



The Park Bench

January 2017

Seniors in the Park Newsletter

WISCONSIN HISTORY STORIES



Volume XVII Issue 1

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. 18 The Black Hawk War.

Jan. 25 Everyday Life in Rural Wisconsin during the Gas Light Era (around 1900)

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

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

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3-4, 6-7*Activities*

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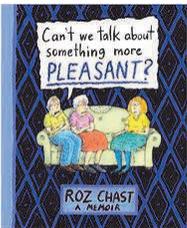
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BackADDRESS, *Phone Numbers, Staff and Subscription info*



SCHOLARLY SCOOP: GRAPHIC GERONTOLOGY: SENIOR CARE, ETHICS AND COMIC STRUCTURE

Friday, January 6, 10:30 am

How can a comic book tell a story about serious matters? Roz Chast's graphic memoir, *Can't We Talk About Something More Pleasant?* (2014), chronicles the author's strained-but-loving relationship with her parents as they enter the final stage of their lives. In this exploration of aging and life writing, we'll discuss how the comic book structure operates to make a serious subject more accessible to a general reading audience. Kam will also talk about ethical decisions that Chast must make in telling the story of her life in relation to that of her parents. Chast's memoir reminds readers about the necessity of discussing senior care and aging despite society's tendency to avoid such "unpleasant" topics, as indicated by the satiric title of book. Coffee and donuts will be available, thanks to Sable House. Please register for the talk by Wednesday, January 4.

Tanya Kam earned her PhD at the University of California, Santa Cruz and is an Associate Professor in the Department of Languages & Literatures at the University of Wisconsin-Whitewater.

Seniors in the Park Promotes & Enhances a Vital Aging Community



KNITTING GROUP

Thursdays, 1:00 pm

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

COLOR GROUP

January 17, 10:00 am

Coloring can be relaxing and meditative and it's the current craze!



Bring your colored pencils, markers or whatever your favorite color implement is. We also have books and color pencils for your use. Whether you draw or use color books, this is a chance to come together, share ideas and spend some time being creative. This group meets on the third Tuesday of the month.

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

BASKET MAKING CLASS

Wednesday, January 11, 10:00 am—4:00 pm

Make a medium handled-basket on January 11. All supplies furnished. Please bring your lunch. Fee: \$15 resident, \$18.75 non-resident.

Registration deadline is January 4.

Minimum 5; Maximum 10



JANUARY ART CLASSES

Found Object Compositions

Thursday, January 12; 1:00-4:00 pm

There is no need for artistic skills to be successful and have fun with this project. We will reuse and recycle found objects into interesting designs. After painting a background-color on cardboard, we will arrange objects into pleasing designs and glue down. Teacher will supply cardboard in two sizes: 13" x 11" or 13"x 5 1/2", paints, brushes, 2 hot glue guns, screws, nails, brads, pistachio nut shells and miscellaneous objects. Participants should bring a glue bottle or hot glue gun, random nails, shells or other textured found objects and cardboard (if larger than above sizes). YOU can also create a word or name with your found objects.

Instructor: Marcie Thayer, retired Art Teacher

Fee: \$10 Deadline: Monday, January 9; Minimum 5 students

When registering, please specify word art or create a design.



Creative Collage

Thursday January 19; 1:00-4:00 pm

We will use magazines, photographs, calendars, pretty papers, sand paper, ebony pencils, pencils, and colored pencils to create pleasing visual images on stiff white paper (teacher will supply). Each class member should bring as many magazines, photos & pretty paper, along with a pair of scissors and glue bottle appropriate for your paper. (Elmer's glue will work.) Teacher will bring an assortment of materials to share and cut-up. Leave with a unique collage.

Instructor: Marcie Thayer, retired Art Teacher

Fee: \$10 Deadline: Monday January 16, Minimum 5 students

Printing Process

Thursday January 26; 1:00-4:00 pm

Experience an interesting overview of the printing process. Bibles were carved from pieces of wood and printed. Carefully examine my wood carved printing plates and see the images created. Many printing presses still use metal plates with images "burned on them". Look and see how the 4-process ink colors create images. Carve your own 3" x 2" plate and print it. In addition, we will carve a foam plate using a sharp pencil. Instructor will supply ink, paper, cutting tool and brayer. You need to think of a good design to bring and a sharp pencil. Marcie Thayer has worked in the printing industry for over 15 years.

Fee: \$10 Deadline: Thursday, January 19, Minimum 5 students

LEARN T'AI CHI CH'UAN



Wednesdays, 10:00 am

Downtown Armory Dance Studio

New Session begins January 11

The principles of Tai Chi include deep relaxation, correct posture, proper breathing and use of the whole mind and body to accomplish even simple movements. Long term practice offers people robust health and a calm and clear mind. The slow, flowing and intentional movements encourage the mind and body to be calm and relaxed and energy to flow freely. This allows one to identify and release tensions that can cause physical, emotional and mental limitations, resulting in better health for the whole person.

Tai Chi requires no special equipment and can be practiced by people in nearly any condition. Jim Mikulich was trained at the Milwaukee Tai Chi Center and teaches the Yang style short form as taught by Ben Lo. Continuing students meet at 11:00 am.

Register for the class by Friday, January 6



BASIC YOGA

Tuesdays, January 3—February 21, 11:15 am

At the Cravath Lakefront Center

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

Instructor: Brienne Brown, RYT

Fee: \$32 residents; \$40 non-residents Deadline: Thursday, January 5

Minimum 10, maximum 16

STAINED GLASS CLASS

Saturdays, January 7 & 14, 9:00—12 noon

Downtown Armory Lower level

All levels are welcome at the class. Whether you are a seasoned glass cutter or new to this craft, you can receive one-on-one instruction. This class will teach you the basics and help you move to the next level.

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

Instructor: Caroline Britton

Fee: \$17.00 residents; \$21.25 non-residents

Deadline: Thursday, December 29

Upcoming classes: February 7 & 8; March 7 & 8; 12:30—3:30



“FUN”CTIONAL FITNESS

Monday and Thursdays

9:30-10:30 am

Open the door to greater independence and a healthier life with “fun”ctional fitness.

Experience a dynamic routine to promote coordination, balance, strength and flexibility. Hand weights, tubes, leg weights and weighted bars are all part of the fun. All levels of ability are welcome. Activities are adapted to individual needs. Prepay \$1.00 per class residents or \$1.25 non-residents. First class is free for new participants.



CORE AND MORE

Mondays & Thursdays, 8:30 am

This class will help you to perform daily activities safely and with ease. Shoulder opening & strengthening, balance and core exercises are done standing, seated and on the floor. Once on the floor, we stay there until the end of class. Modifications for all levels of ability will be demonstrated. Please bring a thick exercise mat, not a yoga mat.

Prepay Residents: \$1.00/class

Prepay Non-Residents:
\$1.25/class

First class is free for new participants.

PUZZLE EXCHANGE

Friday, January 20, 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.



WHITEWATER WARBLERS

The group is growing in size and song selection. The energy of leader Lori Heidenreich is contagious, and everyone gets to pick the songs that are sung.

PEGS AND JOKERS

Pegs and Jokers meets on the third Wednesday of the month, January 18. Stop in and try out this fun game.

SENIOR FORUM

Monday, January 2, 12:00 pm

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.

HOLIDAY CLOSINGS

**The Starin Park Community
Building will be closed
Wednesday December 28
Friday December 30**

MENDING CLINIC

Wednesday, January 11, 1:00-3:00 pm

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



SIP & SWIPE GRADUATE SHARING & LEARNING

Monday January 23 @ 1:00 pm

Join other graduates of the program and share! Bring your tablet and be ready to share your favorite app, game, Utube video or what you've been doing on your tablet. Ask questions and get helpful hints from other users. Please register if you will be attending by January 18.

SIP & SWIPE: TABLET TRAINING

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

Under a generous grant from Bader Philanthropies, Seniors in the Park is now proudly offering a Generations on Line® Sip & Swipe Cafe® tablet training program. This means that, if you are an older adult, you can learn how to access information plus connect with family, friends, hobby groups and more by learning to use a tablet computer.

The Café is a safe, friendly place for learners to move at their own pace with a coach ready to assist, if needed. Learners attend a few sessions, moving at their own pace; no class to keep up with the other students! Learn everything from the very basics of how to turn the tablet on/off and how to turn the page on the tablet (swipe), to writing and receiving email, searching the Internet, texting, using the camera and more. Learners enjoy doing this with 1-2 new friends and often with a cup of coffee to sip (thus the Sip & Swipe Café).

The program and coaching are all free, thanks to the grant. If you have a tablet you are welcome to bring and use it. A tablet is not required as we have tablets to use during the program.

If you are interested in learning tablet technology, contact Seniors in the Park or Diane Jaroch at the ILY Library, 262-473-0530.



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MOVIES: SPONSORED BY MULBERRY GLEN



"Hell or High Water"

Tuesday, January 10, 12:30 pm

Rated R (violence, language); 1 hour, 42 min. (2016)

To stop a west Texas bank from foreclosing on their family's land, two brothers (Chris Pine and Ben Foster) set out to rob the bank's branches to come up with the cash---that is, if an aging, soon-to-be-retired lawman (Jeff Bridges) doesn't outwit and stop them first. This Modern-day Western is garnering Awards season buzz; and is one of TIME Magazine's 10 Best Films of 2016.

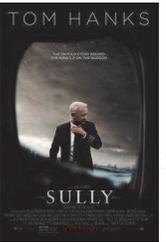


"Florence Foster Jenkins"

Tuesday, January 24, 12:30 pm

Rated PG-13; 1 hour, 51 minutes (2016)

The gently comedic true story of Florence Foster Jenkins (Meryl Streep), a New York heiress and socialite, who dreams of becoming an opera star, despite having a really terrible singing voice...which only SHE doesn't realize. Her loving husband (Hugh Grant) supports her venture---all the way to Carnegie Hall! Meryl Streep does her own "singing." This film has also earned much Awards "buzz."



"Sully"

Tuesday, January 31, 12:30 pm

Rated PG-13; 1 hour, 36 minutes (2016)

The uplifting tale of "The Miracle on the Hudson," retelling the story of commercial airline pilot Captain Chesley Sullenberger (Tom Hanks) who glided his disabled plane onto the frigid waters of the Hudson, saving all 155 aboard, on January 15, 2009. Directed by Clint Eastwood.

ELECTRICAL OR MECHANICAL ENGINEERS NEEDED

The High School is starting a FIRST Robotics team and they are looking for current and retired engineers to serve as mentors for the students. In January, they will go into high gear when they find out what their actual project has to be. You wouldn't have to be there every time, but would appreciate help as you are available.

The school web site <http://www.whs.wwusd.org/page/4574> provides specifics about the team and some of the planned events. The competition is FIRST Robotics (<http://www.firstinspires.org/robotics/frc>).

Anyone interested can contact imasbruch@wwusd.org or 472-8159.

GADGET GURU

UW-W students will be available to assist you for an hour, with any of your "gadgets": smart phones, cameras, tablets, e-readers, laptops, or ipods. Call to reserve a day and time, let us know the brand/model of your gadget, and what you need assistance with. Days and times to be determined. Will begin the week of January 16.
 Fee: \$5.00 resident
 \$6.25 Non Resident
 Deadline: Three days in advance



ARE YOU ON FACEBOOK?

If you are on Facebook, please like Whitewater Parks and Recreation. Center activities, special events and more are posted here.



There is also a **CAREGIVER** Facebook page. Search for Wisconsin's Family Caregiver Support Programs.

RECYCLING ELECTRONICS

Want to dispose of your old electronics? Seniors in the Park recycles cell phones, digital cameras, laptops, game systems, ipods, and cordless phones as a fundraiser.



Bring the items to the Starin Park Community Building during our open hours; Monday—Thursday, 8:00 am—4:00 pm.

SCHOLARLY SCOOP: ORIGIN AND HISTORY OF THE SOUTHERN WISCONSIN LANDSCAPE



Dr. Peter Jacobs will discuss the origin and history of the Southern Wisconsin landscape. He will focus on how sediments, soils, and landforms reveal the history of past glaciers, large lakes, and wind that have shaped the landscape regions of southern Wisconsin. In addition to describing the physical characteristics of our landscape such as topography, sediments, and soils, Dr. Jacobs will explain how the landscape characteristics ultimately affect the way we use and manage the land today.

Peter Jacobs, Professor and Chairperson, Department of Geography, Geology, & Environmental Science, UW-Whitewater. Dr. Jacobs was born in Bloomington, Indiana in 1964. Prior to college, he was an Eagle Scout, worked as a farmhand, and explored the woods of south-central Indiana, all of which helped develop his interest in natural history. He has a degree in agronomy from Purdue University and a Masters and Ph.D. degree in Geography from the UW-Madison, completing studies focused on the characteristics of ice age landscapes as recorded in soils.

At UW-Whitewater, Dr. Jacobs teaches a variety of courses such as Physical Geography, Soil Science, Geomorphology, Water Resources, and the Geography of Wisconsin, among others. In addition to teaching, Dr. Jacobs is an active researcher investigating the age and origin of landscapes and the soil that mantles the landscape. He has worked on projects in Wisconsin, Minnesota, Indiana, Nebraska and other places on the Great Plains.

UPCOMING SCHOLARLY SCOOPS

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

Feb 3: Peter Jacobs (Geography, Geology & Environmental Science) *Origins and History of the Southern Wisconsin Landscape*

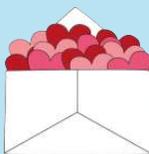
Mar 3: JoEllen Burkholder (Anthropology) *Exploring Sacred Landscapes of Peru*

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

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

GREETING CARDS

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



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SUNNY SIDE UP BREAKFAST CLUB

Thursday, January 19

8:30 am

Ride to the Wedge Inn East in Janesville. A popular breakfast spot on the east side. Fee: \$4.00
RSVP by Tuesday, January 17

LUNCH BUNCH

Thursday, January 12

10:30 am

Lunch will be at the West Wind Diner in Darien. Under new ownership. They have a great menu.

Fee: \$4.00

RSVP by Tuesday, January 10

JANESVILLE SHOPPING

Wednesday January 4

9:15 am

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

Fee: \$3.00

RSVP by Tuesday, January 3

Register and pay for trips and classes online:

schedulesplus.com/wwtr

OR 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 dwebberpal@whitewater-wi.gov, go to the city website at www.whitewater-wi.gov, (Departments, Seniors in the Park) or stop in at the Starin Park Community Building.

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



Scenic ride on the Arcade and Attica Railroad and cruise on the Maid of the Mist at Niagara Falls. Two of the top haunted places in the U.S. are in upstate New York. Haunted visits include the Wm. Phelps General Store, Fort Ontario, Red Coach Inn, Brae Loch Inn, Rolling Hills Asylum and most other stops.

Also wine tasting and Cruise on Seneca lake in a vintage motor vessel. Per person twin room is \$1849; or add \$699 for single supplement. Mayflower Tours

Country Roads of Tuscany November 7—15, 2017



Join Deb and Nan on this wonderful trip to Italy. It features one hotel stay in Tuscany and flying in and out of Florence, Italy.

Highlights of the trip include a Tuscan winery and tasting; Florence, including Statue of

David, Piazza Della Signoria & Santa Croce; the famous Ponte Vecchio Bridge; Pisa; Lucca; San Gimignano; Cooking Class with lunch and wine and more. Per person twin room is \$2895 if make final payment with check (\$2995 credit card), or add \$375 for single. supplement. Premier World Discovery

TRIP PREVIEW
Thursday

Feb 23, 4:30 pm

Please register by

February 20

Italian nibbles and social time, too.

LEGENDARY BLUE DANUBE RIVER CRUISE

May 11- 21, 2017

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

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Activity Calendar

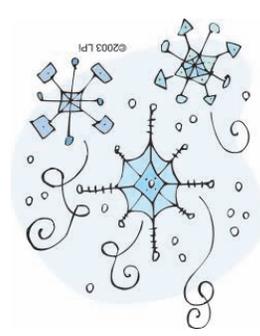
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January 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
2 8:15 Core and More 9:30 FUNctional Fit 10:30 Book Worms 11:00 WW Warblers 12:00 Senior Forum 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg	3 9:00 Pickleball (A) 10:00 Culver's Bingo 11:00 Yoga (L) 11:15 Pot Luck 11:45 Dominoes 1:00 Sheepshead	4 9:00 Bowling (HB) 9:00 Indoor Walking 9:15 Janesville Shop 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 11:00 Toenail Clinic 12:30 Pickleball (A)	5 8:15 Core and More 9:00 Pickleball (A) 9:30 FUNctional Fit 1:00 Knitting Group	6 9:00 Indoor Walking 10:30 Scholarly Scoop: Graphic Gerontology 12:30 Pickleball (A)
9 8:15 Core and More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg	10 9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 11:00 Yoga (L) 12:30 Mulberry Glen Movie "Hell or High Water" 1:00 Sheepshead	11 9:00 Bowling (HB) 9:00 Indoor Walking 10:00 Basketmaking 10:00 Learn Tai Chi (A) New session begins 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 Mending Clinic	12 8:15 Core and More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Lunch Bunch 1:00 Knitting Group 1:00 Found Object Art	13 9:00 Indoor Walking 10:00 Basketmaking (snow date) 12:30 Pickleball (A)
16 8:15 Core and More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg	17 9:00 Pickleball (A) 10:00 Color Group 11:00 Yoga (L) 1:00 Sheepshead	18 9:00 Bowling (HB) 9:00 Indoor Walking 9:30 Pegs & Jokers 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 WI History Stories	19 8:15 Core and More 8:30 Sunny Side Up Breakfast Club 9:00 Pickleball (A) 9:30 FUNctional Fit 1:00 Knitting Group 1:00 Creative Collage	20 9:00 Indoor Walking 9:30 Puzzle Exchange 12:30 Pickleball (A)
23 8:15 Core and More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Sip & Swipe Sharing	24 9:00 Pickleball (A) 10:00 City Bingo 11:00 Yoga (L) 12:30 Mulberry Glen Movie "Florence Foster Jenkins" 1:00 Sheepshead	25 9:00 Bowling (HB) 9:00 Indoor Walking 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 WI History Stories	26 8:15 Core and More 9:00 Pickleball (A) 9:30 FUNctional Fit 1:00 Knitting Group 1:00 Print Making 1:30 Dementia Friendly Mtg.	27 9:00 Indoor Walking 12:30 Pickleball (A)
30 8:15 Core and More 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 Bingo 11:00 Yoga (L) 12:30 Mulberry Glen Movie "Sully" 1:00 Sheepshead			Activities take place at the Starin Park Community Building unless otherwise noted. (A)=Downtown Armory (HB)=Hawk Bowl (L)=Cravath Lakefront

10 Walworth County Nutrition Menu

January 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2 New Year's Day (observed) Dining Centers Closed	3 @ Starin Park Chopped Steak Mashed Potatoes Red Cabbage Mandarin Orange Wheat Bread	4 Swedish Meatballs w/Egg Noodles; Wheat Bread San Fran. Blend Romaine Salad Apricots & Peaches	5 Corn Chowder Carrots Almondine Orange Zested Gr. Beans Veg. Pasta Salad Applesauce; Pumpkin Bar	6 Chick., Broc., Rice Cass. Stewed Tomatoes Cauliflower; Pears Lemon Poppyseed Cake Wheat Bread	
9 Chicken Cacciatore Penne Pasta; Carrots Winter Mixed Veg Mandarin Oranges Breadstick	10 @ Starin Park Pork with Dijon Sauce Baked Beans Broccoli Pineapple; Sugar Cookie Wheat Bread	11 Stuffed Chicken Breast Squash; Broccoli Fruit cocktail Fruit Jell-O Wheat bread	12 Italian Wedding soup Peas; Tossed salad Pears M&M cookie Wheat roll	13 Shepherd's Pie Mashed Potatoes Winter Mixed Veg Wheat Bread Apple Slices	
16 Chili; Peas & Carrots Chunky Applesauce Italian Pasta Salad Cherry Orchard Bar Corn Bread Muffin	17 @ Blackhawk Rosemary Pork Loin Sweet Potatoes Broccoli Pears; Brownie Rye Bread	18 Western Meatloaf Mashed Pot.; Gr. Beans Pineapple chunks Sugar cookie Dinner Roll	19 Burgundy Tips Egg Noodles Garden Blend Veg Stewed Tomatoes Fruit Mix; Wheat Roll	20 Chicken Leg & Thigh Mashed Potatoes/Gravy Calif. Mixed Veg Peaches Wheat Bread	
23 Navy Bean/Ham Soup Tossed Salad; Squash Hot spiced apples Chocolate cake Dinner Roll	24 @ Starin Park Spaghetti with Meatballs Tossed Salad Wax Beans Pineapple/Orange Cup Garlic Bread	25 Roast beef; Mash. potatoes Broccoli Apricots/Peaches Vanilla Pudding Wheat Roll	26 Baked Breaded Fish Cauliflower; Red Potatoes Pineapple Chunks Sugar Cookie Wheat roll	27 Shaved Turkey/Gravy Mash Pot; Gr. Bean Cass. Mandarin Oranges Chocolate Chip Cookie Wheat Bread	
30 Parmesan Crusted Pork Squash California Mixed Veg Pears Dinner Roll	31 @ Starin Park Sloppy Joes on a bun Baked beans Romaine Salad Tropical fruit blend				Persons 60 and over and their spouses are eligible. Suggested donation is \$3.00. Call 1-800-365-1587 ext 3333 to make a reservation by noon a day previous or to cancel meals day of by 8:00 am. Meal site is at Brookdale Manor, 1061 Blackhawk Dr., Monday & Wednesday though Friday.

HELP PROTECT YOUR FAMILY

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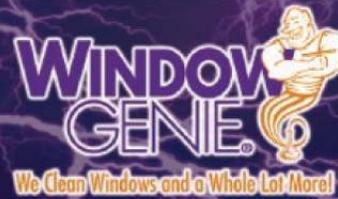
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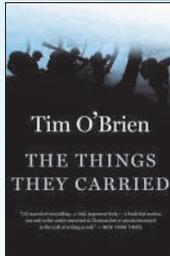
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BOOK WORMS

Monday, January 2, 10:30 am

The Book Club will discuss *The Thirteenth Tale* by Diane Setterfield. The book for January will be *The Things They Carried* by Tim O'Brien.

This is a collection of linked short stories about a platoon of American soldiers in the Vietnam War. It is based upon his experiences as a soldier in the 23rd Infantry Division. He prefers to refrain from political debate and discourse regarding the Vietnam War, but has become jaded regarding the ignorance he perceives from the denizens of his home town toward the world. It is in part this ignorance that drove O'Brien to author *The Things They Carried*. Many of the characters are semi-autobiographical. The use of real names and inclusion of himself as the protagonist within the book creates a style that meshes and blurs the fiction and non-fiction. *The Things They Carried* is dedicated to the fictional men of the Alpha Company in order to make the novel feel like a war memoir.¹



ACTIVITIES AT A GLANCE

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

BINGO

Tuesdays, 10:00 am

- Jan. 3: Culver's
 Jan. 10: Mulberry Glen
 Jan. 24: City Bingo
Jan 31: Bingo!!



BINGO SPONSORS

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 are considered "residents".
 Those living outside of the
 district pay the non-resident
 fee.**

~Parks and Recreation
 Policy~

**You can now get your copy of *The Park Bench* online by
 clicking on or going to the following link:
ourseniorcenter.com/find/seniors-in-the-park**

OPPORTUNITIES

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

A **Computer Tutor/Gadget Guru** is needed to provide one-on-one assistance to older adults with laptop, tablet, smart phone and other technology. Schedule is your availability

Take down Holiday Decorations: 1:30 Thursday, December 29.

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

BAD WEATHER CLOSINGS



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

HOLIDAY FUN!



SERVICES AT A GLANCE

Toenail Clinic:
Wednesday January 4,
11:00 am -2:30 pm
Thursday, February 2
9:00 am-1:30 pm
Thursday, March 2
9:00 am-1:30 pm



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

Other Services:

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

SIGN IN, PLEASE!

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

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

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

Thank You!

Thanks to:

- Holiday Party entertainment Sponsor—**Commercial Bank**
- Poinsettias—**Whitewater Greenhouse**
- Decorating the van—**Dan Sable**
- Decorating the Community Building—**Dan Sale, Mark Dorn and Judy Wildermuth.**
- Holiday Lunch Volunteers—**Peggy Anderson, Erika Pederson, Bruce Parker and Diana Stettner.** Staff Assistance: **Michelle Dujardin, Brian de la Torriente, Debbi Oas, Dwight Slocum and Dan Buckingham**
- Cash Donation—**Jean Bromley**

AARP TAX ASSISTANCE

Wednesdays, beginning February 8

Appointments can be made beginning

Monday, January 23. No appointments can be

made prior to this date.

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

You must bring:

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

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



HAPPY JANUARY BIRTHDAYS TO:

- 15 Eunice Rowe
16 Betty Heth



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

SCHOLARSHIP FUNDS

Scholarships are available for those who cannot afford the required fees for Seniors in the Park programs. Talk to Deb, if you need to apply for scholarship funds.

DEMENTIA FRIENDLY COMMUNITY

A Dementia Friendly community is defined as one that is informed, safe and respectful of individuals with dementia and their families, provides supportive options and fosters quality of life.

Share your passion and commitment, making our community the best it can be. If you would be interested in being on a committee to make Whitewater a Dementia Friendly Community, please let Deb know. We will begin meeting in January and work throughout 2017 to develop community education and training to build a Dementia Friendly Community. There are now a multitude of resources and a lot of assistance that can be garnered from other communities, counties and the state. I hope you will consider joining me in moving Whitewater forward in becoming a Dementia Friendly Community.



Thursday, January 26
@ 1:30 First Meeting

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

FREEZE FEST AND CHILI COOK-OFF

Saturday, February 11

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

11:00—1:00 Snow Dogs at ILY Library

11:00—2:30 Chili Cook-off

Noon—3:00 Polar Plunge

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

CHILI COOK-OFF COOKS NEEDED



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

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

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

TAKE A COURSE AT UW-W

When it comes to college courses, your sole options are to take them for a grade or for pass/fail credit — right? Wrong. You can also audit a class, which involves taking it for no grade at all. Individuals who audit college courses have historically been non-traditional students seeking to expand their knowledge without officially enrolling in a class. If you have any interest in University Wisconsin-Whitewater classes, be sure to visit <http://www.uww.edu/policies/class-audit> for details.

PARKS & RECREATION

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

“The key to aging is to not mourn what’s lost, but to celebrate what remains, to not identify with limitation but rather with possibility.”

~Marc Middleton

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- Volunteers are there to assist learner's along the way as support is needed.
- Training and materials provided.

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To find health and wellness information for older adults from the National Institutes of Health (NIH), go to www.nihseniorhealth.gov

NIHSeniorHealth is a senior-friendly website from the National Institute on Aging (NIA) and the National Library of Medicine (NLM), both part of the NIH.

Seniors in the Park

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

Senior Coordinator

Deb Weberpal, CPRP
dweberpal@whitewater-wi.gov

Volunteer Editor

Romelle Koch

Parks and Recreation Director

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

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



NEWSLETTER SUBSCRIPTION OR PICK-UP SITES

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

Name _____

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Address _____
