



# The Park Bench

May 2018

Seniors in the Park Newsletter

## SCHOLARLY SCOOP: THE SOIL REGIONS OF WISCONSIN

**Friday May 4, 10:30 am (Last Scoop until September)**

Dr. Jacobs will discuss the soil regions of Wisconsin. He will focus on how climate, native vegetation communities, landforms and sediment types have interacted to produce the interesting variety of soils across the state. In addition to describing the location and physical characteristics of our landscape and soils, Dr. Jacobs will illustrate how the soils ultimately affect the way we use and manage the land.

Peter Jacobs was born in Bloomington, Indiana. He has degrees in agronomy from Purdue University and Masters and Ph.D. in Geography from the UW-Madison, completing studies focused on the characteristics of ice age landscapes as recorded in soils. Dr. Jacobs has worked at UW-Whitewater since 1997. He is currently Chairperson of the Department of Geography, Geology, & Environmental Science. Please register in advance. Thank you.

## AARP SMART DRIVER 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 round-about. 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.



Volume XVIII Issue 5

## WHAT'S INSIDE

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

5.....Support our Sponsors

7..... Dementia Friendly

8-10..... Travel

10.....Volunteers

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

12.....Activity Calendar

14-15...Info & Community

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

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

# Activities and Let's Move!

## LET'S WALK!

**Wednesday & Friday, 9:00 am**

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

## POLE WALKING

**Friday, June 1 @ 10:00 am**

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

Fee: \$10 members  
\$15 non-members

Deadline: Thursday, May 24

Class # 5211.12

**Tuesday July 17 @ 10:00 am**

Fee: \$10 members  
\$15 non-members

Deadline: Monday, July 9

Starin Park Community Building



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



## LEARN T'AI CHI CH'UAN

**Wednesdays, 10:00 am**

**Downtown Armory Dance Studio**

**New class begins Wednesday, May 9.**

The principles of Tai Chi include deep relaxation, correct posture, proper breathing and integration 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. 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 Ben Lo Yang-style short form. Continuing students meet at 11:00 am.

Register for the class by Thursday, May 3

## BASIC YOGA

**Tuesdays, May 22—July 24**

**Thursdays, May 24—July 26**

**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, May 16**

**\*No classes June 26 – July 5**



## LET'S PADDLE!

**Wednesday, May 23, 11:00 am**

Adults of all ages are invited to meet at the boat launch on Turtle Lake, west of Snug Harbor. You must sign a paddle waiver and wear a personal flotation device. You are welcome to paddle with a kayak, canoe or paddle board. We will have lunch at Snug Harbor after the paddle, for those who wish. Please call if you will be paddling with us by Monday, May 21.



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

## BEGINNING CONVERSATIONAL SPANISH

**Thursdays beginning May 10; 1:30 pm**

Learn basic conversational Spanish with Marleny Ruiz-Heular. 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 7



## SUMMER PICNIC

**Wednesday, June 13**

Food, Classic Cars and a DJ playing 50's and 60's music. Tickets go on sale May 1 and are \$5.00, including choice of grilled meat, coleslaw, chips, beverage and ice cream and s'mores. Games start at 11:00 am and lunch will be served at noon. Half price meal for those bringing a classic car. Event is held at the concession stand picnic area or inside if inclement weather. Proceeds benefit Treyton's Field of Dreams. Deadline for tickets is June 6.

## FREE HEALTHCARE POWER OF ATTORNEY

**Monday, April 30, 1:00pm**

Sharing your wishes with family members, friends and care providers now and as life changes, can help prevent unnecessary suffering, both for you and for the ones you love. Please join us for a special presentation by Fort HealthCare's Dr. Donald Williams and Medical Social Worker, Lori Partoll. You will have a chance to complete a Health Care Power Of Attorney for free if you do not have one and, if you already have one completed, you will have a chance to have it reviewed and updated if needed, so please feel free to bring your documents. Please register for this event by Thursday, April 26



## SENIOR FORUM

**Monday, June 11 11:30 am**

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

## WHITEWATER WARBLERS

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

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

## iPAD GROUP

**Thursday, May 17 @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! Get together with other iPad users and share. Please bring your iPad to work on.

Please register for the group by Tuesday, April 17

## REMINDER

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



## STAINED GLASS CLASS

**May 15 & 16, 12:30-3:30 pm**  
**Downtown Armory Lower level**

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

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

Instructor: Caroline Britton

Fee: \$15.00 members

\$20.00 non-members

Deadline: Thur., May 10



## OPEN SEWING GROUP

**Fri., April 6, 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).

## BEGINNING DRAWING AND PAINTING

**Thursdays, May 3-31\* 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 \$40 for the session of four classes for those pre-registered. Payable to the instructor. \*No class May 17.

Deadline: Monday, April 30

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

## HEALTHY LIVING FOR YOUR BRAIN & BODY

**Tuesday, June 19; 2:00—4:00 pm**

For centuries, we have known that the health of the body and brain are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your body and brain healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these plans into your plan for healthy aging. Please register by Thursday, June 14.



## 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

**Sheepshead**—Tuesdays 1:00 pm



# AUMANN'S SERVICE INC.

Body Specialists  
Quality Painting  
24 Hr. Towing  
122 E. Dane • (920) 674-2349  
After Hours (920) 674-6164

**dycora** | where strength  
TRANSITIONAL | inspires hope  
HEALTH & LIVING

Exceptional Rehabilitation Department  
Premier Alzheimer's Care Unit  
430 Wilcox St. • Fort Atkinson  
(920) 563-5533  
Make Yourself at Home  
Our Family Caring For Your Family

Personalized Care in the Comfort of Home

Call now for a  
FREE no obligation  
consultation!

608-554-4548



**Home Instead**  
SENIOR CARE

*To us, it's personal.*

[www.HomeInstead.com/613](http://www.HomeInstead.com/613)



(262) 472-9999  
Open 10am-10pm Daily  
Welcome to Delicious

## DOROTHY PROUTY PIANO STUDIO

Private Lessons  
Tailored to You  
for the Challenge  
and Fun of Music.



Call 920-723-5889

## FREE HEARING SCREENINGS

Trust a Doctor of Audiology for your hearing health care



**Fort HealthCare**  
For Hearing

CALL TODAY!  
(920) 202-8801  
CHERYL KINNEY, AU.D.



FREE CapTel phones\*  
\*for those who qualify

## We Care Every Day, In Every Way

Experienced senior care for total peace of mind

Personal Cares (bathing, toileting, dressing assistance) ~ Medication Reminders  
Errands ~ Shopping ~ Dr. Appointments ~ Light Housekeeping  
Meal Preparation ~ Companionship ~ Respite Care for Families

920-568-1051 or Toll Free 877-276-7039



## Love Your Home?



Stay with help you can count on.  
Call Society's Assets.  
(262) 723-8181

- ▶ Personal Care
  - ▶ Household Tasks
  - ▶ Companionship and Respite
  - ▶ Home Accessibility Solutions  
*Telephones and Gadgets to Increase Independence*
  - ▶ Certified WI Medicaid Personal Care Provider
- Call today for information or to arrange a FREE in-home needs assessment for yourself or a loved one.



**SOCIETY'S  
ASSETS**

▶ [societysassets.org](http://societysassets.org)  
Caregiving Since 1974

## Reach the Senior Market ADVERTISE HERE

CONTACT

Contact Dan Page to place an ad today!  
[dpag@4LPi.com](mailto:dpag@4LPi.com) or (800) 950-9952 x5875



## NOMMENSEN LAW OFFICES, LLP

Attorney David J. Nommensen  
Attorney Julie H. Nommensen

*We are a father-daughter team, sharing a passion  
for helping the elderly and those who care for them*

15 S. Lincoln Street, #2, Elkhorn, WI 53121 | 262-723-4700  
[www.nommensenlaw.com](http://www.nommensenlaw.com) Nursing Home Planning Attorneys

## PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM



**\$29.95/MO**

BILLED QUARTERLY

PLUS  
SPECIAL  
OFFER

CALL NOW! 1.877.801.5055  
[WWW.24-7MED.COM](http://WWW.24-7MED.COM)



## Gentle Dentistry

Dr. Thomas Rowley  
D.D.S., S.C.

128 N. Tratt St. • Whitewater, WI 53190  
(262) 473-2242

[www.whitwatergentledentistry.com](http://www.whitwatergentledentistry.com)



"Make Our House your home"  
OUR HOUSE Memory Care

945 E. Chicago St. • Whitewater, WI  
OPEN FOR TOURS & ROOMS AVAILABLE

Please contact Alyssa Kauer  
262-473-1011

**Fairhaven**  
Senior Services

Offering a full range of senior  
living and health care services



- Prairie Village Homes
- Independent Apartments
- Supportive Living
- Fully Assisted Living
- 24 Hour Nurse Staffing
- Secure Memory Care
- Certified Medicare Rehabilitation Services

435 W. Starin Road, Whitewater  
262-473-2140 • [www.fairhaven.org](http://www.fairhaven.org)



For ad info. call 1-800-950-9952 • [www.4lpi.com](http://www.4lpi.com)

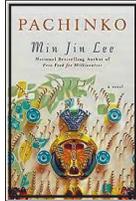
Seniors in the Park, Whitewater, WI A 4C 01-1235

## BOOK WORMS

**Monday, May 7, 10:30 am**

The Book Club will discuss *The Bad-ass Librarians of Timbuktu* by Joshua Hammer. The book for May will be *Pachinko* by Jim Lee.

Beginning in 1910 during the time of Japanese colonialization and ending many decades later in 1989, *Pachinko* is the epic saga of a Korean family told over four generations. The family's story starts with Hoonie, a young Korean man born with physical deformities, but whose destiny comes from his inner strength and kindness. Hoonie's daughter, rather than bring shame on her family, leaves their homeland for Japan, where her children and grandchildren will be born and raised; yet prejudice against their Korean heritage will prevent them from ever feeling at home. In *Pachinko*, Min Jin Lee says much about success and suffering, prejudice and tradition, but the novel never bogs down and only becomes richer, like a sauce left simmering hour after hour. Lee's exceptional story of one family is the story of many of the world's people. They ask only for the chance to belong somewhere—and to be judged by their hearts and actions rather than by ideas of blood traits and bad seeds.



## MOVIES: SPONSORED BY MULBERRY GLEN

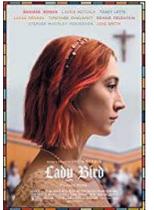
**“Lady Bird”**

**(Comedy/Drama)**

**Tuesday, May 8, 12:30 pm**

**Rated R (language, nudity) 1 hr, 34 min (2017)**

High school senior “Lady Bird” (Saoirse Ronan) wants to go to college in New York to get away from her parents in this coming-of-age tale that garnered five Oscar nominations including Best Actress, Supporting Actress, Best Film, Director and Original Screenplay (Greta Gerwig).



**“The Post”**

**(Drama/History/Biography)**

**Tuesday, May 22, 12:30 pm**

**Rated PG-13, 1 hr, 56 min (2017)**

A cover-up that spanned four US Presidents pushed the country's first female newspaper publisher and the hard-driving editor to join an unprecedented battle between the press and the US Government. The Pentagon Papers story starring Meryl Streep and Tom Hanks. Best Film and Best Actress nominations.



**“I, Tonya”**

**(Biography/Drama)**

**Tuesday, May 29, 12:30 pm**

**Rated R (language, violence) 2 hours; (2017)**

1994: The US Figure Skating Championships, the Winter Olympics, Tonya Harding, Nancy Kerrigan. Stars Margot Robbie as Tonya and Allison Janney as her domineering mother (Oscar for Best Supporting Actress). Best Actress and Film Editing nominations.



**Tuesdays, 10:00 am**

Apr 3: Culvers

Apr. 10: Mulberry Glen

Apr. 24: City Bingo

## CITY BINGO SPONSORS:

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

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

## FREE MEMORY SCREENING

Wednesday, June 27—1:00—2:30 pm

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

## MEMORY CAFÉ

Monday, May 14, 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 Flower Color. 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 or 473-0530.

Topics for upcoming sessions are:

June—Rock Painting

July—We All Scream For Ice Cream

**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).



- **Linda Loomer** for packing three boxes of phones for recycling. The donation to the center from recycling was \$101.50. This kept 132 phones out of landfills.
- Thanks also to **those who recycled their phones** here.
- **Jean Bromley and Janet Lindahl** for staffing the Dementia table at W3llfest.
- **Pat Metz** for assisting with the radio interview.
- **Pat Metz, Lyn Wolfe, and Jan Cole** for investigating the respite site in Fort Atkinson.
- **Lori Heidenreich and the Warblers** for entertaining at the birthday party at Fairhaven.

## ATTENTION CARE PARTNERS

If you are caring for a partner, we want your input. The Dementia Friendly Community Initiative would like to know if you would make use of a monthly respite day in town while you run errands, make appointments or just have time to yourself. Please call Deb at 262-473-0535 and leave your contact information at the center. When it comes to fruition, you will be on our call list. Please share this with anyone who you may know is a care partner.

## FISH FRY FRIDAY

**Friday, May 25**

Ride with us for a fish fry at Shopiere Tap.

**Depart at 4:00 pm.**

RSVP by Wed., May 23

Fee: \$3 per person for transportation only.

Minimum of 7 people

## LUNCH BUNCH

**Thursday, May 10**

**10:15am**

Enjoy lunch at the Next Door Pub in Lake Geneva and a stop at Bittner's Bakery after.

**Fee: \$4.00**

RSVP by Tuesday, May 8

## SUNNY SIDE UP BREAKFAST CLUB

**Thursday, May 31 8:00 am**

Join us for breakfast at a group favorite, Blue Gillys in Newville.

Fee: \$3.00

RSVP by Tuesday, May 29

## FORT ATKINSON SHOPPING

**Wednesday, May 2\*\***

**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 Monday, April 30

**\*\* Note—Janesville Shopping will be Thursday, June 7**

## LINCOLN AND THE UNDERGROUND RAILROAD



**Tuesday, May 15**

Discover the beauty, ambiance and history of the Lincoln-Tallman House during its heyday. 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 Wait List Only!

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

## BUDS AND BUDDHAS

**Monday, June 11**

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

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

Depart Starin at 8:30 am and return approx 4:00 pm

Deadline to register: Thursday, May 24 Wait List Only!

## 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/soda and transportation

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

## MILWAUKEE BREWERS GAME—PART TWO

**Wednesday, May 9 Sold out!**

Depart Starin Park at 9:30 am



**Wednesday, August 22**

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

Fee: \$56 (checks made out to Fort Atkinson Senior Center) Only 12 seats available. **(Coach Bus trip)**

# Extended Travel

9

Trips are open to adults of ALL AGES. For detailed itineraries on any of the extended trips, call 262-473-0535, send an email to [dweberpal@whitewater-wi.gov](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.

## DISCOVER PANAMA: THE LAND BETWEEN THE SEAS

February 14-22, 2019

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



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

The trip is a go, and there are still a few seats left.

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



**DISCOVER PANAMA  
TRIP PREVIEW**

**Thursday, May 24 at 1:00 pm**

**Please register by  
Monday, May 21**

## UPCOMING TRAVEL OPPORTUNITIES

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



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



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



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

**2019 River Cruises with FREE Airfare:**

- **The Legendary Blue Danube;** Including 2 nights in Prague; **Must book by May 31, 2018**
- **Tulip Time on the Romantic Rhine and Mosel;** Including 2 nights in Lucerne, Switzerland; **Must book by May 31, 2018**
- **Gems of Eastern Europe – Budapest to Bucharest, June 19 departure;** **Must book by June 30, 2018**
- **Splendor of the Seine:** From Paris to Le Havre and Normandy; **Must book by Aug. 31, 2018.**



# Motorcycle & Bus Trips

## VOLUNTEER APPRECIATION!!

The volunteers had a blast and so did the college students who ran the games, Wheel of Fortune, Texas Hold 'em Poker, Black Jack, Horse Races and Bingo.



## MOTORCYCLE TRIPS

**Lake Geneva, Thursday, May 24**—Visit the Delavan Lake Boat Shed, where they restore wooden lake boats and classic cars. Have lunch at Joni's Diner. The diner is an L-shaped Jerry O'Mahoney built in 1954. After lunch enjoy a ride around the lake. Leaders are Bruce Parker and Gary Kiger. Ride departs at 10:30 am.



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

rain dates.

Thursday, June 14—Amarosa IA to JP Cycles; Depart at 7:30 am  
 Thursday, June 21—Wisconsin Dells: Birds and Boats  
 Thursday, July 19—Milwaukee: Discovery World & Harley Davidson  
 Sunday, July 22—Chicken BBQ in Rockton (Kickapoo Valley)  
 Thursday, July 26—Go-Carts and lunch  
 Thursday, August 16—Port Washington and Cedarburg  
 Wednesday, August 22—Canoe the Kickapoo  
 Thursday, September 13—Travel toward Richland Center for Apple and Cheese stops.

## TOUR THE USS LST 325

### Monday, August 27

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





## CHAIR MASSAGE

**Wednesday, May 2, 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 3**

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: June 7**

## GREETING CARDS

We've ordered new cards and they are here! We have a great selection of Fravessi cards, including Graduation, First Communion, 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.

**Jessica's Family Restaurant**  
 Breakfast All Day • Fish Fry Friday  
 Homemade Potato Pancakes  
 Soups & Specials  
 Banquet room available for all occasions  
 Full Bar  
**473-9890**  
 Mon-Thur 6am-3pm, Fri-Sat 6am-9pm  
 Sun 7am-3pm

**McCullough's**  
 • PRESCRIPTIONS  
 • GIFTS  
 Contact us regarding convenient medication packaging options  
 1173 W. Main St. • 473-5065

**We Care**  
 For Our Patients and Our Community

For over 75 years...Patients who know us, love us. You should get to know us too.

FortHealthCare.com • 262.473.5599  
 1461 W. MAIN STREET • WHITEWATER  
 We accept a variety of insurance plans.

**75 YEARS** Fort HealthCare FOR HEALTH

Reach the Senior Market  
**ADVERTISE HERE**

CONTACT

Contact Dan Page to place an ad today!  
 dpage@4LPi.com or (800) 950-9952 x5875

**FIRST CITIZENS STATE BANK**  
 SINCE 1863

Trust Services: • Administer your Will  
 • Administer your Trust • Invest your Funds • Pay your Bills

Serving Whitewater, Palmyra & East Troy

Member FDIC [www.firstcitizensww.com](http://www.firstcitizensww.com)

# Activity Calendar

## May 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
	<b>1 MAY DAY</b> 9:00 Pickleball (A) 10:00 Culver's Bingo 11:15 Pot Luck 10:30 Basic Yoga—L 11:45 Dominoes 1:00 Sheepshead	<b>2</b> 9:00 Let's Walk! 9:15 Fort Shop 10:00 Chess 10:00 Learn Tai Chi- A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) <b>1:00 Chair Massage</b> 3:00 Sign Language	<b>3</b> 8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:00 Toenail Clinic 10:30 Basic Yoga—L 1:00 Beginning Draw & Paint	<b>4</b> 9:00 Let's Walk! 10:00 Open Sewing Group —A <b>10:30 Scholarly Scoop</b> 12:30 Pickleball (A)
<b>7</b> 9:30 FUNctional Fit 10:30 Bookworms 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Canasta  <b>Office closes 12:30</b>	<b>8</b> 9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "Lady Bird" 1:00 Sheepshead  <b>Office closes 12:30</b>	<b>9</b> 9:00 Let's Walk! 9:30 Brewers departs 10:00 Chess <b>10:00 NEW Learn Tai Chi- A</b> 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 3:00 Sign Language  <b>Office Closed</b>	<b>10</b> 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L <b>10:15 Lunch Bunch</b> 1:00 Beginning Draw & Paint <b>1:30 Spanish</b>  <b>Office closes 12:00</b>	<b>11</b> 9:00 Let's Walk! 12:30 Pickleball (A)  <b>Office Closed</b>  
<b>14</b> 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg  <b>Office closes 12:30</b>	<b>15</b> 9:00 Lincoln trip depart 9:00 Pickleball (A) 9:30 Pegs & Jokers 10:30 Basic Yoga—L <b>12:30 Stained Glass</b> 1:00 Sheepshead  <b>Office closes 12:00</b>	<b>16</b> 9:00 Let's Walk! 10:00 Chess 10:00 Learn Tai Chi—A 11:00 Cont. Tai Chi-A 12:30 Pickleball (A) 12:30 Stained Glass 3:00 Sign Language  <b>Office Closed</b>	<b>17</b> 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L <b>10:45 I-pad Group</b> 1:30 Spanish  <b>Office closes 12:00</b>	<b>18</b> 9:00 Let's Walk! 12:30 Pickleball (A)  <b>Office Closed</b>
<b>21</b> 8:30 Core & More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 12:30 Stained Glass 1:00 Canasta 1:00 Mah Jongg	<b>22</b> 9:00 Pickleball (A) 10:00 City Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "The Post" 1:00 Sheepshead	<b>23</b> 9:00 Let's Walk! 10:00 Chess 10:00 Learn Tai Chi—A 11:00 Cont. Tai Chi-A <b>11:00 Kayak Outing</b> <b>12:00 AARP Smart Driver</b> 12:30 Pickleball-A 3:00 Sign Language	<b>24</b> 8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L <b>10:30 Motorcycle trip departs</b> 1:00 Beginning Draw & Paint <b>1:00 Panama Preview</b> 1:30 Spanish	<b>25</b> 9:00 Let's Walk! 12:30 Pickleball (A) <b>4:00 Fish Fry trip</b>
<b>28</b>  <b>CLOSED</b>  	<b>29</b> 9:00 Pickleball (A) 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "I, Tonya" 1:00 Sheepshead	<b>30</b> 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	<b>31</b> <b>8:00 Breakfast trip departs</b> 8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L 1:00 Beginning Draw & Paint 1:30 Spanish	<b>Activities take place at the Starin Park Community Building unless otherwise noted.</b>  <b>A=Downtown Armory            146 W North St            L=Cravath Lakefront</b>

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

### May 1

Honey Balsamic Chicken  
3-Bean Salad  
Zucchini  
Mandarin Oranges  
Dinner Roll

### May 8

Lasagna Casserole  
French Cut Green Beans  
Carrots  
Pears  
Wheat Roll

### May 22

Swedish Meatballs & Noodles  
Carrots & Broccoli  
Romaine Salad  
Banana  
Wheat Bread

### May 29

Broccoli Quiche  
Breakfast Potato  
Turkey Sausage Links  
Wheat Bread  
Strawberries



**ACTI-KARE**  
RESPONSIVE IN-HOME CARE  
*When you can't be with your loved one... we can.*  
• 24/7 Service • Hourly/Live-In  
• Screened, Bonded & Insured  
A WHITEWATER RESIDENT FOR OVER 25 YEARS  
*Serving Jefferson, Rock and Walworth Counties*  
(262) 458-0583  
southcentralwisconsin.actikare.com

LET US *carry*  
YOUR MESSAGE  
TO *Senior*  
THE *Community*

For advertising  
info call:  
1-800-950-9952

**Helping Thousands Heal  
in 38 Days or Less**

Dr. Robert Goldman, Certified Wound Care Specialist

Offering advanced care for  
chronic, non-healing wounds,  
lymphedema, and ostomy care.

**SHORTRIDGE  
LEGAL SERVICES**

**Caryl J. Shortridge**  
Attorney at Law

Corporate/LLCs • Estate & Trust Administration  
Selling/Buying Commercial Real Estate  
Estate Planning/Wills • Elder Law

Milton, WI • 608-868-2311  
www.shorridgelaw.com  
caryl@shorridgelaw.com

**TINCHER  
REALTY  
INC.**

532 W. Main St. • 262-473-4175  
Visit our website: tincherrealty.com

**Fort HealthCare**  
Hyperbarics, Wound & Edema

We can help! And we will  
coordinate all of your care with  
your primary care provider.

FortHealthCare.com/Wound • 920.699.4245  
400 DOCTORS CT. 2nd LEVEL • JOHNSON CREEK  
We accept a variety of insurance plans.

**HARD ROCK**  
SAWING & DRILLING SPECIALIST CO.  
CONCRETE • ASPHALT • MASONRY

ELKHORN MADISON KESHENA  
262-723-3333 715-799-3823  
608-250-5005

**FREE  
AD DESIGN  
WITH PURCHASE  
OF THIS SPACE.**  
— 800-950-9952 —

**INTEGRITY**  
Insurance Services, LLC

REBECCA SPYCHALLA  
262-431-4859  
MEDICARE  
INSURANCE PLANS

integrity-insurance-services@protonmail.com  
www.integrity-insurance-services.com



## HAPPY MAY BIRTHDAYS TO:

Betty Sweno  
Elmer Keske  
Jean Bromley  
Mark Dorn



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

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

## ASSESSING OUR COMMUNITY FOR POSITIVE AGING

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

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



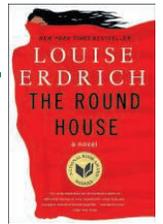
## THE COMMUNITY NEEDS VOLUNTEERS!

Docents (receptionists) are needed at the **Cultural Arts Center**. You don't have to work every month or work the same shifts every month. Contact Linda Long at [lcubed12@gmail.com](mailto:lcubed12@gmail.com) or 473-5538 or Mary Kenne at 473-1292 or [mhkenne@charter.net](mailto:mhkenne@charter.net), if you are interested. It's fun!

**Studio 84** is looking to open up some Saturday hours. A volunteer would need to have retail sales skills and some be able to do minimal retail training for someone with a disability. Duties would include keep the space clean and tidy, checking out customers and perhaps some training on retail sales on the computer for the artist. Contact Deborah Blackwell at 262-473-9845 or [www.studio84inc.org](http://www.studio84inc.org).

## THE BIG READ

This year's selection, *The Round House* by Louise Erdrich, focuses on the effects of a traumatic event for a Native American family in North Dakota, most specifically Joe, the 13-year-old protagonist. Free books are available at the ILY Memorial library, while supplies last. The finale of the Big Read is at Old World Wisconsin May 6, 10 am—2 pm. For more information on the 2018 Big Read project, contact [www.youngauditorium.wordpress.com](http://www.youngauditorium.wordpress.com).



## COME AND HAVE COFFEE WITH ME IN WHITEWATER!

**Tuesday, May 1; 8:30—9:30 am at Jessica's Restaurant**  
Representative Don Vruwink and Sen. Janis Ringhand are holding a listening session. We want to hear your comments and concerns, and answer your questions. If we don't know the answer immediately, we will take notes and get back to you at a later date. I always look forward to sitting down with my constituents for a good dialogue.



Advertiser of the Month

## We Care Every Day, In Every Way

Experienced senior care for total peace of mind

Personal Cares (bathing, toileting, dressing assistance) ~ Medication Reminders  
Errands ~ Shopping ~ Dr. Appointments ~ Light Housekeeping  
Meal Preparation ~ Companionship ~ Respite Care for Families

**920-568-1051 or Toll Free 877-276-7039**

America's Choice in Homecare.  
**VisitingAngels**  
LIVING ASSISTANCE SERVICES



## SIGN IN, PLEASE!

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



## FREE CAPTIONED TELEPHONES – REJOIN THE CONVERSATION

May is Better Hearing & Speech Month, an annual occasion designed to raise awareness of hearing loss and speech problems. The goal of Better Hearing & Speech Month is to encourage people to take action if they believe there might be a problem with their hearing or speech.



One way to improve your communication this month is with a CapTel phone. For those with hearing loss, captioned telephones are an excellent communication tool. CapTel products operate like normal telephones but include a large screen that shows a live feed of what the caller is saying. CapTel phones offer a multitude of additional features, including talk back numbers, speed dial numbers that speak the name of the contact, enhanced volume control, enhanced visual ring indicator and crystal sound clarity. Call Fort HealthCare today to take advantage of a free hearing screening and free CapTel phone! 920-563-6667

## MEDICARE WORKSHOPS

**Irvin L. Young Memorial Library**

**May 14, 10:30 am; May 23, 10:30 am and 6:00 pm**

Learn the ABC's of Medicare. Whether you are approaching initial enrollment or are already enrolled and concerned, attend this educational session and increase your awareness. You'll define your own enrollment action list, learn Part A & B benefits and understand Part D drug plans and the Donut Hole. We'll review 2018 Deductibles, Exclusions, WI Mandates and Supplement plan differentiation, including Part C. If you have questions before the workshop or would like to RSVP, please call Larry Raupp at 920-285-9184.



## MAKERSPACE OPEN SHOP NIGHT

**May 2 and 16, 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. We will be featuring our laser engraver this month. All areas are open for use. For more information, email [WisconsinMakers@gmail.com](mailto:WisconsinMakers@gmail.com), call (262) 753 -6455 or visit [Facebook.com/WisconsinMakers](https://www.facebook.com/WisconsinMakers)

## SUMMER/FALL CITY GUIDE

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

**Please cut out this  
“Thank You Coupon”  
and present it the next time  
you Patronize one of  
our Advertisers**



**for Advertising with  
Seniors in the Park  
I am patronizing your  
business because of it!**

# Seniors in the Park

PO Box 178  
Whitewater WI 53190



Accredited by the  
Wisconsin Assoc.  
of Senior Centers

## MEMBER:

Wis. Association of Senior Ctrs.  
Wis. Parks & Recreation Assn.  
National Council on Aging  
Nat'l Institute of Senior Centers

## SENIORS IN THE PARK

504 W Starin Rd, PO Box 178  
Whitewater WI 53190

Phone ..... 262-473-0535  
Hours.... Mon-Thurs, 9:00 am-4:00 pm  
..... Friday various days/hours

### Senior Coordinator

Deb Weberpal, CPRP  
dweberpal@whitewater-wi.gov

### Volunteer Editor

Romelle Koch

### Front Desk

Patrea Wilson

### Parks & Recreation Director

Eric Boettcher

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.

Name \_\_\_\_\_

E-Mail \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_