



The Park Bench

September 2018

Seniors in the Park Newsletter



Thursday, September 27 12:00 pm
Uff da! It's time to celebrate and we're bringing Germany to you! Savor a German themed lunch with brats, potato salad, veggie and dessert. Max Rigert will be here with his accordion to entertain you with traditional German music. Lunch starts at noon. You must have your reservation and payment in by Monday September 24. Fee for the lunch and entertainment is \$5.00. You are welcome to bring a beverage of choice.

SCHOLARLY SCOOP— LIVE AND LET DIE: LIFE IN TEMPORARY WETLANDS

Friday, September 7 10:30 am

No matter how harsh an environment, organisms develop strategies to thrive almost everywhere. Temporary wetland habitats cycle from boom to bust where critters quickly eek out a living before the habitat becomes unlivable. Organisms can hibernate or lay extremely tough eggs that may wait decades, or even longer, for rain. Some species simply migrate around searching for water. The “speed of life” that these organisms use is very different from permanent habitats, and the strategies that critters use can be counterintuitive at first glance. While life may not be stable, the interactions between the creatures and habitat make for a very dramatic lifestyle.

Brian J. O’Neill, Ph. D. Assist. Prof., Dept. of Biological Sciences.

Please register in advance if you will be attending.



ROCKIN’ Respite Opens October 9!

Let a care partner know about this opportunity. For a day of respite from caregiving.

Volunteers also needed!

See page 8 for more details.

Volume XVIII Issue 9

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

Welcoming Seniors, Boomers and Adults of all ages.

RECREATIONAL BOWLING LEAGUE

Wednesdays, 9:30 am
Begins September 12

This fun and recreational league at Hawk Bowl, goes into March.

League begins September 12, with a fun play day. Questions or to sign up for the league, contact Darla, 262-495-2294.



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.

PICKLEBALL

Try this fun, invigorating and addicting game. It's played on a badminton-sized court with paddles and a wiffle ball. It's about strategy and fun, not power or athleticism.

This non-competitive group plays Monday, Wednesday, and Friday from 12:30–2:30 pm and Tuesdays and Thursdays 9:00–11:00 am at the Downtown Armory.



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

“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 Members: \$1.00/class* Prepay Non-Member: \$2.00/class*

First class is free for new participants.

*After first class, participants are required to have funds in their account



CORE AND MORE

Mondays & Thursdays, 8:30 am

Class starts Sept. 17

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

Prepay Members: \$1.00/class* Prepay Non-Member: \$2.00/class*

First class is free for new participants.

*After first class, participants are required to have funds in their account

LEARN T'AI CHI CH'UAN

Wednesdays, 10:00 am

Downtown Armory Dance Studio

New class begins Wednesday, September 12

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 LoYang-style short form. Continuing students meet at 11:00 am.

Register for the class by Thursday, September 6



AARP SMART DRIVER CLASS

Monday, September 17, 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.

Deadline to register: Friday, September 7

FALLS PREVENTION

Wednesday, September 19 10:30 am

Falling is one of the most unexpected things to happen to a person, especially as you age. Planning and minor changes can promote a safe environment to prevent falls. We hope you can join us to learn and discuss everyday solutions to reduce the risk of falls, which usually requires a trip to the ER. 35-40% of those age 65 and older fall every year in their homes. 20-30% have moderate to severe injuries as a result of their falls, which can also be debilitating and can lead to death. Janet Bollig from SSM Health will present.

Please let us know you will be attending by calling 262-473-0535. Coffee and treats provided.



SCHOLARLY SCOOP

Friday, October 5 10:30 am

“Beyond the Peace Accords: Legacies of America’s Secret War in Laos” Join Assistant Professor Nengher N. Vang, UW-W, as he explores the legacies of this war, and how the war did not end in 1973 or 1975. Instead, Americans leaving led to another secret war in Laos, more than 40 years of Hmong American involvement in this new war, and a long, persistent, but ultimately contradictory relationship between Hmong and the United States in the past half-century.



TECHNOLOGY CLASSES



HOW GOOD IS YOUR PASSWORD?

September 20, 1:00 pm

We can explore settings on accounts with different vendors (Wal-Mart for example), what hackers may see or cannot see, settings on email accounts, how to tell if an email is a scam or a fake, how to get rid of junk mail and how to avoid them. Do's and Don'ts for shopping online. Please bring your laptop, tablet or smart phone to class along with password for email. Please register by Friday, September 14.

Instructor is Thomas Paull.

HOW PUBLIC IS YOUR PROFILE?

Monday, October 8, 1:00 pm

In this social media class, we will explore settings that control who sees what we post and consider when we post comments and replies on social media. We could also explore how to find people online and how to tell if you got hacked.

Please bring your laptop, tablet or smartphone to class along with password for social accounts. Please register by Tuesday October 2

Instructor is Thomas Paull.

iPAD GROUP

Thursday, September 20 @10:45 am

Do you have an iPad or iPhone and just want a little more information? Here's a group for you! Get together with other iPad/Phone users and share. This month we will look at connecting your iPhone and iPad. Please bring your iPad/iPhone to work on. If you have a topic for another month, let Deb or Mark know. Please register for the group by Tuesday, September 18.

OPEN SEWING GROUP

Fri., Sept. 14, 10 am-3:00 pm
Starin Park Community Center
(Moving to second Friday, here)

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.

WHITEWATER WARBLERS

The Warblers meet on Mondays at 11:00 am. EVERYONE is invited to come and participate in the Warblers. 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.



STAINED GLASS CLASS

September 18 & 19, 12:30-3:30 pm
Downtown Armory Lower level

All levels are welcome at the class. Whether you are a seasoned glass cutter or new to this craft, you can receive one-on-one instruction. Supplies to bring: Safety glasses, an old towel, scissors and a 100-watt soldering iron, if you have one.

Instructor: Caroline Britton

Fee: \$15.00 members; \$20.00 non-members

Deadline: Thursday, September 13

FREE OPEN ART STUDIO

Studio 84 received a grant from the Whitewater Community Foundation to support 2nd Saturdays, a free art making day that happens every 2nd Saturday of the month. This event is open to everyone. Check out the fun you could have making art!



QUILT PATTERNS AVAILABLE

The ILY Memorial Library has a new collection of quilt patterns with over 30 to borrow!



MEMORIES IN THE MAKING

October 24, 10:00 am to 12:00 pm

This event is for persons with mild memory impairment and their care partners to participate in an art (painting) program that will foster creativity, strengthen memories, promote an optimistic attitude, nurture a sense of well-being and is FUN! No painting experience is required. All art supplies and refreshments will be provided. **Pre-registration and a \$5.00 fee is required (to cover cost of materials).** Contact Bonnie Beam-Stratz by Monday, October 22 at bbeam@alz.org or 800.272.3900.

WHITEWATER DEMENTIA FRIENDLY COMMUNITY FACEBOOK PAGE

Check out our new Facebook page at <https://www.facebook.com/Whitewater-Dementia-Friendly-Community-2043061225984979/>

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ACTIVITIES AT A GLANCE

'FUN'ctional Fitness—Mondays & Thursdays 9:30 am; \$1.00 per class Members; \$2.00 non-member

Core & More—Mondays & Thursdays 8:30 am; \$1.00 per class Members; \$2.00 non-member

Pickleball—Mondays, Wednesdays and Fridays 12:30-2:30, Tuesdays and Thursdays 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

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

MOVIES: SPONSORED BY MULBERRY GLEN

"The 60 Yard Line" (Comedy)

Tuesday, September 11, 12:30 pm

Rated R (language/adult themes); 1 hour, 30 min. (2017)

Filmed in Green Bay! Based on a true story: during the 2009 Packers football season, Ben "Zagger" Zagowski and Nick "Polano" Polano, best buds and co-workers, buy a house in the parking lot of Lambeau Field. They are forced to pick between a football lifestyle...and a girl. Lives change. She wants a wedding...he calls an audible. Oh, and there's a cow. Guest appearances by Chuck Liddell, Ahman Green, John Kuhn, and Mark Tauscher.



"RBG" (Documentary/biography)

Wednesday, September 19, 12:30 pm

Rated PG; 1 hour, 38 min. (2018)

A look at the life and work of US Supreme Court Justice Ruth Bader Ginsberg, 84, who has developed a breathtaking legal legacy, while also becoming an unexpected pop culture icon. This engaging documentary is the final film in our Wednesday Summer series of foreign/art/documentary films.



"Tag" (Comedy)

Tuesday, September 28, 12:30 pm

Rated R (language, sexual content); 1 hour, 40 min. (2018)

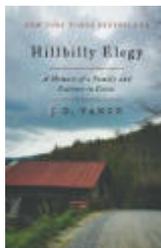
Tag, you're it! Boys never grow up. Based on the true story of a group of men who have spent three decades tagging each other across the country in order to stay in touch with each other over the years. A rollicking comedy starring Jeremy Renner, Ed Helms, Jake Johnson and Jon Hamm.



BOOK WORMS

Monday, September 10, 10:30 am

The Book Club will discuss *Last Bus to Wisdom* by Ivan Doig. The book for October will be **Hillbilly Elegy** by JD Vance.



From a former marine and Yale Law School graduate, a probing look at the struggles of America's white working class through the author's own story of growing up in a poor Rust Belt town *Hillbilly Elegy* is a passionate and personal analysis of a culture in crisis—that of poor, white Americans. The disintegration of this group, a process that has been slowly occurring now for over forty years, has been reported with growing frequency and alarm, but has never before been written about as searingly from the inside. In *Hillbilly Elegy*, J.D. Vance tells the true story of what a social, regional, and class decline feels like when you were born with it hanging around your neck.

COLD WAR STORIES: SOVIET-AMERICAN TENSION 1945-1991

Wednesdays, 1:00—2:30

Join Dr. Richard Haney, Emeritus UW-W, for interesting and informative history talks. Thanks to the UW-W Continuing Education Department for funding the series. Please let us know in advance if you will be attending.

- October 3:** Berlin, the Airlift, and the Wall: Ground Zero of the Cold War.
- October 10:** Korean War 1950-53: A Regional Hot War
- October 17:** Cuba and the 1962 Missile Crisis: The Brink of Nuclear War
- October 24:** End of the [first] Cold War [and the Seeds of a Second].



Tuesdays, 10:00 am
 Sept.: 4 Culvers
 Sept. 11: Mulberry Glen
 Sept. 25: City Bingo

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 City Bingo Cover All: Brain Freeze

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 Binning & Dickens Insurance * Rocky Rococo Pizza * Subway
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SENIOR FORUM

Monday, September 10, 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.



8th Annual Walworth Co. Dementia Caregiver Conference

“Stepping Stones to Care”

Friday, October 26, 2018
 8:15am to 12:30pm

Chapel on the Hill (Parish Hall)
 2482 Cisco Road, Lake Geneva

This is a free conference. Registration is required. Call 800-272-3900 to register. The registration deadline is October 19th. **More info next month!**



WOMEN'S DAY

Saturday, November 17 9 am—5 pm

Adult women of all ages are invited to spend the day with us on November 17. The morning kicks off with coffee and pastries. There will be sessions on Reiki, Aromatherapy, Hypnotherapy, books, spa services and nail care. Participatory sessions include line dance, gentle yoga, meditation, and massage (Add'l fee).

After lunch will be a tea and dessert followed by our keynote presenting “Life is a Daring Adventure.” The day ends with entertainment by a female quartet along with wine, chocolate and cheese. More details and a registration form will be available beginning September 17. Donation for the day will be \$25 and any proceeds will go to support the Whitewater Dementia Friendly Community Initiative.

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 dweberpal@whitewater-wi.gov.

MEMORY CAFÉ

Monday, September 10, 10:30 am

The Irvin L. Young Memorial Library, in partnership with the Alzheimer's Association, hosts a free Memory Café monthly for individuals who are living with Mild Cognitive Impairment (MCI) and their care partners. The event is held on the second Monday in the Library Community Room at 431 W. Center St. at 10:30 am. The theme this month is "Tool Time." If you are attending for the first time, please call 800-272-3900.

FREE MEMORY SCREENING

Wednesday, September 26; 1:00—2:30

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 Thursday, September 20.

VIRTUAL DEMENTIA TOUR – DEMENTIA LIVE

Friday, October 12, 10 am—2 pm by appointment

"The greatest form of respect we can give is to walk in someone else's shoes." Dementia Live is a hands on approach to giving people an opportunity to walk in the shoes of someone who has dementia. Taking time to understand dementia will help people to understand the person's frustrations, fears and limitations.

The tour takes 30 minutes. The actual time in the simulation itself is 10 minutes. There is a pre-test, release form and post tour questionnaire.

Deadline to make an appointment is Friday, October 5

RESPITE DONATION WISH LIST

Oversized playing cards, adult theme puzzles (max. 45 large pieces), sing-along DVDs with "oldies" songs, DVDs only of comedy TV shows like I Love Lucy, Red Skelton, Carol Burnett.

No movies please!

ROCKIN' RESPITE OPENS OCTOBER 9!!

Whitewater has no adult daycare available. Caring for a loved one at home 24/7 can be both rewarding, and exhausting. Without a break, these care partners burnout or get sick themselves. Rockin' Respite will offer 6 hours of activities and fun, twice a month, so care partners can get a haircut, see a doctor, grocery shop, lunch with friends or just take a nap!

Applications are available! Guests must be able to care for themselves, including toileting, with minimal assistance (walkers and wheelchairs okay), be able to follow simple instructions and be medically stable. Applications are available! The respite will be at the Living Word Church on Main St. Meals will be provided by Mulberry Glen, and Fort Healthcare is providing a nurse to oversee the guests. Our target open date is October 9, with the respite being open the 2nd and 4th Tuesday from 9:30 am -3:30 pm. Guests are asked to commit to attending both days every month. The fee per month is \$15.

ROCKIN' RESPITE VOLUNTEERS NEEDED

We need volunteers to "friend" our "guests" one-on-one in a group setting. We will offer planned activities, exercise, lunch, music and opportunities to socialize in a safe, supportive setting. Our vision: Neighbor helping Neighbor.

Please consider volunteering 3 or 6 hours of your time once or twice a month so these exhausted neighbors can continue to "age at home" together.

If you are a caregiver who would like a few hours of "me time", or are a volunteer willing to help, please call 262-473-0535, Seniors in the Park, for more information.

Van & Motorcycle Trips

9

FISH FRY FRIDAY

Friday, September 21

Ride with us for a fish fry at Anchor Inn in Newville..

Depart at 4:00 pm.

RSVP by Wed., September 19

Fee: \$3 per person for transportation only.

Minimum of 7 people

LUNCH BUNCH

Thursday, Sept. 13, 10:30 am

Enjoy lunch at a perennial favorite, the Blue Bay Inn in Mukwonago.

Fee: \$3.00

RSVP by Tuesday, September 11

FORT ATKINSON SHOPPING

Wednesday, Sept. 5, 9:30 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 Friday, August 31

WEST ALLIS FARMERS MARKET

Thursday, September 20

One of Steve's favorite Markets.

Ride along and have lunch nearby at

Pegasus, a Greek restaurant with a huge variety of choices.

Fee: \$8.00 (transport & driver)

Deadline: Thursday, September 6

Depart: 10 am; Return: 3:30 pm

Minimum: 8; Max: 12



CHINESE LANTERNS AT BOERNER

Wednesday, October 3

The grounds of Boerner Gardens will be illuminated with 45 three-foot to three-story handmade lantern displays. Lantern exhibits of panda habitat and three interactive displays will be among the new highlights at this year's festival. There will also be live performance, a parade, cultural displays, and a market-place. Food and beverages will be available for purchase (no carry-ins).

Fee: \$23.00 (ticket, transportation and driver)

Deadline is September 12

Rain date is Friday October 5

Depart: 4:30 pm Return: 10 pm



IKEA FOR THE HOLIDAYS

Friday, November 9

Check out the new Ikea store in Oak Creek, where you can also enjoy a Swedish lunch. Shop this HUGE store and maybe find treats for the holidays.

Fee: \$9 (transportation and Driver)

Depart Starin Park 9:00 am; Return: group dependent

Deadline is Thursday, October 25



Motorcycle Rides

MOTORCYCLE RIDES

Thursday, September 13—Travel toward Richland Center for Apple and Cheese stops and a beautiful ride through the hills of western Wisconsin.. The group had great time on this trip last year. Leader is Gary Kiger. Depart at 9 am.

Riders must arrive prior to departure to show proof of insurance 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.

Saturday, October 13—Holy Hill and lunch at the Fox and Hounds



APPLES, ANTIQUES & TREATS

Tuesday, September 18

Start the day with an Apple Orchard stop. Travel to New Glarus to tour the Chalet of the Golden Fleece. This Swiss Alps chalet-style home of Edwin Barlow, who brought the Wilhelm Tell play to America in 1938, is where you will discover thousands of artifacts Barlow collected during his travels abroad in the early- to mid-20th century. From wood carvings to ancient and unique jewelry, he collected it all. There will also be a wine tasting at the Hawks Mill Winehaus. You will have time to shop and find lunch on your own, also. Everything is within a 4 block area. There's an included surprise treat on the way home.

Fee: \$49.00

Deadline: Friday, August 24

Depart Fort K-Mart lot 8:00 am; Starin Park 8:30 am Return (approx) 5:00 Starin; 6:00 Fort



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.

PERU: ANCIENT LAND OF MYSTERIES

November 2—12, 2019

Explore the most spectacular sight on the South American continent, the lost City of Machu Picchu, discovered in 1911. On this exciting journey to Peru, you will have the choice to either tour the historic city center of Lima, a UNESCO World Heritage site or Lima's fashionable suburbs. Visit the spectacular Ollantaytambo ruins, the only Incan settlement that has been continually inhabited since its inception. Travel through the Andes by Vistadome train to Machu Picchu, explore the ruins and spend the night at the base of Machu Picchu. Explore Cuzco and the sacred Incan ruins of Sacsayhuaman Fortress. Fly to Puno on Lake Titicaca known as the birthplace of the Incan Empire. This area is steeped in tradition and Incan legend. Cruise to the floating island of the Uros people and experience walking on the spongy surface made from compacted beds of tortora reeds. There will be many opportunities to experience the culture and interact with locals including learning about spinning and weaving, have small group workshops of traditional methods, home hosted meals, and traditional music and dances. For more information visit this website <https://gateway.gocollette.com/link/898506> or stop into the Starin Park Community Center and pick up a brochure. Fees are \$4599 double, \$5499 single and \$4549 triple. Deposit of \$500 due with reservation. Includes airfare from O'Hare and all in-country air, 16 meals and transfers. There is an optional 4 day extension to the Peruvian Amazon for \$1049 per person.



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.





CHAIR MASSAGE

Wednesday, September 5, 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.

GREETING CARDS



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

TOENAIL CLINIC



Thursday, September 6

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: Thursday, October 4

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

September 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
3 Closed for Labor Day	4 9:00 Pickleball (A) 10:00 Culver's Bingo 10:30 Basic Yoga—L 11:15 Pot Luck 12:00 Dominoes 1:00 Sheepshead	5 9:00 Let's Walk! 9:30 Fort Shop 10:00 Chess 10:00 Learn Tai Chi- A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 Chair Massage	6 9:00 Pickleball (A) 9:30 FUNctional Fit 10:00 Toenail Clinic 10:30 Basic Yoga—L	7 9:00 Let's Walk! 10:30 Scholarly Scoop 12:30 Pickleball (A)
10 9:30 FUNctional Fit 10:30 Bookworms 11:00 WW Warblers 11:30 Senior Forum 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg 1:30 DFCI meeting	11 9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "The 60 Yard Line" 1:00 Sheepshead 	12 9:00 Let's Walk! 9:30 Bowling (HB) 10:00 Chess 10:00 Learn Tai Chi- A New Class 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 5:00 Albion Cruise Nite	13 9:00 Pickleball (A) 9:00 Motorcycle trip departs 9:30 FUNctional Fit 10:30 Basic Yoga—L 10:30 Lunch Bunch	14 9:00 Let's Walk! 9:00 Ikea trip departs 10:00 Open Sewing Group 12:30 Pickleball (A) 15 11—4:00 Main Street Festival
17 8:30 Core & More 9:30 FUNctional Fit 11:00 WW Warblers 12:00 AARP Smart Driver 12:30 Pickleball (A) 1:00 Mah Jongg	18 8:30 Apples/Antiques trip departs 9:00 Pickleball (A) 9:30 Pegs & Jokers 10:30 Basic Yoga—L 12:30 Stained Glass 1:00 Sheepshead	19 9:00 Let's Walk! 9:30 Bowling (HB) 10:00 Chess 10:00 Learn Tai Chi—A 10:30 Falls Prevention 11:00 Cont. Tai Chi-A 12:30 Pickleball (A) 12:30 Stained Glass 12:30 Mulberry Glen Movie "RBG"	20 8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:00 West Allis Farmer's Market 10:30 Basic Yoga—L 10:45—iPad Group 1:00 How Good is Your Password	21 9:00 Let's Walk! 12:30 Pickleball (A) 4:00 Fish Fry trip 23 6 am—1 pm Discover Whitewater Series (Race)
24 8:30 Core & More 9:30 FUNctional Fit 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg	25 9:00 Pickleball (A) 10:00 City Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "Tag" 1:00 Sheepshead	26 9:00 Let's Walk! 9:30 Bowling (HB) 10:00 Chess 10:00 Learn Tai Chi—A 11:00 Cont. Tai Chi-A 12:30 Pickleball-A 1:00 Free Memory Screening	27 8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L 12:00 Oktoberfest 	28 9:00 Let's Walk! 12:30 Pickleball (A)
				Activities take place at the Starin Park Community Building unless otherwise noted. A=Downtown Armory 146 W North St HB = Hawk Bowl L=Cravath Lakefront

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

September 4

Salisbury Steak w/Mushroom Gravy
Mashed Potatoes; Corn
Peaches;
Wheat Bread
Chocolate Chip Cookie

September 25

Roast Beef & Gravy
Red Potatoes; Peas
Lemon Poppy Seed Cake
Wheat Bread

September 11

Scrambled Eggs w/Cheese
Turkey Sausage Link
Hashbrown Casserole
Tomato & Cucumber
Apple Sauce; Mini-muffin



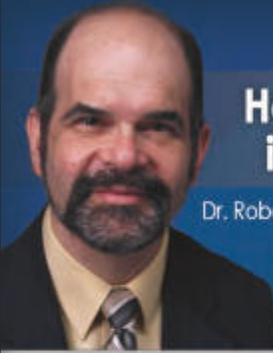
Enjoy friends and good food!



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THANK YOU:



- **Dan Sable** for Sweet treats; Help set up/clean up for Concert in the Park
- **Dick Enstad** Split Rock Lighthouse Model
- **Elaine Schultz and Karen & David Strauss** for volunteering at the Summer Heat party
- **Steve Atkinson**, our DJ at the Tea Party Rave
- **Lori Heidenrich and the Warblers** for entertaining at the Summer Heat party.

HAPPY SEPTEMBER BIRTHDAYS TO:



William Wilson
Bea Jacobs
Doris Wutke

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.)

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



Rockin' Respite—We need volunteers to be a friend, one-on-one, to a respite guest in a group setting for either 3 or 6 hours twice a month on the second and fourth Tuesday. Supervision at the site and volunteer training are provided by a nurse from Fort Healthcare. We hope to begin on October 9. We will offer planned activities, exercise, lunch, music and opportunities to socialize in a safe, supportive setting. For more info see page 8.



Bake Cakes—Wednesday September 26 at 1:00 we need two German chocolate cakes made and baked.

Oktoberfest:

Set-up: Help with setting the tables for Oktoberfest at 10:30 am on Thursday October 27. Should take approximately one hour.

Serving: Help serve the meal at Oktoberfest on Thursday October 27 from 11:45—1:00.

Clean—up: 1:00—2:00 pm

Technology—Looking for someone to do one-on-one tutoring with tablets, laptops and smart phones or whichever you prefer. Day/Time per your schedule.

Facebook/Publicity—Assistance is needed promoting our Dementia Friendly Group. We have everything needed from two PR classes to promote. All is electronic and just needs tweaked or info filled in. Facebook would need slides made or some items researched to post. You could prepare posts for an entire month or do it weekly, whatever works into your schedule.

Movie Set –up—Mark may be gone for a month or two this winter and we are looking for someone to set in and show the movie during this time. Mark will train in advance.

PART-TIME WORK

Please share this information with someone who may be interested!

Fort Healthcare is looking for an OPT (Occasional Part-Time) nurse to assist with respite sites. Contact Bridget Monahan at bridget.monahan@fhc.com.

The **Whitewater Makerspace** is hiring a Building and Equipment Maintenance person. This is a part time 30 hours per week grant position for a person who is at least 55 or older. If you are interested, please e-mail us at wisconsin-makers@gmail.com. You may come by and take a look at our facility, 200 East Clay St, in Whitewater, please let us know when you will be here.

The **Whitewater School District** is looking for substitute crossing guards. Please contact the district office at 262-472-8700.

Nelson Bus is looking for bus drives for school routes. Please call 262-473-4955 and ask for Jocelyn. Tell her Bruce sent you.

LEAGUE OF WOMEN VOTERS

Thursday, September 20 @ 6:30 pm

Join the League and hear presentations on the State of the City and the WWUSD school district from the leaders of both entities at the Municipal Building council chambers.

MAKERSPACE OPEN SHOP NIGHTS

Tuesdays, September 4 & 18, 6:00-8:00 pm

Wisconsin Makers Makerspace, 200 E. Clay St.

We will be having our **Open Make Night**, Tuesday, September 4 and Tuesday, September 18 from 6-8pm. Stop in, work on a project and meet other makers. We are also giving tours of the MakerSpace. We will be at Main Street Festival, September 15, 11am-4pm. Stop by our booth, one of our maker members will be there to share knowledge about our MakerSpace. There will be an **All Metal Open House**, September 29, 9am-1pm. We will be creating metal items on our 3D printer and doing other metal related projects. We will also be giving tours of the MakerSpace. For more information, email WisconsinMakers@gmail.com, call (262) 753-6455 or visit Facebook.com/WisconsinMakers.

NEW POLICY FOR OTC HEARING AIDS

One of today's major controversies in the field of audiology is the House of Representatives passing the Over-the-Counter (OTC) Hearing Aid Act of



2017, which would make certain types of hearing aids available over-the-counter. It is important for you to know that OTCs, as defined by the FDA, do not yet exist, and likely won't for at least three to four years.

However, hearing loss is a medical issue that can only be properly treated by a medical professional; treatment is not merely a widget to be bought over the counter. By purchasing hearing aids at an audiology clinic, you receive the gold standard of care from a licensed audiologist. The primary difference between an audiologist and a hearing instrument specialist, which are typically found at big box stores, is that the audiologist has an advanced degree and is an expert in *all aspects of hearing health care, including the fitting of hearing devices*, while the hearing aid specialist has a high school or two-year degree and has received training and passed their state examination for the *dispensing of hearing devices only*.

Interested in learning more about hearing health, reach out to Fort HealthCare to schedule your next appointment. Dr. Kinney at Fort HealthCare strives to improve the health and well-being for all her patients by offering free hearing screenings every month. For more information call Dr. Kinney's office at 920-563-6667.

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.

MAIN STREET FESTIVAL

The event will take place on **Saturday, September 15** from 11:00 am—4:00 pm. This annual event celebrates the arts and includes sidewalk sales, art exhibits, art activities, and art and craft booths along with music and food.



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*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

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www.whitewater-wi.gov

*Seniors in the Park is a division of
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NEWSLETTER SUBSCRIPTION OR PICK-UP SITES

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

Name _____

E-Mail _____

Address _____
