



The Park Bench

Seniors in the Park Newsletter

June 2018

SUMMER PICNIC



Wednesday, June 13 11:00 am

Food, Classic Cars and a DJ playing 50's and 60's music. Tickets go on sale May 1 and are \$5.00, including choice of grilled meat, coleslaw, chips, beverage and ice cream and s'mores. Games, including bag toss and ladderball, will start at 11:00 am. If you have an outdoor game to share, please let Deb know. **Lunch will be served at noon.**

Half price meal for those bringing a classic car. Event is held at the concession stand



picnic area or inside if inclement weather. Proceeds benefit Treyton's Field of Dreams. Deadline for tickets is June 6.

HEALTHY LIVING FOR YOUR BRAIN & BODY



Tuesday, June 19; 2:00—4:00 pm

For centuries, we have known that the health of the body and brain are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your body and brain healthy as you age. Join us to learn about research in

the areas of diet and nutrition, exercise, cognitive activity and social engagement; and use hands-on tools to help you incorporate these ideas into your plan for healthy aging. Please register by Thursday, June 14.

Volume XVIII Issue 6

WHAT'S INSIDE

2-4, 6, 14Activities

5.....Support our Sponsors

7..... Dementia Friendly

8-10..... Travel

10.....Volunteers

11 & 13....Support Our Sponsors, Services & Meals

12.....Activity Calendar

14-15... ..Info & Community

BackADDRESS, Phone Numbers, Staff and Subscription info

JUNE IS BRAIN HEALTH AND DEMENTIA AWARENESS MONTH!

Get your purple on! (See Page 7)



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

LET'S WALK!

Wednesday & Friday, 9:00 am

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

POLE WALKING

Friday, June 1, 10:00 am

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

Fee: \$10 members

\$15 non-members

Deadline: Thursday, May 24

Class # 5211.12

Tuesday July 17, 10:00 am

Fee: \$10 members

\$15 non-members

Deadline: Monday, July 9

Starin Park Community Building



Walking 6—9 miles a week increases your brain volume!

LET'S PADDLE!

Friday, June 15 10:30 am

Adults of all ages are invited to meet at Lauderdale Landing on Lauderdale Lake. You must sign a paddle waiver and wear a personal floatation device.

You are welcome to paddle with a kayak, canoe or paddle board. Paddle will last approximately an hour. We will have lunch at the Landing after the paddle, for those who wish. Please call if you will be paddling with us by Monday, June 11.



"FUN"CTIONAL FITNESS

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

Open the door to greater independence and a healthier life with "fun"ctional fitness. Experience a dynamic routine to promote coordination, balance, strength and flexibility. All levels of ability are welcome. Activities are adapted to individual needs. Thanks to May Zordel for teaching. Linda Geske takes over for the summer months.

Prepay \$1.00 per class members or \$2.00 non-members

First class is free for new participants.

PICKLEBALL

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



**Please patronize
our advertisers.
They help us GROW.**

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

WATERCOLOR WITH PEN AND INK

Thursdays, June 7—28 1:00—4:00 pm

We will explore using pen and ink with watercolor. Discussion and demonstrations will focus on using both permanent and water soluble ink pens along with watercolor in a painting. Composition and color mixing will be discussed. Beginning, intermediate and advanced concepts will be covered with plenty of time for individual painting and optional one-on-one coaching. Subject matter may include landscapes, flowers, or still life. Please bring personal references, sketches, photos or ideas to work from.



Fee: \$15 per class or \$50 session fee for all 4 classes for those pre-registered. Payable to the instructor.

Instructor: Karolyn Alexander Tscharnack

Deadline: Monday, June 4

STAINED GLASS CLASS

June 19 & 20, 12:30-3:30 pm

Downtown Armory Lower level

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

Instructor: Caroline Britton

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

Deadline: Thur., June 14



SENIOR FORUM

Monday, June 11 11:30 am

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

WHITEWATER WARBLERS

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

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

OPEN SEWING GROUP

Fri., June 1, 10 am-3:00 pm

Downtown Armory Lower Level

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

You may come and go any time between 10:00 & 3:00. Bring a lunch, or we will decide as a group to go out or to order in. Questions: Contact Carolyn at 262-903-5678 or behrecar@gmail.com.

REMINDER

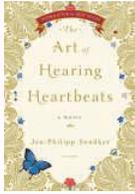
If you change your email, phone number or address, please remember to let us know. There are times we need to contact you, and we sometimes do it through email. Thanks for your help.



BOOK WORMS

Monday, June 4, 10:30 am

The Book Club will discuss *Pachinko* by Jim Lee. The book for July will be *The Art of Hearing Heartbeats* by Jan-Philipp Sendker.



A poignant and inspirational love story set in Burma, *The Art of Hearing Heartbeats* spans the decades between the 1950s and the present. When a successful New York lawyer suddenly disappears without a trace, neither his wife nor his daughter Julia has any idea where he might be until they find a love letter he wrote many years ago, to a Burmese woman they have never heard of. Intent on solving the mystery and coming to terms with her father's past, Julia decides to travel to the village where the woman lived. There she uncovers a tale of unimaginable hardship, resilience, and passion that will reaffirm the reader's belief in the power of love to move mountains.

PREVENT TICK & MOSQUITO BITES

Wisconsin is among the top 20% of states reporting cases of tick-borne disease. Here are some things you can do to protect yourself from illnesses spread by mosquitoes and ticks:

- Use EPA-approved repellent and apply according to label instructions.
- Wear light colored long-sleeved shirts and long pants.
- Use permethrin-treated clothing and gear.
- Take steps to control mosquitoes outside your home.

MOVIES: SPONSORED BY MULBERRY GLEN

“Wonder” (Drama/Family)

Tuesday, June 12, 12:30 pm

Rated PG; 1 hour, 53 minutes (2017)

Based on the New York Times Bestseller, “Wonder” tells the incredibly inspiring and heartwarming story of August Pullman, a boy born with facial differences, who enters 5th grade, attending a mainstream elementary school for the first time. Starring Julia Roberts, Owen Wilson and Jacob Tremblay.



“Call Me By Your Name” (Drama/Romance)

Wednesday, June 20, 12:30 pm

Rated R (Sexual content, nudity, language)

2 hours, 12 minutes (2017)



A coming-of-age drama about a 17-year-old student (Timothee Chalamet) in 1983 Italy and the 24-year-old graduate student (Armie Hammer) hired as his father's research assistant. A romance evolves. A beautiful, joyous-yet-sad, picturesque film that plays like an Italian travelogue. Oscar nominations for Best Film, Best Actor (Chalamet), Best Song; Winner for Best Adapted Screenplay.

“Murder on the Orient Express”

Tuesday, June 26, 12:30 pm;

Rated PG-13; 1 hour, 54 minutes (2017)

When a murder occurs on the train he's traveling on, Agatha Christie's celebrated detective Hercule Poirot (Kenneth Branagh) is recruited to solve the case. Features a star-studded cast: Penelope Cruz, Willem Defoe, Dame Judi Dench, Michelle Pfeiffer, and Johnny Depp.



WORLD ELDER ABUSE AWARENESS DAY

World Elder Abuse Day is held on June 15th. The day aims to focus global attention on the problem.

It also seeks to understand the challenges and opportunities presented by an ageing population, and brings together senior citizens, and their caregivers, national and local government, academics, and the private sector to exchange ideas about how best to reduce incidents of violence towards elders, increase reporting of such abuse, and to develop elder friendly policies. Elderly people are particularly vulnerable to abuse and to being unable to defend themselves and get help as fear and infirmity can be major barriers to seeking and getting help. Sometimes spotting and challenging abuse in the elderly isn't easy, some are isolated having outlived family and friends, and some are abused in institutions where abuse is not spotted or is covered up, and in some cases the elderly are not given priority by authorities in abuse matters.

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ACTIVITIES AT A GLANCE

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

Pickleball—Monday, Wednesday and Friday 12:30-2:30, Tuesday and Thursday 9:00-11:00 am at the Downtown Armory

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

Whitewater Warblers (singing) – Mondays 11:00 am

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

Potluck—First Tuesday 11:15 am

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

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

Chess—Wednesdays, 10:00 am; Beginners welcome

Dominoes—First Tuesday 11:45 am

Mah Jongg – Mondays, 1:00 pm

Pegs and Jokers –Third Tuesday 9:30

Sheepshead—Tuesdays 1:00 pm

CONCERTS & FAMILY FUN NIGHTS

Thursdays, 7:00 pm Cravath Lakefront Park

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

June 21 Palmyra-Eagle Community Band

Hometown band music that puts a smile on your face and a tap in your shoes

July 12 The Dang it's

Great music for all ages

July 19 Phillip and Henry Magic Show

(Inside the Lakefront Building) Amazing and highly interactive performance

July 26 The Big Rig Gig

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

August 2 Cyndi Meyer (Inside the Lakefront Building)

Sponsored by Seniors in the Park

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



August 9 Bouncy Fun

Bouncy houses, games, crafts and face painting

August 16 Piper Road Spring Band

Band was born into the age of rock and roll with individual

SUMMER/FALL CITY GUIDE

The Summer/Fall version of the City Guide, including Recreation and Seniors in the Park, is available both online at wwparks.org and at the Community Building and Municipal Building.



Tuesdays, 10:00 am

June 5: Culvers

June 12: Mulberry Glen

June 26: City Bingo

CITY BINGO SPONSORS:

Dale's Bootery * Cozumel * Floral Villa * Fairhaven * Rick's Fort HealthCare * Tincher Realty * Taco Bell * Dental Perfections * Jersey Mike's * Pizza Hut * Sweet Spot * China House * McDonald's
Mirage Hair Studio * Eastsider/Westsider * 841 BrewHouse
Binning & Dickens Insurance * Rocky Rococo Pizza * Subway
Dalee Water Conditioning * Domino's Pizza * Walworth Co. Nutrition

**Welcoming
Seniors, Boomers
and Adults of all
ages.**

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.

Wear Purple on June 21!
Show your love on The Longest Day, June 21, for someone living with Alzheimer's

BRAIN HEALTH AND DEMENTIA AWARENESS MONTH

Join the movement to end Alzheimer's during June Alzheimer's & Brain Awareness Month



The Alzheimer's Association and Whitewater need you to get involved and raise awareness about Alzheimer's disease and other dementias. Did you know:

- Alzheimer's is fatal. It kills more than breast and prostate cancer combined.
- Alzheimer's is not normal aging. It's a progressive brain disease without a cure.
- Alzheimer's is more than memory loss. It appears through a variety of signs and symptoms.

During the month of June, we ask you to learn more about Alzheimer's, share your story and take action.

You can enhance your brain health in many ways. Just remember what's good for the body is good for the brain!

- Learning dance is the number one activity followed by learning to play a musical instrument and singing. Join our Warblers!
- Keep the oxygen flowing to your brain with cardiovascular activity. Any exercise that elevates your heart rate works. Try one of our fitness classes or check out the Aquatic & Fitness Center.
- Stay socially engaged with family and friends.
- Challenge your brain by doing things differently or learning something new. Play strategy games or build something. Check out the Makerspace.
- Get enough sleep! Your brain cleans itself when you sleep.
- Eat well. Good nutrition is great for the body and the brain. Remember half your plate should be fruits and vegetables, 1/4 protein and 1/4 carbohydrates.

FREE MEMORY SCREENING

Wednesday, June 27, 1:00—2:30 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 encouraged for anyone with concerns of memory loss. Please call to make an appointment for the service by Monday, June 25.

Early detection is important as it allows for a better chance that medical interventions or clinical trials may slow the progression of symptoms for better quality of life. 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, and can be readily treated. This is where the screenings come into play.

MEMORY CAFÉ

Monday, June 11, 10:30 am

The Irvin L. Young Memorial Library, in partnership with the Alzheimer's Association, is hosting a monthly Memory Café for individuals who are living with Mild Cognitive Impairment (MCI), early-stage Alzheimer's or other dementia, and their care partners. This free social-event is held on the second Monday of every month in the Library Community Room at 431 W. Center St. in Whitewater, at 10:30 am. The theme will be "Rock Painting". The Memory Café offers participants a safe and fun way to share their stories and socialize with others who have similar experiences. Learn how staying physically, socially and mentally active is good for the brain.

If you are attending for the first time, please call 800-272-3900.

FISH FRY FRIDAY

Friday, June 22

Ride with us for a fish fry at Sunset Bar and Grill on Lake Koshkonong.

Depart at 4:00 pm.

RSVP by Wed., June 21

Fee: \$3 per person for transportation only.

Minimum of 7 people

LUNCH BUNCH

Thursday, June 14 10:30 am

Enjoy lunch at the Eagle Springs Pub

Fee: \$3.00

RSVP by Tuesday, June 12

SUNNY SIDE UP BREAKFAST CLUB

Thursday, June 28, 8:00 am

Join us for breakfast at a group favorite, The Elk in Elkhorn where you can get a Reuben omelet.

Fee: \$3.00

RSVP by Tuesday, June 26

JANESVILLE SHOPPING

Thursday, June 7, 9 :15 am

Get picked up where you live and shop on the north side of Janesville. Participants choose where to shop

Fee: \$3.00

RSVP by Wednesday, June 6

BUDS AND BUDDHAS

Monday, June 11

Spend the morning at beautiful Olbrich Gardens. The garden is free, but it is \$2 to see the Conservatory. Have lunch on your own at Red Robin and visit the Deer Park Buddhist Temple.

Fee: \$15, includes transportation, driver and temple donation.

Depart Starin at 8:30 am and return approx 4:00 pm **Wait List Only!**

MADISON MALLARDS GAME



Wednesday, June 27

Enjoy an afternoon at the Duck Pond with a 12:05 ball game.

Fee: \$31, includes game ticket, buffet with Pepsi/water and transportation

Fee: \$36, includes game ticket, buffet with beer/soda and transportation

Depart 9:15 am and return approximately 5:00 pm. Deadline: June 1

CIVIL WAR MUSEUM & KEMPER CENTER

Tuesday, July 17*

Enjoy a ninety minute tour featuring an overview of the Kemper Center, the 1861 Historic Durkee Mansion (home of US Senator Charles Durkee), the 1875 Kemper Center Chapel, the Kemper Hall School and Simmons Gymnasium.

Head downtown for a trolley ride (\$1, must have exact change). Get off at the Fifth Street stop with three restaurants nearby, including Frank's Diner (cash only here) made famous on Diners, Drive-ins and Dives. After lunch, take the trolley to the Civil War Museum for a tour. The museum focuses on the Civil War from the perspective of the people of Illinois, Indiana, Iowa, Michigan, Minnesota, Ohio and Wisconsin. These seven states sent over one million men to serve in the Union army while providing much of the food and raw materials necessary for the northern states to carry on the war. Through the use of personal stories and narratives, the Museum also explores how the Civil War impacted the people on the Western home front before, during, and after the war. Fee: \$31 (includes transportation, Kemper Center and Museum)

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

Deadline to register is June 28

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



CRUISE NIGHTS

You can meet us at Starin Park at 5:00 pm to leave for the destination or just meet people there. Monday, June 11 is at Jones Park in Fort Atkinson and/or Wednesday, June 13 at Albion Park in Albion. Join the fun and see lots of classics!



Extended Travel

9

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

DISCOVER PANAMA: THE LAND BETWEEN THE SEAS

February 14-22, 2019

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



UPCOMING TRAVEL OPPORTUNITIES

West Virginia Autumn Foliage; October 19-23, 2018; Ride West Virginia's New River Train and the "Grand Canyon of the East"; the Railroad Days Festival; visit the "Bunker" and tour Charleston, the state capital. Mayflower Tours. From \$1349 double. Deposit due by June 15. **Trip is filling fast!**



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



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



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



2019 River Cruises with FREE Airfare:

- **Gems of Eastern Europe – Budapest to Bucharest, July 3 departure; Must book by June 30, 2018**
- **Splendor of the Seine: From Paris to Le Havre and Normandy; Must book by Aug. 31, 2018.**



Bus & Motorcycle Trips

TOUR THE USS LST 325

Monday, August 27

Tour the USS LST 325, in Dubuque, Iowa. This particular LST (landing ship/tank) was originally known as LST-325 during the second World War and later L-144 (A/G Syros), while it was in the service of the Greek Navy. It was acquired by The USS LST Ship Memorial, Inc. in 2000, and caught considerable public attention when the veteran crew, with an average age of 72, brought it on a 6,500-mile journey from the Greek island of Crete to Mobile, AL. Today it is permanently docked in Evansville, IN. Once a year, it travels to destinations throughout the United States for people to board and tour. (Note: There are stairs on the ship, but you can do an abbreviated tour without stairs.) After the tour and included lunch at the **Diamond Jo Casino**, visit the **National Mississippi River Museum** or stay at the casino. Ride the **Fenelon Place Elevator**, which is the steepest incline railway. Fee is \$57.00 (check to City of Whitewater). Deadline is August 1
 Depart Starin Park 7 am and Fort K-Mart Lot at 7:30 am
 Return approx: Fort 5:30 pm and Starin Park 6:00 pm



MILWAUKEE BREWERS GAME

Wednesday, August 22

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



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

Only 8 seats available.

(Coach Bus trip)

MOTORCYCLE RIDE IDEA NEEDED FOR JULY

One of our trips isn't panning out, so if there is anywhere else someone wants to go, please let me know.



MOTORCYCLE TRIPS

Thursday June 14—Head for JP Cycles and the Motorcycle Museum in Anamosa, Iowa. Enjoy a beautiful ride through southwest Wisconsin and northeast Iowa. **Depart at 7:30 am.** Bruce Parker leader (Long ride)



Thursday, June 21 Wisconsin Dells: Bird and Boats

Spend time at the International Crane Foundation viewing 15 species of cranes during a 1 1/2 -hour tour traversing about a half mile starting at 10 am. There are benches and water along the tour. The fee is \$8 (with coupon. We have enough for the group.) Those not wishing to tour the Foundation will ride the hills around the Dells. Everyone will meet at Monk's for lunch and then can go on a boat tour. Choices are Upper Dells, Jet Boats (bring a towel) or the Original Ducks. Fee for each boat is \$30 per person. **Depart 7:30 am.**

Riders must arrive prior to departure to show proof of insurance (card you should be carrying) and fill out a participation form, if this is your first ride with us in 2018. You can scan and email your insurance info or drop it off in advance, too. Helmets are recommended. Call with your email, and we'll keep you current on upcoming rides and rain dates.

Thursday, July 19—Milwaukee: Discovery World & Harley Davidson

Sunday, July 22—Chicken BBQ in Rockton (Kickapoo Valley)

Thursday, August 16—Port Washington and Cedarburg

Wednesday, August 22—Canoe the Kickapoo

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

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



CHAIR MASSAGE

Wednesday, June 6, 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.

GREETING CARDS



We've ordered new cards and they are here! We have a great selection of Fravessi cards, including Wedding, Birthday (including 80, 85 & 90-year-old cards), Thank You, Wedding Anniversary, Pet Sympathy, Serious Illness and much more! Most cards are priced from \$1.00 to \$2.95. Stop in and check out our selection.

TOENAIL CLINIC



Thursday, June 7

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: July 12 (Note the date change)

OTHER SERVICES

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

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Activity Calendar

June 2018

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</p>				<p>1</p> <p>9:00 Let's Walk! 10:00 Open Sewing Group -A 10:00 Pole Walking 12:30 Pickleball (A)</p>
<p>4</p> <p>9:30 FUNctional Fit 10:30 Bookworms 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Canasta</p> <p>Office closes 12:30</p>	<p>5</p> <p>9:00 Pickleball (A) 10:00 Culver's Bingo 11:15 Pot Luck 10:30 Basic Yoga—L 11:45 Dominoes 1:00 Sheepshead</p>	<p>6</p> <p>9:00 Let's Walk! 9:30 Brewers departs 10:00 Chess 10:00 Learn Tai Chi- A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 Chair Massage 3:00 Sign Language</p>	<p>7</p> <p>9:00 Pickleball (A) 9:15 Jville Shop 9:30 FUNctional Fit 10:00 Toenail Clinic 10:30 Basic Yoga—L 1:00 Watercolor 1:30 Spanish</p> <p>Office closes 12:30</p>	<p>8</p> <p>9:00 Let's Walk! 12:30 Pickleball (A)</p> <p>Office Closed</p>
<p>11</p> <p>8:30 Buds & Buddhas departs 9:30 FUNctional Fit 11:00 WW Warblers 11:30 Senior Forum 12:30 Pickleball (A) 1:00 Mah Jongg 1:30 DFCI meeting 5:00 Fort Cruise Nite</p>	<p>12</p> <p>9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "Wonder" 1:00 Sheepshead</p>	<p>13</p> <p>9:00 Let's Walk! 10:00 Chess 10:00 Learn Tai Chi—A 11:00 Cont. Tai Chi—A 11:00 PICNIC, Car Show & Music 12:30 Pickleball (A) 3:00 Sign Language 5:00 Albion Cruise Nite</p>	<p>14 Flag Day</p> <p>7:30 Motorcycle trip departs 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Lunch Bunch 10:30 Basic Yoga—L 1:00 Watercolor 1:30 Spanish</p>	<p>15</p> <p>9:00 Let's Walk! 10:30 Kayak outing 12:30 Pickleball (A)</p> <p>Office Closed</p>
<p>18</p> <p>6:30 Wolves Trip departs 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg</p> <p>Office closes 12:30</p>	<p>19</p> <p>9:00 Pickleball (A) 9:30 Pegs & Jokers 10:30 Basic Yoga—L 12:30 Stained Glass 1:00 Sheepshead 2:00 Healthy Living for Brain & Body</p> <p>Office closes 12:00</p>	<p>20</p> <p>9:00 Let's Walk! 10:00 Chess 10:00 Learn Tai Chi—A 11:00 Cont. Tai Chi—A 12:30 Movie "Call Me by Your Name" 12:30 Pickleball-A 12:30 Stained Glass 3:00 Sign Language</p> <p>Office Closed</p>	<p>21 Go Purple!</p> <p>7:30 Motorcycle trip departs 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L 1:00 Watercolor 1:30 Spanish</p> <p>Office closes 12:30</p>	<p>22</p> <p>9:00 Let's Walk! 12:30 Pickleball (A) 4:00 Fish Fry trip</p> <p>Office Closed</p>
<p>25</p> <p>9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg</p>	<p>26</p> <p>9:00 Pickleball (A) 10:00 City Bingo 12:30 Mulberry Glen Movie "Murder on the Orient Express" 1:00 Sheepshead</p>	<p>27</p> <p>9:00 Let's Walk! 9:15 Mallards departs 10:00 Chess 10:00 Learn Tai Chi—A 11:00 Cont. Tai Chi—A 12:30 Pickleball-A 1:00 Memory Screen 3:00 Sign Language</p>	<p>28</p> <p>8:00 Breakfast trip 9:00 Pickleball (A) 9:30 FUNctional Fit 1:00 Watercolor 1:30 Spanish</p> <p>Office closes 12:30</p>	<p>29</p> <p>9:00 Let's Walk! 12:30 Pickleball (A)</p> <p>July 4 Celebration begins</p> <p>Office Closed</p>

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

June 5

Chicken Salad
Tossed Salad with Spinach
Mandarin Oranges
Wheat Bread
Cranapple Crisp

June 12

Spaghetti & Meatballs
Tossed Salad
Garlic Bread
Green Beans
Tropical Fruit

June 26

Sub Sandwich
Mixed Greens Salad with
Strawberries and Pecans
Mandarin Oranges
Oatmeal Raisin Cookie



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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 you can be in the newsletter, too!



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

ASSESSING OUR COMMUNITY FOR POSITIVE AGING

The Walworth County Aging and Disability Resource Center (ADRC) would like your help determining how our community can be a great place to live and grow old in. All suggestions and opinions are important and will be considered as we create our 2019-2021 Walworth County Plan for Aging programs. Answer any or all questions that apply to you. Thank you!
<https://www.surveymonkey.com/r/aging2021>

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



- **Pat Metz** for hosting at the Virtual Dementia Tour.
- **Katie Nass** for becoming a trainer to train businesses to be Dementia Friendly.
- **Pat Metz, Lyn Wolfe, Jan Cole and Mary Beth Byrne** for visiting local respite care sites, as we work toward starting one in Whitewater.
- **Pat Metz and Lyn Wolfe** for attending the PR class presentations on community awareness for the Dementia Friendly effort and then organizing the information. Thanks also to **Mary Beth Byrne** for attending one of the presentation days.
- **Diana Stettner and Kathy Cashmer** for helping out while I was on vacation.
- **Patti Grosskreutz** for taking on the job of greeting card ordering and organizing.
- **Brenda Scheunemann**, from Reena Senior Living, for teaching the ukulele class.



HOW TO REGISTER AND PAY ONLINE

Register and pay for trips, classes and membership online at home: 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 (No trips) at www.wwparks.org. (You must create an account.) Checks for activities, classes and trips are made out to: City of Whitewater, unless indicated otherwise.



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Across the board, women have better high-frequency hearing than men, especially above 2000 Hz. Paradoxically, this advantage decreases with age; by the time they turn 60, women are losing their low-frequency hearing at a faster rate than men. Possibly due to changes in ovarian steroid hormone production, which appears to boost hearing sensitivity in women prior to menopause. Because of this reversal, gender differences in hearing loss become much less pronounced in older individuals.

Call Fort HealthCare today to take advantage of a free hearing screening and free CapTel phone! 920-563-6667

MAKERSPACE OPEN SHOP NIGHT

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

Wisconsin Makers Makerspace, 200 E. Clay St.

First & Third Tuesday of each month is Open Shop Night. (please note the change from Wednesday to Tuesday) No registration is necessary. We will be featuring our **3D printer** this month. All areas are open for use. For more information, email WisconsinMakers@gmail.com, call (262) 753 - 6455 or visit Facebook.com/WisconsinMakers.

SIGN IN, PLEASE!

Whether enjoying a program, participating in an activity, registering/paying or simply walking in the door, each person entering this facility is required to sign in at the front desk. Thanks!

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.



HANDS2HELPU

This free service for elderly and disabled adults living within 15 miles of



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

WHITEWATER'S 4TH OF JULY

Got to Whitewater4th.com for all the information. There will be fireworks Saturday June 29 and Wednesday July 4th. The parade begins at 10 am on July 4th with the theme "Freedom in the Heartland". The annual Car show will taking place and all the yummy food vendors will be there, too!



(photo by Scott Weberpal)

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

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

*Seniors in the Park is a division of
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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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