctional Fit 10:00 Motorcycle trip departs 10:30 Basic Yoga—L 1:30 Spanish	27 9:00 Let's Walk! 12:30 Pickleball (A) 1:00 Summer Heat Party & Warbler Performance 
30 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg	31 9:00 Pickleball (A) 10:00 Surprise Bingo 12:30 Mulberry Glen Movie "Black Panther" 1:00 Sheepshead	1 9:00 Let's Walk! 10:00 Chess 10:00 Learn Tai Chi—A 11:00 Cont. Tai Chi-A 12:30 Pickleball-A 3:00 Sign Language	2 9:00 Pickleball (A) 9:30 FUNctional Fit 1:00 Watercolor 1:30 Spanish 7:00 Concert in the Park (L)	Activities take place at the Starin Park Community Building unless otherwise noted. A=Downtown Armory 146 W North St L=Cravath Lakefront

Persons 60 and over and spouse, regardless of age, are eligible to participate. The suggested donation is \$3.00, but you may donate what you can. Those unable to contribute are still welcome at the site. Call 1-800-365-1587, ext 3333 to make a reservation by noon a day previous. Call the 800 number to cancel meals day of no later than 8:00 am day of. Reservations are required. Meal site is at Brookdale Manor Monday, Wednesday, Thursday and Friday and at Blackhawk Manor on the third Tuesday of the month, serving at 11:30 am.

STARIN PARK NUTRITION SITE MENU

July 3

Shredded Pork
Hamburger Bun
Baked Beans
Coleslaw
Apple Cake

July 24

Sausage & Peppers
Hot Dog Bun
Cucumber, Tomato & Onion Salad
Mixed Vegetables
Fruit Jell-O

July 10

Pork Pot Roast
Green Bean Casserole
Broccoli Slaw
Apple Cake
Wheat Bread

July 31

Scrambled Eggs with Cheese
Turkey Sausage Link
Hashbrown Casserole
Tomato & Cucumber
Apple Sauce; Mini-muffin



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HAPPY JULY BIRTHDAYS TO:

Henry Malo
Eric Zipp
Sharron Hegland
Eleanor Reeb



If you want to be on our birthday list, let Deb know your birth month you can be in the newsletter, too!

(For confidentiality and identity theft reasons, we will not longer include dates.)

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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



- Thank You to the **“Fun”ctional Fitness Group**: You did it again! Brian and I really appreciate the gift cards; we already used the “Jessica’s” card and thought of you all! Thank you so much. Your friendship is awesome!
Mary Z



- Thanks to all who made the picnic a success! Our DJ **Steve Atkinson, Char Perkins, Everyone who brought a classic car** and the **Parks and Recreation staff** for cooking, serving and cleaning up. Thanks everyone!!
- **Diana Stettner & Kathy Cashmer** for filling in when needed and **Patti Grosskreutz and Diana** for helping stay caught up with entering.

VOLUNTEER OPPORTUNITIES

Ice Cream Social: Help set up tables, decorate, prep food and cut pies. Friday, July 27 10 am—noon or when we finish. Help serve from 1:00—2:00. Help clean up 3:00—4:00.

Rockin Respite—We need volunteers to be a friend to a respite guest, one-on-one, in a group setting for either 3 or 6 hours twice a month on the second and fourth Tuesday. We hope to begin on October 9. We will offer planned activities, exercise, lunch, music, and opportunities to socialize in a safe, supportive setting. Our vision: Neighbor helping Neighbor. For more info see page 7.

PICNIC PHOTOS



MAKERSPACE OPEN SHOP NIGHT

June 5 & 19, 6:00-8:00 pm

Wisconsin Makers Makerspace, 200 E. Clay St.

We have Open Make Night the first & third Tuesday of each Month, July 3, 17, at Wisconsin Makers Makerspace, 200 E. Clay St. We are here from 6 to 8pm socializing, creating and sharing knowledge. For more information, email WisconsinMakers@gmail.com, call (262) 753 -6455 or visit Facebook.com/WisconsinMakers.

SAVORY SOUNDS

Thursdays, 11:30 am-12:45 pm; Birge Fountain in front of the Cultural Arts Center (if rain, in the CAC)

The Whitewater Arts Alliance (WAA) will present the annual Savory Sounds Summer Concert series again this summer. Co-sponsors are Fairhaven Senior Services, First Citizens State Bank, Fort Community Credit Union, Olm and Associates and Premier-Bank.



- June 28 UW-W Jazz Camp Ensemble
- July 12 Rose Among Thorns
- July 19 Brass Knuckles

TINNITUS: UNDERSTANDING THAT RINGING IN YOUR EARS

Many people experience a persistent ringing in their ears. This common affliction, known as tinnitus, affects roughly 20 percent of the American population. Tinnitus is defined as the *perception* of sound when none is actually occurring. For some it is a minor nuisance but for others, a major impediment to their quality of life.

An audiologist can evaluate your type and level of tinnitus. Doctors have developed a variety of successful strategies for dealing with tinnitus. The most popular is **white noise therapy**. This principle uses random sound frequencies distributed throughout the hearing spectrum to disguise the persistent background noises. The patient learns to mask out these sounds. Electronic devices made solely for this purpose exist, though the same effect can be achieved through use of an air conditioner, fan or humidifier. A similar concept involves **acoustic neural stimulation**. Acoustic signals are delivered through a handheld device, helping the neural circuits to become desensitized to the noise. Patients with **hearing aids** can turn up the volume and drown out the annoying ringing noises associated with tinnitus.

To schedule an appointment for a FREE hearing screening, call Fort Healthcare Audiology at 920-563-6667 today.

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.

WHITEWATER'S 4TH OF JULY

Got to Whitewater4th.com for all the information. There will be fireworks Saturday June 29 and Wednesday July 4th. The parade begins at 10 am on July 4th with the theme

“Freedom in the Heartland”. The annual Car show will taking place and all the yummy food vendors will be there, too!



(photo by Scott Weberpal)

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

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

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