



The Park Bench

May 2017

Seniors in the Park Newsletter

OLDER AMERICANS MONTH 2017: AGE OUT LOUD



Volume XVII Issue 5

Getting older doesn't mean what it used to. For many aging Americans, it is a phase of life where interests, goals and dreams can get a new or second start. Today, aging is about eliminating outdated perceptions and living the way that suits you best. Since 1963, Older Americans Month (OAM) has been a time to celebrate older Americans, their stories and their contributions. Led by the Administration for Community Living (ACL), the annual observance offers a special opportunity to learn about, support and recognize our nation's older citizens. This year's theme, "Age Out Loud," emphasizes the ways older adults are living their lives with boldness, confidence and passion while serving as an inspiration to people of all ages. Older adults in our community are redefining aging—through work or family interests, by taking charge of their health and staying independent for as long as possible, and through their community and advocacy efforts. We can also use this opportunity to learn how we can best support and learn from our community's older members. Join us and ACL as we speak up for #OAM17 and #AgeOutLoud in May!

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SCHOLARLY SCOOP: THAT YE MAY KNOW EACH OTHER



Friday May 5, 10:30 am

This presentation will cover basics of Islam and Islamic culture. It will introduce general audience to tenets of the Islamic faith, the religion of around 1.6 billion people all over the world. It will also provide an opportunity to look at the diverse Muslim populations with different, cultural backgrounds around the world, and will shed particular light on how Muslims view Jesus and Mary through their holy scripture.

Asmahan Sallah is an Assistant Professor of English at UW-W. She has a Ph.D. in English from Texas A&M and is a professional translator between Arabic and English. Among her translations is a short story collection in Arabic, published by University of Texas at Austin. She is a native of Syria and lives in Madison. **Please register by Wednesday, May 3** Coffee and donuts are provided by Sable House. Thanks!

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

Seniors in the Park Promotes & Enhances a Vital Aging Community

2 Creative Endeavors & Activities

LEARN MAH JONGG

Mondays, 1:00 pm

May 8—June 5

Learn this brain stimulating game played with tiles. American Mah Jongg will be played. (Not like the computer version.)

Deadline to register is May 5.

SKETCHING CLASS

June 6, 20 & 27

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

Instructor Pattie Kelley-Fuller

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

Deadline: June 1

AARP SAFE DRIVING CLASS

Wednesday, May 10

10:00 am—2:30 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
- Navigating roundabouts

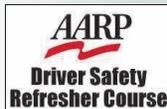
Please arrive 15 minutes early and remember to bring a lunch.

Cost: \$15 for AARP members

\$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: Tuesday, May 2



PRINCIPLES OF DESIGN IN ART

Thursdays, May 4—25, 1:00—4:00 pm

This watercolor class will focus on pattern, point-of-interest, variety, unity, balance, rhythm & movement and proportion. 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 paint from personal references, photos, sketches or ideas. Each session will include a demonstration, discussion, and time for individual painting, with one-on-one coaching.

Instructor: Pattie Kelley Fuller; patriciakelleyfuller@gmail.com

Fee: \$15 per class or \$50 session fee for all 4 classes for those pre-registered. Session fee is payable to the instructor on May 4 by cash or check. If the 6 person minimum is met, walk-ins may attend for the \$15 per class fee.

Register by Monday, May 1

ACRYLIC PAINT PARTIES!!!

Wednesday, June 28 & Tuesday, August

29 5:30—8:30 pm

Join us for a relaxing summer evening of painting in a pleasant and fun atmosphere while painting your masterpiece! Never

Painted in your life? Willing to try something new? You don't need to be an artist or creative genius to have lots of fun at a painting party. You will be led by an experienced artist to create your own masterpiece on an 11x14" stretched canvas. Beverages are available. Feel free to bring a finger-food snack to share, but it is not required.

Instructor: Pattie Kelley Fuller

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

Registration & payment due by Friday, June 23



STAINED GLASS CLASS

May 9 & 10, 12:30—3:30 pm Downtown Armory Lower level

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

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

Instructor: Caroline Britton

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

Thursday, May 3

Upcoming dates: June 13 & 14; July 11 & 12

LEARN T'AI CHI CH'UAN



Wednesdays, 10:00 am

Downtown Armory Dance Studio

New Session begins May 10

The principles of Tai Chi include deep relaxation, correct posture, proper breathing and use of the whole mind and body to accomplish even simple movements. Long term practice offers people robust health and a calm and clear mind. The slow, flowing and intentional movements encourage the mind and body to be calm and relaxed and energy to flow freely. This allows one to identify and release tensions that can cause physical, emotional and mental limitations, resulting in better health for the whole person.

Tai Chi requires no special equipment and can be practiced by people in nearly any condition. Jim Mikulich was trained at the Milwaukee Tai Chi Center and teaches the Yang style short form as taught by Ben Lo. Continuing students meet at 11:00 am.

Register for the class by Friday, May 5

WHITEWATER EFFIGY MOUNDS PRESENTATION

Wednesday May 17, 1:00 pm

The site is a prehistoric Native American ceremonial and burial place that dates back to approximately 1000 AD. It is one of the most diverse and unusual collections in the state. It is listed on the National Register of Historic Places and is a Whitewater Landmark.



All American Indian mounds were considered places of cultural significance by the peoples who built them. There are some mounds that contain human remains. Others may contain special soils or ornaments made of shell, stone or copper, sacrificial burnings or evidence of ceremonial dance. This sacred site contains 13 mounds, which are either conical or linear and effigy mounds that represent the shape of various animals, including a mink, panther, thunderbird and turtle. The mounds date back to the Woodland period.

Presenters: Kori Oberle, retired director of the Hoard Historical Museum, and Richard Helmick, a charter member of the Friends of the Mounds Preserve.

Please register by Monday, May 15

OPEN SEWING GROUP

Fri., May 5 10:00 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 & 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.

INTERMEDIATE YOGA

June Day/Time TBA

You will learn a workout routine that stretches and tones your entire body. Each session promotes an increase in oxygen intake, circulation, concentration and relaxation. Students should bring a mat and wear loose or flexible clothing. Intermediate poses will be taught
Instructor: Phyllis Schmidt, teacher and practitioner for 30 years

GOLF LEAGUE

Mondays

Have fun with this recreational Golf League. Golfers must be 60 years old as of April 3 or spouse must be 60. Tee times are at 8:30 am. 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!



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

CORE AND MORE

Mondays & Thursdays, 8:30 am

No class on May 18.

A CAMERA LENS VIEW OF THE VIETNAM WAR 1969-1971

Wednesday, June 14, 1:00 pm

Photographer Peter Finnegan will be here with his photo display and power point presentation of his time in Vietnam. As a U.S. Army photographer stationed in Vietnam in 1969-1970, he had the unique opportunity to see many sides of that war with a camera. For nearly thirty years, these images have remained stashed away in a trunk at his mother's home in Fennimore, WI. While stationed near Chu Lai with the American Division in Vietnam as an infantryman, he had the unique opportunity to become an Army War Photographer. He spent much of his time working on "Hurricane Magazine" an Army publication, while serving with the 53rd Signal Battalion. He has put together an exhibit of photos of the Cambodian incursion, the streets of Saigon and soldiers doing their jobs. For 17 years, now he has toured Wisconsin and Iowa sharing his photo essay of the "Good Soldier/Bad Soldier exhibit." This display has also been featured at a number of "Welcome Home Vietnam Veterans" celebrations in Grant, Green and Dane Counties.

In honor of the 50th Anniversary of the Vietnam War, this exhibit is designed to help with the healing process for those affected by the war. He hopes to also spark curiosity and interest in a time that is still very relevant and meaningful to our society. Some might even say that we have never come to terms with Vietnam as a nation and his presentation is one way that he can help change that.



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

MOVIES: SPONSORED BY MULBERRY GLEN



"La La Land"

Tuesday, May 9, 12:30 pm

Rated PG-13; 2 hours, 8 minutes

Mia, an aspiring actress, serves lattes to movie stars in between auditions and Sebastian, a jazz musician, scrapes by playing cocktail party gigs in dingy bars, but as success mounts they are faced with decisions that begin to fray the fragile fabric of their love affair, and the dreams they worked so hard to maintain in each other threaten to rip them apart. This fun upbeat, throwback to the golden age of musicals was winner of six Academy Awards, including Milwaukee native, Justin Hurwitz, who won the Oscar for Best Original Score and Best Original Song.



"Hidden Figures"

Tuesday, May 23 12:30 pm

Rated PG-13; 2 hours, 7 minutes

Based-on-a-true-story drama of a team of African American women mathematicians who served a vital role in the early days of the NASA space program. Best Picture and Supporting Actress (Octavia Spencer) nominations; also stars Kevin Costner and Jim Parsons.



"Fences"

Tuesday, May 30, 12:30 pm

Rated PG-13; 2 hours, 19 minutes

An adaptation of the Tony-and-Pulitzer-winning drama, directed by and starring Denzel Washington, reprising his Tony-winning role as a middle-aged African American man in 1950's Pittsburgh coming to grips with his own disappointments, and his son's aspirations. Viola Davis won a Tony for her role on Broadway and an Oscar for Best Supporting Actress for her performance.

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6 Bus and Motorcycle Travel

STARVED ROCK TOUR AND CRUISE

Thursday, July 13

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

Arriving at Starved Rock, you will have a delicious lunch at the Lodge with a choice of a Chicken Caesar Salad, Burger, Pot Roast, Chicken Sandwich, Chicken Salad Croissant or Penne Primavera.

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

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

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

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

Reservation/Payment deadline is June 9

WAIT LIST ONLY



MOTORCYCLE RIDES

Monday, May 22—Ride the back roads to the Norske Nook for lunch in Deforest. Depart at 10:30 am. Rain date is Thursday, May 25.

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

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

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

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

MILWAUKEE BREWERS GAME

Wednesday, May 24

Watch the Brewers as they take on the Toronto Blue Jays. 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.

DANCING HORSES

Wednesday, July 19

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

Fee: \$72.00

(Checks to Fort Atkinson Senior Ctr)

Depart 9:00 am Starin Park

Return 5:30 pm Starin Park

Deadline is June 26

CLASSIC CAR OUTINGS

Monday May 8, 5:00 pm

Meet at Starin Park and head out to Jones Park for their classic Car and Cycle night. Bring your classic car or cycle or just join the group at Jones Park and check out the awesome vehicles. They have food on-site. We are hoping to do this monthly. Let us know if you would like to attend any other car shows.

Register and pay for trips or classes online: schedulesplus.com/wwtr

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

Extended & Coach Travel

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



Hawaiian Adventure, January 21-30, 2018

Escape the cold next winter and bask in the wonders that are Hawaii. Stay three nights each at resorts on Oahu, Kauai and Maui with an optional 2 night Big Island extension. Highlights of this adventure include a river cruise in Kauai, Waimea Canyon, Pearl Harbor and the USS Arizona Memorial, a Polynesian luau, the largest coffee plantation in Hawaii, Oahu's famous North Shore, the Fern Grotto, Lahaina and learn about surfing in Haleiwa. All three islands include leisure time or optional excursions. Fee includes airfare from Milwaukee and inter-island flights, touring as listed, 9 breakfasts, 4 dinners and a Collette tour guide. Fee is \$5499 per person double or \$7549 single. A deposit of \$500 is due with reservation. Optional trip insurance is available for \$240 per person. Deposits are due by July 10, and final payment is due by November 15. Brochures are available at the Starin Park Community Building or at this link: gateway.gocollette.com/link/803632

Christmas in Chocolate Town, December 4—8, 2017

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

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

TRAVEL PREVIEW

All the Mayflower tours on
Tuesday, May 9, 3:00pm
Please RSVP by Monday, May 1

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

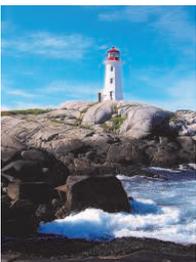
Enjoy 7 nights on the new Amadeus Silver II. Unpack once and enjoy your included-meals. Highlights of the tour include: Budapest; Bratislava Slovakia; Vienna Austria, Durnstein, Wachau Valley, Melk, Linz and Salzburg, Austria, Passau, Germany and two nights in Prague. Rates, with free air, start at \$3949 per person double. Mayflower tours has a Guaranteed Share program for single travelers. **Free Airfare thru May 31, 2017** and home pick up in Walworth County.

Free airfare continues after May 31 dependent on space & choice of cabin. [Mayflower Tours](#)



Historic Natchez April 14-21, 2018

Highlights include BB King Museum, Vicksburg National Military Park tour, scenic Natchez Trace Parkway, 3 nights in historic Natchez during Pilgrimage time, 2 shows, tour historic homes and plantations, Delta Blues Museum and much more! Includes 13 meals and home pick up in Walworth County. Fee is \$1699 double, single add \$329. [Mayflower Tours](#)



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.

More info at <https://gateway.gocollette.com/link/803502> Collette Tours

FISH FRY FRIDAY

May 19—Prairie Woods Golf Course. Depart at 4:30 pm
RSVP by May 16

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

SUNNY SIDE UP BREAKFAST CLUB

Thursday, May 18; 8:30 am
 Ride to the Lumberjack Inn in Delafield. Recommended by one of our drivers.
 Fee: \$4.00
RSVP by Tuesday, May 16

LUNCH BUNCH

Thursday, May 11; 10:30 am
 We will be eating at Berres Brothers in Watertown.
 Fee: \$4.00
RSVP by Tuesday, May 9

FORT ATKINSON SHOPPING

**Wednesday, May 3
 9:15 am**
 Get picked up where you live and shop in Fort Atkinson. There are grocery stores, GoodWill, Dollar Store and more. Participants choose where to shop.
 Fee: \$3.00
RSVP by Tuesday, May 2

MADISON MALLARDS GAME

Tuesday, June 20

Enjoy an afternoon at the Mallards with a 12:05 ball game. Prior to the game, savor the All-You-Can-Eat pre-game tailgate buffet from 10:30 am—noon. It includes burgers, brats, hot dogs, cranberry walnut chicken salad, veggie burgers, potato salad, coleslaw and chips at a reserved picnic table.
 Fee: \$32, includes game ticket, buffet with Pepsi/water and transportation
 Fee: \$37, includes game ticket, buffet with beer and transportation
 Depart 9:15 am and return approximately 5:00 pm.
Deadline: May 25



BELOIT COLLEGE AND BECKMAN MILL

Monday, June 26

Beloit College, founded in 1846, is a campus marked by winding pathways, expansive lawns, displays of public art, and ancient Indian mounds. You will have time to visit the internationally recognized Logan Museum of Anthropology and the Wright Museum of Art. Both offer mesmerizing exhibits and are open to the public, but they're also home to extensive permanent collections that become the rich base for student coursework and research. After lunch downtown, with such choices as Suds O'Hanahans, the Flying Pig or Lucy's Burger Bar, travel to the Beckman Mill. The Beckman Mill was built in 1868 on the east bank of Coon Creek in Rock County's Newark Township. At the park, you will see an authentically restored 1868 grist mill, a new dam, mill pond, fish ladder, foot bridge, saw mill display, 1840s cooperage, visitor center, gift shop, creamery, blacksmith shop, picnic shelter, vintage garden, nature trail and more.
 Fee: \$18.00
Deadline: June 8
 Depart 8:30 am and return approximately 4:00 pm

TOUR THE WHITEWATER EFFIGY MOUNDS

Thursday, May 25 1:00 pm

Meet Kori Oberle and Richard Helmick at the Effigy Mounds Preserve, 288 S. Indian Mound Parkway, for a guided tour. Benches are available. Please bring a water bottle. Rain date is Wednesday May 31 at 1:00 pm.

Activity Calendar

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May 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
1 8:00 Golf (OR) 8:30 Core and More 9:30 FUNctional Fit 10:30 Book Worms 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg	2 9:00 Pickleball (A) 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 1:00 Sheepshead 1:00 Dementia Friendly mtg	3 9:00 Indoor Walking 9:15 Fort Atkinson Shopping 10:00 Chess 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 Chair Massage	4 8:30 Core and More 9:00 Pickleball (A) 9:30 FUNctional Fit 11:00 Toenail Clinic 1:00 The Yarners 1:00 Watercolor	5 9:00 Indoor Walking 10:30 Scholarly Scoop: That Ye May Know Each Other 12:30 Pickleball (A)
8 8:00 Golf (OR) 8:30 Core and More 9:30 FUNctional Fit 11:00 WW Warblers 11:30 Senior Forum 12:30 Pickleball (A) 1:00 Learn Mah Jongg 1:00 Mah Jongg 5:00 Depart for Classic Car night	9 9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 12:30 Mulberry Glen Movie "La La Land" 12:30 Stained Glass (A) 1:00 Sheepshead 3:00 Mayflower Travel Previews	10 9:00 Indoor Walking 10:00 AARP Safe Driver 10:00 Chess 10:00 *New Session* Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 12:30 Stained Glass (A) 1:00 Mending Clinic	11 8:30 Core and More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Lunch Bunch 1:00 The Yarners 1:00 Watercolor	12 9:00 Indoor Walking 12:30 Pickleball (A) Office Closed 14 Happy Mothers Day 
15 8:00 Golf (OR) 8:30 Core and More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg	16 9:00 Pickleball (A) 1:00 Sheepshead	17 9:00 Indoor Walking 9:30 Pegs & Jokers 10:00 Chess 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 Effigy Mounds Presentation	18 8:30 Sunny Side Up Breakfast Club 9:00 Pickleball (A) 9:30 FUNctional Fit 1:00 The Yarners 1:00 Watercolor	19 9:00 Indoor Walking 12:30 Pickleball (A) 4:30 Fish Fry trip Departs Office 9—11 am
22 8:00 Golf (OR) 8:30 Core and More 9:30 FUNctional Fit 10:30 Cycle Ride—Norske Nook 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg	23 9:00 Pickleball (A) 10:00 City Bingo 12:30 Mulberry Glen Movie "Hidden Figures" 1:00 Sheepshead	24 9:00 Indoor Walking 10:00 Chess 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A)	25 8:30 Core and More 9:00 Pickleball (A) 9:30 FUNctional Fit 1:00 Effigy Mounds Tour 1:00 The Yarners 1:00 Watercolor	26 9:00 Indoor Walking 12:30 Pickleball (A) Office Closed
29 CLOSED 	30 9:00 Pickleball (A) 10:00 Crazy Bingo 10:30 Cycle Ride—Volo 11:00 Yoga (L) 12:30 Mulberry Glen Movie "Fences" 1:00 Sheepshead	31 9:00 Indoor Walking 10:00 Chess 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A)		Activities take place at the Starin Park Community Building unless otherwise noted. (A)=Downtown Armory 146 W North St (L)=Cravath Lakefront (OR)=Oak Ridge Golf Course, Milton

10 Walworth County Nutrition Menu

May 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Salisbury Steak Garlic Mashed Potato San Fran. Blend Peaches; Wheat Bread Chocolate Chip Cookie	2 @ Starin Park Honey Balsamic Chicken Breast Blackeye Peas Mashed Spiced Yams Orange; Dinner Roll	3 Spaghetti & Meatballs Green Beans Tossed Salad Tropical Fruit Garlic Bread	4 Sausage & Peppers Peas & Carrots Apple Vanilla Pudding Wheat Roll	5 Lemon Pepper Fish Red Potatoes Parsley Rice Pineapple Tidbits Sugar Cookie
8 Chicken Marsala Wax Beans Peas Brown Rice Brownie	9 @ Starin Park Lasagna Rolls with Marinara Zucchini Broccoli Salad Peaches; Wheat Roll	10 Teriyaki Chicken 4-Way VeggieBlend Roasted Root Veggies Brown Rice Cherry Crisp	11 Sloppy Joes Wheat Hamburger Bun Baked Beans Romaine Salad Tropical Fruit Blend	12 Scrambled Eggs w/Cheese, peppers & onion Hash Brown Casserole French Toast Stick Mini Muffin; Orange
15 BBQ Pork Riblet Whole Wheat Bun Tossed Salad Cauliflower Peach Crisp	16 Oven Fried Chicken O'Brian Potatoes Asparagus Pineapple Tidbits Multi-Grain Bread	17 Tuna Noodle Bake Carrots Broccoli Peaches Bread	18 Broccoli Cheddar Soup Mixed Vegetables Tossed Salad Apple Cake Dinner Roll	19 Chicken Pot Pie Green Beans Coleslaw Mandarin Oranges Dinner Roll
22 Swedish Meatballs Egg Noodles San Fran. Blend Romaine Salad Banana; Bread	23 @ Starin Park Grilled Chicken Breast Sweet Potato Souffle Brussel Sprouts Tropical Fruit Salad Multi-Grain Bread	24 Roast Beef and Gravy Red Potatoes Peas Lemon Poppyseed Cake Bread	25 Baked Salmon with Dill Lima Beans Glazed Carrots Apricots w/Cottage Cheese Wheat Bun	26 Cuban Shredded Pork Whole Wheat Bun Baked Beans Coleslaw Pineapple Tidbits
29 Memorial Day Dining Centers Closed 	30 @ Starin Park Chicken A La King Mashed Potatoes Carrots Brownie Combread	31 Pork with Sesame Mustard Sauce Carrots Broccoli Orange Fluff; Bread	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.	

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CONVERSATIONAL SPANISH

Thursdays, June 1—July 27
1:30 pm



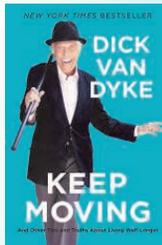
Learn basic conversational Spanish with Marleny Ruiz-Heuilar. A high school teacher in her native country, she has volunteered to teach here. She views the class as a two way street as she improves her English and you learn Spanish. Deadline to register for the class is May 22.

BOOK WORMS

Monday, May 1, 10:30 am

The Book Club will discuss *The Light Between Oceans* by M. L. Stedman. The book for May will be *Keep Moving* by Dick Van Dyke.

In a fun and folksy way of addressing readers, *Keep Moving* serves as an instruction book on how to embrace old age with a positive attitude. The chapters are filled with exclusive personal anecdotes that explore various themes on aging: how to adapt to the physical and social changes, deal with loss of friends and loved ones, stay current, fall in love again, and “keep moving” every day like there’s no tomorrow.



ARE YOU ON FACEBOOK?

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

ACTIVITIES AT A GLANCE

Book Worms—First Monday, 10:30; Books available at Starin Park
Canasta—First, third, and fifth Monday, 1:00
Chess—Wednesdays, 10:00 am
Core and More—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

May 2: Culver’s
 May 9: Mulberry Glen
 May 23: City Bingo
 May 30: Crazy Bingo



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 Binning & Dickens Insurance * Rocky Rococo Pizza * Subway
 Fairhaven * Fort Community Credit Union * Domino’s Pizza

SENIOR FORUM

Monday, May 8, 11:30 am

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

VOLUNTEERS 2016 –2017

The following names were missed last month. My apologies!

Rick Anderson
Carol Kent
Terry Kent

Jim Mikulich
Sheila Mikulich
Bonnie Minette

OPPORTUNITIES

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

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

COORDINATOR'S COMMENTS

Age Out Loud! What a great theme for Older Americans Month (OAM). The website states, "This theme shines a light on many important trends. More than ever before, older Americans are working longer, trying new things, and engaging in their communities. They're taking charge, striving for wellness, focusing on independence, and advocating for themselves and others. What it means to age has changed, and OAM 2017 is a perfect opportunity to recognize and celebrate what getting older looks like today."

You can get involved and help spread the word on Older Americans Month by filling out and taking a selfie or groupie with one of our signs here at the center. If you need a little kick start to 'Age Out Loud', go to <https://oam.acl.gov/2017> for social media ideas under the activities tab. There are also ideas and resources to get you on the path to where you want to be. Whether it's health, aging your way, your security or giving back there are a wealth of ideas and sometimes we just need that one, that will send you on a whole new journey. Don't let aging hold you back! It's a whole new world out there.

I also need to thank everyone who helped celebrate my birthday as I slide on into a new decade. It's been a great journey so far and my mom was right. She said every decade gets better. So no matter what decade you are in, find the positives every day, be grateful for three things everyday, and never let anyone tell you, you are too old!



SERVICES AT A GLANCE

CHAIR MASSAGE

NEW

Wed., May 3

1:00 pm

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

Appointments are necessary and available.



TOENAIL CLINIC

Thursday, May 4

11:00 am-2:30 pm

Thursday, June 1

Beginning at 10:00 am

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



MENDING CLINIC

Wednesday, May 10

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. Limit 3 items per person per month.



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

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

THANK YOU

Thanks to:

Carol Holford & Lyn Wolfe
for Hostessing for the
Scholarly Scoop.

Arlene Trewyn for donating
mints for the lobby desk.

The **FUNctional Fitness Class**
for the card and treat. It was
yummy!

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LIONS EYEGLASS COLLECTION

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

HAPPY MAY BIRTHDAYS TO:

- 4 Betty Sweno
- 5 Elmer Keske
- 16 Jean Bromley
- 27 Mark Dorn



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

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

WORLD'S LARGEST POTLUCK!

Sunday May 7; 11 am—3 pm

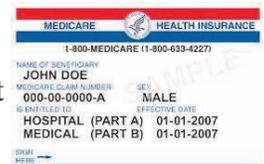
Bring a dish to pass, an appetite and a desire to be a world record holder. This event is sponsored by Downtown Whitewater, Inc. www.downtownwhitewater.com/potluck



NEW MEDICARE CARDS AND FRAUD OPPORTUNITIES

Starting in April 2018, The Centers for Medicare and Medicaid Services will begin mailing new Medicare cards to beneficiaries. The issuance of new cards is part of a major effort to remove social security numbers from all Medicare cards by April 2019 and replace them with a new, randomly-generated Medicare Beneficiary Number. This change provides unscrupulous con-artists with the opportunity to prey on Medicare beneficiaries in an attempt to steal their personal information. That information can be used to bill Medicare for services not received, identity theft and much more. Senior Medicare Patrol (SMP) will answer questions or concerns by calling 877-272-8720.

BEWARE of the new Medicare Card Scams! Medicare and Social Security will not call you regarding your new card. **DO NOT** give out your Medicare number or any other personal information to someone you do not know. Call Senior Medicare Patrol (SMP) toll-free if you think your Medicare or Medicaid number is being used for scams, waste or abuse. To report fraud or for more information call 877-272-8720.



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RAINBOW HOSPICE CARE WIDOWS GRIEF AWARENESS

Thursday, June 22, 11:00 am—1:00 pm

Seminar for Caregivers: Understanding Widows in the Aftermath of Loss

Fridays, June 30—July 28, 1:00—2:00 pm

Grief Support Group: Widows supporting each other in the journey following loss. (5 sessions)

AGING ADVOCACY DAY

Are you interested in issues affecting older adults? You're invited to join members of the Wisconsin Aging Advocacy Network (WAAN) and others to help educate state legislators about issues affecting Wisconsin's aging population.

On Wednesday May 17, citizens from around the state will gather in Madison for a day of advocacy training and meetings with legislators. No experience is necessary; you'll get the training and support you need before meeting with state lawmakers. Following the training, join others from your assembly and senate district to provide information and share personal stories with your legislators to help them understand how specific legislative policies impact older constituents.

Aging Advocacy Day Schedule

- 9:00 — 10:00 a.m.: Registration, Capitol Lakes - Continuing Care Retirement Community, 333 W. Main Street, Madison, WI 53703
- 10:00 a.m.: Advocate training, briefing on WAAN's state priority issues, tips for effective communication with your state legislators
- 11:00 a.m.: Planning time with others from your district
- 12:00 p.m.: Lunch & walk/travel to the State Capitol (3 blocks)
- 12:45 p.m.: State Capitol, North Hearing Rm. - 2nd Floor North – Store your items during legislative visits or meet up with staff/volunteers to get any questions answered or discuss visits.
- 1:00 - 2:45 p.m.: Legislative visits (Senate visits will be scheduled from 1- 1:45p.m. and Assembly visits from 2-2:45 p.m.) *WAAN will be scheduling all legislative visits.
- 2:15 - 3:00 p.m.: Check-out and debriefing, State Capitol, North Hearing Room—2nd Floor. Turn in your Advocacy Day feedback sheets and evaluation.

Your voice can make a difference! For more information or to register, visit <http://gwaar.org/waan> or contact your local aging unit or ADRC. **Registration deadline is May 5, 2017.**



PARKS AND RECREATION

The Summer/Fall Brochure will be arriving in May! It will be available on line at wwparks.org and hard copies at the Center and the Municipal Building.

Participants living in the Whitewater School District are considered “residents”. Those living outside of the district pay the non-resident fee.

~Parks and Recreation Policy

GREETING CARDS

New cards are here and they are flying off the card rack! We have a great selection of Fravessi cards, including Graduation and First Communion. Most cards are priced from \$1.00 to \$2.95. Stop in and check out our selection.



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

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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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