



# The Park Bench

November 2017

Seniors in the Park Newsletter

## HOLIDAY LUNCH

**Wednesday, December 13, 11:30 am**

Enjoy great food, good friends and wonderful entertainment at our annual Holiday Luncheon. The entertainment this year will be the Music Masters Ensemble from

Whitewater High School, beginning at 11:45 am. It is a 12-member auditioned choir that traditionally performs only a cappella music. They also perform at the Madrigal Dinner. Our lunch, served after the entertainment, will be a choice of turkey or pork loin, mashed potatoes, dressing, Riviera vegetable, dinner roll, dessert and coffee or tea. The meal



will be catered by 841 Brewhouse and served by the Parks and Recreation staff. Tickets are \$12 and go on sale November 6. There will be no reservations for the event. Deadline for purchasing tickets is Friday, December 1. Limited seating; get your ticket now and join the fun!

## SCHOLARLY SCOOP: RESIDENTIAL SEGREGATION & ALTERING RACE RELATIONS

**Friday November 3, 10:30 am**

Throughout literature, the change to “observed” residential segregation is reported as evidence of altering racial relations. However, this observed segregation change is the combination of two effects: the changes expected from demographic shift and those caused by the change in inter-group relations.

Dr. Wenquan Zhang is an assistant professor in the Dept. of Sociology, Criminology and Anthropology, UW-W. As a quantitative researcher, his research interests include immigrant settlement, residential segregation, neighborhood transition and GIS analysis.

Please register by November 1



UNIVERSITY OF WISCONSIN  
WHITEWATER

Volume XVII Issue 11

## WHAT'S INSIDE

- 2.....*Let's Move!*
- 3-4, 6 .....*Activities*
- 7..... *Dementia Friendly*
- 5.....*Support Our Sponsors*
- 8-9..... *Travel Opportunities*
- 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*

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

# Activities and Let's Move!

Life moves in all directions.  
You should, too!

## 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 meet on Mondays at 11:00 am. You don't need to read music; just enjoy singing and having fun.

## PUZZLE EXCHANGE

**Friday, November 17, 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.

## SENIOR FORUM

**Monday, Nov. 13, 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.

## BASIC YOGA

**Tuesdays, November 7 — December 19 OR  
Thursdays, November 2 — December 21  
10:30 am, Cravath Lakefront Center**

This seven-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: \$28 residents; \$35 non-residents; Tuesday or Thursday

Payment/Deadline: Friday October 27



## "FUN"CTIONAL FITNESS

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

Open the door to greater independence and a healthier life with "fun"ctional fitness. Experience a dynamic routine to promote coordination, balance, strength and flexibility. All levels of ability are welcome. Activities are adapted to individual needs.

Prepay \$1.00 per class residents or \$1.25 non-residents.

First class is free for new participants.



## CORE AND MORE

**Mondays & Thursdays, 8:30 am**

This class will help you to perform daily activities safely and with ease. Shoulder/hip opening & strengthening, balance and core exercises are done standing, seated and on the floor. Modifications for all levels of ability will be demonstrated. Please bring a thick exercise mat, not a yoga mat.

Prepay Residents: \$1.00/class Prepay Non-Residents: \$1.25/class

First class is free for new participants.

## GREETING CARDS

We've ordered new cards and they may be here! We have Thanksgiving and a great selection of Fravessi cards, including 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.



## BEGINNING SIGN LANGUAGE

**Wednesdays, 3:00 pm, beginning November 8**

Come and learn basic sign language in a relaxed, stress-free environment. At the end of the six-week period, you will know how to sign the manual alphabet, how to sign numbers and many basic signs. The next time you meet a deaf person, you will be able to introduce yourself, ask how the person is doing and carry on a basic conversation. Materials provided.

Registration deadline is November 2



## SIP & SWIPE: TABLET TRAINING

Under a generous grant from Bader Philanthropies, Seniors in the Park is 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 Café is a safe, friendly place for learners to move at their own pace, with a coach ready to assist, if needed. The program and coaching are all free, thanks to the grant. If you have a tablet you are welcome to bring and use it. A tablet is not required, as we have tablets to use during the program.

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

## SCHOLARLY SCOOP: TRUMP'S AMERICA ONE YEAR IN: ACCOMPLISHMENTS, FAILURES, AND WHAT WE CAN EXPECT IN 2018

**Friday, December 1, 10:30 am**

President Donald Trump is about to complete his first year as President of the United States. 2017 witnessed some significant successes for the 45th President, but it has also been a period marked by turmoil and high-profile policy failures. As we prepare to usher in the New Year, it is an appropriate time to take stock of Trump's first year on the job and see what hints it may offer about the future. With congressional midterms on the horizon in 2018, American politics promises to be exciting next year, as well! Speaker is Eric Loepp, an assistant professor of Political Science at the UW-W.



## IPAD GROUP: YOUR QUESTIONS!

**Thursday Nov. 30, 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. This month's topic "Your Question". Ask one specific question regarding your iPad that has been perplexing you...i.e., email; sending photos and/or attachments; deleting emails, files, streaming/watching TV and movies, and so on.

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 November 27. Have your question ready when you register.



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

Find the newsletter at <http://ourseniorcenter.com/find/seniors-in-the-park>

**STAINED GLASS CLASS**

**Oct. 31 & Nov. 1, 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, Oct. 26

**OPEN SEWING GROUP**

**Fri., November 3, 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 [behreacar@gmail.com](mailto:behreacar@gmail.com).

**THE YARNERS**

**Thursdays, 1:00 pm**

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



**BASKET CLASS**

This 8x5 round basket is for weavers who have some experience or are up to a challenge. The base is twined and the walls woven with narrow reed. Shaping will be stressed.



Students will work with wet materials and are advised to wear old clothing, bring a towel and wear an apron.

Instructor: Bunny Schoen

Day/Time: Thursday, January 25, 1—4 pm and Friday, January 26, 9 am—1 pm.

Fee: \$20 residents/member; \$25 non-resident

Deadline: January 18

**BEGINNING DRAWING AND WATERCOLOR PAINTING**

**Thursdays, November 2-30\*; 1-4 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.



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

Deadline: October 30 \* NO class November 23

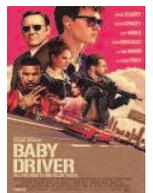
**MOVIES: SPONSORED BY MULBERRY GLEN**

**“Baby Driver”**

**Tuesday, November 14, 12:30 pm**

**Rated R (violence, language); 1 hr, 52 min (2017)**

Part heist/car chase/romance/music video. A young getaway-car driver (Angel Elgort) tries to quit the business, but his criminal mastermind boss (Kevin Spacey) and confederates (Jon Hamm & Jamie Fox) have other ideas. An adrenaline rush of a chase ensues!



**“Wind River”**

**Tuesday, November 28, 12:30 pm**

**Rated R (violence, lang.); 1 hr, 47 min (2017)**



A veteran Fish and Wildlife Service tracker (Jeremy Renner) helps to investigate the murder of a young Native American woman, using the case as a means to seek redemption for an earlier act which ended in tragedy. Filmed in the beautiful yet savage vistas of Wyoming and Utah, it’s generating a lot of Oscar and awards buzz.

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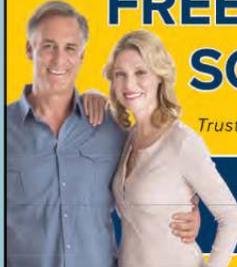
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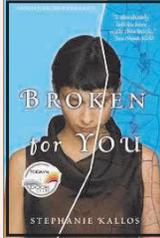


## BOOK WORMS

**Monday, Nov. 6, 10:30 am**

The Book Club will discuss *Janesville: An American Story* by Amy Goldstein. The book for November will be *Broken for You* by Stephanie Kallos

This is the story of two women in self-imposed exile whose lives are transformed when their paths intersect. When we meet septuagenarian Margaret Hughes, she is living alone in a mansion in Seattle, with only a massive collection of valuable antiques for company. Enter Wanda Schultz, a young woman, with a broken heart who has come west to search for her wayward boyfriend. Both women are guarding dark secrets and have spent many years building up protective armor against the outside world. As their tentative friendship evolves, the armor begins to fall away and Margaret opens her house to the younger woman. This launches a series of unanticipated events, leading Margaret to discover a way to redeem her cursed past and Wanda to learn the true purpose of her cross-country journey.



## ACTIVITIES AT A GLANCE

**Core & More**—Mon & Thurs. 8:30 am; \$1.00 per class Resident

**‘FUN’ctional Fitness**—Mon & Thurs. 9:30 am; \$1.00 per class Resident

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

**Walk off the Pounds** (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

**The Yarners** –Thursdays; 1:00 pm

**Potluck**—First Tuesday 11:15 am

**Bingo**—First, Second and Fourth Tuesdays at 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 at 9:30

**Puzzle Exchange**—Third Friday at 9:30

**Sheepshead**—Tuesdays 1:00 pm

## BINGO

**Tuesdays, 10:00 am**

Nov. 7: Culvers

Nov. 14: Mulberry Glen

Nov. 28: City Bingo

## BINGO SPONSORS

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**Thank You**

- **Patti Grosskreutz and Diana Stettner** for keeping things running while I was gone in September and October.
- **Mark Dorn** for running the History lecture in my absence.
- New volunteer instructor **Faye Skelton** for teaching Sign Language.
- **Patti Grosskreutz** for donating cookies for Bingo.
- **Arlene Trewyn** for donating candy.

# Dementia Friendly Community 7

## FREE DEMENTIA SCREENING

Wednesday, November 15 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, November 14.

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.

## ALZHEIMER'S BEHAVIORS & COMMUNICATION



Thursday, November 9, 6:00-8:00 pm

Mulberry Glen, 1225 W Main St

Alzheimer's is the most common form of dementia in seniors 65 & older. In this free presentation by the Alzheimer's Association, you will learn effective strategies to help you engage in meaningful connections at each stage of the disease, decoding verbal and behavioral message, understanding and responding to difficult behavior and available resources. Questions call 262-473-4515.

## IT'S ALL ABOUT RELATIONSHIPS

Thursday, November 30, 1:00-3:00 pm

Town Bank/ Delavan Community Center, 824 E. Geneva St.

Attendees will learn what happens to relationships that persons with dementia and care partners had, the impact of loss of many relationships and the need to maintain and develop new relationships. Lynda Markut will utilize Dr. Amy Banks' CARE System and reflections of care partners and persons with dementia to help attendees understand the impact relationships have on their emotional, physical and cognitive health.

**Join the Whitewater Dementia Friendly Community Initiative (WDFCI) by calling Deb at 262-473-0535 or email [dweberpal@whitewater-wi.gov](mailto:dweberpal@whitewater-wi.gov).**

## COMMUNITY PRESENTATION WITH REP. DON VRUWINK

Friday, Nov. 3, 1:00 pm

See a short 15 minute presentation on what a Dementia Friendly Community is and what we've been doing. We will also be sharing brain boosting activities. Following the presentation our state representative, Don Vruwink, will be here to talk about his experience with dementia in his family.

Please register for this event by Wednesday November 1.



## GO PURPLE IN NOVEMBER!



This November, join us during Nation Alzheimer's Disease Awareness Month.

We will have purple ribbons at the reception desk for you

6 facts to be aware of:

1. We generally detect Alzheimer's at the end stage of the disease.
2. Memory loss is not a part of normal aging.
3. Current Alzheimer's drugs are probably more effective than you think.
4. Alzheimer's disease can be treated.
5. Taking good care of your heart will help your brain stay healthy.
6. Managing risk factors may delay or prevent cognitive problems later in life.

What can I do?

- Educate yourself and your friends about dementia.
- Decorate your door or house purple.
- Turn your Facebook purple.
- Wear purple or a purple ribbon (purple ribbons available here!).
- Participate in a Memory Screening (hint: here on Wed., November 15 by appointment).
- Share your Alzheimer's/dementia story.

## FISH FRY FRIDAY

**November 17**

Venture to Wayside Inn in Jefferson with several kinds of fish, on the menu!

Depart at 4:00 pm.

RSVP by Tuesday, November 14

Fee: \$3 per person for transportation only.

Minimum of 7 people for trip to go.

## SUNNY SIDE UP BREAKFAST CLUB

No breakfast trip in November.

## LUNCH BUNCH

**Thursday, Nov. 9, 10:30 am**

We will be eat at the Milwaukee Grill in Janesville. Afterwards we will stop at K & W Greenery and revel in the holiday spirit.

Fee: \$3.00

RSVP by Tuesday, Nov. 7

## FORT ATKINSON SHOPPING

**Wednesday, Nov. 1, 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, October 30

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

## TRAVEL AROUND THE WORLD - 74TH ANNUAL HOLIDAY FOLK FAIR INTERNATIONAL



**Saturday, November 18**

Holiday Folk Fair International, America's premier multicultural festival and a program of the International Institute of Wisconsin, celebrates the cultural heritage of the people living in southeastern Wisconsin. This year's theme, "Celebrate the Culture of Welcome," will allow Fair-goers the opportunity to learn the ways that different cultures welcome each other through music, food, dance, arts and crafts of Holiday Folk Fair.

Special attractions in 2017 include invited international performers and artisans, the Artisan corner, the Kohl's Color Wheels display, the Wisconsin Woodturners and a bonsai exhibit.

The three-day event features the All Nations Theater with traditional music and dance, the World Café offering traditional dishes, the International Stage where young people perform their ethnic dances, the Tanzhauz (Music Pavilion) where attendees dance and sing along with a variety of musical styling's, the Coffee House where patrons enjoy a beverage and baked goods while listening to talented musicians, Heritage Lane with unique traditions and customs through interactive exhibits, the International Bazaar where cultural artifacts create a unique shopping experience, and the Chef's Stage featuring local chefs preparing traditional cuisine.

Fee: \$34.00, includes school bus transportation, parking, driver tip and entrance to the event.

Deadline is November 1

Depart Fort K-Mart at 8:30 am and Starin Park at 9:00 am

Return approximately 5:00 Starin Park and 5:30 Fort K-Mart

## YOUR TRAVEL CAN BENEFIT SENIORS IN THE PARK

Extended travel and some bus travel raises funds for Seniors in the Park. These funds are used to pay for our eight-hour-a-week receptionist and purchase needed items for the center. With the loss of the Sentry Funds for Friends program, we will need to find other ways to replace that income.

We partner with Collette Vacations and Mayflower Tours. (We have their travel catalogs at the center.). If you book a trip on your own with either company, please mention you are with Seniors in the Park. You may get a small discount, and we get credit toward our fundraising account. A great win-win for all!

**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.**

## **Wolves, Wilderness and Water, June 18– 22, 2018**

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 last year.



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

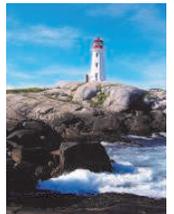
## **LAST CALL!!**

### **Danube River Cruise with half price airfare, May 7-17, 2018**

There are a couple of cabins left if you are looking for a wonderful trip, which includes Prague and Budapest. Free home or center pickup available. Join 12 others departing from Whitewater on this marvelous adventure!

### **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



### **Historic Natchez Pilgrimage April 14-21, 2018—SAVE \$300 per couple**

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 \$1519 double, single add \$329. Mayflower Tours

**What is a Pilgrimage?** Natchez, once home to the wealthiest people in the United States, has been welcoming “pilgrims” since the early 1930s. Originally, the Spring Pilgrimage attracted tourists to the city to view the beautiful gardens, but a late freeze spoiled the blooms and the women of Natchez opened their homes to visitors—and they have been on display ever since. It’s a display of true southern gentility. Costumed private home owners give tours of their beautifully decorated 18th– and 19th-century Greek revival, mansions and lush gardens. Special musical concerts are performed at local churches and halls and the town is abuzz with excitement. Experience the antebellum homes, lush gardens, costumed hosts and live musical performance that are exclusive to the Spring Pilgrimage.

**Planning for 2019 is starting! Where do you want to go?  
Give your input for touring adventures.**

## COORDINATOR'S COMMENTS

### Thanks-for-Giving

I can't give enough credit and kudos to all our volunteers. They make so much happen here. I am so fortunate to have so many people who jump in and say "I can help!". I appreciate all you do and are. Many of you also volunteer for other entities in the city. Thank you for that also. Communities are built on volunteerism and Whitewater is a wonderful community of those who DO! At this time of year when we are grateful for what we have, I am grateful for YOU! Thank you!



### Membership Fee

Many of you have noticed how busy we are. If you haven't, it's been crazy around here. We added 125 new people in 2016 and 79 to-date this year. When I started this job, my goal was to grow the programming and out grow our space. Well we are at that point. With the largest year of the Baby Boom turning 60 this year, participation will only grow. One person cannot do an adequate job for this program and the city cannot provide funds for assistance, so I need your help to keep this program moving forward. This means paid receptionists. Their job has grown in enormity and responsibility over the years. We have been paying for reception help, at minimum wage, for three years now out of our fundraising account. To get good, qualified help we are looking at raising the wage.

Nothing is set in stone yet, but more will be known soon. The reception position is invaluable to our organization and I hope you can support an annual membership fee.

## MEMBERSHIP FEE 2018

As of this printing, we are looking at an annual membership fee of \$10 per person to participate in our activities, classes and trips. These funds will be designated to support the receptionist position that we currently staff at 12 hours per week. There is a lot of detail to work out, but we hope you will embrace this small, annual fee. There will be more information in the December newsletter, see the Coordinator's Comments (adjacent) or talk to Deb.

## SHARE YOUR TALENTS

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



- **Discussion Facilitator** - Listen to a short monthly podcast by the Retiree Rebels and facilitate a discussion after. Day and time per your schedule.
- **Bingo Prep**—Make coffee, make sure tables and chairs are arranged, prep treat, lemonade and water. First, Second, fourth and fifth Tuesdays 8—9 am.
- **Facebook**—Are you proficient? Are you willing to help others learn? We need someone for a once-a-month Facebook group and a beginners class. Day and time per your schedule.
- **Technology**—Are you good with any or all forms of technology? We are in need of tutors for laptops, cell phones, digital cameras, etc.
- **Monthly Android tablet group facilitator**—Are you comfortable with a tablet? Able to keep a group on track? We are looking for someone to facilitate a monthly get-together, where people can share apps, get/give ideas and ask questions.
- **Receptionist:** Tuesdays and fill-in. Looking for a friendly person to greet participants, answer phones, register people online, and assist with programs, as needed.

## DISCUSSION LEADERS NEEDED

The Whitewater Unites Lives (WUL) group would appreciate your help as a discussion leader for students on Martin Luther King Jr. Day, January 15. We will be discussing diversity and the principles of Dr. King. Help is needed at both the Whitewater Middle School, 8-10 am and the Whitewater High School, 9-11 am, on January 15. Group discussion leaders must attend a training on January 10 from 3:45-4:45. For more information or to sign up, call or email Marjorie Stoneman at 414-861-4126 or [margiestoneman@sbcglobal.net](mailto:margiestoneman@sbcglobal.net).



## OPEN ENROLLMENT APPOINTMENTS



**Wednesday, Nov. 15**  
**1:00 - 5:00 pm**

Jean Linos will be her to assist you in choosing and signing up for Medicare Part D. Please call to make an appointment by November 10.

## TOENAIL CLINIC



**Thursday, November 2**

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: December 7**



## CHAIR MASSAGE

**Wednesday, Nov. 1, 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.**

## 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

## November 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p>Activities take place at the Starin Park Community Building unless otherwise noted.</p> <p>A=Downtown Armory 146 W North St HB=Hawk Bowl L=Cravath Lakefront</p>		<p><b>1</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-A <b>1:00 Chair Massage</b></p>	<p><b>2</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 Draw &amp; Paint 1:00 The Yarners</p>	<p><b>3</b></p> <p>9:00 Let's Walk! 10:00 Open Sewing Group -A <b>10:30 Scholarly Scoop</b> 12:30 Pickleball (A) <b>1:00 Dementia, Brain Health &amp; Rep. Vruwink</b></p>
<p><b>6</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>7</b></p> <p>9:00 Pickleball (A) 10:00 Culver's Bingo 10:30 Basic Yoga—L 11:15 Pot Luck 11:45 Dominoes 1:00 Sheepshead</p> <p><b>Office Closed 1:00</b></p>	<p><b>8</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 <b>3:00 Sign Language</b></p> <p><b>Office Closed</b></p>	<p><b>9</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 The Yarners 1:00 Begin Draw &amp; Paint</p> <p><b>Office closed 1:00</b></p>	<p><b>10</b></p> <p>9:00 Let's Walk! 12:30 Pickleball (A)</p>
<p><b>13</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 Dementia Friendly Meeting</p>	<p><b>14</b></p> <p>9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "Baby Driver" 1:00 Sheepshead</p>	<p><b>15</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) <b>1:00 Open Enrollment</b> <b>1:30 Dementia Screenings</b> 3:00 Sign Language</p>	<p><b>16</b></p> <p>9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L 1:00 The Yarners 1:00 Begin Draw &amp; Paint</p> <p><b>Office closed 12:30</b></p>	<p><b>17</b></p> <p>9:00 Let's Walk! 9:30 Puzzle Exchange 12:30 Pickleball (A) 4:00 Fish Fry trip</p>
<p><b>20</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>21</b></p> <p>9:00 Pickleball (A) 9:30 Pegs &amp; Jokers 10:30 Basic Yoga—L 1:00 Sheepshead</p>	<p><b>22</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>23</b></p> <p><b>Closed for Thanksgiving</b></p> 	<p><b>24</b></p> <p>9:00 Let's Walk! 12:30 Pickleball (A)</p> <p><b>Closed for Thanksgiving Holiday</b></p>
<p><b>27</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>28</b></p> <p>9:00 Pickleball (A) 10:00 City Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "Wind River" 1:00 Sheepshead</p>	<p><b>29</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>30</b></p> <p>8:30 Core &amp; More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L <b>10:45 iPad Group</b> 1:00 The Yarners 1:00 Begin Draw &amp; Paint</p>	<p><b>1</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>

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

### November 7

Sloppy Joes w/ Bun  
Baked Beans  
Cucumber, Onion, Tom. Salad  
Vanilla Pudding

### November 28

1/2 Ham & Cheese Sandwich  
Minestrone Soup  
Cucumber, Onion, Tomato Salad  
Fruit Jell-O

### November 14

Baked Chicken Drumsticks  
Mashed Potatoes  
Brussel Sprouts  
Orange Fluff  
Dinner Roll



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

## WHITEWATER PARTNERS IN COMMUNICATION

First Tues. of the month, Nov. 7, 7:00-8:00 pm, Whitewater High School

**Mission:** Whitewater Partners in Communication is a group of adults dedicated to helping foster relationships between native English speakers and native Spanish speakers in order to improve communication skills and cultural awareness. It provides monthly conversational opportunities, in both Spanish and English, in a variety of community settings. Practice/learn some Spanish conversing with a native speaker.

## HAPPY NOVEMBER BIRTHDAYS TO:

Elaine Schultz  
Jan Schmeling  
Janice Batten



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.)

## CHALLENGES TO HEALTH CARE ACCESSIBILITY



Thursday November 16, 2017 7:00 PM  
City Council Chambers, Whitewater

The League of Women Voters Whitewater Area is sponsoring a public program, "Challenges to Health Care Accessibility". Our speaker is the Executive Director of the Rock River Free Clinic, Kristin Wallace. Come hear about this free health clinic which is located in Jefferson but serves all of Whitewater. Then help us spread the word about this exceptional service to uninsured individuals. A collection of non-perishable food items for the Whitewater Food Pantry will also take place at this meeting.

## HEAR FOR THE HOLIDAYS



Don't miss out on your favorite holiday traditions, like dinner-table conversation with your family and listening to your grandchildren at play. Start this holiday season hearing your best.

Untreated hearing loss can lead to a variety of negative health conditions, such as depression, cognitive decline, dementia, falls and more. The American Speech-Language-Hearing Association ASHA recommends hearing screenings once every 10 years for healthy patients under 50, and once every three years for those over 50 and those with certain risk factors (family history of hearing loss, occupational noise exposure, etc.) Of those with diagnosed hearing loss, only one in five actually seeks treatment. A study conducted by the Better Hearing Institute (BHI) shows new evidence about the importance of hearing aids. The study surveyed 2,000 patients with hearing loss. Of those, 82 percent indicated they would recommend hearing aids to their friends and 70 percent reported an improved ability to communicate.

Call FortHealthcare Audiology at 920-563-6667 to schedule a free hearing screening and receive a complimentary CapTel phone.

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## MAKERSPACE SENIOR SHOP CLASS

**First & Third Tuesday of each Month, Nov. 7 & 21, 2:00—4:00 pm**  
**Wisconsin Makers Makerspace, 200 E. Clay St.**

The public is invited to this free Senior Shop Class. Each week's class features a different machine or project, rotating between the various workshops. This class is designed for novices and craftsmen, men and women, who will be able to learn how to use some of the equipment, while enjoying an afternoon with other 'makers'. No registration is necessary. 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).

## INVENTORS & ENTREPRENEURS

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

A new inventors and entrepreneurs networking group meets the last Tuesday of the month at 7:00 pm. Welcome are entrepreneurs, inventors and “creatives” of all ages who are interested in starting or who have started a business, as well as those who provide support services for business startups. For further information, contact Peter at [wisconsinmakers@gmail.com](mailto:wisconsinmakers@gmail.com).



## UPCOMING MUSIC EVENTS

The Madrigal Dinner will be the evening of December 9 at the American Legion in Whitewater. Contact Whitewater High School for tickets.

The WHS Winter Gala Concert will be on December 18 at 7:30 pm at the high school auditorium.

## 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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## REFLECTIONS ON THE GREAT WAR

**Mondays, 3:00 pm, Fellowship Hall, Fairhaven, 435 W. Starin Rd.**

All lectures are free and open to the public. Street parking adjacent to building. Links to videos of lectures, including those from prior series, can be found at <http://www.uww.edu/ce/fairhaven>.

**Oct. 30 The 32nd Division's Great War**

Richard Pifer, *Freelance Historian and Author, Wisconsin Historical Society Press*

**Nov. 6 How Long Must Women Wait for Liberty: Suffragettes, Loyalty, and Wartime Activism**

Ashley Barnes-Gilbert, *Lecturer, Women's and Gender Studies*

**Nov. 13 The Great War and the Making of Arab Nationalism**

Hala Ghoneim, *Assoc. Professor, Languages and Literatures*

**Nov. 20 Much Ado About Nothing: Milwaukee's German-American Community During World War I**

Kevin Abing, *Archivist, Milwaukee County Historical Society*

**Nov. 27 Marxism, Masaryk, and King Alexander's Monkey: Rebuilding Eastern and Central Europe, 1917-1923**

Karl Brown, *Assist. Professor, History*

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..... Friday various days/hours

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

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