



The Park Bench

January 2019

Seniors in the Park Newsletter

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 which sent many of these achievements backwards.

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

Please register in advance if you will be attending.



Volume XIX Issue 1

WHAT'S INSIDE

2-7Activities

5.....Support our Sponsors

8..... Dementia Friendly

9-10..... Travel

11 & 13....Support Our Sponsors, Services & Meals

12.....Activity Calendar

14-15... ..Volunteers, Info & Community

BackADDRESS, Phone Numbers, Staff and Subscription info

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 after the show. You are welcome to bring a game to play, too. Deadline to sign up is Wednesday, January 23. Fee : \$3.00Members; \$6.00 nonmembers



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

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

SNOWSHOEING

Tuesday, January 29 1:00 pm

Join Bonnie Wagner and trek through the UWW arboretum. If you don't have snow shoes, we have several for you to try. Thanks to Bonnie and Patrea for sharing. Stop back at the center after for hot chocolate or tea after the hike. Register for the walk by Thursday January 24. Let us know if you have snowshoes or not. Snowshoes on a first to register/request basis. All hikes weather and snow dependent. Next hike will be February 12 at 1:00 pm.



PUZZLE EXCHANGE

Friday, January 18, 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.



Don't worry about getting old....worry that you believe getting old is a bad thing.
~Marc Middleton

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.



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



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. Please call if you will be attending.

- 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

AARP TAX ASSISTANCE

Wednesdays beginning February 6

AARP is offering free tax preparation to low and moderate income taxpayers, with special attention to those age 60 and older, with quality assistance in filing their personal taxes. Call 262-473-0535 to set up an appointment January 22 or after. One tax return per hour. If you have more than one return, you must make an appointment for each. Donations for this service are accepted and support programming at Seniors in the Park.



You must bring:

- Photo ID and Social Security Card (both are required this year)
- Copy of 2017 tax returns
- Proof of 2018 income
- Blank check for electronic refund deposit

If you are filing Wisconsin Homestead Credit, you will need either a 2018 real estate tax bill OR Certificate of Rent form signed by your landlord. 2018 taxes do not have to be paid to file Homestead Credit.

IMPORTANT NOTE: Preparers will not do returns for people who are married, but file separately, or who become divorced in 2018; schedules for business, rental income, farms, moving expense forms, forms for nondeductible IRAs, and child investment income tax.

VALENTINE'S DAY

Thursday February 14, 1:00 pm

Share a decadent dessert with your special someone or friend. We'll also have warm beverages and NA champagne. There will be time for socializing and maybe a little trivia.

Elvis is in the building at 2:00! Elvis Prince has been doing Elvis Tribute Performances for almost 30 years now and has "The Voice of the KING". He has many custom made outfits and will be wearing a special one for us.

Deadline to sign ups is February 7.

Fee for the event is \$3.00 members and \$6 non-members



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

TECHNOLOGY CLASSES

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!



IPAD GROUP

Thursday, January 17 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. 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, January 15.

NEW!! ANDROID GROUP

Monday, January 21, 2:30 pm

Bring your Android tablet or Kindle Fire and get together with other users and share information. Tom Fick will facilitate the group.

January: Tablets Basic ... controls, touchscreen, personalizing, screen sizing, possibilities

March 18: Using the Web ... browser options, privacy, search, history, bookmarks, favorites

April 15: Email ... which one to choose, having more than one account, blocking spam, setting up folders, vacation/out of office settings, notifications

OPEN SEWING GROUP

Fri., January 11, 10 am-3:00 pm
Starin Park Community Center

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.

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.

It's a fun group of people with HUGE hearts. Music and socializing are proven to be good for health and brain fitness, so come join us. You don't need to read music; just enjoy singing and having fun.

STAINED GLASS CLASS

January 8 & 9, 12:30 –3:30 pm
Downtown Armory Lower level

This class may meet in December, if current students need to finish projects. 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: Friday, January 4

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.

The Polar Plunge begins at noon. Have fun watching those crazy plungers "Freezin' for a Reason" and raising funds for Special Olympics! Sample several chilis and check out the snow Dogs at the Lakefront Building. Lots to see and do. Should be a fun day.



WHITEWATER AQUATIC & FITNESS CENTER

January Jump Start

“Registered Dietitian, Rachael Omdoll will guide participants through a three week series on wellness. We will discover how to find success in meeting health goals through healthy eating and movement. A \$25.00 commitment grants you a spot in the program and a wellness tool kit with products to help you find success. Meets January 10—24 at 5:30 pm.

DASH Breakfast

A complimentary presentation brought to us by the UWW. Registered Dietitian, Rachael Omdoll will discuss the benefits of D.A.S.H—Dietary Approach to Stop Hypertension. Participants will learn the basics of the diet along with meal planning techniques and recipes. A light breakfast will also be provided.

January 11, 9:00 a.m.

Call the Aquatic Center for more information or to register—262-473-4900

AUMANN'S SERVICE INC.

Body Specialists
Quality Painting
24 Hr. Towing
122 E. Dane • (920) 674-2349
After Hours (920) 674-6164



TINCHER REALTY INC.
532 W. Main St. • 262-473-4175
Visit our website: tincherrealty.com



NOMMENSEN LAW OFFICES, LLP
Attorney David J. Nommensen
Attorney Julie H. Nommensen
We are a father-daughter team, sharing a passion for helping the elderly and those who care for them
15 S. Lincoln Street, #2, Elkhorn, WI 53121 | 262-723-4700
www.nommensenlaw.com Nursing Home Planning Attorneys

Whitewater Unified School District
419 S. Elizabeth St. • Whitewater, WI
(262) 472-8705
Matthew Sylvester-Knudston
CROSSING GUARDS NEEDED!
Call us asap.




We are your choice for Long-Term Care for Seniors and adults with disabilities. Helping you remain safe, independent, and active in your community.
1-877-489-3814 www.mychoicfamilycare.org

We Care Every Day, In Every Way
Experienced senior care for total peace of mind
Personal Cares (bathing, toileting, dressing assistance) ~ Medication Reminders
Errands ~ Shopping ~ Dr. Appointments ~ Light Housekeeping
Meal Preparation ~ Companionship ~ Respite Care for Families
920-568-1051 or Toll Free 877-276-7039
America's Choice in Homecare.
VisitingAngels.
LIVING ASSISTANCE SERVICES

SPREAD THE WORD
A Thriving, Vibrant
Community Matters
SUPPORT OUR ADVERTISERS



► Reach the Senior Market
ADVERTISE HERE

CONTACT

Contact Dan Page to place an ad today!
dpage@4LPi.com or (800) 950-9952 x5875



**PROTECTING SENIORS NATIONWIDE
MEDICAL ALERT SYSTEM**
\$29.95/MO PLUS SPECIAL OFFER
BILLED QUARTERLY
CALL NOW! 1.877.801.5055
WWW.24-7MED.COM



Culver's
BUTTERBURGERS & FROZEN CUSTARD
(262) 472-9999
Open 10am-10pm Daily
Welcome to Delicious

Fairhaven
Senior Services
Offering a full range of senior living and health care services

- Prairie Village Homes
- Supportive Living
- 24 Hour Nurse Staffing
- Certified Medicare Rehabilitation Services
- Independent Apartments
- Fully Assisted Living
- Secure Memory Care

435 W. Starin Road, Whitewater
262-473-2140 • www.fairhaven.org




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

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



“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 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” 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!

“Crazy Rich Asians” (Comedy/Romance)

Tuesday, January 8, 12:30 pm
Rated PG-13; 2 hours (2018)

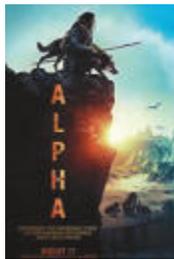
Rachel's longtime boyfriend is taking her to his best friend's wedding in Singapore. What starts as her first trip to Asia becomes something more complicated when she discovers her boyfriend's family is Super-Super Rich, putting her under the microscope and in the crosshairs of other ladies out to land him. Based on a NY Times and international bestseller. Stars Constance Wu, Henry Golding and Ken Jeong (of TV's “Dr.Ken” series).



“Alpha”

(Adventure/Drama/Family)

Tuesday, January 22, 12:30 pm
Rated PG-13; 1 hour, 36 min. (2018)



In an epic adventure set 20,000 years ago during the last Ice Age, a young man struggles after being separated from his tribe during a buffalo hunt. Finding a similarly lost, young wolf, abandoned from its pack, the pair learn to rely on each other - - -the origins of “Man's Best Friend.” This is a visually beautiful, touching film that will warm you on a cold winter's day.

“The Wife” (Drama)

Tuesday, January 29, 12:30 pm

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

With her husband about to receive the Nobel Prize for Literature in Stockholm, the loyal wife (Glenn Close) questions her decision to have always taken a back seat to her husband's grand ambition. Behind any great man, there's always a greater woman...There is awards season buzz for Glenn Close. Also stars Christian Slater, Elizabeth McGovern, and Jonathan Pryce.



SCHOLARLY SCOOP: Eco-STRUGGLES AND SUCCESSES IN INDIAN COUNTRY

Friday, February 1, 10:30 am

The talk focuses on recent and ongoing environmental justice conflicts in Indian Country, though indigenous struggles and resistance span centuries. Cases facing Native communities in the Great Lakes region form the main context before connecting us with communities downriver in the Louisiana bayous and Gulf of Mexico. We are intimately tied to others in the Mississippi River watershed even if we may be unaware of the connections. Interconnectedness permeates an indigenous worldview and opens dialogue about responsibilities we all share to care for the planet and people.

C. Holly Denning, M.A. (ABD), is Senior Lecturer at UW-Whitewater in the Department of Sociology, Criminology and Anthropology. .

Please call if you will be attending.

MEMBERSHIP 2019

MEMBERSHIP



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

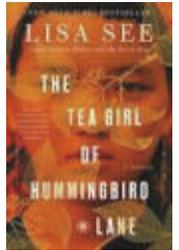
person for 15 hours per week. In 2018, the memberships covered slightly more than half of this cost. The rest comes out of our fundraising monies. If you cannot afford the fee, we have a fund that will cover it for you. Please stop into the office and let us know. We are trying to keep this affordable for everyone.

BOOK WORMS

Monday, January 7, 10:30 am

The Book Club will discuss *I Always Loved You* by Robin Oliviera. The book for February will be *Tea Girl of Hummingbird Lane* by Lisa See.

A young Chinese woman finds purpose, passion and the key to a new life in the tea-growing traditions of her ancestors. High in the Yunnan mountains, Li-yan and her family live according to the precise rituals of their people. Then one day, the market economy, in the form of a businessman seeking a rare tea, arrives at their remote village and changes the community forever. As Li-yan's family adapts to the incursion of the outside world, she falls in love with a boy who her mother believes is an inauspicious match. When she bears his child, instead of hewing to the tradition that would have her kill the little girl, she leaves her baby, wrapped in a blanket with a special tea cake inside, on the steps of a nearby orphanage. Through hard work, education and an appreciation for Pu'er, her people's special tea, Li-yan eventually makes a life for herself in the wide world outside her village. Yet, even as she finds a business and a husband that she loves, she never stops thinking about her lost child.



Tuesdays, 10:00 am

Jan. 8: Mulberry Glen

Jan. 22: Culvers

Jan. 29: City Bingo

BINGO SPONSORS

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

CITY BINGO SPONSORS:

Dale's Bootery * Cozumel * Floral Villa * Fairhaven * Wal-Mart *
Fort HealthCare * Real MacCoy's * Dental Perfections * Pizza Hut
Binning & Dickens Insurance * McDonald's * Century 21 *
Sweet Spot * Mirage Hair Studio * Walworth Co. Nutrition *
Rocky Rococo Pizza * Subway * Domino's Pizza * Rick's *
Dalee Water Conditioning * Casey's

8 Dementia Friendly

WE NEED YOU!

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.

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.

MEMORY CAFÉ

Monday, January 14, 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 If you are attending for the first time, please call 800-272-3900.

RESPIRE AND VOLUNTEERS

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.

RESPIRE DONATION WISH LIST

Snack Bars, Old copies of Reminisce magazines, Slinkies

Info

MAKE YOUR VOICE HEARD

The City of Whitewater has launched **Polco**, an innovative engagement platform where residents can directly influence the community decision-making process. Using Polco, elected officials will post questions directly to residents and receive insightful, reliable data to drive local policy decisions. By increasing civic engagement through web-based polling, there is an opportunity to meet residents where they are and collectively move policy forward. Whitewater values community knowledge and is committed to improving communication channels to impact change, and is dedicated to sharing polling results and explanations of policy decisions based on this new mode of participation.

Residents become active users by visiting <https://polco.us/> and creating an account. Polco's platform is available via web, mobile, email, and any place Polco e-ballots are found online. This service is free to all constituents. Polco is committed to a strict privacy policy where they only share aggregated de-identified results. Participant detailed data and votes are never shared.

HOW TO REGISTER AND PAY ONLINE



Register and pay for trips, classes and membership online at home:

schedulesplus.com/wwtr (you need to be registered with us, including your phone number and birth date). We have printed directions at the center, if you need help. **OR** Pay for classes (No trips) at www.wwparks.org. (You must create an account.)

Checks for activities, classes and trips are made out to: City of Whitewater, unless indicated otherwise.

LUNCH BUNCH

Thursday, January 10, 10:30 am

Enjoy lunch at the Rustic Smokehouse in Fort Atkinson.

Fee: \$3.00 members,
\$6.00 non-members

RSVP by Tuesday, January 8

FISH FRY FRIDAY

Friday, January 25

Join us for a fish fry at Whiskey Ranch south of Whitewater. **Depart at 4:00 pm.**

RSVP by Wed., November 14

Fee: \$3.00 members,
\$6.00 non-members

Minimum of 7 people

BREAKFAST BUNCH

Thursday, January 31, 8:15 am

We will head for Newville and one of our favorite restaurants, Blue Gillies. You can have blue gills for breakfast or one of their signature pancakes. Yum!

Fee: \$3.00 members,
\$6.00 non-members

RSVP by Tuesday, January 29

FORT ATKINSON SHOPPING

Wednesday, January 2, 9:30 am

Get picked up where you live and shop in Fort Atkinson. There are grocery stores, GoodWill, Dollar Store and more. Participants choose where to shop.

Fee: \$3.00

RSVP by Friday, December 31

LAKE GENEVA ICE CASTLES

Friday, February 1

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. This is an evening trip.

Fee: \$21.00 members or \$26.00 non-members

Deadline: Friday, January 11



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.

Extended Travel

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.



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 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, visit a Butterfly Conservatory and laugh at the hilarious *Oh Canada, Eh?* dinner show.

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

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.

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



Travel Preview

Watch for a travel preview on Peru in February. Please call if you are interested.

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>

Watch for a three day bus trip to Cahokia Mounds and other sites in central/southern Illinois in next months newsletter.

CHAIR MASSAGE

Wednesday, January 2, 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, January 3

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, February 7



GREETING CARDS



We have a great selection of Fravessi cards, including Wedding, Birthday (including 80, 85 & 90-year-old cards), Thank You, Wedding, Anniversary, Pet Sympathy, Serious Illness and much more! Most cards are priced from \$1.00 to \$2.95. Stop in and check out our selection.

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

Breakfast All Day • Fish Fry Friday
Homemade Potato Pancakes
Soups & Specials

Banquet room available for all occasions
Full Bar

473-9890

Mon-Thur 6am-3pm, Fri-Sat 6am-9pm
Sun 7am-3pm

McCullough's

- PRESCRIPTIONS
- GIFTS

Contact us regarding
convenient medication
packaging options

1173 W. Main St. • 473-5065

Reach the Senior Market
ADVERTISE HERE

CONTACT

Contact Dan Page to place an ad today!
dpage@4LPi.com or (800) 950-9952 x5875

FIRST CITIZENS STATE BANK



SINCE 1863

- Trust Services:** • Administer your Will
• Administer your Trust • Invest your Funds • Pay your Bills

Serving Whitewater, Palmyra & East Troy

Member FDIC

www.firstcitizensww.com



We Care
For Our Patients and
Our Community



For over 75
years...Patients
who know us,
love us. You
should get to
know us too.

FortHealthCare.com • 262.473.5599

1461 W. MAIN STREET • WHITEWATER

We accept a variety of insurance plans.



Activity Calendar

January 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
31 11:30 New Year's Eve at Noon 12:30 Mulberry Glen Movie "Mama Mia: Here We Go Again" 12:30 Pickleball (A)	1 Closed 	2 9:00 Let's Walk! 9:30 Fort Atkinson 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 Office Closed	3 8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 9:00 Toenail Clinic	4 9:00 Let's Walk! 10:30 Scholarly Scoop 12:30 Pickleball (A)
7 8:30 Core & More 9:30 FUNctional Fit 10:30 Bookworms 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg	8 9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "Crazy Rich Asians" 12:30 Stained Glass 1:00 Sheepshead	9 9:00 Let's Walk! 9:30 Bowling (HB) 10:00 NEW Learn Tai Chi- A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 12:30 Stained Glass 1:00 Assassinations	10 8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L 10:30 Lunch Bunch	11 9:00 Let's Walk! 10:00 Open Sewing Group 12:30 Pickleball (A)
14 9:30 FUNctional Fit 10:00 Memory Café - I 12:30 Pickleball (A) 1:00 Mah Jongg Office closed 1:00	15 9:00 Pickleball (A) 9:30 Pegs & Jokers 10:30 Basic Yoga—L 1:00 Sheepshead Office closed 1:00	16 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) 1:00 Assassinations Office Closed	17 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L 10:45 iPad Group Office closed 1:00	18 9:00 Let's Walk! 9:30 Puzzle Exchange Office Closed
21 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg 2:30 Android Group Office closed 1:00	22 9:00 Pickleball (A) 10:00 Culver's Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "Alpha" 1:00 Sheepshead Office closed 1:00	23 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 1:00 Assassinations Office Closed	24 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L Office closed 1:00	25 9:00 Let's Walk! 12:30 Pickleball (A) 4:00 Fish Fry Office Closed
				27 1:00 Cabin Fever Party
28 8:30 Core & More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg	29 9:00 Pickleball (A) 10:00 City Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "The Wife" 1:00 Sheepshead 1:00 Snowshoe Outing	30 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 1:00 Assassinations	31 8:15 Breakfast Bunch 8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L	Activities take place at the Starin Park Community Building unless otherwise noted. A= Downtown Armory 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.



January 8

- Meatloaf
- Au Gratin Potatoes
- Orange Glaze Carrots
- Whole Wheat Bread
- Mandarin Oranges

January 22

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

January 29

- Roast Beef
- Red Potatoes
- Peas & Carrots
- Three Bean Salad
- Whole Wheat Bread
- Chocolate Cake

HARD ROCK
 SAWING & DRILLING SPECIALIST CO.
 CONCRETE • ASPHALT • MASONRY
 ELKHORN 262-723-3333 MADISON 608-250-5005
 KESHENA 715-799-3823

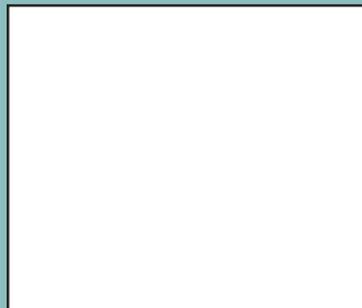


Helping Thousands Heal in 38 Days or Less
 Dr. Robert Goldman, Certified Wound Care Specialist
 Offering advanced care for chronic, non-healing wounds, lymphedema, and ostomy care.

Fort HealthCare
 Hyperbarics, Wound & Edema

We can help! And we will coordinate all of your care with your primary care provider.

FortHealthCare.com/Wound • 920.699.4245
 400 DOCTORS CT. 2nd LEVEL • JOHNSON CREEK
 We accept a variety of insurance plans.

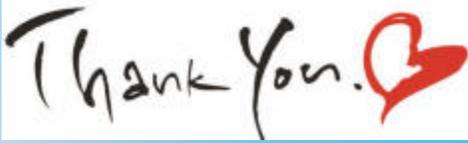


SUPPORT THE ADVERTISERS THAT SUPPORT OUR COMMUNITY

INTEGRITY
 Insurance Services, LLC

REBECCA SPYCHALLA
 262-431-4859
 MEDICARE INSURANCE PLANS

integrity-insurance-services@pm.me
www.integrity-insurance-services.com



- **Betty Sweeno** for the holiday donations for bingo
- **Nelda Bergsten** for the keyboard for the Warblers.
- **John Rowe** for sharing his homemade Santa candy dish and providing holiday candy.
- **Dee Simon, Jeanne Shiras, Jane Roberts, Nancy Cassano and Mary Helen Conroy** for cash donations toward our Sunshine Fund and Rockin' Respite.



**Gary Kiger
Eunice Rowe
Betty Heth**

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.)

RECYCLING ELECTRONICS

Want to dispose of your old electronics? Seniors in the Park recycles cell phones, digital cameras, laptops, game systems, iPods and cordless phones as a fundraiser. Bring the items to the Starin Park Community Building during our open hours; Monday—Thursday, 8:00 am—4:00 pm.

City of Whitewater Community

Involvement Committee—Seniors in the Park provides a member to this committee. It meets quarterly and the goal of the committee is to provide advice on priorities, policies and strategies related to equitable civic engagement and public participation in City decision making processes. If you are interested, please talk to Deb.

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.

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.

THE UNINTENDED CONSEQUENCES OF COTTON SWABS



The purpose of a cotton swab is to apply and remove makeup and to use around the house for various purposes (arts and crafts projects, cleaning dirt from hard-to-reach areas, etc.). Unfortunately, their most

common use has evolved over the years; many people now utilize cotton swabs for cleaning their ear canals and removing earwax.

When cotton swabs are used to clean the ears, serious injury can occur. Doing so can damage the eardrum, and repeated use increases the risk of causing an ear infection or tinnitus. When the earwax is removed with a cotton swab, it leaves the ear vulnerable. In addition, regularly using cotton swabs to clear earwax will push the wax further back into your ear than it is supposed to go. While cotton swabs are useful in many applications, avoid the temptation to use them to clean the sensitive ear canal.

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

Geek Week – December 26-29, 10am-5pm. We are offering T.E.D. Talks, demonstrations in the areas of STEM and STEAM and so much more. Check out our Facebook page for more information and updates.

Senior Make Time

1st and 3rd Tuesday afternoons from 2-4pm. All of our areas are open each week for you to work on projects. **January 22** - Bring your project and socialize with other makers. We have equipment in our machine shop for welding, blacksmithing and so much more.

Open Make Night

January 22 – Open Make Night, 1st and 3rd 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/>.

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



WINTER/SPRING CITY GUIDE



The Winter/Spring version of the City Guide, including Recreation and Seniors in the Park, is available both online at wwparks.org and at the Community Building and Municipal Building.

Please cut out this
"Thank You Coupon"
and present it the next time you
Patronize one of our Advertisers

Thank You

for Advertising with Seniors in the Park
*I am patronizing your
business because of it!*

Seniors in the Park

PO Box 178
Whitewater WI 53190



*Accredited by the
Wisconsin Assoc.
of Senior Centers*

MEMBER:

Wis. Association of Senior Ctrs.
Wis. Parks & Recreation Assn.
National Council on Aging
Nat'l Institute of Senior Centers

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

Senior Coordinator

Deb Weberpal, CPRP
dweberpal@whitewater-wi.gov

Volunteer Editor

Romelle Koch

Front Desk

Patrea Wilson

Parks & Recreation Director

Eric Boettcher

Websites: schedulesplus.com/wwtr
www.wwparks.org
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 _____
