



The Park Bench

December 2018

Seniors in the Park Newsletter

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!



NEW YEAR'S 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.



Volume XVIII Issue 12

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MEMBERSHIP



Membership for 2019 is due. For more information see page 7

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

HOLIDAY PARADE

Friday, December 7

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.

If you will be spectating, the parade begins at 6:00 pm and goes east on Main street from Whitton Street to downtown, ending on Whitewater Street near the lakefront.



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.



ASSASSINATIONS IN THE UNITED STATES AND WORLD HISTORY

Wednesdays, 1:00 pm.

Join Dr. Richard Haney, Emeritus UW-W for interesting and informative history talks. Thanks to UW-W Continuing Education Department for funding the series.

Jan. 9: U. S. Presidents: Lincoln, Garfield, McKinley and Some Near Misses

Jan. 16: The 1960s: JFK, King, RFK and More

Jan. 23: Nazis and Communists: Assassination as a "Life[?]-Style"

Jan. 30: Don't Forget These: Crazy Horse, Rabin, Sadat, Gandhi, John Lennon and More

LEARN T'AI CHI CH'UAN

Wednesdays, 10:00 am

Downtown Armory Dance Studio

New class begins Wednesday, January 9.

The principles of Tai Chi include deep relaxation, correct posture, proper breathing and integration of the whole mind and body to accomplish even simple movements. Long-term practice offers people robust health and a calm and clear mind. The slow, flowing and intentional movements encourage the mind and body to be calm and relaxed for the energy to flow freely. 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 Yang-style short form as taught by Ben Lo. Continuing students meet at 11:00 am.

Register for the class by Thursday, January 4



BASIC YOGA

Tuesdays, January 8—February 26 (8 weeks)*

Thursdays, January 10—February 28 (7 weeks)

10:30 am, Cravath Lakefront Center

This class will focus on basic yoga postures. You will stretch, strengthen and tone your entire body. Optimal alignment, concentration and relaxation are promoted in every class. Students should bring a yoga mat and wear loose or flexible clothing.

Instructor: Brienne Brown, RYT

Fee: \$32 members for 8-week session; \$42 non-members

\$28 members for 8-week session; \$38 non-members

Payment/Deadline: Thursday, January 3

*Note—Tuesday may also miss a class because of Freeze Fest.



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, 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.

Please register in advance if you will be attending.



CABIN FEVER PARTY

Sunday, January 27 1:00-4:00 pm

Get warm at our cabin Fever Party featuring Bahama Bob! Yes he's back with his fun music and antics. Often referred to as the "happiest music on earth", Bahama Bob will instantly transport you to the islands as he performs the melodies to all your favorite styles of Caribbean/Island music on a

traditional hand made steel drum from Trinidad. He will start at 1:30. We'll have snacks and beverages all afternoon and games to play when he is done with the show. You are welcome to bring a game to play, too. Deadline to sign up is Wednesday, January 23. Fee for the event is \$3.00.



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!



PUZZLE EXCHANGE

Friday, December 14, 9:30-10:00 am

Are you ready to trade your 500/1000-piece puzzles for different ones at no cost? Bring 3 to 10 bagged-in-the-box puzzles to the Starin Park Community Building. The exchange will take no longer than a half hour. If you are unable to make this one, others will be held on the third Friday of the month through the winter. If you have questions, call Louise, 262-473-2548.



SENIOR FORUM

Monday, December 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.

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

OPEN SEWING GROUP

Fri., Dec. 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 second 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.

EXPLORING SHAPE, TEXTURE AND VALUE IN WATERCOLOR

Thursdays, Dec 13-27, 1:00 pm

Shape, value and texture will be the focus of this watercolor session. Creating a painting is the process of arranging the shapes of the objects on the surface of the paper. In addition to the shapes of your subject matter, additional shapes can be added to create interest. Rectangles, squares, and even circles, can be added to your composition. Subject matter may be circles or rectangles alone or combined with landscape 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.

Instructor: Karolyn Alexander Tscharnack, www.karolyn.biz

Fee: \$15 per class or \$37.50 session fee for all 3 classes for those who are pre-registered. Session fee is payable to the instructor by cash or check. If the 8-person minimum is met, walk-ins may attend for the \$15 per class fee. Please call ahead to make sure the class minimum has been met.



STAINED GLASS CLASS

Downtown Armory Lower level

This class may meet in December, if current students need to finish projects.

Instructor: Caroline Britton

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

CHILI COOK-OFF AND FREEZE FEST

Saturday, February 9, 2019

Have fun helping to raise funds for Special Olympics at Freeze Fest. Make a roaster full of your favorite chili or soup, decorate your serving table and win the traveling trophy, the Golden Ladle or the best decorated table. There is no entry fee! Fundraiser takes place in the warming tent. Get your friends, neighborhood group, civic group, work group (promote your business) or anyone together and keep those plungers warm with your yummy food. They really look forward to your creation! To register go to wwparks.org, Class #6224.11, call 262-473-0535 or email dweberpal@whitewater-wi.gov.

Have fun watching those crazy plungers, sample several chilis and check out the Snow Dogs at the Lakefront Center. Should be a fun day.



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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

MOVIES: SPONSORED BY MULBERRY GLEN



“The Man Who Invented Christmas” (Biography/Comedy/Drama)

Tuesday, December 11, 12:30 pm
Rated PG; 1 hour, 44 min. (2017)

Believe it or not, there was a time when Charles Dickens was NOT synonymous with Christmas. This film is set in that time (1843). Dickens (Dan Stevens), the hardest-working writer in 19th Century fiction, is in need of another success and decides to write a Christmas story—but then suffers writer's block. To the rescue comes the first character he creates for the story, Ebenezer Scrooge (Christopher Plummer), who goads Dickens into completing “A Christmas Carol.”

Please note: there will be no film shown on Christmas Day. Instead, films will be shown Wednesday, December 19, and Monday, December 31, both at 12:30 pm.

“The Left Hand of God” (Drama/Inspirational)

Wednesday, December 19, 12:30 pm
Rated PG; 1 hour, 27 min. (1955)

In 1947, at a remote Catholic mission in China, arrives a man in priestly robes: the long-awaited “Father O’Shea” (Humphrey Bogart). Though seemingly uncomfortable with his priestly duties, Father O’Shea’s tough tactics prove very successful in the Seven Villages, as around them post-World War 2 China disintegrates into civil war and revolution. But Father O’Shea has a personal secret, and his friendship with the mission nurse (Gene Tierney) also seems to be taking on an unpriestly tone. Also stars Lee J. Cobb, E.G. Marshall, and Agnes Moorehead. This beautiful, under spoken film is rarely seen on TV.



“Mamma Mia! Here We Go Again” (Comedy/Musical/Romance)

Monday, December 31, 12:30 pm
Rated PG-13; 1 hour, 54 min. (2018)



It’s five years later, and daughter Sophie (Amanda Seyfried) is preparing for the Grand Re-Opening of the Hotel Bella Donna. About to have a child of her own, Sophie begins to worry that her life will repeat her mom’s (Meryl Streep) and that she’ll have to raise her child alone. She enlists the help of mom’s old friends (Christine Baranski, Julie Walters), as well as her three “dads” (Pierce Brosnan, Colin Firth, Stellan Skarsgard), to learn more about her mother’s story...told in flashback! Along for the ride is Sophie's estranged grandmother—played by Cher. We will be showing the Sing-along version, ABBA fans!



SCHOLARLY SCOOP

Women's Education in Spain: Small Group, Big Contribution

Friday, January 4, 10:30 am

At a time when our society is once again reminded of gender disparities via the #metoo movement, it may come as a breath of fresh air to learn of a project to advance women's education taken on more than 100 years ago in Spain by a group composed largely of men. Men who saw the fate of their country tied closely to the incorporation of all of its citizens, male and female, into public life. This presentation will trace the many initiatives taken on by this group—known as the Institución Libre de Enseñanza-- to promote women's education in Spain and bring their country to a closer parity with its European counterparts, before the Civil War and almost 40 years of dictatorship then sent many of these achievements backwards.

Lisa Huempfer is an Associate Professor of Spanish, at UWW.

MEMBERSHIP



MEMBERSHIP 2019

Thanks to everyone who joined last year! A quick reminder that membership dues for 2019 can begin being paid in December. Dues paid by February 20 will be eligible for drawing prizes from local businesses.

The fee for residents of the Whitewater

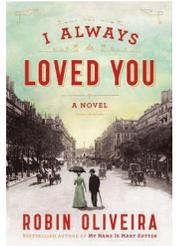
School District is \$10 and non-residents is \$15. The funds support our front desk staff person for 15 hours per week. In 2018, the memberships covered slightly more than half of this cost. The rest comes out of our fundraising monies. If you cannot afford the fee, we have a fund that will cover it for you. Please stop into the office and let us know. We are trying to keep this affordable for everyone.

BOOK WORMS

Monday, December 3 10:30 am

The Book Club will discuss *The Girl on the Train* by Paula Hawkins. The book for January will be *I Always Loved You* by Robin Oliveira.

The young Mary Cassatt never thought moving to Paris after the Civil War was going to be easy, but when, after a decade of work, her submission to the Paris Salon is rejected, Mary's fierce determination wavers. Her father is imploring her to return to Philadelphia to find a husband before it is too late, her sister Lydia is falling mysteriously ill, and worse, Mary is beginning to doubt herself. Then one evening a friend introduces her to Edgar Degas and her life changes forever. Years later she will learn that he had begged the introduction, but in that moment their meeting seems a miracle. So begins the defining period of her life and the most tempestuous of relationships.



Say **Thanks** to the advertisers who support our bulletin



Tuesdays, 10:00 am

Dec. 4: Culvers

Dec. 11: Mulberry Glen

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

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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.

WORDS OF WISDOM FROM ROCKIN' RESPITE

Our guests were asked, "What wisdom would you like to share with the next generation?" Their advice...

- ◆ Recognize that everyone is different, and each has their own view of life.
- ◆ Buy a motorcycle...or two. Life is short!
- ◆ Plan, go after it, and enjoy.
- ◆ Pass on your jewelry and special things. Share.
- ◆ Live life to the fullest. Be honest. Think twice, and follow your dreams.

What would **your** answer be?

Rockin' Respite

MEMORY CAFÉ

Monday, December 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. This month the theme will be Bingo. If you are attending for the first time, please call 800-272-3900.

DEMENTIA FRIENDLY BUSINESSES, CHURCHES AND ORGANIZATIONS



Would you like your business, church or group to be recognized as Dementia Friendly? We will be doing more training after the first of the year. Our goal is all businesses in Whitewater! Wouldn't that be amazing? It will take time, but will benefit so many and bring awareness about dementia. Please call if your business or organization is interested in the training.

Businesses and organizations with the purple angel are recognized as being Dementia Friendly. Look for this symbol.

RESPITE VOLUNTEERS AND APPLICATIONS

We could not offer the respite program without our wonderful volunteers who provide friendship and support to each guest. It takes 12 volunteers each week to make the Respite a success. Please consider volunteering three to six hours of your time, once or twice a month.

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. It is more fun than you can imagine! Stop in sometime, have a cup of coffee with us and check it out!

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

WHITEWATER DEMENTIA FRIENDLY COMMUNITY FACEBOOK PAGE

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



RESPITE DONATION WISH LIST

Snack Bars
Old copies of Reminisce magazines
Slinkies
Bubble Wrap

LUNCH BUNCH

Thursday, December 13, 10:30 am

Enjoy lunch at Highway Harry's in Johnson Creek.

Fee: \$3.00

RSVP by Tuesday, December 11

JANESVILLE SHOPPING

Wednesday, December 5, 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, December 3

POP-UP VAN TRIP LIST

Occasionally we have van trips that come to our attention after the newsletter deadline. If you would like to be on an email contact list for trips that don't make the newsletter or last minute opportunities, please call the center and let us know.

ROTARY GARDENS LIGHT SHOW



The wintery garden paths are brought to life with over 500,000 lights, 100 beautifully decorated trees, over 2,500 luminaries, 500 dangling icicle lights hung from the tallest trees in the Garden and more. New this year is an extended route featuring the new wellness garden. 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

LAKE GENEVA ICE CASTLES

Ice Castles create life-size winter playgrounds entirely by hand. They feature ice-carved tunnels, fountains, slides, frozen thrones and towering ice formations.

Wear Boots! The walking surface inside of the Ice Castles is made of crushed ice. Walking in boots is definitely best. This event is weather dependent.

Please call and register if you are interested. We will be calling you, when a date is set. We will be visiting during the day. Approximate fee for the trip will be \$18.00.



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.



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.

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, December 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.



TOENAIL CLINIC

Thursday, December 6

Beginning at 9:00 am

This service is by Appointment only. Deb Scullin, RN, provides the service. Please bring a towel. Fee is \$15.00.

Next Clinic: Thursday, January 3



GREETING CARDS



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

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Activity Calendar

December 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
3 8:30 Core & More 9:30 FUNctional Fit 10:30 Bookworms 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg	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! 9:15 Janesville Shop 9:30 Bowling (HB) 10:00 Learn Tai Chi- A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 Chair Massage	6 8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 9:00 Toenail Clinic 10:30 Basic Yoga—L 1:30 Van Decorate	7 9:00 Let's Walk! 10:30 Scholarly Scoop 12:30 Pickleball (A) 5:10 Depart for Holiday Parade
10 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	11 9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "The Man Who Invented Christmas" 1:00 Sheepshead	12 9:00 Let's Walk! 9:30 Bowling (HB) 10:00 Learn Tai Chi- A 11:00 Cont. Tai Chi (A) 12:00 Holiday Lunch 12:30 Pickleball (A)	13 8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L 10:30 Lunch Bunch 1:00 Watercolor 4:00 Depart for Rotary Lights	14 9:00 Let's Walk! 9:30 Puzzle Exchange 10:00 Open Sewing Group 12:30 Pickleball (A) Office Closed
17 8:30 Core & More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg	18 9:00 Pickleball (A) 9:30 Pegs & Jokers 10:30 Basic Yoga—L 1:00 Sheepshead	19 9:00 Let's Walk! 9:30 Bowling (HB) 10:00 Learn Tai Chi- A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 12:30 Mulberry Glen Movie "The Left Hand of God"	20 8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L 1:00 Watercolor	21 9:00 Let's Walk! 12:30 Pickleball (A) Office Closed
24 Closed 	25 Closed 	26 9:00 Let's Walk! 9:30 Bowling (HB) 10:00 Learn Tai Chi—A 11:00 Cont. Tai Chi-A 12:30 Pickleball-A Office Closed	27 9:00 Pickleball (A) 1:00 Watercolor	28 9:00 Let's Walk! 12:30 Pickleball (A) Office Closed
31 11:30 New Year's Eve at Noon 12:30 Mulberry Glen Movie "Mam Mia: Here We Go Again" 12:30 Pickleball (A)				Activities take place at the Starin Park Community Building unless otherwise noted. A=Downtown Armyory 146 W North St HB = Hawk Bowl I = ILYM Library L=Cravath Lakefront

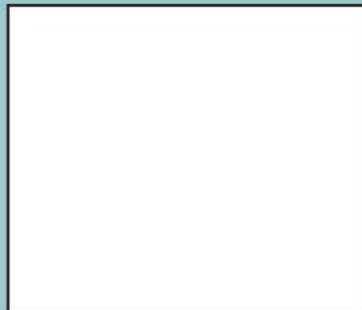
Persons 60 and over and spouse, regardless of age, are eligible to participate. The suggested donation is \$3.00, but you may donate what you can. Those unable to contribute are still welcome at the site. Call 1-800-365-1587, ext 3333 to make a reservation by noon a day previous. Call the 800 number 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.



December 4
 Creamy Chicken & Veggies
 Mashed Potatoes
 Broccoli Slaw
 Breadstick
 Cinnamon Applesauce

December 11
 Macaroni & Cheese
 Peas
 Tossed Salad
 Cottage Cheese
 Whole Wheat Bread
 Peach Crisp

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Thank You. 

- **Linda Norton** for Bingo prizes.
- **Ken Hoffman, Kristin Kresal and Patrea Wilson** for leading two T'ai Chi practices in November.
- **Pat Metz** for the *36-Hour Day* book (for caregivers of dementia)
- **Lyn Wolfe** items for the respite activities.
- **Sharron McCarthy** for leading the Book Club for many years.



**Clara Bastian
Janet Nell
Joyce Kiger
Bruce Parker**

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.)

THANK YOU TO OUR ADVERTISERS

Aumann's Service, Culver's, Dorothy Prouty Piano Studio, Fairhaven, First Citizens Bank, Fort Healthcare, Fort Healthcare Audiology, Hard Rock, Integrity Insurance, Jessica's Family Restaurant, McCullough's Pharmacy, Mercy Health Safe Connect, Nommensen Law Office, Tinchler Realty, Whitewater Unified School District, and Visiting Angels. **They make our newsletter possible!!**

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. 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

Decorate the Van—Thursday December 6, 1:30 pm at the Streets Department or meet at Starin Park at 1:20 pm

Holiday Parade—Friday, December 7 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.



BAD WEATHER CLOSINGS

In case of inclement weather, (Snow that four letter "S" word), program cancellations will be on radio stations WFAW 940 AM and WSJY 107.3 FM, or online on the Whitewater Banner. **If school is cancelled we will not be open.** If there is a delay, we will be open, but some early classes may not meet.



PART-TIME OPPORTUNITIES

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 25-hour-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.

McCullough's is looking for drivers to deliver meds. Car provided. Contact Bob at 473-5087 for more information.

HEAR FOR THE HOLIDAYS

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

Untreated hearing loss can lead to a variety of negative health conditions, such as depression, cognitive decline, dementia, falls and more. Of those with diagnosed hearing loss, only one in five actually seeks treatment. A study by the Better Hearing Institute (BHI) surveyed 2,000 patients with hearing loss. Of those, 82 percent indicated they would recommend hearing aids to their friends and 70 percent reported an improved ability to communicate.

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.

WISCONSIN MAKERS

Wisconsin Makers, 200 E Clay Street

SENIOR MAKE TIME

We are now offering Senior Make Time in the afternoon from 2-4pm. All of our areas are open each week for you to work on projects.

December 4 - We will be making Christmas ornaments and other Holiday items. Stop in and bring your ideas for some fun ornaments.

December 18 - Knife Sharpening Workshop. 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.

Open Make Nights

December 4 and 18 – Open Make Night, Tuesdays, 6-8pm.

Stop in, work on a project and meet other makers. We are also giving tours of the MakerSpace.

For more information, email WisconsinMakers@gmail.com, or visit <https://www.facebook.com/wisconsinmakers/> or <https://www.meetup.com/WisconsinMakers/>.

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



DECEMBER HOLIDAYS

Happy Hanukkah Dec 3—10
St Nicholas Day Dec 5
Pearl Harbor Day Dec 7
Bodhi Day Dec 8
Human Rights Day Dec 10
Winter Solstice Dec 21
Merry Christmas Dec 25
Kwanzaa Dec 26—Jan 1
Boxing Day Dec 26
New Years Eve Dec 31

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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 _____
