



The Park Bench

June 2017

Seniors in the Park Newsletter

A CAMERA LENS VIEW OF THE VIETNAM WAR 1969-1971

Wednesday, June 14, 1:00 pm

Photographer Peter Finnegan will be here with his photo display and power point presentation of his time in Vietnam. As a U.S. Army photographer stationed in Vietnam from 1969-1970, he had the unique opportunity to see many sides of the war with a camera. He spent much of his time working on "Hurricane Magazine" an Army publication, while serving with the 53rd Signal Battalion.

For nearly thirty years, these images have remained stashed away in a trunk at his mother's home in Fennimore, WI. He has put together an exhibit of photos of the Cambodian incursion, the back streets of Saigon and everyday soldiers doing their jobs. For 17 years, now he has toured Wisconsin and Iowa sharing his photo essay of the "Good Soldier/Bad Soldier exhibit." This display has also been featured at a number of "Welcome Home Vietnam Veterans" celebrations in Grant, Green and Dane Counties.

This exhibit helped Peter heal and is designed to help with the healing process for those affected by the war. For others, both young and old, he hopes his work will spark curiosity and interest in a time that is still relevant and meaningful to our society. Some might even say that we have never come to terms with Vietnam as a nation and his presentation is one way that he can help change that.



**Tuesday, June 13
5:30—7:00 pm
Attend a Meet & Greet
with Peter,
view his photos and
share your stories,
whether civilian or
veteran**

Volume XVII Issue 6

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Seniors in the Park Promotes & Enhances a Vital Aging Community

SKETCHING CLASS

June 6, 20 & 27

Downtown Armory

Beginners and those with previous sketching experience are welcome! This class will focus on learning or improving the accuracy of your sketching.

Instructor Pattie Kelley-Fuller

Fee: \$40 session or \$15 per class

Deadline: June 1

STAINED GLASS CLASS

June 13 & 14 12:30—3:30 pm,

Downtown Armory Lower

level

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

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

Instructor: Caroline Britton

Fee: \$15.00 residents;

\$18.75 non-residents

Deadline: Thursday, June 8

GREETING CARDS



New cards are here and they are flying off the card rack!

We have a great selection of Fravessi

cards, including Graduation.

Most cards are priced from

\$1.00 to \$2.95. Stop in and

check out our selection.

WATERCOLOR AND MIXED MEDIA

Thursday, June 1-22, 1:00 – 4:00pm

In this class, traditional watercolor painting methods and mixed media techniques will be demonstrated.

Topics will include starting a painting with a charcoal pour and also adding Unryu and Ogura collage papers to a water color painting. Subject matter will include

butterflies and flowers (primarily poppies). Color mixing and the elements of design – color, line, shape, value, texture, etc. will also be discussed.

Beginning, intermediate and advanced concepts will be covered. Each class will include a discussion, demonstration and optional critique session. There will be plenty of time for individual painting with one-on-one coaching by the instructor. Attendees are always encouraged to paint from personal sketches, references, photos or ideas.

Instructor: Karolyn Alexander Tscharnack, www.karolyn.biz

- Fee: \$15 per class or \$50 session fee for all 4 classes for those pre-registered and is payable to the instructor on June 1 by cash or check.
- Deadline: Tuesday, May 30.
- Maximum – 16 people. If the 6-person minimum is met, walk-ins may attend for \$15 per class.



CONGRATULATIONS!

Chartpak, a company that produces and sources some of the world's finest art materials, announces that artist Pattie Kelley Fuller's submission entitled "Peace Crane" was selected as a prize winner in their Grumbacher Watercolor Competition: Origami. In conjunction with the release of a brand new line of 140 lbs. watercolor paper under the Grumbacher label, five artists were selected in this competition.

Their artwork will be featured on our website for the month of June.



ACRYLIC PAINT PARTY!!!

Wednesday, June 28 5:30—8:30 pm

Join us for a relaxing summer evening of painting in a pleasant and fun atmosphere while painting your masterpiece!

Never painted in your life? Willing to try something new? You don't need to be an artist or creative genius to have lots of fun at a painting party.

You will be led by an experienced artist to create your own masterpiece on an 11x14" stretched canvas. Beverages are available. Feel free to bring a finger-food snack to share, but it is not required.

Instructor: Pattie Kelley Fuller

Fee: \$18 residents; \$22.50 non-residents (Includes all supplies)

Registration & payment due by Friday, June 23



PICNIC & CLASSIC CARS

Thursday, June 22, 11:00 am—2:30 pm

It's time for some summer fun! We're rolling out the yard games, maybe even Kubb, showing off some classic cars and listening to the smooth sounds of Duane Worden.

We'll be serving brats, hamburgers or cheeseburgers, salads, dessert, and a beverage for \$4.00 per person. Meal service will



begin around noon and end about 12:30. You are welcome to come early or stay late (or both) and participate in the fun. Musician, singer and songwriter Duane Worden will be on hand to provide tunes for your

enjoyment beginning at 12:30. If you have a classic car, please call to reserve your spot in the parking lot. Those bringing a classic car get a free meal.

Thanks to **Commercial Bank** for being a sponsor of the event. All events will be held inside in case of inclement weather.

Contact Deb if you have an outdoor game to share or are bringing a classic car. Tickets go on sale June 5 and sales end June 14.



OPEN SEWING GROUP

Fri., June 2, 10 am—3 pm
Downtown Armory Lower Level

Come and sew on your current project and chat with other sewing enthusiasts on the first Friday of the month. All skill levels are welcome. Bring your machine and supplies or hand sewing equipment. An ironing pad and iron will be provided. You may come and go any time between 10 & 3:00. Bring a lunch, or we will decide as a group to go out or to order in. Questions: Contact Carolyn at 262-903-5678 or behrecar@gmail.com.

MEMORY LOSS, DEMENTIA & ALZHEIMER'S DISEASE—THE BASICS

Wednesday, June 7, 2:00—4:00 pm

This program provides information that everyone should know about memory loss and what that means for all of us. Explore memory loss, dementia and Alzheimer's disease.

Learn about risk factors, research, treatments, and steps to a proper diagnosis/assessment. Join us for this comprehensive overview!

Presenter is Bonnie Beam-Stratz, the Community Outreach Coordinator for the SEWI Alzheimer's Association.

Register by June 5



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



FREE MEMORY SCREENING

Wednesday, June 7, beginning at 12:30 pm

A memory screening is a simple health assessment consisting of a series of questions and tasks designed to gauge memory, language and thinking skills. This ten minute assessment is a face-to-face meeting with no preparation required, is confidential and is very encouraged for anyone with concerns of memory loss. Please call to make an appointment for the service.

Early detection is important in two ways, it allows for a better chance that medical interventions or clinical trials may slow the progression of symptoms. It can also afford an individual the opportunity to participate in long term care, legal and financial planning discussions with their families, and obtain social services support. Some memory problems can be caused by vitamin deficiencies, thyroid problems, infections or dehydration can be readily treated and that is where the screenings come into play.

KUBB

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



ADULT DANCE

Adult Tap: Mondays June 1—July 31, 6:30—8:00 pm Class #: 4101.21

Adult Ballet: Will teach you better posture, strengthen your entire body and give you a sense of peace. No experience necessary.

Tuesdays June 13—Aug 1
6:30—7:30 pm Class #: 4201.21

Deadline is June 6.

Fees: \$55 Resident

\$68.75 Non-Resident

Classes are at the Downtown Armory Dance Studio. Register for classes at <http://www.wwparks.org>.

“FUN”CTIONAL FITNESS

Monday and Thursdays
9:30-10:30 am

Open the door to greater independence and a healthier life with “fun”ctional fitness. Experience a dynamic routine to promote coordination, balance, strength and flexibility. All levels of ability are welcome. Activities are adapted to individual needs. Prepay \$1.00 per class residents or \$1.25 non-residents. First class is free for new participants.

CORE AND MORE

Mondays in June, 8:30—9:15am

SIVANANDA HATHA YOGA

Thursdays June 1—July 13, 11:00 am

Students will learn Sivananda Hatha Yoga which includes basic and intermediate postures, deep breathing and relaxation. The focus is on mastering the basic postures from which variations can then be added to deepen the practice, or the postures can be somewhat modified for those who have difficulty performing them initially. The postures follow an exact order that allows for the systematic movement of every major part of the body in a balanced way that enhances energy, increases circulation, oxygenation, concentration and relaxation. Students should have the ability to get up and down on the floor with ease and be able to sit on the floor comfortably for at least 15 minutes. Students should bring a mat and wear loose or flexible clothing. Instructor: Phyllis Schmidt, teacher and practitioner for 30 years.

No class June 29

The class is free and open to all adults.

MOVIES: SPONSORED BY MULBERRY GLEN

"Collateral Beauty"

Tuesday, June 13, 12:30 pm

Rated PG-13; 1 hr, 37 min

Will Smith plays a father so lost after his daughter's death that he begins writing questioning letters to Love, Death, and Time—who then show up to confront him face to face. With Helen Mirren as Death; Keira Knightley as Love and singer and Milwaukee native Jacob Latimore as Time. Also stars Kate Winslet.



"A Man Called Ove"

Wednesday, June 21, 12:30 pm

Rated PG-13; 1 hr, 56 min

(Swedish with English subtitles)

This movie is based on a bestseller about a stubborn man with steadfast beliefs and a strict routine whose structured life in his condominium village is shaken up in ways he would never have imagined when new neighbors—foreigners—move in. Oscar Nominee for Best Foreign Film and AARP Movies for Grownups Award.



"Lion"

Tuesday, June 27, 12:30 pm

Rated PG-13; 1 hour, 58 minutes

Years after he got separated from his family, at a train station in India, a young man, long since adopted by an Australian couple, decides to go searching for his birth family. Nominated for six Oscars, including Best Picture, Supporting Actor (Dev Patel), and Supporting Actress (Nicole Kidman).



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

6 Bus and Motorcycle Travel

STARVED ROCK TOUR AND CRUISE

Thursday, July 13

WAIT LIST ONLY

Starved Rock State Park has been voted the #1 attraction in Illinois. We'll see this beautiful park on an historic trolley tour and then board the "Belle of the Rock", an authentic paddle wheeler, for a ride on the river.

Arriving at Starved Rock, you will have a delicious lunch at the Lodge.

After our tours, we will stop at Cattails, where you can taste wine, shop for chocolate, gourmet foods, clothing, jewelry and more! Right next door is Chillin' on 6 with Retro Candy, Ice Cream, Homer Sodas, Gourmet Homemade Popcorn, Homemade Fudge and more! Get away from it all with a lovely day in nature!

Fee: \$69.00 (Check to City of Whitewater)

Depart: Fort K-Mart Lot at 8:00 am
Starin Park 8:30 am

Return: (approx) Starin Park 6:15 pm
Fort K-Mart 6:45 pm

Reservation/Payment deadline is June 9



DANCING HORSES

Wednesday, July 19

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

Fee: \$72.00

(Checks to Fort Atkinson Senior Ctr)

Depart 9:00 am Starin Park

Return 5:30 pm Starin Park

Deadline is June 26

MOTORCYCLE RIDES

Tuesday, May 30—Ride to the Volo Auto Museum in Northern Illinois. Depart at 10:00 am. Lunch after the ride at Bobby's Barrel Inn. Rain date is Monday, June 5

Monday, June 12—Head out for Oshkosh and stop at Schettl's (think Delaney's) with weird statues and oddball junk art. It's a place hard to describe. You have to see it. Lunch will be at a restaurant highly recommended by one of our riders. Rain date is Thursday, June 15.

Wednesday, June 21: Leave the Starin park Community Building at 11:00 am. Take a leisurely ride west, stop for lunch and then enjoy the thrill of real go-carts that go up to 50 miles an hour (\$60 per person) at the Sugar River Raceway. <http://sugarriverraceway.com/>

Monday, June 26: Head for Bonduel and Doc's Harley Davidson. Ride the beautiful east side of Lake Winnebago and another scenic route on the way home. Depart Starin Park at 7:30 am This will be a long day trip. Rain date is Tuesday, June 27

Merrimac Ferry



Monday July 10—Potosi and Cassville ferry.

Monday, July 17—Merrimac Ferry, Baraboo, WI Dells Speed Boat ride (highly recommended by those that went last year)

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

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



Welcoming Seniors, Boomers, and Adults of all ages.

Extended & Coach Travel

7

Trips are open to adults of ALL AGES. For detailed itineraries on any of the extended trips, call 262-473-0535, send an email to dweberpal@whitewater-wi.gov, go to the city website at www.whitewater-wi.gov, (Departments, Seniors in the Park) or stop in at the Starin Park Community Building.



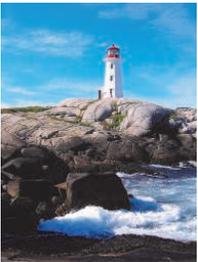
Hawaiian Adventure, January 21-30, 2018

Escape the cold next winter and bask in the wonders that are Hawaii. Stay three nights each at resorts on Oahu, Kauai and Maui with an optional 2 night Big Island extension. Highlights of this adventure include

a river cruise in Kauai, Waimea Canyon, Pearl Harbor and the USS Arizona Memorial, a Polynesian luau, the largest coffee plantation in Hawaii, Oahu's famous North Shore, the Fern Grotto, Lahaina and learn about surfing in Haleiwa. All three islands include leisure time or optional excursions. Fee includes airfare from Milwaukee and inter-island flights, touring as listed, 9 breakfasts, 4 dinners and a Collette tour guide. Fee is \$5499 per person double or \$7549 single. A deposit of \$500 is due with reservation. Optional trip insurance is available for \$240 per person. Deposits are due by July 10, and final payment is due by November 15. Brochures are available at the Starin Park Community Building or at this link: gateway.gocollette.com/link/803632

TRAVEL PREVIEWS

Hawaii & Nova Scotia tours
on Monday, June 12, 1:30 pm
Please RSVP by Wed., June 7



Maritimes Coastal Wonders (Nova Scotia)

July 16-26, 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. More info at <https://gateway.gocollette.com/link/803502> Collette Tours

Christmas in Chocolate Town, December 4-8, 2017

Highlights include Hershey's Chocolate World, National Christmas Center, National Civil War Museum, Dutch Apple Dinner Theatre, Amish Countryside and Amish Feast. Includes 8 meals and home pick up in Walworth County. Reservation Deadline is September 1.

Fee is \$1099 double, single add \$329. [Mayflower Tours](#)

Danube River Cruise with FREE AIRFARE, May 7-17, 2018

Almost sold out!! Enjoy 7 nights on the new Amadeus Silver II. Unpack 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 \$3949 per person double. Mayflower tours has a Guaranteed Share program for single travelers. **Free Airfare thru May 31, 2017** and home pick up in Walworth County. Free airfare continues after May 31 dependent on space & choice of cabin.

[Mayflower Tours](#)



Historic Natchez April 14-21, 2018

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 \$1699 double, single add \$329. [Mayflower Tours](#)

FISH FRY FRIDAY

June 16—HHFFRRRGGH in Janesville. Depart at 4:00 pm for the Early Bird Special.
RSVP by June 13

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

SUNNY SIDE UP BREAKFAST CLUB

Thursday, June 15; 8:30 am
Ride to the Blue Bay Inn in Mukwonago.
Fee: \$4.00
RSVP by Tuesday, June 13

LUNCH BUNCH

Thursday, June 8; 10:30 am
We will be eating at Chuck's Lakeshore Inn in Williams Bay..
Fee: \$4.00
RSVP by Tuesday, June 6
Trip will be on Wednesday, July 12 next month.

JANESVILLE SHOPPING

**Wednesday, June 14
9:15 am**
Get picked up where you live and shop on the northside of Janesville. Participants choose where to shop.
Fee: \$3.00
RSVP by Tuesday, June 13

MADISON MALLARDS GAME

Tuesday, June 20

Enjoy an afternoon at the Mallards with a 12:05 ball game. Prior to the game, savor the All-You-Can-Eat pre-game tailgate buffet from 10:30 am—noon. It includes burgers, brats, hot dogs, cranberry walnut chicken salad, veggie burgers, potato salad, coleslaw and chips at a reserved picnic table.

Fee: \$32, includes game ticket, buffet with Pepsi/water and transportation

Fee: \$37, includes game ticket, buffet with beer and transportation

Depart 9:15 am and return approximately 5:00 pm.

Deadline: May 25



BELOIT COLLEGE AND BECKMAN MILL

Monday, June 26

Beloit College, founded in 1846, is a campus marked by winding pathways, expansive lawns, displays of public art and ancient Indian mounds. You will have time to visit the internationally recognized Logan Museum of Anthropology and the Wright Museum of Art. Both offer mesmerizing exhibits and are open to the public, but they're also home to extensive permanent collections that become the rich base for student coursework and research. After lunch downtown, with such choices as Suds O'Hanahans, the Flying Pig or Lucy's Burger Bar, travel to the Beckman Mill.

The Beckman Mill was built in 1868 on the east bank of Coon Creek in Rock County's Newark Township. At the park, you will see an authentically restored 1868 grist mill, a new dam, mill pond, fish ladder, foot bridge, saw mill display, 1840s cooperage, visitor center, gift shop, creamery, blacksmith shop, picnic shelter, vintage garden, nature trail and more.

Fee: \$18.00

Deadline: June 8

Depart 8:30 am and return approximately 4:00 pm

LAKE GENEVA MAILBOAT

Tuesday, July 18

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

Fee: \$47.00

Depart Starin Park at 8:30 am Return approx 3:30 pm

Deadline is June 27



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

Activity Calendar

9

June 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p>Activities take place at the Starin Park Community Building unless otherwise noted.</p> <p>(A)=Downtown Armory 146 W North St (L)=Cravath Lakefront (OR)=Oak Ridge Golf Course, Milton</p>			<p>1</p> <p>8:30 Core and More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:00 Toenail Clinic 11:00 Yoga (L) 1:00 The Yarners 1:00 Watercolor 1:30 Conversational Spanish</p>	<p>2</p> <p>9:00 Indoor Walking 10:00 Open Sewing Group (A) 12:30 Pickleball (A)</p> <p style="text-align: center;">Office Closed</p>
<p>5</p> <p>8:00 Golf (OR) 8:30 Core and More 9:30 FUNctional Fit 10:30 Book Worms 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg 1:00 Chair Massage</p>	<p>6</p> <p>9:00 Pickleball (A) 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 1:00 Sheepshead 1:00 Sketching (A) 1:00 Dementia Friendly mtg</p>	<p>7</p> <p>9:00 Indoor Walking 10:00 Chess 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 12:30 Memory Screenings 2:00 Dementia and Memory Basics</p>	<p>8</p> <p>9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Lunch Bunch 11:00 Yoga (L) 1:00 The Yarners 1:00 Watercolor 1:30 Conversational Spanish</p>	<p>9</p> <p>9:00 Indoor Walking 12:30 Pickleball (A)</p> <p style="text-align: center;">Office 9—11 am</p>
<p>12</p> <p>8:00 Golf (OR) 8:30 Core and More 9:00 Cycle Ride—Oshkosh 9:30 FUNctional Fit 11:00 WW Warblers 11:30 Senior Forum 12:30 Pickleball (A) 1:00 Mah Jongg 1:30 Collette Travel Previews</p>	<p>13</p> <p>9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 12:30 Mulberry Glen Movie "Collateral Beauty" 12:30 Stain Glass (A) 1:00 Sheepshead 5:30—7 Vietnam Meet and Greet</p>	<p>14</p> <p>9:00 Indoor Walking 9:15 Janesville Shopping 10:00 Chess 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 12:30 Stained Glass (A) 1:00 Vietnam Presentation</p>	<p>15</p> <p>8:30 Sunny Side Up Breakfast Club 9:00 Pickleball (A) 9:30 FUNctional Fit 11:00 Yoga (L) 1:00 The Yarners 1:00 Watercolor 1:30 Conversational Spanish 7:00 Family Fun Nite (L) Office 9:00—12:30</p>	<p>16</p> <p>9:00 Indoor Walking 12:30 Pickleball (A) 4:00 Fish Fry trip Departs</p> <p style="text-align: center;">Office Closed</p>
<p>19</p> <p>8:00 Golf (OR) 8:30 Core and More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg</p>	<p>20</p> <p>9:00 Pickleball (A) 10:30 Mallards Trip departs 1:00 Sheepshead 1:00 Sketching (A)</p>	<p>21</p> <p>9:00 Indoor Walking 9:30 Pegs & Jokers 10:00 Chess 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 10:30 Cycle Ride—Brodhead/go karts 12:30 Foreign Movie "A Man Called Ove" 12:30 Pickleball (A)</p>	<p>22</p> <p>9:00 Pickleball (A) 9:30 FUNctional Fit 11:00 Yoga (L) 11:00 PICNIC 1:00 The Yarners 1:00 Watercolor 1:30 Conversational Spanish 7:00 Concert in Park (L)</p>	<p>23</p> <p>9:00 Indoor Walking 12:30 Pickleball (A)</p> <p style="text-align: center;">Office 9—11 am</p>
<p>26</p> <p>7:30 Cycle Ride—Bonduel/Doc's 8:00 Golf (OR) 8:30 Core and More 8:30 Beloit Trip departs 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg</p>	<p>27</p> <p>9:00 Pickleball (A) 10:00 City Bingo 12:30 Mulberry Glen Movie "Lion" 1:00 Sheepshead 1:00 Sketching (A)</p>	<p>28</p> <p>9:00 Indoor Walking 10:00 Chess 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 5:30 Paint Party</p> <p style="text-align: center;">Office Closed</p>	<p>29</p> <p>9:00 Pickleball (A) 9:30 FUNctional Fit 1:00 The Yarners 1:30 Conversational Spanish</p> <p style="text-align: center;">Office 9:00—12:30</p>	<p>30</p> <p>9:00 Indoor Walking 12:30 Pickleball (A)</p> <p style="text-align: center;">Office Closed</p>

10 Walworth County Nutrition Menu

June 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Persons 60 and over and their spouses are eligible. Suggested donation is \$3.00. Call 1-800-365-1587 ext 3333 to make a reservation by noon a day previous or to cancel meals day of by 8:00 am. Meal site is at Brookdale Manor, 1061 Blackhawk Dr., Mon. & Wed. though Fri. and Starin Park 1st, 2nd & 4th Tuesday

2 Chicken Italiano
Pasta with Marinara
Italian Blend Vegetables
Romaine Salad
Fruit Cocktail Bread

1 Scrambled Eggs
Breakfast potatoes with peppers & onion
French Toast Stick; Pears
Turkey Sausage Link



5 Chicken Salad on Lettuce
Mandarin Oranges
Cake
Dinner Roll

6 @ Starin Park
Sliced Pork w/Balsamic Onion Jam
Wax Beans; Rye Bread
Seasoned Broccoli
Cranapple Crisp

7 Western Meatloaf
Rosemary Red Potatoes
Carrots; Bread
Angel Food Cake with Strawberries

8 Burgundy Tips
Egg Noodles
Garden Blend Veggies
Stewed Tomatoes
Diced Fruit Mix; Roll

9 Baked Chicken Thigh & Leg
Mashed Potatoes/Gravy
Baked Beans
Tropical Fruit Bread

12 Honey Balsamic Chicken Breast
Blackeye Peas; Roll
Mashed Spiced Yams
Mandarin Oranges

13 @ Starin Park
Spaghetti & Meatballs
Green Beans
Tossed Salad
Tropical Fruit
Garlic Bread

14 Sausage & Peppers
Peas & Carrots
Chunky Applesauce
Vanilla Pudding
Wheat Roll

15 Lemon Pepper Fish
Red Potatoes
Parsley Rice
Pineapple Tidbits
Sugar Cookie

16 Salisbury Steak
Garlic Mashed Potato
San Fran. Blend
Peaches; Wheat Bread
Chocolate Chip Cookie

19 Lasagna Rolls with Marinara
Zucchini
Broccoli Salad
Peaches; Wheat Roll

20 @ Blackhawk Manor
Scrambled Eggs w/Cheese, peppers & onion
Hash Brown Casserole
French Toast Stick
Mini Muffin; Melon Mix

21 Teriyaki Chicken
4-Way Veggie Blend
Roasted Root Veggies
Brown Rice
Cherry Crisp

22 Chicken Marsala
Wax Beans
Peas
Brown Rice
Brownie

23 Sloppy Joes on Bun
Cucumber, Onion and Tomato Salad
Romaine Salad
Tropical Fruit Blend

26 Oven Fried Chicken
O'Brian Potatoes
Asparagus
Pineapple Tidbits
Multi-Grain Bread

27 @ Starin Park
Tuna Salad
Wheat Bun
Carrots
Broccoli
Lemon Bar

28 Broccoli/Cheddar Soup
Tossed Salad
Peaches
Apple Cake
Dinner Roll

29 Chicken Pot Pie
Green Beans
Coleslaw
Mandarin Oranges
Dinner Roll

30 BBQ Pork Riblet
Whole Wheat Bun
Tossed Salad
Cauliflower
Peach Crisp

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BOOK WORMS

Monday, June 5, 10:30 am

The Book Club will discuss *Keep Moving* by Dick Van Dyke. The book for June will be *The Girl in the Red Coat* by Kate Hamer.

Newly single mom Beth has one constant, gnawing worry: that her dreamy eight-year-old daughter, Carmel, who has a tendency to wander off, will one day go missing. And then one day, it happens: On a Saturday morning thick with fog, Beth takes Carmel to a local outdoor festival, they get separated in the crowd, and Carmel is gone. Shattered, Beth sets herself on the grim and lonely mission to find her daughter, keeping on relentlessly even as the authorities tell her that Carmel may be gone for good.



SENIOR FORUM

Monday, June 12, 11:30 am

If you would like a voice in how the Senior Center is administered and how we should look in the future, attend a meeting and share your ideas.

Register and pay for trips or classes online:

schedulesplus.com/wwtr

OR pay for classes only at www.wwparks.org. Checks for activities, classes and trips are made out to: City of Whitewater, unless indicated otherwise.

OPPORTUNITIES

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

June 22—Picnic help is needed to set-up 8:30—10:30 am, Check-in and work with classic cars and drivers 11:00—11:30, serving 12-12:30 and assistance with clean-up at about 2:30.

ACTIVITIES AT A GLANCE

- Book Worms**—First Monday, 10:30; Books available at Starin Park
Canasta—First, third, and fifth Monday, 1:00
Chess—Wednesdays, 10:00 am
Core and More—Mondays in June, 8:30 am; Residents: \$1.00 per class, Non-Residents \$1.25
Dominoes—First Tuesday, 11:45 am (after potluck)
'FUN'ctional Fitness—Monday & Thursday, 9:30 am; Residents: \$1.00 per class, Non-Residents \$1.25
Mah Jongg—Mondays, 1:00 pm
Pegs & Jokers—Third Wednesday, 9:30 am
Pickleball—Monday, Wednesday and Friday, 12:30-2:30 pm; Tuesday, and Thursday, 9:00-11:00 am; Downtown Armory
Potluck—First Tuesday, 11:15 am
Sheepshead—Tuesdays, 1:00 pm
The Yarners—Thursdays, 1:00 pm
Walk Away the Pounds—(Indoors), Wednesday and Friday, 9:00 am
Whitewater Warblers (singing group)—Mondays, 11:00 am

BINGO

Tuesdays, 10:00 am

June 6: Culver's

June 13: Mulberry Glen

June 27: City Bingo



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WHITEWATER DEMENTIA FRIENDLY COMMUNITY INITIATIVE

The group is excited to have met one of our initial goals of having memory screens available in the community. Below is an excerpt from a press release:



A memory screening is a simple health assessment consisting of a series of questions and tasks designed to gauge memory, language and thinking skills. This ten minute assessment is a face-to-face meeting with no preparation required, is confidential and is strongly encouraged for anyone with concerns of memory loss.

Memory screenings are a significant first step towards discovering memory problems but not many people know about the screenings or where to have them done.

Pat Metz, a retired RN and Judy Kaspar, a retired clinical social worker, knew they could help. Both women became certified memory screeners through the Alzheimer's Foundation of America (AFA) to provide this meaningful and free health service in Whitewater.

"Early detection is important in two ways," says Metz. "It allows for a better chance that medical interventions or clinical trials may slow the progression of symptoms. It can also afford an individual the opportunity to participate in long term care, legal and financial planning discussions with their families, and obtain social services support."

Metz also says some memory problems can be caused by vitamin deficiencies including thyroid problems, infections or dehydration but can be readily treated.

The Whitewater Dementia-Friendly Community Initiative (DFCI) is designed to educate the community about Dementia and how anyone can help those with the disease. Metz and Kasper ... encourage others to participate and volunteer.

"[DFCI] is a group of other healthcare professionals and dedicated volunteers working toward educating the community and, hopefully, eliminating the stigma of dementia," said Kaspar. **If you are interested in being part of the Whitewater DFCI, contact Deb Weberpal at (262)473-0535.**

SERVICES AT A GLANCE

CHAIR MASSAGE

Monday, June 5
(note different day for June)

1:00 pm

Chair Massage is for stress and tension relief, relaxation and just to feel good! Stuart is a certified massage therapist and has ten years of experience and is excited to be able to provide this service monthly on the first Wednesday. Ten-minute chair massages are \$12.00.

Appointments are necessary and available.



TOENAIL CLINIC

Thursday, July 6

Beginning at 11:00 am

By Appointment only.

Please bring a towel. \$15.00.

August 3

August 31 (No September clinic)



MENDING CLINIC

Will return in the fall. Thanks to Pauline Atkinson for providing the service.



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.

THANK YOU

Thanks to:

Barb Koch for Bingo treats
Family of Jean Patterman for weeding the landscape on the east side of the building.
Pat Metz and Judy Kaspar for becoming certified as memory screeners.
Pauline Atkinson for providing the free mending clinic.
Mary Zordel for teaching FUNctional Fitness. Enjoy your summer off!
Linda Geske for teaching FUNctional Fitness thru the summer months.

Thank You to our
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HAPPY JUNE BIRTHDAYS TO:

Vicky Flitsch

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



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

HEARING LOSS & COGNITIVE HEALTH

While cognitive disorders were once believed to be primarily linked to the natural aging process, new research shows other factors, including **hearing loss, significantly affect cognitive health.** Several studies have been conducted on the link between hearing loss and cognitive decline. In one, the [U.S. National Institute on Aging](#) discovered patients older than 60, with hearing loss, had a 35-percent higher risk of developing dementia than those with normal hearing. In addition, those with moderate to severe hearing loss developed cognitive disorders at a higher rate and a person's risk for Alzheimer's increased about 20 percent.



Believing better hearing could make an impact, researchers are in the midst of several long-term studies focusing on the cognitive health effects of treating hearing loss with hearing devices. Hearing devices provide an invaluable benefit to millions of Americans suffering from hearing loss, but even they have their limits. Participating in brain exercises is one way for patients to help improve their listening experience and retain brain health. Fort HealthCare Audiology services include audiologic evaluations for adults and children, individualized hearing device fitting, dispensing and repairs, wireless communication device dispensing, customized earphones for iPods® or MP3 players, hearing protection devices and individualized recreational and occupational ear molds. To take the next step toward healthy hearing, call 920-563-6667 to schedule an appointment.

Thanks to Fort Audiology for being a Newsletter Advertiser.

RAINBOW HOSPICE CARE : WIDOWS GRIEF AWARENESS

Thursday, June 22, 11:00 am—1:00 pm, Seminar for Caregivers: Understanding Widows in the Aftermath of Loss

Fridays, June 30—July 28, 1:00—2:00 pm. Grief Support Group: Widows supporting each other in the journey following loss. (5 sessions)

Seminars are at Rainbow Hospice in Johnson Creek

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PARKS AND RECREATION

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

CONCERTS AND FAMILY FUN NIGHTS

Thursdays, 7:00 pm, Cravath Lakefront Park

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

June 15 Philip & Henry Magic Show (in Cravath Lakefront Bldg.)

Enjoy an amazing and highly interactive performance.

June 22 Palmyra-Eagle Community Band

July 13 The Big Rig Gig

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



July 20 Twin Rivers (Seniors in the Park night)

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

SAVORY SOUNDS

11:30 am-12:45 pm

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

June 15: Carl Cole & Co.

June 22: Jay Craggs and Friends

June 29: Main Street Big Band

July 6: Bill Hill

July 13: Special children's event by Stuart Stotts



SAFE AND SAVVY SENIOR DAY

June 15, 9 am—6 pm

Walworth Co. Dept of Health and Human Services Auditorium
W4051 Co. Rd NN, Elkhorn

Attend this FREE open house and learn about: Scams, Silver Alert, Memory Screens, Powers of Attorney for Health Care/Financial Powers of Attorney, Alzheimer's Association, Legal Action, Aging & Disability Resource Center, and Veterans Affairs Specialist.

ATTRACTION TICKETS

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

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

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www.wwparks.org
www.whitewater-wi.gov

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

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

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