



The Park Bench

October 2018

Seniors in the Park Newsletter



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 release form and pre/post-tour questionnaire.

Deadline to make an appointment is Friday, October 5

SCHOLARLY SCOOP

Beyond the Peace Accords: Legacies of America’s Secret War in Laos
Friday, October 5 10:30 am



When did America’s Secret War in Laos end? For most Americans, America’s involvement in this war officially ended with the peace agreements in 1973 and, practically, when the last American left the country in 1975. In this talk, I argue, however, that this war did not end with the peace agreements or American withdrawal from Laos. Instead, it led to another secret war in Laos, more than forty 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.

Nengher N. Vang, a UW-W Assist. Prof. of Transnational American History in the History Dept., teaches the Vietnam War, US foreign relations and empire, Hmong American historical and contemporary issues, and other courses in History and Race and Ethnic Studies. His research interests include US-Asia relations, American imperialism, comparative race/ethnicity, immigration, social movements, and the politics of diasporic communities in the U.S. with an emphasis on the politics of the Hmong.

Please register in advance if you will be attending.

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

LEARN MAH JONGG

Mondays in October 1:00 pm

Learn this brain stimulating game played with tiles. American Mah Jongg will be played. Deadline to register is Sept. 29

HOLIDAY PARADE

Friday, November 30

People are needed to walk in the parade and hand out candy and/or help decorate the van that morning at 10 am. We leave Starin Park usually at 5:00 pm for the parade and bring you back after. More details next month. Call if you are interested.



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.

SENIOR FORUM

Monday, October 8, 11:30 am

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



BASIC YOGA

Tuesdays, October 23—December 18 (9 weeks)

Thursdays, October 25—December 20 (8 weeks)

10:30 am, Cravath Lakefront Center

This nine-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: \$36 members for 9-week session; \$46 non-members

\$32 members for 8-week session; \$32 non members

Payment/Deadline: Wednesday, October 17

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].

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, crystals, books, spa services and nail care. Participatory sessions include line dance, gentle yoga, meditation and massage (additional 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.



AGING IN PLACE

Tuesday, October 16 1:00 pm

“We need to keep people in their home, longer. It’s better for them and for the neighborhood.” Dave Thomas, Cornerstone of Hope, will be here to share with you simple, cheap or free ideas on how to stay in your home longer. There are community resources that can help. He has ideas about many issues and/or items you may need done. He would love to answer YOUR questions.



PUZZLE EXCHANGE

Friday, October 19, 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.

COORDINATOR’S COMMENTS: MEMBERSHIP

Thanks to everyone who has paid the \$10 membership this year. We recouped about half (\$4100) of what it costs to have a front desk person for 15 hours per week. The remainder comes out of our fundraising account. New members, beginning in October, will pay \$5 for the remainder of the year.

If you haven’t had a chance to join and have been participating, please stop in and become a member. We appreciate everyone’s support!

I need your input. The question was raised concerning non-residents paying the same membership fee as residents. We now have the capability to have two different levels of membership. I would appreciate your input on this matter. If you live in the school district, you are considered a resident by Parks and Recreation policy. The fees would be \$10 resident and \$15 non-resident. Our goal is always to be accessible, affordable for all. We do have a Sunshine Fund, if you cannot afford the membership fee. Thanks to the people who donated to the fund this year.



TECHNOLOGY CLASSES



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, October 18 @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, October 16.

SIP & SWIPE

Want to stay in contact with children and grandchildren, play games or learn how to fix something? An easy way to step into the digital age is to learn to use a tablet. They are inexpensive and not difficult to learn. Take this FREE 4 part class, one-on-one with a coach. A tablet is not required, as we have tablets to use during the program. Call for a class!

OPEN SEWING GROUP

Fri., Oct. 12, 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.

The Warblers are looking for the donation of a keyboard. Let us know if you have one! Thanks!



STAINED GLASS CLASS

October 9 & 10 12:30-3:30 pm
Downtown Armory Lower level

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

Instructor: Caroline Britton

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

Deadline: Thursday, October 4

SMALL AND MINIATURE WATERCOLOR PAINTINGS

Oct. 4, 11, 25 and Nov. 1; 1:00—4:00 pm

Explore watercolor painting in a small format of 8 x 10" or less. Square and diamond formats will also be discussed, and attendees will have the opportunity to experiment on hot press paper and other surfaces. Subject matter may be landscape, still life or florals. Composition and color mixing will be discussed. Please bring personal references, sketches, photos or ideas to work from. Beginning, intermediate and advanced concepts will be covered and each session will include plenty of time for individual painting with optional one-on-one coaching.

Fee: \$15 per class or \$50 session fee for all 4 classes for those who are pre-registered.

Session fee is payable to the instructor on October 4th by cash or check.

Deadline: Friday, Sept. 28; No class on Oct. 18

Instructor: Karolyn Alexander Tscharnack; www.karolyn.biz



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 second Saturday of the month. This event is open to everyone. Check out the fun you could have making art!

Advertiser of the Month

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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 12:00 pm

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

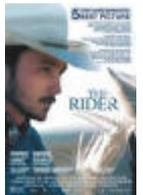


“Victoria and Abdul”
(Biography, Drama, Romance, History)
Tuesday, October 9, 12:30 pm
Rated PG-13; 1 hour, 51 min. (2017)

In 1887, when Abdul Karim, an Indian clerk in his twenties, comes to Queen Victoria's Golden Jubilee, he stays long after and develops a close and sometimes controversial friendship with the aging queen (Dame Judi Dench). A BBC Film production that garnered nominations for Best Actress, Set and Costume Designs.

“The Rider” (Drama/Western)
Tuesday, October 23, 12:30 pm
Rated R (language); 1 hour, 44 min. (2017)

After suffering a near fatal head injury, a young cowboy/rodeo rider undertakes a search for a new life, identity and what it means to be a man in today's Western cowboy culture. A beautiful, thoughtful film with profound imagery of the modern West and horses.



HALLOWEEN FRIGHTFUL FUN!!!
Tuesday, October 30, 12:30 pm



In addition to a really spooky story, we will witness a “Skelton Dance” (cartoon), a dreadful short (“The Masks”) and then our Main Creature Feature, “A Quiet Place.” Mark will have Halloween treats for all!



“A Quiet Place” (Drama/Horror)
Rated PG-13; 1 hour, 30 min. (2018)

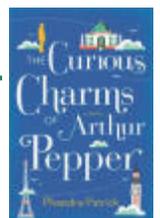
In a Post-Apocalyptic world, a family is forced to live in total silence while hiding from Things That Go Bump in the Night that possess ultra-sensitive hearing. Stars Emily Blunt and John Krasinski.

BOOK WORMS

Monday, October 1, 10:30 am

The Book Club will discuss *Hillbilly Elegy* by JD Vance. The book for November will be *The Curious Charms of Arthur Pepper* by Phaedra Patrick.

Arthur Pepper, 69, has been widowed for a year. He is comfortable in his mourning but has reached the point at which it must end. His children and neighbors are concerned, and their worry is beginning to make him uncomfortable. While clearing out his deceased wife, Miriam's, clothing, he discovers a charm bracelet she had hidden away, the titular charms that lead him on a journey to learn about the woman his wife was before she married him. Each charm has a story for Arthur to unravel, and by journey's end, he will either understand his wife more or know her less.



STATE OF THE SCHOOL DISTRICT

October 30, 2018, at 11:00 am.

District Administrator, Mark Elworthy, and Director of Business Services, Matthew Sylvester Knudtson, will present the State of the School District, give an update on the referendum projects, along with information on the operational referendum question which will be on the ballot in November. Feel free to ask questions during the presentation.



Tuesdays, 10:00 am

Oct.: 2: Culvers

Oct. 9: Mulberry Glen

Oct. 23: City Bingo

Oct. 30: Trick or Treat Bingo
Costume Contest

BINGO SPONSORS

**Culver's, Mulberry Glen, and
City Bingo Cover All: Brain Freeze**

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Dalee Water Conditioning * Domino's Pizza * Wal-Mart

WELCOME LEO

Leo Carson will be our intern through the beginning of January. He is a Health and Human Performance Major. He will be here mornings Monday through Thursday and some Fridays. Thanks for joining us Leo!



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.

SCHOLARLY SCOOP

The Life of a Burial Archaeologist: Telling and Protecting the Lives of Those Once Lived

Friday, November 2 10:30 am

This talk focuses on the work of a Burial Archaeologist; similar to those who do forensic anthropology, They deal with the legal and ethical aspects of what happens when burials that are historical and not of criminal interest are uncovered, usually individuals who have unmarked graves that are disturbed through construction or other types of development. The process involved in the legal and ethical treatment in the recovery and protection of these individuals and some of the new tools available to help us identify and document these people will also be covered.

Peter E Killoran, Lecturer, Depart. of Sociol., Criminology and Anthropology.



**Seniors in the Park
welcomes Seniors,
Boomers and Adults
of all ages on trips and
to our programs.**

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.

MEMORY CAFÉ

Monday, October 8, 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 "Target Plinking." If you are attending for the first time, please call 800-272-3900.

FREE MEMORY SCREENING

Wednesday, November 14; 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, November 8.

MEMORIES IN THE MAKING —EARLY STAGE SOCIAL ENGAGEMENT EVENT

Wednesday, October 24 10:00 am to 12:00 noon

This event is for persons with 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.**

RESPIRE DONATION WISH LIST

Adult theme puzzles (max. 45 large pieces), sing-along DVDs with "oldies" songs, old copies of Reminisce magazines, Slinkies, and Bubble Wrap.

ROCKIN' RESPITE OPENS OCTOBER 9!!

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!

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. The respite will be at the Living Word Fellowship on Main St. Meals will be provided by Mulberry Glen, and Fort Healthcare is providing a nurse to oversee the guests. The respite is held 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. Call 262-473-0535 to apply.

ROCKIN' RESPITE MALE 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. 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.

Please call 262-473-0535, Seniors in the Park, for more information.

WHITEWATER DEMENTIA FRIENDLY COMMUNITY FACEBOOK PAGE

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

FISH FRY FRIDAY

Friday, October 19

Come with us for a fish fry at Donnie's Girl near Watertown.

Depart at 3:45 pm.

RSVP by Wed., October 17

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

November fish fry will be at Tasty Bites in Milton on November 16.

LUNCH BUNCH

Thursday, October 11, 10:30 am

Enjoy lunch at Fred's World's Best Burgers I Burlington. **Fee: \$3.00**

RSVP by Tuesday, October 9

JANESVILLE SHOPPING

Wednesday, October 3, 9:15 am

Get picked up where you live and shop on the north side of Janesville. Participants choose where to shop.

Fee: \$3.00

RSVP by Monday, October 1

BREAKFAST BUNCH

Thursday, October 25, 8:15 am

We will head for Janesville and one of our favorite restaurants, The Citrus Cafe.

RSVP by Tuesday, October 25



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. There will also be live performance, a parade, cultural displays and a marketplace. 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 (Wait List Only)

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

Saturday, October 6—DATE CHANGE

Holy Hill and lunch at the Fox and Hounds

Take a ride through the beautiful Kettle Moraine toward Holy Hill. Stop for a visit and maybe climb to the top of the tower to view the countryside. Head for lunch at the Fox and Hounds. Ride departs at 9 am. Hope you will join the group for the last ride of the season.

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.



FYI—Sunday, October 7, New Glarus Fall Festival Car, Truck and Bike Show The festival runs from 9:30—3:30. For more info call the Chamber at 608-527-2095

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.



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.

Noah's Ark Encounter, May 5—7, 2019

Features two nights at the Belterra Casino Resort. Visit the full sized wood replica of Noah's Ark and the Creation Museum.

Great Parks, Ghost Towns and Sedona's Red Rocks, May 16—24, 2019

Travel the lonely roads of the Mojave and Sonoran Deserts, from the salt pans of the lowest place in North America to ghost towns perched high atop mined-out mesas. You'll experience stark Death Valley, quirky Sedona and the enchanting places in between.

Mayflower 40th Anniversary Alaska Adventure Cruise, July 18—29, 2019

Celebrate 40 years of business with Mayflower! Spend five days touring Alaska's rugged interior including a Salmon bake dinner, Denali National Park, and a journey aboard the Alaska Railroad. Then settle in for an exciting seven-day Inside Passage cruise visiting ports of call steeped in history, culture and tradition.

Toronto and Niagara-on-the-Lake Wine Trail , September 16-20, 2019

Tour Toronto including Casa Loma Castle , the view for the top of the CN Tower and dinner. Stop at the peninsula's original winery and have lunch with a wine pairing at Jackson-Trigg's winery. Take a boat ride to the foot of the falls and visit a Butterfly Conservatory. End the day at the hilarious *Oh Canada, Eh?* dinner show.

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. 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. For more information, visit this website <https://gateway.gocollette.com/link/898506> or stop at 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.

Mayflower Travel Preview

Monday, October 8
3:00 pm

View all these trips, meet friends and share treats.

Please register by
Thursday, October 4

TRIP PREVIEW

Wednesday, November 14
10:00 am

Coffee and treats served
Please register by 11/8



CHAIR MASSAGE

Wednesday, October 3, 1:00 pm

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

Appointments are necessary and available.

GREETING CARDS

We've ordered new cards and they are here! We have a great selection of Fravessi cards, including Halloween, 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, October 4

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, November 1



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

October 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
1 8:30 Core & More 9:30 FUNctional Fit 10:30 Bookworms 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg 1:00 Learn Mah Jongg	2 9:00 Pickleball (A) 10:00 Culver's Bingo 10:30 Basic Yoga—L 11:15 Pot Luck 12:00 Dominoes 1:00 Sheepshead	3 9:00 Let's Walk! 9:15 Janesville Shop 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 Chair Massage 1:00 Cold War Stories 4:30 Lantern Trip	4 8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:00 Toenail Clinic 10:30 Basic Yoga—L 1:00 Watercolor	5 9:00 Let's Walk! 10:30 Scholarly Scoop 12:30 Pickleball (A) 6 9:00 Motorcycle trip departs
8 8:30 Core & More 9:30 FUNctional Fit 11:00 WW Warblers 11:30 Senior Forum 12:30 Pickleball (A) 1:00 How Public is Your Profile? 1:00 Mah Jongg 1:00 Learn Mah Jongg 3:00 Travel Preview	9 9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "Victoria and Abdul" 12:30 Stained Glass 1:00 Sheepshead	10 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) 12:30 Stained Glass 1:00 Cold War Stories	11 8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L 10:30 Lunch Bunch 1:00 Watercolor	12 9:00 Let's Walk! 10-2 Dementia Live 10:00 Open Sewing Group 12:30 Pickleball (A) 
15 8:30 Core & More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg 1:00 Learn Mah Jongg 1:30 DFCL meeting	16 9:00 Pickleball (A) 9:30 Pegs & Jokers 10:30 Basic Yoga—L 1:00 Aging in Place 1:00 Sheepshead	17 9:00 Let's Walk! 9:30 Bowling (HB) 10:00 Chess 12:30 Pickleball (A) 1:00 Cold War Stories	18 8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L 10:45—iPad Group	19 9:00 Let's Walk! 9:30 Puzzle Exchange 12:30 Pickleball (A) 4:00 Fish Fry trip Office Closed
22 8:30 Core & More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Learn Mah Jongg Closed at 2:00	23 9:00 Pickleball (A) 10:00 City Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "The Rider" 1:00 Sheepshead	24 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 Cold War Stories	25 8:00 Breakfast Bunch 8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L 1:00 Watercolor	26 9:00 Let's Walk! 12:30 Pickleball (A) Office Closed
29 8:30 Core & More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg 1:00 Learn Mah Jongg	30 9:00 Pickleball (A) 10:00 Trick or Treat Bingo 10:30 Basic Yoga—L 11:00 State of the School District 12:30 Mulberry Glen Movie "A Quiet Place" 1:00 Sheepshead	31 HAPPY HALLOWEEN! 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 4—7 Haunted House @ Starin Park		
				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.

October 2

- Chopped Steak
- Scalloped Potatoes
- Baked Beans
- Carrot Raisin Salad
- Wheat Bread
- Cherry Orchard Bar



October 9

- Beef Noodle Soup
- Carrots
- Tossed Salad
- Cornbread
- Pumpkin Bar

October 23

- Hamburger; Wheat Bun
- Baked Beans
- Carrots
- Fruit Cocktail
- Apple Pie Bar

October 30

- Parmesan Crusted Pork Loin
- Au Gratin Potatoes
- Carrots; Wheat Bread
- Mandarin Oranges
- Vanilla Pudding

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Thank You!

Dan Sable for printer paper.
Janet Lindahl, Lyn Wolfe and Pat Metz for folding respite flyers and labeling DFCI brochures

John Rowe for making and repairing canasta card racks and for woodwork bingo prizes

Mark Dorn for Bingo prize
Lyn Wolfe and Pat Metz for your efforts in bringing the respite to fruition.



John Rowe

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.)

VOLUNTEER OPPORTUNITIES

Rockin' Respite—We need **MALE** 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. We have four men needing a 'friend'. Supervision at the site and volunteer training are provided by a nurse from Fort Healthcare. We begin October 9. We will offer planned activities, exercise, lunch, music and opportunities to socialize. For more info see page 8.

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.

Holiday Decorating—**Thursday November 29.** Help decorate the center and the tree for the holidays at 10:30 am

Holiday Parade—**Friday, November 30**

People are needed to walk in the parade and hand out candy and/or help decorate the van that morning at 10 am. We leave Starin Park usually at 5:00 pm for the parade and bring you back here after. More details next month

WISCONSIN MAKERS

September 29 – All Metal Open House and Iron Pour, Saturday, 8am-2pm. We will be pouring molten metal into scratch molds, creating a piece of metal art. There will also be other metal activities including nail art, pile of smiles and hardware art.

October 2 – Mini Workshop: Build A Robot, Tuesday afternoon, 2-4pm.

October 16 – Mini Workshop: Welding Safety and Basic Operation, Tuesday afternoon, 2-4pm.

October 2 and 16 – Open Make Night, Tuesdays, 6-8pm. Stop in, work on a project and meet other makers. We are also giving tours of the Maker-Space.

For more information, email WisconsinMakers@gmail.com, call (262)753 - 6455 or visit [Facebook.com/WisconsinMakers](https://www.facebook.com/WisconsinMakers). **200 E. Clay St.**

PART-TIME WORK

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

Wisconsin Makers 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 wisconsinmakers@gmail.com. You may come by and look at our facility, 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.

INSPIRE. ENGAGE. TRANSFORM.

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 uww.edu/ce/fairhaven.

Oct. 1 Generations United: Connecting and Involving Generations –Is That a Good Idea?

Simone DeVore, *Professor, Special Education*

Oct. 8 Forgotten Wisconsin Authors and the Need to Revive Them

John Pruitt, *Associate Professor, English*

Oct. 15 Love and Literature: What Young Adult Books Teach about Gender and Romance

Tricia Clasen, *Professor, Communications – Theatre Arts*

Oct. 22 How the Boy Next Door Becomes a Latin King: A Christian Boy’s Unlikely Experience

Elizabeth King, *Associate Professor, Educational Foundations*

Oct. 29 Learning Communities: More than Textbooks

Ozalle Toms, *Associate Professor, Special Education*

OCTOBER IS AUDIOLOGY AWARENESS MONTH

More than 48 million Americans suffer from hearing loss. Regular hearing screenings are an invaluable tool in identifying problems early and taking steps to prevent further hearing damage before it is too late. Fortunately, nearly all types of hearing loss are treatable by an audiologist.

At Fort HealthCare, trust that you will receive the most comprehensive medical care, diagnosis and management for your hearing loss, regardless of the severity. Our aural rehabilitation program is designed to assist you in learning about measures you can take to improve your communication skills while developing a personalized hearing treatment plan that will provide you with strategies for effective communication.

We want to reconnect you with your world and improve your quality of life! Interested in learning more about hearing health, 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.



**READY,
SET...BOO!**

**Wednesday, October 31
4pm-7pm, at Starin Park**

Join us at Starin Park to celebrate Halloween with fun activities for all ages! Ice cream, music, and fun games will all be available to any that come! Also, this year check out our haunted house on 342 Fremont street for a good Halloween scare!

MIGHTY OAKS & THEIR ECOSYSTEMS IN THE SOUTHERN KETTLE MORaine

Monday, October 1 6:30 pm
At the ILY Memorial Library

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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
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, 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 _____
