



# The Park Bench

March 2018

Seniors in the Park Newsletter

## SCHOLARLY SCOOP: REIMAGINING WOMEN: IMAGES OF GENDER FROM ANCIENT PERU

Friday, March 2, 10:30 am

The pottery and textiles of Ancient Peru evoke political worlds and religious ideologies through the use of iconography that is both technically complex and visually stunning. Our language used to describe these images, however, has focused on males, leaving open the question "Where were women in these social worlds?" Traditionally, only a few sex characteristics and cultural attributes such as breasts and certain hairstyles have been used to identify a very small portion of images as female. A combination of new discoveries and new ways of thinking about gender, however, allows us to identify many more images as female or feminine.

Presenter will be Jo Ellen Burkholder, Associate Professor, Department of Women's & Gender Studies.

Please register in advance. Thank you.



Volume XVIII Issue 3

## WHAT'S INSIDE

2-4, 6, 14 .....Activities

5.....Support our Sponsors

7..... Dementia Friendly

8.. Van Trips and Volunteer Needs

9.....Bus & Extended Trips

10..... Your Senior Center

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

12.....Activity Calendar

14-15....Info & Community

Back .....ADDRESS, Phone Numbers, Staff and Subscription info

## BENEFITS FOR \$0?? YES!

Thursday, March 22, 1:00pm

Do you have a Medicare and a ForwardHealth card? Learn how to add extra benefits to what you already have!

Rebecca Spychalla and Rick Krol will be presenting the 'United Health Care Dual Complete' plan. This plan combines your Medicare and Medicaid into one plan with a \$0 premium. You won't lose any of your current benefits. You will get extra benefits like \$2000 in dental services, \$680 in over the counter products per year, transportation services, a Personal Emergency Response System and more!

Come and see how to get more of what you deserve!

Please register by Monday, March 19



Welcoming Seniors, Boomers, and Adults of all ages.

## LET'S WALK!

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

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

## WHITEWATER WARBLERS

The Warblers will be performing their "Television Tribute Show" at Fairhaven on Tuesday, March 27 at 1:00. It's a fun show and a great showcase of our illustrious Senior Center leader, Deb Weberpal. Come support us!

The Warblers meet on Mondays at 11:00 am. EVERYONE is invited to come and participate in the Warblers. Doing the music festival show in June, is a small part of what the group does. 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.

## PUZZLE EXCHANGE

**Friday, March 16, 9:30-10:00 am**

Are you ready to trade your 500/1000-piece puzzles for different ones at no cost?



Bring 3 to 10 bagged-in-the-box puzzles to the Starin Park Community Building. The exchange will take no longer than a half hour. If you are unable to make this one, others will be held on the third Friday of the month through the winter. If you have questions, call Louise, 262-473-2548.

## BASIC YOGA

**Tuesdays, March 13– May 15\***

**Thursdays, March 15—May 17\***

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

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

Instructor: Brienne Brown, RYT

Fee: \$32 members \$42 non-members

**Payment/Deadline: Wednesday, March 7**

**\*No class Tues., March 20 & 27; Thurs., March 29 & April 26**



## VOLUNTEER APPRECIATION

**Thursday, April 12; 6—8:00 pm**

It's Casino Night! Come prepared to have fun playing casino games including bingo, blackjack, Texas Hold 'em, horse races, Wheel of Fortune, door prizes and more. Snacks and beverages will be available.

Event is free for volunteers. Guests are \$3.00.

Please RSVP by April 4.

## AARP TAX ASSISTANCE

**Wednesdays**

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

You must bring:

- Photo ID and Social Security Card (both are required this year)
- Copy of 2016 tax returns
- Proof of 2017 income
- Blank check for electronic refund deposit

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



## GOT A NEW TABLET OR IPAD?



Want to stay in contact with children and grandchildren? See their pictures or talk to them while looking at them? See what's going on in the world?

Nothing on TV; you could watch videos or play games online. Have a hobby or want to fix something? It's all online! Also, unfortunately, Medicare, Social Security and almost everything is online. An easy way to step into the digital age is to learn to use a tablet. They are inexpensive and not difficult to learn.

With a generous grant from Bader Philanthropies, Seniors in the Park offers a free Generations on Line® Sip & Swipe Cafe® tablet-training program. If you are an older adult, you can learn how to access information, plus connect with family, friends, hobby groups and more by learning to use a tablet computer. The program and coaching are all free, thanks to the grant. If you have a tablet you are welcome to bring and use it. A tablet is not required, as we have tablets to use during the program. If you are interested in learning tablet technology, contact Seniors in the Park.

## AARP SAFE DRIVING CLASS

**Wednesday, May 23 12:00—4:00 pm**

The AARP Smart Driver Safety Program is an updated four-hour classroom course. It is research based to help older drivers become more aware of changes that occur due to aging and how to adjust accordingly. The course covers topics such as: Defensive driving techniques, new laws and rules of the road; How to deal with aggressive drivers; How medications may affect driving; How to safely use anti-lock brakes, air bags and safety belts and Navigating roundabouts Please arrive 15 minutes early.

Fee: \$15 for AARP members or \$20 for nonmembers

Bring your AARP member card to receive the discount. You may also be eligible to receive an insurance discount, consult your agent for details.

Deadline to register: Thursday, May 10

## SCHOLARLY SCOOP

**Friday April 6, 10:30 am**

### **Out of the Basement and into the Streets: Far-Right and Antifascist Mobilizations in the Trump Era**

The populist rhetoric of the 2016 election brought a number of movements into the public consciousness. Among them were various factions of the extreme right-wing of American politics. This talk will provide an overview of contemporary fascist and antifascist movements with a focus on the key differences between them.

Stanislav Vysotsky is an Assistant Professor of Sociology and Criminology at the University of Wisconsin - Whitewater.

## IPAD GROUP

**Thursday, March 15 10:45 am**

Have you been through a Sip & Swipe® class or have an iPad and just want a little more information? Here's a group for you! Mark Dorn will lead this monthly group. Get together with other iPad users and share. Please bring your iPad to work on. If you have a topic for another month, let Deb or Mark know. Please register for the group by Monday, March 13.

## TABLET AND FACEBOOK CLASSES



Still working on instructors/facilitators for these classes. Please call with your interest and we'll contact you when the classes and tutoring sessions are in place.

## SENIOR FORUM

**Monday, March 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. Give your input on membership, fundraising, trips, activities and classes.

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

## STAINED GLASS CLASS

March 6 & 7, 12:30-3:30 pm  
Downtown Armory Lower level



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

you can receive one-on-one instruction.

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

Instructor: Caroline Britton

Fee: \$15.00 members

\$20.00 non-members

Deadline: Thursday, March 1

## OPEN SEWING GROUP

Fri., March 2, 10 am-3:00 pm  
Downtown Armory Lower Level

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

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

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

## BEGINNING DRAWING AND WATERCOLOR PAINTING

Thursdays, March 1—22 1:00-4:00 pm

Want to try something new? Have a favorite medium already? We will start at the very beginning and cover supplies, how to get started with hands-on techniques for painting and sketching and ideas to help you learn. All skill levels are welcome, but demonstrations will focus on getting started and basic techniques! Pattie will spend time with each person helping you with your subject medium.

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

Deadline: Friday, February 23

Instructor: Pattie Kelley Fuller [www.PattieKelleyFuller.com](http://www.PattieKelleyFuller.com)



## ACRYLIC PAINT PARTY

Tuesday March 27 5:30—8:00 pm

Join us for a relaxed evening of painting in a pleasant and fun atmosphere painting your masterpiece! 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" x 14" stretched canvas. Beverages will be available and feel free to bring a finger-food snack, but it is not required.

Fee: \$18.00 members \$23 non-members

Deadline: Thursday, March 15

Instructor: Pattie Kelley Fuller [www.PattieKelleyFuller.com](http://www.PattieKelleyFuller.com)



## WATERCOLOR AND COLLAGE

Thursdays, April 5—26 1:00—4:00 pm

Incorporating collage and watercolor into painting will be explored in this four-week watercolor class. Using a small painting format (11" x 15" or smaller), discussion and demonstrations will focus on using both collage and watercolor in a painting. Participants will have the opportunity to paint unique collage papers in this session. 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 birds, animals, landscapes, still life or florals. 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, April 2

Minimum: 6 people; Maximum: 16 people

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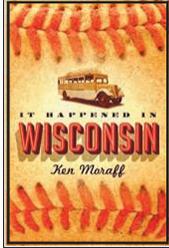


## BOOK WORMS

**Monday, March 5, 10:30 am**

The Book Club will discuss *The Forgetting Time* by Sharon Guskin.

The book for March will be *It Happened in Wisconsin* by Ken Moraff.



Winner of the 2013 Amazon Breakthrough Novel Award. The story is told by an elderly unnamed man who was a pitcher for the minor league baseball team, Racine Robins, during the Great Depression. The tight-knit team played in cities all around the Great Lakes states and was committed to the cause of helping the poor and laboring class. The team was happy with traveling in their beat-up bus, eating sandwiches on the road and playing for enthusiastic crowds who received a portion of the money from the gate for soup kitchens and strikers. The narrator had a girlfriend, Nancy, who ran a café in Binghamton, NY, but the narrator was often on the road with the team so they only could get together in the off season and when the team was in town. Then it happened in Wisconsin during a freak April snowstorm when the team sought shelter at a hotel, and a rich man named Spencer offered to buy the team dinner. Mike, star player and best friend of the narrator, is tempted by Spencer's talk of Mike playing in the major league and by Spencer's beautiful daughter, Irene. And that is the essence of the story—good intentions and ideals versus love and money and comfort. This book is a good choice for people who like baseball and who like historical fiction.

## MOVIES: SPONSORED BY MULBERRY GLEN

**“Three Billboards Outside Ebbing, Missouri”**  
(Crime/drama/dark comedy)

**Tuesday, March 13, 12:30 pm**

**Rated R (language, violence); 1 hour, 55 min. (2017)**

In an effort to track down who raped and murdered her daughter, a mother (Frances McDormand) has 3 billboards posted outside her hometown of Ebbing, accusing the revered police chief (Woody Harrelson) of doing nothing. This ignites an adverse reaction amongst the locals. Golden Globe Best Picture, Actress & Supporting Actor; also 7 Oscar nominations including Best Picture, Best Actress, and Best Supporting Actor.



**“The Greatest Showman”**  
(Biography/Drama/Musical)

**Tuesday, March 27, 12:30 pm**

**Rated PG; 1 hour, 45 min. (2017)**

A largely fictional, but absolutely fun, musical accounting of P.T. Barnum, and the birth of The Greatest Show on Earth. Stars Hugh Jackman, Michelle Williams, Zac Efron, Zendaya, and REAL elephants! Oscar nominated for Best Song “This is Me” (Globes Best Song). This film’s soundtrack has been atop Billboard’s charts for months.



## BINGO

**Tuesdays, 10:00 am**

Mar. 6: Culvers

Mar.. 13: Mulberry Glen

Mar. 27: City Bingo

### BINGO SPONSORS

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City Bingo Cover All: Our House**

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Binning & Dickens Insurance \* Rocky Rococo Pizza \* Subway  
Dale’s Bootery \* Fort Community Credit Union \* Domino’s Pizza  
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## BAD WEATHER CLOSINGS

In case of inclement weather, (Snow that four letter “S” word), program cancellations will be on radio stations WFAW 940 AM and WSJY 107.3 FM, or online on the Whitewater Banner. **If school is cancelled we will not be open.** If there is a delay, we will be open.



## FREE DEMENTIA SCREENING

**Wednesday, April 18 1:30—3:00 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, April 16.

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 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.

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

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

~Teepa Snow

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

## VIRTUAL DEMENTIA TOUR

**Friday, April 20 by appointment**

“The greatest form of respect we can give is to walk in someone else's shoes.” Dementia can be an overwhelming and debilitating disease. The Dementia Simulation is a hands on approach to giving people an opportunity to walk in the shoes of someone who has dementia. Taking time to understand dementia will help people to understand the person's frustrations, fears and limitations. The tour takes 45-60 minutes. The actual time in the simulation itself is 10 minutes. There is a pre-test and release form. After the simulation there is a debriefing which is an important part of the experience. The debriefing allows you to talk about your experience with a nurse or social worker and other participants. Deadline to make an appointment is Friday, April 13.



## MEMORY CAFÉ

**Monday, March 12, 10:30 am**

The Irvin L. Young Memorial Library, in partnership with the Alzheimer's Association, will host 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 will be 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 of this session is “Squishy Plinking”, with fun target practice games.

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. Registration is required for first time attendees. Please call 800-272-3900 to register.

## UW BAND CONCERT



### Thursday, April 19

The evening will be highly diversified and rewarding. There will be popular music favorites by Abba and the Rolling Stones. There will be music from the concert hall—George Gershwin’s “Rhapsody in Blue” (which is re-titled Rhapsody in Red!). They’ll perform a tribute to the 50th anniversary of the Beatles’ “Sgt Pepper” album, plus music from the Broadway masterpieces, “West Side Story” and “Miss Saigon”. You will have an evening of fun...great sounds... and exciting Badger spirit. Dinner on your own at the Coliseum Bar. Fee: \$31.00 members \$41.00 non-members Deadline: March 22 **Seats limited!!!**  
Depart Starin Park: 3:45 pm; Return approx 11:30 pm

## FISH FRY FRIDAY

### March 16

Two Brothers Pub and Grill in Edgerton will be our destination.

**Depart at 4:00 pm.**

RSVP by Wednesday, Mar. 14

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

## LUNCH BUNCH

### Thursday, Mar. 8, 10:30 am

We are headed for O’Riley & Conway’s Irish Pub in Janesville. Enjoy traditional Irish fare.

Fee: \$3.00

RSVP by Tuesday, Mar. 6

## FORT ATKINSON SHOPPING

### Wednesday, Mar. 7, 9:15 am

Get picked up where you live and shop in Fort Atkinson. There are grocery stores, GoodWill, Dollar Store and more. Participants choose where to shop.

Fee: \$3.00

RSVP by Tuesday, March 5

## LINCOLN AND THE UNDERGROUND RAILROAD

### Tuesday, May 15

Discover the beauty, ambiance and history of the Lincoln-Tallman House during its heyday as the home of the William Morrison Tallman family.

A docent provides a historical overview of the family and their home. Learn details about their

most famous visitor, Abraham Lincoln, who visited in October 1859. Interact with new experiences throughout the tour that stimulate your senses and make the Tallmans come alive on a personal level!

At the Milton House, explore the 1844 Hexagonal Stagecoach Inn—the only accredited Underground Railroad National Historic Landmark in Wisconsin.

Lunch will be on your own at Milwaukee Grill. Please note both tours will include some stairs.

Fee: 19.00 includes tours and transportation

Depart Starin Park at 9 am Return approximately 3:00pm

Deadline is April 15



## MADISON MALLARDS GAME

### Wednesday, June 27

Enjoy an afternoon at the Duck Pond 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: \$31, includes game ticket, buffet with Pepsi/water and transportation

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

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

Deadline: June 1



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

## MILWAUKEE BREWERS GAME

**Wednesday, May 9**

Watch the Brewers as they take on the Cleveland Indians. 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 12 seats available.

## UPCOMING TRAVEL OPPORTUNITIES

**Free Airfare on Cruises when booked by March 31!**

**Tulip Time on the Romantic Rhine and Mosel River** from \$3999.

Travel from Amsterdam to Zurich, April 2019

**Legendary Blue Danube River**

from \$4199. June, August or September. Travel from Prague to Budapest.

**Splendor of the Seine River Cruise**

free air when booked by May 31, 2018. From Paris to Le Havre and Normandy.

**Gems of Eastern Europe** from Budapest to Bucharest including Serbia, Bulgaria and Romania.

Free air when booked by May 31,

**West Virginia Autumn Foliage**—October 2018 from \$1349.

**Toronto and Niagara-on-the-Lake Wine Trail**, September 2018 from \$1499.

**A Blue Christmas with Elvis**

December 3, 2018 from \$1499.

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

Highlights include: Narrated sightseeing tour of the Twin Cities and overnight adjacent to the Mall of America. Cruise in the Duluth Harbor and visit Canal Park. Ride the Western Shore of Lake Superior and visit Gooseberry Falls and Split Rock Lighthouse. Spend two nights in Grand Marais overlooking Lake Superior. Visit the Grand Portage National Monument Heritage Center and learn about the Ojibwe culture with lunch at the Naniboujou Lodge. Tour the North American Bear Center in Ely and enjoy a presentation at the International Wolf Center. Overnight in Hinkley. Finish the tour in Chippewa Falls, touring the Jacob Leinenkugel Brewing and have lunch at the Norske Nook in Osseo. Same tour company as our fabulous Mississippi River Road tour in 2016.



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

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

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



**Trip is now space available only. Please call.**

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## Thank You

- **Vicki Schoenbeck** for laminated "I Am a Veteran" poem
- **Kaitlyn and Jess** for running the Chili Cook-off for me while I was out of town.
- Chili Cook-off prize doors: **Sweet Spot, Second Salem, Whitewater Aquatic and Fitness Center & Special Olympics**

## HOW TO REGISTER AND PAY ONLINE



Register and pay for trips, classes and membership online at home: [schedulesplus.com/wwtr](http://schedulesplus.com/wwtr) (you need to be registered

with us, including your phone number and birth date). We have printed directions at the center, if you need help.

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

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

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

## ACTIVITIES AT A GLANCE

**Core & More**—Mon & Thurs. 8:30 am; \$1.00 per class  
**Member 'FUN'ctional Fitness**—Mon & Thurs. 9:30 am; \$1.00 per class  
 Member

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

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

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

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

**Potluck**—First Tuesday 11:15 am

**Bingo**—First, Second & Fourth Tuesdays 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

**Puzzle Exchange**—Third Friday 9:30

**Sheepshead**—Tuesdays 1:00 pm



## SHARE YOUR TALENTS

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

- **Sip & Swipe Coaches**—If you can use a tablet, please consider volunteering. It's per your schedule. Learners read what is on the tablet screen and progress at his/her own rate. Volunteers are there to assist learner's along the way as support is needed. Training and materials provided.
- **Technology**—Are you good with any or all forms of technology? We are in need of tutors for laptops, cell phones, digital cameras, etc. Time is per your schedule. One-hour tutoring sessions.
- **Ukulele Instructor**—I have a core group of people wanting to take lessons. If you would be willing to teach or know someone who could, please let Deb know.

## INTERESTED???



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



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



## CHAIR MASSAGE

**Wednesday, Mar. 7, 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, March 1**

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: March 1**

## GREETING CARDS

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



## OTHER SERVICES

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

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# Activity Calendar

## March 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 HB=Hawk Bowl L=Cravath Lakefront</p>			<p><b>1</b></p> <p>8:30 Core &amp; More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:00 Toenail Clinic 10:30 Basic Yoga—L 1:00 Begin Sketch and Paint</p>	<p><b>2</b></p> <p>9:00 Let's Walk! 10:00 Open Sewing Group —A <b>10:30 Scholarly Scoop</b> 12:30 Pickleball (A)</p>
<p><b>5</b></p> <p>8:30 Core &amp; More 9:30 FUNctional Fit 10:30 Bookworms 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Canasta</p>	<p><b>6</b></p> <p>9:00 Pickleball (A) 10:00 Culver's Bingo 11:15 Pot Luck 10:30 Basic Yoga—L 11:45 Dominoes 12:30 Stained Glass 1:00 Sheepshead</p>	<p><b>7</b></p> <p>9:00 Bowling (HB) 9:00 Let's Walk! 9:15 Fort Atkinson Shopping 10:00 Chess 10:00 Learn Tai Chi- A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 12:30 Stained Glass <b>1:00 Chair Massage</b> 3:00 Sign Language</p>	<p><b>8</b></p> <p>8:30 Core &amp; More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L <b>10:30 Lunch Bunch</b> 1:00 Begin Sketch and Paint</p>	<p><b>9</b></p> <p>9:00 Let's Walk! 12:30 Pickleball (A)</p>
<p><b>12</b></p> <p>8:30 Core &amp; More 9:30 FUNctional Fit 11:00 WW Warblers 11:30 Senior Forum 12:30 Pickleball (A) 1:00 Mah Jongg 1:30 DFCI Meeting</p>	<p><b>13</b></p> <p>9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "Three Billboards" 1:00 Sheepshead</p>	<p><b>14</b></p> <p>9:00 Bowling (HB) 9:00 Let's Walk! 10:00 Chess 10:00 Learn Tai Chi- A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 3:00 Sign Language</p>	<p><b>15</b></p> <p>8:30 Core &amp; More (?) 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L <b>10:45 I-pad Group</b> 1:00 Begin Sketch and Paint</p>	<p><b>16</b></p> <p>9:00 Let's Walk! 9:30 Puzzle Exchange 12:30 Pickleball (A)</p> <p><b>18</b></p> <p><b>1:00—4:00 W3llfest</b></p>
<p><b>19</b></p> <p>8:30 Core &amp; More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg</p>	<p><b>20</b></p> <p>9:00 Pickleball (A) 9:30 Pegs &amp; Jokers 1:00 Sheepshead</p>	<p><b>21</b></p> <p>9:00 Bowling (HB) 9:00 Let's Walk! 10:00 Chess 10:00 Learn Tai Chi- A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 3:00 Sign Language</p>	<p><b>22</b></p> <p>8:30 Core &amp; More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L 1:00 Begin Sketch and Paint <b>1:00 Benefits Presentation</b></p>	<p><b>23</b></p> <p>9:00 Let's Walk! 12:30 Pickleball (A) <b>4:00 Fish Fry trip</b></p>
<p><b>26</b></p> <p>8:30 Core &amp; More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg</p>	<p><b>27</b></p> <p>9:00 Pickleball (A) 10:00 City Bingo 12:30 Mulberry Glen Movie "The Greatest Showman" 1:00 Sheepshead <b>1:00 Warbler Show at Fairhaven</b> <b>5:30 Acrylic Paint Party</b></p>	<p><b>28</b></p> <p>9:00 Let's Walk! 10:00 Chess 10:00 Learn Tai Chi—A 11:00 Cont. Tai Chi-A 12:30 Pickleball-A 3:00 Sign Language</p>	<p><b>29</b></p> <p>8:30 Core &amp; More 9:00 Pickleball (A) 9:30 FUNctional Fit</p>	<p><b>30</b></p> <p style="text-align: center;"><b>CLOSED</b></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

### March 6

Beef Chili  
Coleslaw  
Fruit Cocktail  
Corn Bread Muffin  
Peach Crisp

### March 13

Chicken and Biscuit  
Romaine Salad  
Winter Squash  
M&M Cookie  
Breadstick

### March 27

Swedish Meatballs  
Noodles  
San Francisco Blend  
Green Beans  
Fruit Jell-O  
Dinner Roll



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## COORDINATOR'S COMMENTS

Thank all so very much for your kind words, cards and hugs. The death of a family member is heartbreaking but to lose someone so young..... was so hard. Your support has meant so much. Thank you also to Patrea, who with only a few days under her belt, took over and made things happen while I was gone. I also need to thank the City, who gave my son and I the time we needed and the Parks and Recreation Department for taking over the Chili Cook-off and their support. It was truly everyone coming together. My heartfelt appreciation to you all.

## HAPPY MARCH BIRTHDAYS TO:

Cherry Brown  
Sharron McCarthy  
Nancy Flanders  
Romelle Koch  
Donna Wilson



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

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



## W3LLFEST

**Sunday, March 18 1:00—4:00 pm**

**Whitewater High School**

Join us for the 7th Annual W3llfest. A free health and wellness event, including open swim & fitness demos at the Whitewater Aquatic & Fitness Center, health related resources and information, healthy food samples, door prizes, Fort HealthCare's Railyard Fitness & Blender Bike AND an Indoor Winter Market. Fitness class demos include beginner Yoga, Zumba, Mixed Yoga and Tai Chi. Class sizes are limited so sign up early. Seniors in the Park will be there along with the Dementia Friendly Community Initiative with Brain Fitness games.



## MAKERSPACE OPEN SHOP NIGHT

**March 7 and 21, 6:00-8:00 pm,**

**Wisconsin Makers Makerspace, 200 E. Clay St.**

First & Third Wednesday of each month is Open Shop Night. No registration is necessary. This month we will be featuring our 3D Printer and Laser Engraver area, although all areas are available for use. Check out the MakerSpace. For information, email [WisconsinMakers@gmail.com](mailto:WisconsinMakers@gmail.com), call (262) 753 -6455 or visit Facebook.com/WisconsinMakers

## CULTURAL ARTS CENTER SHOW

**Thursdays through Sundays**

**March 1—March 25, noon to 5 pm**

Art by Jason Miklik, of Cambridge, will be on display at the Whitewater Arts Alliance's Cultural Arts Center, 402 West Main Street. A reception with Miklik is Sunday, March 4.

Jason has a B.F.A. and M.F.A. from the School of the Art Institute Chicago. While portrait arts are his major lifelong pursuit and study, Jason currently explores artistic adventures in clay, assemblage and cartooning. Locally, Jason has had the opportunity of teaching drawing at Senior in the Park and looks forward to classes in portrait sketching. The March show at the Whitewater Arts Alliance's Cultural Arts Center represents portraits of Chicagoland artist models. Jason is also looking forward to a show of his most recent works of abstract portraits.



## MULBERRY GLEN FISH FRY

**Friday, March 23, 5:30 pm**

Mulberry Glen is hosting a Fish Fry to benefit the Alzheimer's Association. Seating is limited so please RSVP by March 12 by calling 262-473-4515 or email [cmurphy@capricommunities.com](mailto:cmurphy@capricommunities.com)



## UW-W & FAIRHAVEN LECTURE SERIES - “NATIVE AMERICA”

**Mondays at Fairhaven Senior Services, 435 W. Starin Road; 3:00 pm**

America’s indigenous peoples have rich and diverse traditions and cultures. What is the impact of historical treaties and contemporary policies on native people past and present? How are native communities responding to issues of social injustice? Explore historic and contemporary stories, issues and customs from the country’s indigenous peoples.



- Feb. 26: A Photographer’s Life: Edward S. Curtis and the North American Indian  
*Michael Flanagan, Director, Crossman Gallery*
- Mar. 5: Native American Spirituality and Practice  
*Michael Gueno, assist. Prof., Department of Philosophy and Religious Studies*
- Mar. 12: Aztalan: Mysteries of an Ancient Native American Town in Southern Wisconsin  
*Robert Birmingham, archaeologist and author, Wisconsin Historical Society Press*
- Mar. 19: Tribal Social Entrepreneurship: Self Determination or Assimilation?  
*Amy Klemm Verbos, assistant professor, Department of Finance and Business Law; Tribal citizen, Pokagon Band of Potawatomi*

## ANTIOXIDANTS AND HEARING

Carrots, spinach, kale, Swiss chard and mustard greens all used to play big parts in the American diet, but many of these vegetables, rich in vitamins A and E, seem to have fallen out of favor with consumers. This trend is not only damaging to heart health, but also can contribute to dramatic hearing loss.

A study conducted by the University of Sydney in Australia looked at the antioxidant content of the diets from 3,000 participants over five years. The results showed that subjects who had the highest intake of vitamin A had a 50 percent risk reduction for severe or moderate hearing loss. The subjects in the study with the highest level of vitamin E content showed a 15 percent reduction in risk of hearing damage. The results showed reactive oxygen damages the inner ear, which can damage the ability to hear. Antioxidants reduce the risk for damage thus protecting the sense of sound.

According to the researchers, diet is one of the few modifiable risk factors for age-related hearing loss. The authors’ goal was to examine the link between dietary and supplement intakes of antioxidants as well as both the prevalence and five-year incidence of measured hearing loss.



## WINTER/SPRING CITY GUIDE

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



## HANDS2HELPU

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



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..... Friday various days/hours

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### Volunteer Editor

Romelle Koch

### Center Receptionist

Patrea Wilson

Websites: [schedulesplus.com/wwtr](http://schedulesplus.com/wwtr)  
[www.wwparks.org](http://www.wwparks.org)  
[www.whitewater-wi.gov](http://www.whitewater-wi.gov)

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



## NEWSLETTER SUBSCRIPTION OR PICK-UP SITES

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

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