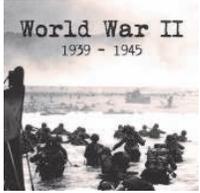




# The Park Bench

January 2018

Seniors in the Park Newsletter



## WORLD WAR II STORIES

Wednesdays, 1:00 pm

Join Dr Richard Haney, Emeritus UW-W, for interesting and informative history talks. Thanks to UW-W Continuing Education Department for funding the series.

- Jan. 17 Unsung Civilian World War Two Heroes
- Jan. 24 When is Daddy Coming Home? An American Family During World War Two
- Jan. 31 Generals Dwight Eisenhower and Douglas MacArthur: Their Vital Strategic Decisions in Europe and the Pacific
- Feb. 7 Hiroshima and Nagasaki: President Truman's Decision to Use the Atomic Bomb

## SCHOLARLY SCOOP: STUDYING INSECTS AT UW-WHITWATER: WHAT ARE WE FINDING IN OUR BACKYARD?

Friday, January 5, 10:30 am

We know very little about the insect world. Even here in Whitewater we have little idea what is out there. Over the course of my 15 years at the University, students and myself have engaged in numerous projects to close the gap on our lack of understanding. I will share some of the interesting things we have explored and discovered from right here in our backyard.

Presenter: Dr. Kerry Katovich, Assoc. Professor, Dept. of Biological Sciences, studies insect biodiversity, their natural history (what they are doing, where they live, etc.) and identification. His primary work is focused on a large group of scarab beetles called the Macroductylini. He also has interests in several other beetle groups, true bug and fly groups. Students in his lab have also worked on conservation and restoration ecology projects involving insects and spiders.

Please register in advance. Thanks!



Volume XVIII Issue 1

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Welcoming Seniors, Boomers, and Adults of all ages.

Life moves in all directions.  
You should, too!

## LET'S WALK!

**Wednesdays and Fridays, 9:00 am**

Walk indoors to a 45-minute DVD, incorporating arms and movement in all directions. Do as much or as little as you want with this fun group.

## CORE AND MORE

**Mondays & Thursdays, 8:30 am**

This class will help you to perform daily activities safely and with ease.

Shoulder/hip opening & strengthening, balance and core exercises are done standing, seated and on the floor.

Modifications for all levels of ability will be demonstrated. Please bring a thick exercise mat, not a yoga mat.

Prepay Members: \$1.00/class

Prepay Non-members: \$2.00/class

First class is free for new participants.

**No Core Monday, January 15**

## WHITEWATER WARBLERS

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

## SENIOR FORUM

**Monday, Jan. 8, 11:30 am**

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

## BASIC YOGA

**Tuesdays, January 9 — March 6\***

**Thursdays, January 11 — March 8\***

**10:30 am, Cravath Lakefront Center**

This seven-week class will focus on basic yoga postures. You will stretch, strengthen and tone your entire body. Optimal alignment, concentration and relaxation are promoted in every class. Students should bring a yoga mat and wear loose or flexible clothing.

Instructor: Brienne Brown, RYT

Fee: \$35 members \$45 non-members

**Payment/Deadline: Wednesday, January 3**

**\* No class Thursday, February 8 and Tuesday, February 13**



## LEARN T'AI CHI CH'UAN

**Wednesdays, 10:00 am**

**Downtown Armory Dance Studio**

**New class begins Wednesday, January 10.**

The principles of Tai Chi include deep relaxation, correct posture, proper breathing and integration 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 for the 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 Thursday, January 4



## "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 members or \$2.00 non-members

First class is free for new participants.



## GOT A NEW TABLET OR IPAD?



Want to stay in contact with children and grandchildren? See their pictures or talk to them while looking at them? See what's going on in the world? Nothing on TV; you could watch videos or play games online. Have a hobby or want to fix something? It's all online! A tablet opens up

a whole new world for you. Also, unfortunately, Medicare, Social Security and almost everything is online. An easy way to step into the digital age is to learn to use a tablet. They are inexpensive and not difficult to learn.

With a generous grant from Bader Philanthropies, Seniors in the Park offers a free Generations on Line® Sip & Swipe Cafe® tablet-training program. If you are an older adult, you can learn how to access information, plus connect with family, friends, hobby groups and more by learning to use a tablet computer.

It's a safe, friendly place for learners to move at their own pace, with a coach ready to assist, if needed. The program and coaching are all free, thanks to the grant. If you have a tablet you are welcome to bring and use it. A tablet is not required, as we have tablets to use during the program.

If you are interested in learning tablet technology, contact Seniors in the Park.

## AARP TAX ASSISTANCE

### Wednesdays beginning February 7

AARP is offering free tax preparation to low and moderate income taxpayers, with special attention to those age 60 and older, with quality assistance in filing their personal taxes. Call 262-473-0535 to set up an appointment January 22 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 2016 tax returns
- Proof of 2017 income
- Blank check for electronic refund deposit

If you are filing Wisconsin Homestead Credit, you will need either a 2017 real estate tax bill OR Certificate of Rent form signed by your landlord. 2017 taxes do not have to be paid to file Homestead Credit. **IMPORTANT NOTE:** Preparers will not do returns for people who are married, but file separately, or who become divorced in 2017; schedules for business, rental income, farms, moving expense forms, forms for nondeductible IRAs, and child investment income tax.



## IPAD GROUP

### Thursday Jan 18 10:45 am

Have you been through a Sip & Swipe® class or have an iPad and just want a little more information? Here's a group for you! Mark Dorn will lead this monthly group. Get together with other iPad users and share. Please bring your iPad to work on. If you have a topic for another month, let Deb or Mark know. Please register for the group by Monday January 15.

## TABLET AND FACEBOOK CLASSES

Still working on instructors/facilitators for these classes.

Please call with your interest and we'll contact you when the classes and tutoring sessions are in place.



## INTERESTED???

We would like to offer a ukulele class. If you are interested, let Deb know. We are always looking for ideas for new classes.

## BAD WEATHER CLOSINGS

In case of inclement weather, (Snow that four letter "S" word), program cancellations will be on or radio stations



WFAW 940 AM and WSJY 107.3 FM, or online on the Whitewater Banner. **If school is cancelled we will not be open.** If there is a delay, we will be open.

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

**STAINED GLASS CLASS**

**January 16 & 17 12:30-3:30 pm,  
Downtown Armory Lower level**



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

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

Instructor: Caroline Britton

Fee: \$15.00 members  
\$20.00 non-members

Deadline: Thursday, January 11

**OPEN SEWING GROUP**

**Fri., January 5, 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](mailto:behrecar@gmail.com).

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

**BEGINNING PAINT/SKETCH**

**Thursdays, January 4-25, 1:00—4:00 pm**

Want to try something new? Have a favorite medium already? We will start at the very beginning and cover supplies, how to get started with hands-on techniques for painting and sketching and ideas to help you learn. All skill levels are welcome, but demonstrations will focus on getting started and basic techniques! Pattie will spend time with each person helping you with your subject medium. Instructor: Pattie Kelley Fuller, [www.pattiekellyfuller.com](http://www.pattiekellyfuller.com)  
Sign up by Tuesday, January 2



**LEARN MAH JONGG**

Learn this brain stimulating game played with tiles. American Mah Jongg will be played. (Not like the computer version.) Watch for this class to start in February.

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

**Friday, February 2, 10:30 am**

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

Sarah Hessenauer is an Associate Professor and Program Coordinator for the Social Work at the University of Wisconsin Whitewater.

**PUZZLE EXCHANGE**

**Friday, January 19, 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.



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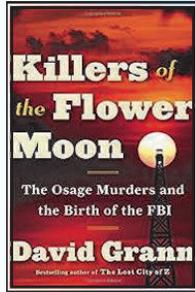


## BOOK WORMS

**Monday, Jan. 8, 10:30 am**

The Book Club will discuss *My Grandmother Asked Me to Tell You She's Sorry* by Fredrik Backman. The book for January will be *Killers of the Flower Moon* David Grann.

In the 1920s, the richest people per capita in the world were members of the Osage Indian Nation in Oklahoma. After oil was discovered beneath their land, the Osage rode in



chauffeured automobiles, built mansions, and sent their children to study in Europe. Then, one by one, they began to be killed off. One Osage woman, Mollie Burkhart, watched as her family was murdered. Her older sister was shot. Her mother was then slowly poisoned. And it was just the beginning, as more Osage began to die under mysterious circumstances.

In this last remnant of the Wild West—where oilmen like J. P. Getty made their fortunes and where desperadoes such as Al Spencer, “the Phantom Terror,” roamed – virtually anyone who dared to investigate the killings were themselves murdered.

As the death toll surpassed more than twenty-four Osage, the newly created F.B.I. took up the case, in what became one of the organization’s first major homicide investigations. But the bureau then was notoriously corrupt and initially bungled the case. Eventually the young director, J. Edgar Hoover, turned to a former Texas Ranger named Tom White to try unravel the mystery.

*Killers of the Flower Moon* is utterly riveting, but also emotionally devastating.

## MOVIES: SPONSORED BY MULBERRY GLEN



**“Dunkirk”**

**Tuesday, January 9, 12:30 pm**  
**Rated PG-13; 1 hr, 46 min (2017)**

The dramatic and true evacuation of Allied soldiers from Belgium, England and France, who were cutoff and surrounded by the German Army, from the beaches and harbor of Dunkirk, France, May 26-June 4, 1940. Told through the eyes of a trapped soldier, two RAF pilots and a group of civilians. A critically acclaimed film starring Mark Rylance, Tom Hardy and Kenneth Branagh.

**“Fort McCoy”**

**Tuesday, January 23, 12:30 pm**  
**Rated R (violence), 1 hr, 40 min (2011)**

A drama based on the true story of the Stirn family, who lived next to Fort McCoy (Monroe County) when it was used as a detention center for Japanese, German and Italian POWs during World War 2. Shot on location and in La Crosse. Stars Eric Stoltz.



**“The Battle of the Sexes”**

**Tuesday, January 30, 12:30 pm**  
**Rated PG-13, 2 hrs, 1 min (2017)**



The true story of the 1973 tennis match between women’s world champion Billie Jean King (Emma Stone) and ex-men’s champ Bobby Riggs (Steve Carell), in the wake of the sexual revolution and the rise of the women’s movement. A biography/comedy/drama of an event watched by over 100 million people worldwide.

## BINGO

**Tuesdays, 10:00 am**

Jan. 2: Culvers  
Jan.. 9: Mulberry Glen  
Jan. 23: City Bingo  
**Jan. 30: Crazy Bingo**

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## CABIN FEVER PARTY

**Sunday, February 25, 1:00—4:00 pm**

It's time to get out of the house and enjoy an afternoon of fun! We will have table games and people to help you learn them, including Farkle, Uno, Tensies (dice game), Phase 10 and Chicken Foot dominoes. Learn some fun simple line dances from 1:30—2:30. We'll have bag toss/corn hole games, charades and other fun activities. We'll have snacks, hot and cold beverages and make your own s'mores. At 3:45 will be the membership raffle drawing. You don't have to be present to win. It's been a long winter. Time to get out of your 'cabin' and enjoy the warmth of friendship and fun. Bring someone who has never been to Seniors in the Park and they are free!

Fee: \$3.00 members, \$5.00 non-members

Registration and payment due by Monday, February 19.

## THE KEYS TO LIVING WELL AT END-OF-LIFE

**Wednesday, February 21, 1:00—2:00 pm**

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

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

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

## INTERESTED???

We would like to offer a ukulele class. If you are interested, let Deb know. We are always looking for ideas for new classes.



## LIONS EYEGLASS COLLECTION

There is a collection bin at The Starin Park Community Building. Drop off your eyeglasses of any kind during our open hours in the Main Room.

**Join the Whitewater Dementia Friendly Community Initiative (WDFCI), as we work to create community awareness, provide training and support care partners and those with dementia, by calling Deb at 262-473-0535 or email [dweberpal@whitewater-wi.gov](mailto:dweberpal@whitewater-wi.gov).**

*“Dementia doesn't rob someone of their dignity; it's our reaction to them that does.”*

~Teepa Snow

Everyone deserves to be treated with dignity regardless of race, color, creed, gender or *disease*.

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## TRIP PLANNING

**January 16 @ 1:30 pm**

Bring your ideas for bus or van trips. I also have a large stack of ideas. We will decide on trips, set dates and start planning. Bring your laptop or tablet, if you have one.

Please call if you will be here or are interested.

## FISH FRY FRIDAY

**January 19**

Staying close to home we will head out to Snug Harbor for their walleye or cod fish fry.

Depart at 4:00 pm.

RSVP by Wednesday, Jan. 17

Fee: \$3 per person for transportation only.

Minimum of 7 people

## LUNCH BUNCH

**Thursday, Jan. 11, 10:30 am**

We are headed for the Parkview Café in Milton. A great breakfast spot so we'll check it out for lunch.

Fee: \$3.00

RSVP by Tuesday, Jan. 9

## FORT ATKINSON SHOPPING

**Wednesday, Jan. 3, 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 Tuesday, January 2

## SHARE YOUR TALENTS

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



- **Special Events**—We are looking for a few people interested in helping to plan and/or implement Special Events. We have a list of events we'd like to offer next year, so if you love planning parties, join us! Planning meeting on Wednesday, January 10 at 1:30 pm.
- **Ladies Day**—We are putting together a group to plan a Ladies Day for November 17, 2018. What are your ideas? Let Deb know if you are interested so we can start researching.
- **Sip & Swipe Coaches**—If you can use a tablet, please consider volunteering. It's per your schedule. Learners read what is on the tablet screen and progress at his/her own rate. Volunteers are there to assist learner's along the way as support is needed. Training and materials provided.
- **Travel Assistant**—Looking for someone willing to help research, plan, reserve and organize van and bus outings for 2018. Planning meeting on Tuesday, January 16, 1:30—3:30.
- **Discussion Facilitator** - Listen to a short monthly podcast by the Retiree Rebels and facilitate a discussion after. Day and time per your schedule.
- **Technology**—Are you good with any or all forms of technology? We are in need of tutors for laptops, cell phones, digital cameras, etc. Time is per your schedule. One hour tutoring sessions.

## ACTIVITIES AT A GLANCE

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

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

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

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

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

**Whitewater Warblers** (singing) – Mondays 11:00 am

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

**Potluck**—First Tuesday 11:15 am

**Bingo**—First, Second & Fourth Tuesdays at 10:00 am

**Canasta**—First, third and fifth Mondays 1:00 pm

**Chess**—Wednesdays, 10:00 am. Beginners welcome

**Dominoes**—First Tuesday 11:45 am

**Mah Jongg** – Mondays, 1:00 pm

**Pegs and Jokers** –Third Tuesday at 9:30

**Puzzle Exchange**—Third Friday at 9:30

**Sheepshead**—Tuesdays 1:00 pm



**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](mailto:dweberpal@whitewater-wi.gov), go to the city website at [www.whitewater-wi.gov](http://www.whitewater-wi.gov), (Departments, Seniors in the Park) or stop in at the Starin Park Community Building.**

## **Wolves, Wilderness and Water, June 18–22, 2018**

Highlights include: Narrated sightseeing tour of the Twin Cities and overnight adjacent to the Mall of America. Cruise in the Duluth Harbor and visit Canal Park. Ride the Western Shore of Lake Superior and visit Gooseberry Falls and Split Rock Lighthouse. Spend two nights in Grand Marais overlooking Lake Superior. Visit the Grand Portage National Monument Heritage Center and learn about the Ojibwe culture with lunch at the Naniboujou Lodge. Tour the North American Bear Center in Ely and enjoy a presentation at the International Wolf Center. Overnight in Hinkley. Finish the tour in Chippewa Falls, touring the Jacob Leinenkugel Brewing and have lunch at the Norske Nook in Osseo. Same tour company as our fabulous Mississippi River Road tour last year.



Fee: \$975 double or \$1405 single. \$150 deposit due with registration. Complete itinerary at the center or online:

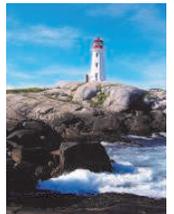
## **LAST CALL!!**

### **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! Final payment is due Wednesday, January 30.

### **Maritimes Coastal Wonders (Nova Scotia) July 16—July 26, 2018**

Highlights of the trip include Peggy's Cove, Halifax, Cape Breton Island, the Cabot Trail, Prince Edward Island, The Anne of Green Gables Museum, the Fundy Trail, the Lighthouse Trail and, of course, a traditional lobster feast. Air included out of Milwaukee. Double \$3799; Single \$4549 Deposit due by January 6. More info at <https://gateway.gocollette.com/link/803502> Collette Tours



### **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, but a late freeze spoiled the blooms and the women of Natchez opened their homes to visitors—and they have been on display ever since. It’s a display of true southern gentility. Costumed private 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. Experience the antebellum homes, lush gardens, costumed hosts and live musical performance that are exclusive to the Spring Pilgrimage.

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

## COORDINATOR'S COMMENTS

WOW! WOW! WOW! I love this community! Several people have been so generous and made donations above and beyond the membership fee. I can't thank everyone enough. From your words of gratitude and encouragement, to the time you give to the program, I am so very humbled and thankful.



It's a NEW YEAR! What's on your Bucket List? What do you want to learn, experience or do? Take the time to pause, reflect, and write down your 'bucket list'. Look at it occasionally. Just thinking about it won't make it happen.

How can you ignite your life? A healthy lifestyle will give you the strength and energy to meet each day with vitality and add quality years to your life. How much you move and the "fuel" you put in your body have a huge impact. Think of your body as a high performance engine and fuel it with a nutrient rich diet, without preservatives, minimal sugar and a caloric content commensurate with your activities. Both exercise and good nutrition are important for a healthy brain as are social connections.

I challenge you to be an ignited older adult by being a thought leader, a disruptor of the status quo and a senior innovator. Make your third stage of life, purposeful. Giving of yourself in whatever suits you, is one of the best ways to stay healthy, involved and you feel really good, too.

May 2018 be your best year yet. My mom said every decade gets better and so far, she's right. Thanks Mom

## MEMBERSHIP FEE 2018

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

- Fee: \$10 per person. Applies to attendance in all programs/ classes, trips\* and activities. This amounts to .83 per month to participate.
- Exempt from membership: If you only attend Foot Clinic, Meal Site or Tax Preparation. Bus trips in conjunction with other centers and extended travel are also exempt.
- Guests are allowed to attend twice before paying the membership fee.
- We have a sunshine fund for anyone truly unable to afford the membership.

### Benefits

- Join before February 23 and receive tickets for raffle prizes
  1. Receive five raffle tickets if paid in December
  2. Receive three tickets if paid in January
  3. Receive 1 ticket if paid by February 23.
- Know you are helping our program grow!
- Someone to assist you, answer questions, set up and take down equipment for programs, help keep the facility open more hours to serve you, and so much more.

## HOW TO REGISTER AND PAY ONLINE

Register and pay for trips, classes and membership online at home: [schedulesplus.com/wwtr](http://schedulesplus.com/wwtr) (you need to be registered with us including your phone number and birth date). We have printed directions at the center, if you need help.

OR Pay for classes and membership only (No trips) at [www.wwparks.org](http://www.wwparks.org). (You must create an account.)

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

Sometime after the first of the year, we are hoping to have a mobile card reader here for people to use, if they would like to pay by credit card.



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



## CHAIR MASSAGE

**Wednesday, Jan. 3, 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, January 4**

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: February 1**

## GREETING CARDS



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

<p><b>Jessica's Family Restaurant &amp; Banquet Room</b>                  Breakfast All Day • Fish Fry Friday                  Homemade Potato Pancakes, Soups &amp; Specials                  Now available for parties up to 80 people                  Now featuring beer &amp; wine  <b>Call Today 473-9890</b>                  140 W. Main St.</p>		<p><i>McCullough's</i>                  • PRESCRIPTIONS                  • GIFTS                  Contact us regarding convenient medication packaging options                  1173 W. Main St. • 473-5065</p>	
<p><i>We Care</i>                  For Our Patients and Our Community</p> <p>For over 75 years...Patients who know us, love us. You should get to know us too.</p>		<p>LET US <i>carry</i> YOUR MESSAGE TO <i>Senior</i> THE <i>Community</i></p> <p>For advertising info call: 1-800-950-9952</p>	
<p>FortHealthCare.com • 262.473.5599                  1461 W. MAIN STREET • WHITEWATER                  We accept a variety of insurance plans.</p>		<p><b>FIRST CITIZENS STATE BANK</b>                  SINCE 1863</p> <p><b>Trust Services:</b> • Administer your Will                  • Administer your Trust • Invest your Funds • Pay your Bills</p> <p><i>Serving Whitewater, Palmyra &amp; East Troy</i></p> <p>Member FDIC <a href="http://www.firstcitizensww.com">www.firstcitizensww.com</a></p>	

# Activity Calendar

## January 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<b>1</b> <b>CLOSED</b> 	<b>2</b> 9:00 Pickleball (A) 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 1:00 Sheepshead	<b>3</b> 9:00 Bowling (HB) 9:00 Let's Walk! 9:15 Fort Atkinson Shopping 10:00 Chess 10:00 Learn Tai Chi- A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) <b>1:00 Chair Massage</b>	<b>4</b> 8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:00 Toenail Clinic 1:00 Begin Draw & Paint	<b>5</b> 9:00 Let's Walk! 10:00 Open Sewing Group -A <b>10:30 Scholarly Scoop</b> 12:30 Pickleball (A)
<b>8</b> 8:30 Core & More 9:30 FUNctional Fit 10:30 Bookworms 11:00 WW Warblers 11:30 Senior Forum 12:30 Pickleball (A) 1:00 Mah Jongg <b>1:00 Canasta</b> 1:30 DFCI Meeting	<b>9</b> 9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "Dunkirk" 1:00 Sheepshead	<b>10</b> 9:00 Bowling (HB) 9:00 Let's Walk! 10:00 Chess <b>10:00 NEW Learn Tai Chi—A</b> 11:00 Cont. Tai Chi-A 12:30 Pickleball-A <b>1:30 Special Events Committee meeting</b> 3:00 Sign Language	<b>11</b> 8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L <b>10:30 Lunch Bunch</b> 1:00 Begin Draw & Paint	<b>12</b> 9:00 Let's Walk! 12:30 Pickleball (A)
<b>15</b> 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg	<b>16</b> 9:00 Pickleball (A) 9:30 Pegs & Jokers 10:30 Basic Yoga—L 12:30 Stained Glass 1:00 Sheepshead <b>1:30 Travel Planning Meeting</b>	<b>17</b> 9:00 Bowling (HB) 9:00 Let's Walk! 10:00 Chess 10:00 Learn Tai Chi- A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 12:30 Stained Glass 1:00 WWII Stories 3:00 Sign Language	<b>18</b> 8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L <b>10:45 I-pad Group</b> 1:00 Begin Draw & Paint	<b>19</b> 9:00 Let's Walk! 9:30 Puzzle Exchange 12:30 Pickleball (A) 4:00 Fish Fry trip
<b>22</b> 8:30 Core & More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) <b>1:00 Canasta</b> 1:00 Mah Jongg	<b>23</b> 9:00 Pickleball (A) 10:00 City Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "Fort McCoy" 1:00 Sheepshead	<b>24</b> 9:00 Bowling (HB) 9:00 Let's Walk! 10:00 Chess 10:00 Learn Tai Chi- A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 WWII Stories 3:00 Sign Language	<b>25</b> 8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L 1:00 Begin Draw & Paint	<b>26</b> 9:00 Let's Walk! 12:30 Pickleball (A)
<b>29</b> 8:30 Core & More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg	<b>30</b> 9:00 Pickleball (A) 10:00 Crazy Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "The Battle of the Sexes" 1:00 Sheepshead	<b>31</b> 9:00 Bowling (HB) 9:00 Let's Walk! 10:00 Chess 10:00 Learn Tai Chi-A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 WWII Stories 3:00 Sign Language		<b>Activities take place at the Starin Park Community Building unless otherwise noted.</b> <b>A=</b> Downtown Armory <b>146 W North St</b> <b>HB=</b> Hawk Bowl <b>L=</b> 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

### January 2

**New Year's Day Observed**

Dining Centers closed

### January 9

Chicken ala king  
Broccoli Salad  
Mashed potatoes  
Tropical fruit  
Breadstick

### January 23

Baked chicken thigh and leg  
Squash  
Broccoli  
Mandarin oranges  
Biscuit

### January 30

Spaghetti & meatballs  
Carrots  
Tossed salad  
Pineapple tidbits  
Garlic bread



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## Many Thanks!

- Janet Lindahl, Pauline Atkinson, Carol Holford and June Sherman for making the purple ribbons.
- Mary Bidwell, Jeanne Shiras, Dee Simon, Nancy Cassano and Susan Schulte for cash donations.



## ARE YOU ON FACEBOOK?

If you are on Facebook, please like Whitewater Parks and Recreation. Seniors in the Park activities, special events and more are posted here.

## HAPPY JANUARY BIRTHDAYS TO:



Gary Kiger  
Eunice Rowe  
Betty Heth

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

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



## CHILI COOK-OFF & FEEZE FEST

**Saturday, February 10**

Have fun helping to raise funds for Special Olympics at Freeze Fest. Make a roaster full of your favorite chili, decorate your serving table and win the traveling trophy, the Golden Ladle, or the Best Decorated Table. There is no entry fee! Fundraiser takes place in the warming tent. Get your friends, neighborhood group, civic group, work group (promote your business) or anyone together and keep those plungers warm with your yummy food. They really look forward to your creation! To register go to [wwparks.org](http://wwparks.org) or call 262-473-0535.

The Polar Plunge begins at noon. Watch those crazy plungers "Freezin' for a Reason"! Last year they raised over \$46,000 for Special Olympics. At 1:00 will be the Law Enforcement Special Mission.



## 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.



## MAKERSPACE SENIOR SHOP CLASS

**First & Third Tuesday of each Month, Jan. 2 16, 2:00—4:00 pm**  
**Wisconsin Makers Makerspace, 200 E. Clay St.**

Looking for something new to do this winter? Check out the MakerSpace. For more information, email [WisconsinMakers@gmail.com](mailto:WisconsinMakers@gmail.com), call (262) 753-6455 or visit [Facebook.com/WisconsinMakers](http://Facebook.com/WisconsinMakers)

## WHITEWATER PARTNERS IN COMMUNICATION

**First Tues. of the month, Jan. 2, 7:00-8:00 pm**  
**Irvin L. Young Library**

**Mission:** Whitewater Partners in Communication is a group of adults dedicated to helping foster relationships between native English speakers and native Spanish speakers in order to improve communication skills and cultural awareness. It provides monthly conversational opportunities, in both Spanish and English, in a variety of community settings. Practice/learn some Spanish conversing with a native speaker



## SENIORS IN THE PARK 2017



## WINTER/SPRING CITY GUIDE

The Winter/Spring version of the City Guide, including Recreation and Seniors in the Park, is available both online at [wwparks.org](http://wwparks.org) and at the Community Building and Municipal Building.



## HANDS2HELPU

This free service for elderly and disabled adults living within 15 miles of LaGrange (includes Whitewater) is sponsored by the LaGrange United Methodist Church. Two adults (one male, one female) will assist with small jobs at your home. Call Judy Seip at 608-843-7143 to schedule assistance. No donations will be accepted for their service.



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## SENIORS IN THE PARK

504 W Starin Rd, PO Box 178  
Whitewater WI 53190

Phone ..... 262-473-0535  
Fax ..... 262-473-0537  
Hours....Mon-Thurs, 9:00 am-4:00 pm  
..... Friday various days/hours

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[www.wwparks.org](http://www.wwparks.org)  
[www.whitewater-wi.gov](http://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](http://wwparks.org), [www.whitewater-wi.gov](http://www.whitewater-wi.gov), click on Departments, then Seniors in the Park or [www.whitewaterbanner.com](http://www.whitewaterbanner.com) and look for the link in the left column or [ourseniorcenter.com/find/seniors-in-the-park](http://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 \_\_\_\_\_

\_\_\_\_\_