



The Park Bench

November 2018

Seniors in the Park Newsletter

THANKS-FOR-GIVING : VOLUNTEER EVENT

Wednesday, November 7, 9:00—11:00 am

“Volunteers are the only human beings on the face of the earth who reflect this nation’s compassion, unselfish caring, patience, and just plain loving one another” ~ Erma Bombeck. Seniors in the Park has had an outstanding, successful year due to the help of volunteers. All volunteers that had a hand in the success of this community center, are welcome to spend the morning with us on November 7. There will be a delicious breakfast, a presentation from Jennifer Motszko, who’s currently a Preservation Archivist at UW-W, and a few other surprises. She will present highlights from the 150th Anniversary Year of UW-Whitewater, including the origins of the university, changes to the campus, important milestones and significant events that took place along the way, and more. You don’t want to miss it! Please register for the event by Friday, November 2.



Volume XVIII Issue 11

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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. Registration forms are available at the center and online. Donation for the day will be \$25 and any proceeds will go to support the Whitewater Dementia Friendly Community Initiative. Registration will be cut off at 50 people. Absolute last day to register will be November 8.



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

Special Events!

HOLIDAY PARADE

Friday, December 7

10:00 am decorate

5:10 leave for parade

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 5:10 pm for the parade and bring you back after. Call if you are interested.



NEW YEARS EVE AT NOON

Monday, December 31, 11:30 am

Kick off the New Year at noon instead of midnight. Enjoy a baked potato bar, dessert and beverage. We will have hats and horns to celebrate and a toast at noon (non-alcoholic). After lunch, see the movie **Mama Mia, Here We Go Again!** or bring your favorite game to play with friends. We will also have games here.

Fee for the lunch is \$4.00.

Deadline to register for the event is Thursday, December 20.



CALLING ALL VETERANS

Please bring in a photo of yourself in uniform, with your name, title and branch of service. We will be making a display in one of our cases in the lobby hallway. Please have the photos and information to us by Tuesday, November 6. Thank you for your service!!



J. Griffin
USMC- Korea

HOLIDAY LUNCHEON

Wednesday December 12, Noon

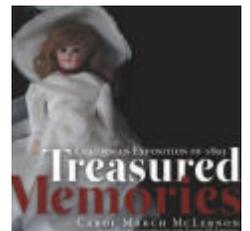
Enjoy great food, good friends and wonderful entertainment at our annual Holiday Luncheon. The entertainment this year will be the Rock Prairie Dulcimers. They play beautiful music on these unique instruments. They will also take time to talk about the dulcimers. Our lunch will be a choice of turkey 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 and city staff. Tickets are \$13 and go on sale November 5. There will be no reservations for the event. **Deadline for purchasing tickets is Friday, November 30.** Limited seating; get your ticket now and join the fun!



COLUMBIAN EXPOSITION 1893

Wednesday, November 28 1:00 pm

Carol McLernon has written two books about events in 1893 and will be here to discuss them with you. *Treasured Memories—Columbian Exposition of 1893*, takes readers around the exposition collecting souvenirs. She will also discuss a number of other things about the fair and how it fits into the history of our country. McLernon will also talk about *The 1,000 Mile Horse Race, 1893*, the race which passed through Dubuque and ended at Buffalo Bill's Wild West, outside the fair's entrance. You can learn more about her books at www.facebook.com/mclernonbooks. Please let us know you will be attending.



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 Sociology, Criminology and Anthropology. He is an Anthropologist specializing in Forensic Science and Bio-archaeology. He is coordinator of the Forensic Science Program at UWW. He is also consultant for the Wisconsin Historical Society. Research projects include the Historic Frankfort Cemetery, Eastern States Cemetery, documentation of African American and Poor House cemeteries as well as doing NAGRPA consultations. Current research includes the Fort Atkinson project, the Archaeology of Beer in Wisconsin and the use of patent medicines in Historic Institutions. He is developing coursework in Ground Penetrating Radar for use by Police Archaeologists and Environmental Scientists.

Please register in advance if you will be attending.



PUZZLE EXCHANGE

Friday, November 16, 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.

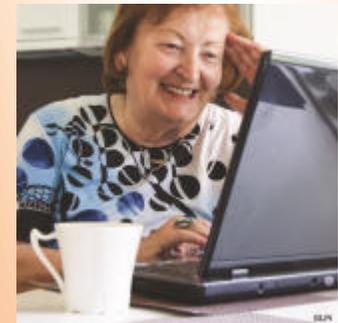
TECHNOLOGY CLASSES

IPAD GROUP

Thursday, November 15, 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, November 13.

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!



SENIOR FORUM

Monday, November 12, 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.

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

OPEN SEWING GROUP

Fri., Nov. 9, 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.

No Warbling on Nov. 5

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



BEAUTIFUL BOARDS

Thursday, November 29, 12:30

Spend a few hours creating a beautiful board with your favorite quote, bible verse or saying. Boards are 10.5 x 14 or 10.5 x 10.5. There are 12 different stains for the boards and many paint colors for your 'verse'. All supplies are provided.

We must have your quote, board size and direction by November 20 so Robin can make a screen of your quote. She also provides little embellishments for your sign.

Fee: \$35.00 Check made out to Robin Booth.

\$5 of each board will go to support the Rockin' Respite.

Deadline: November 20



STAINED GLASS CLASS

November 13 & 14, 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, November 8

LEARN MAH JONGG

Mondays in November 1:00 pm

Learn this brain stimulating game played with tiles. American Mah Jongg will be played.

Deadline to register is November 4 or show up at the first class.



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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 Worms—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

CONTINUING SPANISH

Class will resume on Thursday, November 8. Brush up on your Spanish!

MOVIES: SPONSORED BY MULBERRY GLEN



"Last Flag Flying"

(Drama/Comedy/War)

Tuesday, November 13, 12:30 pm

Rated R (Violence, profanity); 2 hours, 5 minutes. (2017)

Shown in observance of Veterans Day

Thirty years after they served together in Vietnam, former Navy Corpsman "Doc" Shepherd (Steve Carell) reunites with his old Marine buddies, Sal Nealon (Bryan Cranston) and Reverend Richard Mueller (Laurence Fishburne) to bury Doc's son, a young Marine killed in the Iraq War. Doc decides to forgo burial at Arlington, and with the help and support of his old pals, takes the casket on a bittersweet trip up the East Coast to his home in New Hampshire.

"Ocean's Eight"

(Action/Comedy/Crime)

Tuesday, November 27, 12:30 pm

Rated PG-13; 1 hour, 50 minutes (2018)

Debbie Ocean (Sandra Bullock) gathers an all-female crew to pull off an impossible heist at New York's star-studded annual Met Gala. Including Cate Blanchett, Anne Hathaway, Mindy Kaling, Helena Bonham Carter, Rihanna, Dakota Fanning, and Marlo Thomas.

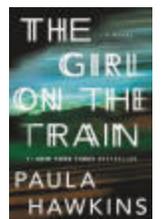


NOTE: The films for December will be "The Man Who Invented Christmas" on Tuesday, December 11, "The Left Hand of God" on Wednesday, December 19 and "Mamma Mia! Here We Go Again!" on Monday, December 31 for New Year's at Noon.

BOOK WORMS

Monday, November 5, 10:30 am

The Book Club will discuss *The Curious Charms of Arthur Pepper* by Phaedra Patrick. The book for December will be *The Girl on the Train* by Paula Hawkins.



This psychological thriller novel is a first-person narrative told from the point of view of three women: Rachel, Anna and Megan. Rachel Watson is a 32-year-old alcoholic, reeling from the end of her marriage to Tom, who left her for another woman, Anna Watson. Rachel takes the train to London every day and watches an attractive couple. The wife of the couple, Megan Hipwell has a troubled past. She finds her life boring, and escapes from her troubles by taking a series of lovers. When Rachel sees Megan kissing another man and then goes missing, she becomes interested in the case and tells the police she thinks Megan was having an affair. Megan's body is found; she is revealed to have been pregnant from an unknown man. Through therapy, Rachel learns the truth about the murder, herself and those around her.

SCHOLARLY SCOOP

Halftime Adjustments: How The 2018 Midterm Elections Will Affect the Rest of the Trump Presidency

Friday, December 7, 10:30 am

How will the 2018 midterm elections affect the Trump presidency? Will he be in a stronger position to fulfill his own campaign promises, or will the new Congress limit his ambitions? As we approach halftime of Trump's (first?) term, it is time to look ahead to 2019. How will the midterm elections impact the president's agenda as he pursues his policy goals and begins to plan his own re-election campaign? Come join us for an interactive exploration of the political possibilities the New Year will bring!

Eric Loepp, Assistant Professor, Department of Political Science at the University of Wisconsin-Whitewater, where he teaches courses in American government, political behavior, and research methods. His research focuses on candidate evaluation and electoral decision-making, particularly in primary elections. His research has been published in Electoral Studies, the Journal of Political Science Education, and American Politics Research, among other outlets. Current research projects focus on the role challengers play in shaping perceptions of candidates running for office, especially as they impact female politicians.



NATIONAL CAREGIVER MONTH—MAKE A MEME!



You might be a caregiver if your favorite pet's name is advocacy.

The theme for this year's Family Caregiver Month is "You Might Be a Caregiver if" We are asking caregivers to complete the phrase in a way that speaks to you and your caregiving experience. Phrases can be quippy, serious, heartfelt, motivational, inspirational—whatever is meaningful to you. You can drop off or email your quote. If you have a picture that goes with your quote, please bring it in and we can scan it or you can send it as an attachment. We will make your quote into a meme. Memes will be shared with the Wisconsin Family and Caregiver Support Alliance and our Facebook page. Your name will not appear, just your quote.



You might be a caregiver if you use all your vacation time driving to visit your mom.

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Binning & Dickens Insurance * Rocky Rococo Pizza * Subway
Dalee Water Conditioning * Domino's Pizza * Wal-Mart

Tuesdays, 10:00 am
Nov. 6: Culvers
Nov. 13: Mulberry Glen
Nov. 27: City Bingo

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, November 12, 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. If you are attending for the first time, please call 800-272-3900.

FREE MEMORY SCREENING

Wednesday, November 14; 1:00—2:00

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.

RESPIRE VOLUNTEERS AND APPLICATIONS

If you can occasionally or regularly, fill in for 3 hours, we will never have to ask a guest to stay home. It is more fun than you can imagine! Stop in sometime and check it out!

We are still accepting applications for the Respite even though we are currently full. The first opening could be yours!

RESPIRE DONATION WISH LIST

Small cans of decaf coffee
 CDs with "oldies" songs
 old copies of Reminisce magazines
 Slinkies
 Bubble Wrap

A list of more items is at the center.

A person to play piano for sing-alongs once or twice a month. You pick the time and we will work around your schedule. Our guests love to sing!

ROCKIN' RESPITE

Rockin' Respite opened October 9 after more than a year of planning. We want to thank our generous community for their support. **Living Word Fellowship** offered the use of their accessible facility. **Fort Hospital** is providing a nurse to oversee the program. Sweet Spot is providing treats to accompany our morning coffee. **Mulberry Glen** is delivering hot, gourmet lunches for our guests. The **Whitewater Foundation** gave us a grant to purchase supplies, activity materials and snacks. Citizens have dropped off donations. **Lyn Wolfe and Pat Metz** stepped up to be the site and activity coordinators.

We could not offer this program without our wonderful volunteers who spend three hours, twice a month to provide friendship and support to each guest. Our guests are offered a variety of activities during their six hour stay including art, music, exercise, puzzles, table and active games, and comedy shows. Their care partners return at 3:30 refreshed from their six hours of "me" time.

To care for six guests requires twelve volunteers twice a month on the second and fourth Tuesday. We are still looking for volunteers. If you can spare three hours, once or twice a month, we would love to have you. It is more fun than you can imagine, so unleash your inner child and call the senior center for more information or to sign up.

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, November 16

Join us for a fish fry at Tasty Bites in Milton. **Depart at 4:00 pm.**

RSVP by Wed., November 14

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

LUNCH BUNCH

Thursday, November 8, 10:30 am

Enjoy lunch at Lucy's #7 Burger Bar in Beloit. Spend a short time after lunch visiting the local shops.

Fee: \$3.00

RSVP by Tuesday, November 6

JEFFERSON SHOPPING

Wednesday, November 7

9:15 am

Get picked up where you live and shop in Jefferson. Participants choose where to shop.

Fee: \$3.00

RSVP by Monday, November 5

ROTARY GARDENS LIGHT SHOW



The wintery garden paths are brought to life with over a quarter-million lights, 100 beautifully decorated trees, over 2,500 luminaries, 500 dangling icicle lights hung from the tallest trees in the Garden and more. With photo op stops, a train model set and food inside, the event is sure to delight people of all ages.

The van will depart Starin Park at 4:00 pm. Fee: \$9.00

Date: Sunday, December 9 Deadline: November 29

Date: Thursday, December 13 Deadline December 5

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



Extended Travel



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 just over the border in Kentucky.



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

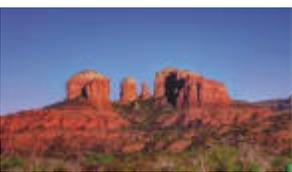


Toronto and Niagara-on-the-Lake Wine Trail , September 16-20, 2019

Tour Toronto including Casa Loma Castle, the view from the top of the CNN 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, visit a Butterfly Conservatory and laugh at the hilarious *Oh Canada, Eh?* dinner show.

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.



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. Includes two nights in Death Valley, visit two ghost towns, Oatman AZ, take a Red Rocks Jeep tour, the Verde Canyon Railroad and one night in both Laughlin and Vegas.

PERU: ANCIENT LAND OF MYSTERIES

November 2—12, 2019



Explore the most spectacular sight on the South American continent. You will tour the historic city center of Lima. 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 and explore the ruins. Explore Cuzco and the sacred Incan ruins of Sacsayhuaman Fortress. On Lake Titicaca, cruise to the floating islands 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 brochures at the Starin Park Community Center. Fees are \$4599 double, \$5499 single and \$4549 triple. Deposit of \$500 due with reservation. Includes airfare from O'Hare, all in-country air, 16 meals and transfers.

TRIP PREVIEWS

Wednesday, November 14

10:00 am

Coffee and treats served

Please register by

Thursday, November 8

CANADIAN ROCKIES & GLACIER NATIONAL PARK

August 18—24, 2019

Get ready for an adventure that brings together the beautiful expanse of the

prairies, the soaring majesty of the Canadian Rockies and the brilliance of Montana's Glacier National Park.

- * Ride aboard a historic Jammer, an open-air touring car, during your visit to Glacier National Park.
 - * Visit Head-Smashed-In Buffalo Jump, one of the world's oldest buffalo jumps.
 - * Drive the unforgettable Icefields Parkway Bear witness to the incredible views of Glacier National Park as you drive along the Going-to-the-Sun Road
 - * Enjoy a traditional Albertan barbeque.
- Includes: Air from Dane County Regional, Hotel Transfers and 9 meals. For more info: <https://gateway.gocollette.com/link/883353>



CHAIR MASSAGE

Wednesday, November 7, 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.



TOENAIL CLINIC

Thursday, November 1

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, December 6



GREETING CARDS



We have a great selection of Fravessi cards, including Thanksgiving, 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.

OTHER SERVICES

- Free wifi access
- A document shredder is available (1-inch stack of documents or less to shred)
- There are books, magazines and puzzles available to borrow FREE from our library.
- Newcomer tours are offered by appointment.

Jessica's Family Restaurant

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Activity Calendar

November 2018

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 I = ILYM Library L=Cravath Lakefront</p>			<p>1</p> <p>No Core class 9:00 Pickleball (A) 9:30 FUNctional Fit 10:00 Toenail Clinic 10:30 Basic Yoga—L 1:00 Watercolor</p> <p>Office Closed at 12:30</p>	<p>2</p> <p>9:00 Let's Walk! 10:30 Scholarly Scoop</p> <p>Office Closed</p>
<p>5</p> <p>8:30 Core & More 9:30 FUNctional Fit 10:30 Bookworms 1:00 Canasta 1:00 Learn Mah Jongg 1:00 Mah Jongg 1:00 Learn Mah Jongg</p>	<p>6</p> <p>10:00 Culver's Bingo 10:30 Basic Yoga—L 11:15 Pot Luck 12:00 Dominoes 1:00 Sheepshead</p> 	<p>7</p> <p>9:00 Thanks For Giving 9:00 Let's Walk! 9:15 Jefferson Shop 9:30 Bowling (HB) 10:00 Chess 10:00 Learn Tai Chi- A 11:00 Cont. Tai Chi (A) 1:00 Chair Massage</p>	<p>8</p> <p>8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L 10:30 Lunch Bunch 1:30 Continuing Spanish</p>	<p>9</p> <p>9:00 Let's Walk! 9:00 IKEA trip leaves 10:00 Open Sewing Group 12:30 Pickleball (A)</p> <p>Office Closed</p>
<p>12</p> <p>8:30 Core & More 9:30 FUNctional Fit 10:00 Memory Café - I 11:00 WW Warblers 11:30 Senior Forum 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Learn Mah Jongg 1:30 DFCL meeting</p>	<p>13</p> <p>9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "Last Flag Flying" 12:30 Stained Glass 1:00 Sheepshead</p>	<p>14</p> <p>9:00 Let's Walk! 9:30 Bowling (HB) 10:00 Travel Preview 10:00 Chess 10:00 Learn Tai Chi- A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 12:30 Stained Glass 1:00 Memory Screening</p>	<p>15</p> <p>8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L 10:45—iPad Group 1:30 Continuing Spanish</p>	<p>16</p> <p>9:00 Let's Walk! 9:30 Puzzle Exchange 12:30 Pickleball (A) 4:00 Fish Fry trip</p> <p>Office Closed</p>
<p>19</p> <p>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</p>	<p>20</p> <p>9:00 Pickleball (A) 9:30 Pegs & Jokers 10:30 Basic Yoga—L 1:00 Sheepshead</p>	<p>21</p> <p>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)</p>	<p>22</p> <p>Closed Happy Thanksgiving</p> 	<p>23</p> <p>Closed Happy Thanksgiving</p> 
<p>26</p> <p>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</p>	<p>27</p> <p>9:00 Pickleball (A) 10:00 City Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "Ocean's 8" 1:00 Sheepshead</p>	<p>28</p> <p>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 Colombian Exposition Stories</p>	<p>29</p> <p>8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L 10:30 Decorate the Center 12:30 Beautiful Boards Class 1:30 Continuing Spanish</p>	<p>30</p> <p>9:00 Let's Walk! 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.



November 6

- Beef Chili
- Corn
- Creamed Spinach
- Cornbread Muffin
- Vanilla Pudding

November 13

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

November 27

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

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Thank You!

- **Mark Dorn and Betty Sweno** for new Bingo prizes
- **Lyn Wolfe**—items for the Rockin' Respite



**Elaine Schultz
Jan Schmeling
Janice Batten**

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.)

PART-TIME WORK

Fort Healthcare is looking for an OPT 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.

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.

VOLUNTEER OPPORTUNITIES

Rockin' Respite—Play games and have fun as a friend to one of our respite guests either once or twice a month on the second or fourth Tuesday, for either 3 or 6 hours. Supervision at the site and volunteer training are provided by a nurse from Fort Healthcare. We offer planned activities, exercise, lunch, music and opportunities to socialize. For more info see page 8.



Sing-Along Leader—A person to play piano for sing-alongs once or twice a month at the Rockin' Respite. You pick the time and we will work around your schedule. Our guests love to sing!

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.

Women's Day Prep—Friday, November 16. Help set-up, decorate, and prep food

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

Holiday Parade—Friday, December 7
10 am and/or 5:10 pm

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 5:10 pm for the parade and bring you back here after.



New Year's Eve at Noon—Monday December 31. Help with set-up, bake potatoes, prep food, serve and clean up. If you can help anytime between 9:00 am and 1:30 pm please let Deb know.

WISCONSIN MAKERS

Wisconsin Makers, 200 E Clay Street

November 6 and 20 – Open Make Night, Tuesdays, 6-8pm. Stop in, work on a project and meet other makers. We are also giving tours of the MakerSpace.

November 6 – Knife Sharpening Workshop, Tuesday, 1-8pm. The Holidays are coming up and you want a good, sharp knife to carve the turkey or ham. Stop over to the makerspace and let us show you how to sharpen those knives. One knife per person.

For more information, email WisconsinMakers@gmail.com, call (262)753-6455 or visit <https://www.facebook.com/wisconsinmakers/> or <https://www.meetup.com/WisconsinMakers/>

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. 29 Learning Communities: More than Textbooks**
Ozalle Toms, *Associate Professor, Special Education*
- Nov. 5 Education for Sustainability in the Public Schools of the Galápagos Islands**
Susan Huss-Lederman, *Professor, Languages and Literatures*
- Nov. 12 Splendor Without Diminishment and the Wonders of Nature**
Bob McCallister, *Professor, Geography – Geology*
- Nov. 19 The Diversity and Inclusion Imperative: Strategies for Student Success**
Lavar Charleston, *Assistant Vice Chancellor, Student Diversity, Engagement and Success*

RESOURCES YOU CAN TRUST—NONPARTISAN ELECTION INFORMATION



Votesmart.org: Provides data without interpretation that can be easily looked at and help you make up your mind.

RealClear Politics.com—click on the Election 2018 tab: A wealth of information on specific races in your state or across the country. Also has interactive maps, latest polls and biographies of candidates

PolitiFact.com: This site checks statements made by members of Congress, the White House, lobbyists and interest groups. Their mission is to provide voters with accurate, independently vetted information so they can govern themselves in a democracy.

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

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.



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



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SENIORS IN THE PARK

504 W Starin Rd, PO Box 178
Whitewater WI 53190

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

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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 _____
