



The Park Bench

March 2017

Seniors in the Park Newsletter

ST. PATRICK'S DAY PARTY



Friday, March 17, 12:00 Noon

Celebrate this fun holiday when everyone is Irish! Jefferson County Craic will be providing Irish music during the event. The group consists of guitar, mandolin, 2 fiddles and an accordion. They will also talk about their instruments and the music they play. Capn's is once again catering. Meal choice is Corned Beef & Cabbage or Baked Cod, with potatoes, carrots, dessert and beverage. Participants are welcome to bring their own beverage, if desired. Tickets are \$10 per person and the deadline is Wednesday, March 8. Thanks to Commercial Bank for sponsoring the entertainment.

Volume XVII Issue 3

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SCHOLARLY SCOOP: EXPLORING THE SACRED LANDSCAPES OF PERU

Friday, March 3, 10:30 am



In this talk by Dr. Jo Ellen Burkholder we will be transported to the majestic Andes Mountains of southern Peru and the impressive deserts and valleys that flank them. We will get a chance to consider what defines sacred places and how they can be recognized by the special ways in which they use space. Using examples from her field work in Arequipa, Peru she will illustrate how we can begin to understand ancient sacred geographies and landscapes through archaeological and geographical analyses. Special attention will be given to two small temples she excavated at the site of Pisanay and how these two locations play a role in the sacred landscape surrounding the site. Jo Ellen Burkholder is an Associate Professor in Women's and Gender Studies and the Coordinator for Anthropology at the UW - Whitewater. Over the last 20 years, she has been conducting research in the Southern Andes of Peru and Bolivia.

Coffee and doughnuts are provided by Sable House. Thanks!
Please register by Wednesday, March 1.

Seniors in the Park Promotes & Enhances a Vital Aging Community



THE YARNERS

Thursdays, 1:00 pm

Get together to knit, crochet or any kind of yarn art. Enjoy time socializing and sharing ideas with others. All levels are welcome.

COLOR GROUP

March 21, 10:00 am

Coloring can be relaxing and meditative and it's the current craze! Bring your colored pencils, markers or whatever your favorite color implement is. **We also have books and color pencils for your use.**

Whether you draw or use color books, this is a chance to come together, share ideas and spend some time being creative. This group meets on the third Tuesday of the month.



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

BASKET MAKING CLASS

Wednesday, March 15, 10:00 am—4:00 pm

Make a muffin basket with instructor Bunny Schoen. All basket supplies are furnished. Please bring your lunch and a towel for your lap. Let us know when registering, if you would like to do the twisted handle (pictured) or a wooden handle for this basket. Basket is available to view at the center. Class is suitable for beginners.

Fee: \$12 resident, \$15 non-resident.

Registration deadline is March 8

Minimum 5; Maximum 8



WATERCOLOR—ELEMENTS OF ART

Thursdays, March 2-23 1:00—4:00 pm

This class will focus on each individual element of art: value, color, line, shape, form, texture and space with demonstrations of each using watercolor.

We will explore the importance of your sketch to the success of your painting. Using these elements of art, we will learn how to deconstruct our work to assess each element. Attendees are encouraged to bring personal reference material of subjects that are of interest to you for your watercolor painting. Each class will include a demonstration and discussion period, as well as ample time for painting. The instructor will circulate and provide individual attention to each attendee.

Fee: \$15 per class or \$50 for the session of four classes for those who are pre-registered. Session fee is payable to the instructor on March 2.

Register by Monday, February 27

Questions about the class? Send an email to patriciakelleyfuller@gmail.com or send a text message to 815-354-2260

If the 6 person minimum is met, walk-ins may attend for the \$15 per class fee.



STAINED GLASS CLASS

March 7 & 8, 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. This class will teach you the basics and help you move to the next level.

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

Instructor: Caroline Britton

Fee: \$15.00 residents; \$18.75 non-residents

Deadline: Thursday, March 2



GOLF LEAGUE BEGINS

Monday, April 3

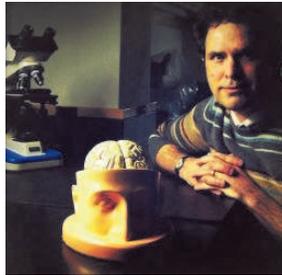
Have fun with this recreational Golf League. April 3 will be an organizational meeting with golf to follow weather permitting. Golfers must be 60 years old as of April 3 or spouse must be 60. Tee times are at 8:30 am, flag prizes are awarded weekly, and there is a luncheon to conclude the season. For more information, contact Vicki Flitsch, 608-884-3586, or Bill Holcomb, 262-495-2273. Play is at Oak Ridge Golf Course on Bowers Lake Road, Milton. The membership fee is \$6.00 and is paid on site. Join any time!



SCHOLARLY SCOOP: *HOW LANGUAGE CAPTURES HEARTS AND MINDS: A VIEW FROM COGNITIVE NEUROSCIENCE*

Friday April 7, 10:30 am

As political rhetoric invades our lives, consider this question: How does language so powerfully engage our emotions, as when we read a favorite novel or listen to an enflaming speech? In this talk, I review an answer based on research into emotional language comprehension from cognitive neuroscience. From Darwin to Botox to Trump, I trace evidence for a theory that emotional biology plays a causal role in how we become emotionally moved by language (and how our emotions influence what we understand). You'll see that language moves our emotions in part because comprehension requires emotion.



Dr. David Havas is an Assistant Professor of Psychology at the University of Wisconsin at Whitewater. He completed his doctoral dissertation in cognitive and affective neuroscience at UW-Madison in 2010. His research on the role of emotions in language comprehension gained international attention by demonstrating an effect of Botox in human cognition.

LAST SCHOLARLY SCOOP

May 5, 10:30 am: Asmahan Sallah (Languages & Literature) *That Ye May Know Each Other*

Thanks to Sable House for providing the doughnuts. Thanks to Akiko Yoshida, Associate Professor of Sociology for arranging the series.

"FUN"CTIONAL FITNESS

Monday and Thursdays

9:30-10:30 am

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



CORE AND MORE

Mondays & Thursdays

8:30 am

An active core allows for good posture and the body to perform activities of daily living with ease and safety.



Shoulder opening & strengthening, balance and core exercises are done standing, seated and on the floor. Once on the floor, we stay there until the end of class. Modifications for all levels of ability will be demonstrated. Please bring a thick exercise mat, not a yoga mat. Prepay Residents: \$1.00/class Prepay Non-Residents: \$1.25/class First class is free for new participants.



WHITEWATER WARBLERS

The Warblers are starting to put together their performance for the June Senior Music Festival. If you would like to join them for this fun event, they meet on Mondays at 11:00 am. You don't need to read music; just enjoy singing and having fun.

They will be singing on March 28 at Fairhaven at 1:00 for the birthday party.

PUZZLE EXCHANGE

Friday, March 17, 10:00 –10:30am



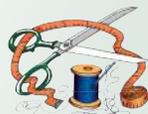
Are you ready to trade your 500/1000-piece puzzles for different ones at no cost? Bring 3 to 10 bagged-in-the-box puzzles to the

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.

MENDING CLINIC

Wednesday, March 8, 1:00-3:00 pm

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



ACRYLIC PAINT PARTY

Thursday, March 30 1:00-4:00 pm

Join us for a relaxed afternoon of painting spring flowers in a pleasant and fun atmosphere. Never painted in your life? Willing to try something new? Want something new to look at on your walls at home? 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 11"X14" stretched canvas.

Fee: \$15 per person and you must pre-register/pay by March 23.

(Special discounted rate of \$12 for any person who attended all four March watercolor classes!!!)

All materials are provided, e.g. paints, brushes, canvas, fabric apron and wooden easels, and are included in your class fee. Do not bring any supplies! Sorry No walk-ins!

There is a 6 person minimum for this class.

Beverages are available. Feel free to bring a finger food snack to share (not required).

Questions about the class? Send an email to patriciakelley-fuller@gmail.com or send a text message to 815-354-2260.

MOVIES: SPONSORED BY MULBERRY GLEN

"Manchester by the Sea"

Tuesday, March 14, 12:30 pm,

Rated R (language, sexual content); 2 hr, 17 min.

Casey Affleck plays an uncle, who, named his teenage nephew's (Lucas Hedges) guardian, must return to his hometown and the sadness he left there. Six Oscar nominations: including Best Picture, Actor, Supporting Actor and Actress.



"Jackie"

Tuesday, March 28, 12:30 pm

Rated R (brief strong violence and language)

1 hr, 40 min.

Oscar nominee Natalie Portman portrays First Lady Jackie Kennedy in the years after JFK's assassination. Three Oscar nominations: Best Actress, Costume Design, and Original Musical Score.



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SIP & SWIPE: TABLET TRAINING



Under a generous grant from Bader Philanthropies, Seniors in the Park is now proudly offering a Generations on Line® Sip & Swipe Cafe® tablet training program. This means that, if you are an older adult, you can learn how to access information

plus connect with family, friends, hobby groups and more by learning to use a tablet computer.

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

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

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

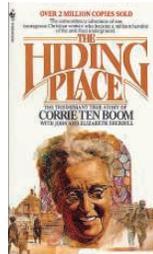
BOOK WORMS

Monday, March 6, 10:30 am

The Book Club will discuss *All the Light We Cannot See* by Anthony Doerr. The book for March will be *The Hiding Place* by Corrie Ten Boom.

Corrie ten Boom was a Dutch watchmaker who became a heroine of the Resistance, a survivor of Hitler's concentration camps and one of the most remarkable evangelists of the twentieth century. In World War II, she and her family risked their lives to help Jews and underground workers escape from the Nazis, and for their work they were tested in the infamous Nazi death camps. Only Corrie among her family survived to tell the story of how faith ultimately triumphs over evil.

Here is the riveting account of how Corrie and her family were able to save many of God's chosen people. For 35 years, millions have seen that there is no pit so deep that God's love is not deeper still. Now *The Hiding Place*, repackaged for a new generation of readers, continues to declare that God's love will overcome, heal, and restore.



GADGET GURU

UW-W students will be available to assist you for an hour, with any of your “gadgets”: smart phones, cameras, tablets, e-readers, laptops or ipods. Call to reserve a day and time; let us know the brand/model of your gadget; and what kind of assistance you need.

Days and times to be determined.

Fee: \$5.00 resident

\$6.25 Non Resident

Deadline: Three days in advance



SENIOR FORUM

Monday, March 13, 11:30 am

NOTE DATE AND TIME CHANGE

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.

SAVE THE DATE

AARP Safe Driving Class—Wednesday, May 10, 10 am—2:30 pm

Hawaii Trip Preview—Wednesday, April 19, 4:30 pm

Effigy Mounds Presentation—Wednesday, May 17, 1:00 pm

Effigy Mounds Tour—Thursday, May 25, 1:00 pm

Alzheimer's Presentation—Wednesday, June 7, 2:00 pm

PEGS AND JOKERS

Pegs and Jokers meets on the third Wednesday of the month, **however, they will not meet in March.**

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.

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



Scenic ride on the Arcade and Attica Railroad and cruise on the Maid of the Mist at Niagara Falls. Two of the top haunted places in the U.S. are in upstate New York. Haunted visits include the Wm. Phelps General Store, Fort Ontario, Red Coach Inn, Brae Loch Inn, Rolling Hills Asylum and most other stops. Also wine tasting and Cruise on Seneca lake in a vintage motor vessel. Per person twin room is \$1849; or add \$699 for single supplement. Mayflower Tours. Final payment due June 20

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 "Grand Canyon of the Pacific", Pearl Harbor and the USS Arizona Memorial, a Polynesian luau, visit and learn about the largest coffee plantation in Wawaii. 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 and 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

A trip preview is scheduled for Wednesday, April 19 at 4:30 pm

MILWAUKEE BREWERS GAME

Wednesday, May 24

Watch the Brewers as they take on the Toronto Blue Jays. Our great seats are located at the top of the lower section so there are very few steps to get to your seat and out of the sun. The fee includes coach bus transportation, game ticket, snack on the bus and bottle of water.

Fee: \$55 (checks made out to Fort Atkinson Senior Center)

Only 12 seats available.



DANUBE RIVER CRUISE WITH FREE AIRFARE

May 7, 2018

Cruise along the Danube through some of the most beautiful cities in Europe along with a 2 day stay in Prague either pre- or post cruise. Watch for more information and a preview in April.

COMING IN 2018

Watch for tours to Nova Scotia, a train ride through Glacier National Park and up into Canada, and the Mayflower Value tour to Natchez



FISH FRY FRIDAYS

March 3—Norm's Hideaway;
Depart at 4:00 pm
RSVP by March 1

March 24—Capn's; Depart at
11:00 am
RSVP by March 21

April 7—Koskonong Mounds
Country Club; Depart at 4:30 pm
RSVP by April 4

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

SUNNY SIDE UP BREAKFAST CLUB

Thursday, March 16
8:30 am

Ride to the Egg Harbor in Lake
Geneva.

Fee: \$4.00

RSVP by Tuesday, March 14

LUNCH BUNCH

Thursday, March 9
10:30 am

Lunch will be at O'Riley &
Conway's Irish Pub in
Janesville. 

Fee: \$4.00

RSVP by Tuesday, March 7

JANESVILLE SHOPPING

Wednesday, March 1
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, February 28.

UW-MADISON BAND CONCERT



Thursday, April 20

We will once again be attending this fabulous and fun event. They have not published what their show is this year yet, so watch next months newsletter for more information. This year they moved the start time up half an hour to 7:00 pm. We only have 10 tickets so sign up and get your payment in early. This trip always sells out! Dinner will be on your own at the Coliseum Bar.

Fee: \$32.00

Deadline is March 31

Depart 4:00 pm and return approx 11:00 pm

WHITEWATER DINE-AROUND

Friday, March 31

Quarterly we will be offering a special meal
somewhere in or around Whitewater

Enjoy a Friday Fish Fry (baked or fried
cod, salad or soup, fries and coleslaw)
and 4 beer samples at Second Salem.

While sampling the beers, you will get a

brief overview of each beer with owner/brewer Christ. Head out to Staller
Estate Winery for a short tour and wine and chocolate pairing.

Fee: \$29.00 includes fish fry/beer flight; wine flight/chocolate and
transportation

Fee: \$25.00 includes fish fry/beverage, wine flight/chocolate and
transportation

RSVP by Friday March 24. Depart 11:15 am; Return approx 3:00 pm

Minimum 8 people



SECOND SALEM
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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

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

Activity Calendar

9

March 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 (HB)=Hawk Bowl (L)=Cravath Lakefront</p>		<p>1</p> <p>9:00 AARP Taxes 9:00 Bowling (HB) 9:00 Indoor Walking 9:15 Janesville Shop 10:00 Chess 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A)</p>	<p>2</p> <p>8:15 Core and More 9:00 Pickleball (A) 9:00 Toenail Clinic 9:30 FUNctional Fit 1:00 The Yarners 1:00 Watercolor</p>	<p>3</p> <p>9:00 Indoor Walking 10:30 Scholarly Scoop: Exploring Sacred Landscapes of Peru 12:30 Pickleball (A) 4:00 Fish Fry trip departs</p>
<p>6</p> <p>8:15 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</p>	<p>7</p> <p>9:00 Pickleball (A) 10:00 Culver's Bingo 11:00 Yoga (L) 11:15 Pot Luck 11:45 Dominoes 12:30 Stained Glass (A) 1:00 Sheepshead 1:30 Dementia Friendly mtg</p>	<p>8</p> <p>9:00 AARP Taxes 9:00 Bowling (HB) 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 Stained Glass (A) 1:00 Mending Clinic</p>	<p>9</p> <p>8:15 Core and More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Lunch Bunch 1:00 The Yarners 1:00 Watercolor</p>	<p>10</p> <p>9:00 Indoor Walking 12:30 Pickleball (A)</p>
<p>13</p> <p>8:15 Core and More 9:30 FUNctional Fit 11:00 WW Warblers 11:30 Senior Forum 12:30 Pickleball (A) 1:00 Mah Jongg</p>	<p>14</p> <p>9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 11:00 Yoga (L) 12:30 Mulberry Glen Movie "Manchester by the Sea" 1:00 Sheepshead</p>	<p>15</p> <p>9:00 AARP Taxes 9:00 Bowling (HB) 10:00 Basket Making 10:00 Chess 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A)</p>	<p>16</p> <p>8:15 Core and More 8:30 Sunny Side Up Breakfast Club 9:00 Pickleball (A) 9:30 FUNctional Fit 1:00 The Yarners 1:00 Watercolor</p>	<p>17</p> <p>9:00 Indoor Walking 10:00 Puzzle Exchange 12:00 St. Patrick's Day Lunch and Entertainment 12:30 Pickleball (A)</p> <p></p>
<p>20</p> <p>8:15 Core and More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg</p>	<p>21</p> <p>9:00 Pickleball (A) 10:00 Color Group 1:00 Sheepshead 1:30 Rebranding Mtg</p>	<p>22</p> <p>9:00 AARP Taxes 9:00 Indoor Walking 10:00 Chess 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A)</p>	<p>23</p> <p>9:00 Pickleball (A) 9:30 FUNctional Fit 1:00 The Yarners 1:00 Watercolor</p> <p>Office closed at Noon</p>	<p>24</p> <p>9:00 Indoor Walking 11:00 Fish Fry trip departs 12:30 Pickleball (A)</p>
<p>27</p> <p>8:15 Core and More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg</p>	<p>28</p> <p>9:00 Pickleball (A) 10:00 City Bingo 11:00 Yoga (L) 12:30 Mulberry Glen Movie "Jackie" 1:00 Sheepshead 1:00 Warblers Perform @ Faihaven</p>	<p>29</p> <p>9:00 AARP Taxes 9:00 Indoor Walking 10:00 Chess 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A)</p>	<p>30</p> <p>8:15 Core and More 9:00 Pickleball (A) 9:30 FUNctional Fit 1:00 The Yarners 1:00 Paint Party</p> 	<p>31</p> <p>9:00 Indoor Walking 11:15 Dine Around departs 12:30 Pickleball (A)</p>

10 Walworth County Nutrition Menu

March 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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 Wed.</p>				
<p>6 Baked Breaded Fish Cauliflower; Red Potato Pineapple Chunks Sugar Cookie Wheat Roll</p>	<p>7 @ Starin Park Shaved Turkey/Gravy Mashed Potatoes Gr. Bean Casserole Man. Oranges, Wh. Bread Choc Chip Cookie</p>	<p>1 Burgundy Tips Egg Noodles Garden Blend Veg Stewed Tomatoes Fruit Mix; Wheat Roll</p>	<p>2 Chicken Leg & Thigh Mashed Potatoes; Gravy Calif. Mixed Veg Peaches Wheat Bread</p>	<p>3 Vegetable Lasagna Green Beans Roasted Peppers Chunky Applesauce Garlic Bread</p>
<p>13 Scrambled Eggs w/Bell Pepper, Cheese, Onion Hash Brown Casserole Orange Juice; Fruit mix Fr. Toast Sticks; Muffin</p>	<p>14 @ Starin Park Chicken Chow Mein Brown Rice San Fran. Veg; Peas Peanut Butter Cookie Dinner Roll</p>	<p>8 Navy Bean/Ham Soup Squash Hot Spiced Apples Chocolate Cake Dinner Roll</p>	<p>9 Spaghetti w/Meatballs Tossed Salad Wax Beans Pineapple/Orange Cup Garlic Bread</p>	<p>10 Lemon-Parsley Baked Cod Rice Pilaf Asparagus Tips/Pieces Orange; Dinner Roll</p>
<p>20 Quiche w/Spinach, Feta, & Ground Turkey Calif. Mixed Veg Red Potatoes Fruit Cocktail; Din. Roll</p>	<p>21 @ Blackhawk Pork Pot Roast Brussels Sprouts Squash Pineapple Tidbits Baking Powder Biscuit</p>	<p>15 Sloppy Joes on a Bun Baked Beans Romaine Salad Tropical Fruit Blend</p>	<p>16 Parmesan Crusted Pork Squash Calif. Mixed Veg Pears Dinner Roll</p>	<p>17 Corned Beef; Cabbage Red Potatoes Carrots Mint Brownie Rye Bread</p> 
<p>27 Hot Pork Sandwich; Bun Baked Beans Parsley Red Potatoes Fruit Mix Snickerdoodle Cookie</p>	<p>28 @ Starin Park Chopped Steak Baked Potatoes Red Cabbage Mandarin Orange Wheat Bread</p>	<p>22 Beef Noodle Soup Peas; Bean Salad Hot Peaches/Granola Fruit Jell-O Dinner Roll</p>	<p>23 Chicken Drumsticks Mashed Potatoes Broccoli; Banana Peanut Butter Cookie Bread</p>	<p>24 Black Bean Chili Calif. Mixed Veg Zucchini, Corn Bread Tropical Fruit Choc Chip Cookie</p>
		<p>29 Swedish Meatballs Egg Noodles San Fran. Blend Romaine Salad; Bread Apricots & Peaches</p>	<p>30 Ham Carrots Almondine Green Beans Pumpkin Bar Dinner Roll</p> 	<p>31 Baked Parmesan Cod Squash Blend Veg Carrots; Parsley Rice Grapefruit Chocolate Pudding</p>

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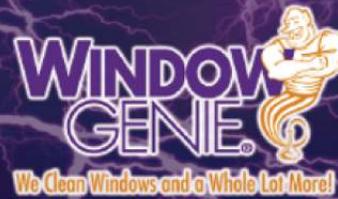
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SERVICES AT A GLANCE

CHAIR MASSAGE

NEW

Will begin on Wednesday, April 5 at 1:00 pm. Ten minute chair massages for \$10. Must make appointment. More information in next month's newsletter.



TOENAIL CLINIC

Thursday, March 2
9:00 am-1:30 pm
Thursday, April 6
11:00 am-2:30 pm
Thursday, May 4
11:00 am-2:30 pm



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

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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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
Color Group—Third Tuesday, 10:00
Core and More—Monday and Thursday, 8:15; Residents: \$1.00 per class, Non-Residents \$1.25
Dominoes—First Tuesday, 11:45 (after potluck)
'FUN'ctional Fitness—Monday & Thursday, 9:30; Residents: \$1.00 per class, Non-Residents \$1.25
Mah Jongg—Mondays, 1:00
Pegs & Jokers—Third Wednesday, 9:30
Pickleball—Monday, Wednesday and Friday, 12:30-2:30; Tuesday, 9:00-11:00 and Thursday, 9:00-11:00; Downtown Armory
Potluck—First Tuesday, 11:15
Sheepshead—Tuesdays, 1:00
The Yarners—Thursdays, 1:00
Walk Away the Pounds—(Indoors), Wednesday and Friday, 9:00
Whitewater Warblers (singing group)—Mondays, 11:00

BINGO

Tuesdays, 10:00 am

Mar. 7: Culver's
 Mar. 14: Mulberry Glen
 Mar. 28: City Bingo



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You can now get your copy of *The Park Bench* online by
 clicking on or going to the following link:

ourseniorcenter.com/find/seniors-in-the-park

DEMENTIA-FRIENDLY COMMUNITY

The group has set goals and what they feel are immediate needs. It was determined to focus on 3 goals:

- The taskforce will provide education and information about dementia, strategies to assist those with dementia, and resources for care partners.
- Early detection and screening: discussed a baseline screening opportunity at W3LLFEST
- A Dementia Care Network: Research what help and resources are available in Whitewater and at the county, a Memory Cafe and Care Partner support and resources
- Community Awareness/Education: beginning with info at Wellfest.

We are working on a vision for the group which includes: Whitewater will become a community where all citizens are included and met with understanding and where social networks are nurtured and strengthened to provide a feeling of belonging and safety for all.

If you have any input, resources, know of someone struggling as a care partner or with dementia, please let me know. We are in the process of assessing community needs. If you would like to join the taskforce, please contact Deb (back of newsletter). Our next meeting is Tuesday March 7 at 1:30 pm. Your help and knowledge is greatly appreciated.

REBRANDING SENIORS IN THE PARK

The group decided if we are to look at a new logo, work on a brand or consider a name change, we first have to look at the perception of the program in the community. What is the perception of people who do not come to the center or the program and the name? Could we serve more people if we did not use the work senior? We discussed if the word "Senior" is exclusive or inclusive of everyone we serve and want to serve. We discussed retirement engagement and Looking to the future of the program and what it will look like. The next meeting will be Tuesday March 21 at 1:30 pm.

If you are interested in this discussion or would like to give your input please attend the meeting or share your thoughts with Deb. Better yet, ask someone who does not attend, their perception of Seniors in the Park. Would they attend? Why or why not? How could we change perception of the center to make it more positive for you? YOU are my best connection to the community.

COORDINATOR'S COMMENTS



It takes a village and YOU are my village. Check out the Dementia Friendly and Rebranding articles. We are trying to get community input on both issues, especially from those who do not attend our programs. Please talk to your friends and neighbors. Ask them what their perceptions are and where help is needed. We can accomplish so much with YOUR help. You can call or email me with conversations you have with others in the community. We are here for everyone!

W3LLFEST

**Sunday March 12, 1—4 pm
Whitewater High School**

A fun afternoon of fitness, educational and cooking classes; health screenings and resources. There will also be an indoor Farmer's Market, free snacks and door prizes. Try out the Blender Bike! We will be there along with a lot of other interesting and fun people! If you haven't been to this event, check it out! W3wellness.org

OPPORTUNITIES

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

Wellfest—Sunday March 12, assist in staffing the Seniors in the Park table at the event. Hand out items. Shifts are 12—2:00 pm and 2:00—4:00 pm. Have fun meeting and greeting people. Please sign up by March 9. 1-2 people per shift is needed.

St. Patrick's Day Party—Friday, March 17, assist with any of the following: set-up from 9:00—10:00 am; Help serve from 11:30—12:45; Clean up from 1:15—2:00. 



Thanks to:

Chili cook-off prize donors:

Commercial Bank, Whitewater Aquatic and Fitness Center, Eastsider/Westsider, W3 and Special Olympics

Entertainment sponsor for St. Patrick's Day is **Commercial Bank**

Volunteers at Chili Cook-Off: **Mark Dorn, Lyn Wolfe, Dan Wolfe.**

Valentine Candy donations: **Mark Dorn and Mary Kaspar**

Prize donations: **Phil Neustedter**
Caroline Behrens for her Random Act of Kindness and the pan of brownies.

HAPPY MARCH BIRTHDAYS TO:

- 3** Cherry Brown
- 13** Sharron McCarthy
- 25** Romelle Koch
- 26** Audrey Peplinski
- 29** Donna Wilson



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

THE WISCONSIN IDEA: WHITEWATER, WISCONSIN AND BEYOND

Mondays, 3:00 pm
Fellowship Hall, Fairhaven

The Wisconsin Idea is a unique and long-standing principle of the University of Wisconsin System, a tradition of community engagement that guides our work beyond the boundaries of our campus and the promise that the university makes to the state to improve the lives of all Wisconsin residents. You have heard this phrase before--but how is the Wisconsin Idea practiced at UW-Whitewater?

Lectures in our spring series will explore how UW-Whitewater faculty and students share their expertise and resources in areas as diverse as science, technology, health, business and the environment. Join us to see how we are making that happen in Whitewater, in Wisconsin, and beyond. All lectures are free and open to the public.

Links to videos of lectures in this and prior series can be viewed at any time at www.edu/ce/fairhaven.

- Mar. 6** Beyond Boundaries: 3-D Printable Tactile Objects to Aid in Science Understanding”
Steven Sahyun, Assoc. Prof., Physics
- Mar. 13** Where is the Fort in Fort Atkinson? Engaging the Community Through Archaeology
Pete Killoran, Lecturer, Sociology, Criminology, and Anthropology; and Paul Reckner, Archaeologist, Wisconsin Historical Society
- Mar. 27** Tourism in Wisconsin: An Economic Engine of Growth
Russ Kashian, Prof., Economics, and Dir., Fiscal and Economic Research Center
- Apr. 3** Socially Responsible Business: Making a Difference in Women Artisans’ Lives
Paul Ambrose, Associate Dean, College of Business & Economics
- Apr. 10** Food, Farming and Cultural Diversity: Capturing Stories through the Wisconsin Farms Oral History Project
James Levy, Assistant Professor, History



GREETING CARDS

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



CHILI COOK-OFF REPORT

There were 9 participants with 7 returning and 2 new.

First: Century 21 – Jason Grahler

Second: St. John’s Masonic Lodge – Joshua Therrian

Third: Sable House – Dan Sable

Best Decorated Table: Brotoloc – Chris Cohen

People’s Choice – Blake Scharine

Judges: Christ Christon, Mark Dorn and Zach Artz



Sold 23 mugs @ \$8 and 116 bowls @ \$5 for a total of \$760 raised to be split with Special Olympics and Seniors in the Park.

Sponsors providing prizes for the winners were: Commercial Bank, Frawley Oil, Whitewater Aquatic and Fitness Center, W3 and Special Olympics.

The Aquatic Center also provided two day passes for each registered chili, which was included with a thank you note for participating.



BAD WEATHER CLOSINGS

In case of inclement weather, (Snow that four letter “S” word), program cancellations will be on

Whitewater Cable Channel 98, digital 990 or radio stations WFAW 940 AM and WSJY 107.3 FM, or online at wwparks.org You can also call the **Parks and Recreation cancellation Hotline at 262-458-2799.**

STRAIGHT TALK FOR SENIORS

“In the coming weeks and months, there will be much discussion about programs and issues that will affect older Americans and their families on the national level.

Straight Talk for Seniors® provides information for older adults, their families, caregivers and the professionals who serve them on key policy concerns involving the Affordable Care Act (ACA), Medicaid, Medicare and the Older Americans Act (OAA).” (Excerpt from the National Council on Aging website).

Go here: <https://www.ncoa.org/news/straight-talk-for-seniors/> to learn more and sign-up to receive NCOA Advocacy Alerts.

Note: NCOA is a trusted and valuable resource for older adults.

PARKS & RECREATION

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

LEGISLATIVE CONTACTS

How to Contact your State Legislator:

<http://legis.wisconsin.gov/pages/cg/contact.aspx>

Who is my state contact?:

<https://legis.wisconsin.gov/About/Contact>

US Senate and House Contacts:

<https://www.govtrack.us/congress/members/WI>

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Hours....Mon-Thurs, 9:00 am-4:00 pm

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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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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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