



# The Park Bench

February 2019

Seniors in the Park Newsletter

## SCHOLARLY SCOOP: Eco-STRUGGLES AND SUCCESSES IN INDIAN COUNTRY

Volume XIX Issue 2



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 register in advance if you will be attending.

## WHAT'S INSIDE

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## 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 up is February 7.

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



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**  
**Tuesday, February 12 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, February 7. Let us know if you have snowshoes or not. Snowshoes on a first to register/request basis. All hikes weather and snow dependent.



## PUZZLE EXCHANGE

**Friday, February 15**  
**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.



## BASIC YOGA

**Tuesdays, March 5—April 30 (8 weeks)\***  
**Thursdays, March 7—May 2 (8 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

**Payment/Deadline: Thursday, February 28**

\*Note: No class Tuesday, March 26 because of Spring Break

\*Note: No class Thursday, March 28 because of Spring Break



## STEPPING ON - BUILDING CONFIDENCE AND REDUCING FALLS

**Tuesdays: March 5 thru April 16 10:00 am - Noon**  
 Blackhawk Manor, 1155 Blackhawk Drive, Whitewater

Have you fallen in the past year? Do you have a fear of Falling? Why should I be concerned about falling?

In Wisconsin, falls are the leading cause of injury in older adults and WI ranks in the top 5 states for the number of deaths due to falls. Of those that fall, about 50% of all seniors do not resume independent living.

Topics include: Simple and fun balance and strength training. How your vision plays a role in keeping your balance. How medication can contribute to falls. Ways to stay safe when out and about in your community. What to look for in safe footwear. How to check your home for safety.

Fee: \$10.00 Questions or to register: Call 262-741-3309

Walworth County Aging and Disability Resource Center Must be 60 years or older to attend this class

## SHARE A RAPTOR EXPERIENCE WITH HOO'S WOODS

**Tuesday March 19, 1:00 pm**

During this one-hour education program you will meet several of our live raptors that will include our bald eagle, Victory. An indoor free flight demonstration is also planned with one of our trained owls. Participants will learn about their natural history, breeding, habitat and behaviors. These raptors are some of the most beautiful and fascinating birds in the world. Hoo's Woods program will leave you spellbound and anxious to learn more about these fascinating birds and others.

We appreciate advance registration for the program.



## SUNDAY FUNDAY

Sunday, February 24 1—4 pm

It's time to get out of the house and enjoy an afternoon of fun! We will have table games and people to help you learn them or bring yours and play with friends. We'll have bag toss/corn hole games, and other fun activities. We'll have snacks, hot and cold beverages. Make your



own s'mores will be weather dependent, but was a huge hit last year. . At 3:45 will be the membership raffle drawing. You don't have to be present to win. Come play, laugh and have fun at Sunday Funday!

Fee: \$3 members \$6 non-members  
Register/pay by February 19

## 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. People really look forward to your creation! To register go to [wwparks.org](http://wwparks.org), Class #6224.11, call 262-473-0535.

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 for only \$5, check out the **Snow Dogs** at the Lakefront Building and the Sheriff's Dept. may have their **Drone Team** there. Lots to see and do!

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!

**Coaches** are still needed for assistance with Android tablets. Let Deb know if you are interested.

**We also have tablets that you can use during the day, thanks to Generations Online, Bader Foundation and the Sip & Swipe® program.**

### NEW! GADGET GURUS

First Friday, Feb 1 10:00—11:00

Third Tuesday Feb 19 3:30—4:30 pm

Pairs of UW-W Sociology students will be available beginning Friday, February 1 to assist you with your technology and gadget questions or issues. Plus, the students can take some tech requests as an on-call basis. They have been going to



Fairhaven for two semesters now and have so many students wanting to help, they are branching out to us. Please let us know if you will be stopping in for help. You can also drop-in.

### NEW!! ANDROID GROUP

Monday, March 18, 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.

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

Watch for a Facebook Class to begin in March

## WHAT IS A HIPAA AUTHORIZATION & WHY SHOULD YOU HAVE ONE?

Thursday, March 14, 1:00pm

In 2003, the HIPAA Privacy Rule was put in effect introducing new standards regarding disclosure of health information. In 2013, further changes were made to this rule. These new standards include the persons to whom and circumstances under which protected health information may be disclosed.



The HIPAA Privacy Rule allows sharing of protected health information by health care providers to authorized persons, including those designated as Health Care Agents under a Health Care Power of Attorney document. Without a signed HIPAA Authorization, disclosure of protected health information would violate HIPAA rules, and could cause health care providers to face financial penalties, as well as possible criminal charges.

When an individual signs a HIPAA Authorization, you give consent to your health care provider releasing pertinent information about your medical history, medication, and diagnoses to selected individuals. The Authorization must be specific in language, and include the information allowed to be disclosed, identify the person(s) given authority to access the information, include the purpose for which the disclosure is being made, a provision stating the individual's right to revoke the Authorization, as well as how that right may be exercised. The Authorization must be signed by the individual giving authorization, and dated.

HIPAA Authorizations have not been commonplace to include in Health Care documents, but they have now become a standard, and are highly recommended.

Please register in advance for this informational presentation by Attorney Gretchen Burgess.

## STAINED GLASS CLASS

February 12 & 13, 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: Friday, February 8



## WATERCOLOR ON MASA PAPER

Thursday, February 28 & March 7 1—4 pm



Masa paper is a Japanese rice paper. It can be used for watercolor, ink, hand printing woodblocks and collage among other things. For this session, we will crinkle the paper which will produce an interesting texture. Different results can occur depending on how and when the paint is applied.

Subject matter will be 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. Karolyn Alexander Tscharnack is a Whitewater artist who has been painting with watercolors for over 15 years. To see examples of her art, visit her website at: [www.karolyn.biz](http://www.karolyn.biz)

Fee: \$15 per class or \$25.00 payable at the first session by cash or check.

Deadline: Monday February 25

## MARK YOUR CALENDAR!

### March:

- 14: HIPPA Info
- 18: Android Class
- 19: Hoo's Woods Raptor Presentation
- 28: Ukrainian Decorated Eggs

### April

- 16: Volunteer Appreciation 11:30 am



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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

**Open Sewing**—Second Friday 10 am—3 pm

**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

**Puzzle Exchange**—Third Friday 9:30 am thru March

## MOVIES: SPONSORED BY MULBERRY GLEN

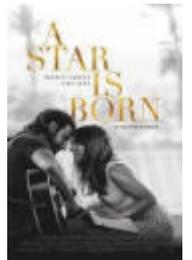


**“The Old Man and the Gun”**  
(Comedy/Drama/Crime Story)  
Tuesday, February 12, 12:30 pm  
Rated PG-13; 1 hour, 33 minutes (2018)

Based on the true story of Forrest Tucker (Robert Redford) and his escape from San Quentin at age 70, then to commit bank heists that confounded the authorities and enchanted the public. In hot pursuit are a younger detective (Casey Affleck), who becomes captivated with Forrest's commitment to his craft, and a woman (Sissy Spacek) who loves Forrest, despite his chosen profession. Robert Redford has said that this is his last acting job. (He'll continue to produce and direct).

**“A Star is Born”**  
(Drama/Romance/Musical)  
Tuesday, February 26, 12:30 pm  
Rated R (language, some sexuality, nudity; substance abuse)  
2 hours, 16 minutes (2018)

The classic film story, in its fourth retelling (1937, 1954, 1976, 2018): An aging musician (Bradley Cooper) helps a younger singer (Lady Gaga) find fame and fortune, even as his age, alcoholism and drug abuse sends his own career into a downward spiral. 5 Golden Globe nominations: Best Film, Director, Actor, Actress, Song. Oscars nominations coming...



## SCHOLARLY SCOOP: BEYOND BOUNDARIES: 3D PRINTING AND SCIENCE EDUCATION

**Friday, March 1 10:30 am**

This talk provides an introduction to 3D printing and how it can be used to create objects that are useful for teaching and learning science ideas. 3D printing is the process of creating or designing an object on a computer and then using a desktop printing device that produces thin layers of plastic to construct a real, three-dimensional physical version of that object. These objects are especially helpful for students with visual disabilities and can help them understand concepts that would otherwise be difficult to learn from a picture.

Dr. Steven Sahyun is an Associate Professor in Physics at UW-Whitewater.

We appreciate advance registration for the presentation.



## MEMBERSHIP 2019

MEMBERSHIP

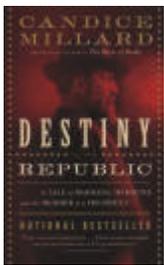


Thanks to everyone who joined last year! A quick reminder that membership dues for 2019 should be paid soon. Dues paid by February 20 will be eligible for drawing prizes from local businesses.

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, February 4, 10:30 am**

The Book Club will discuss *Tea Girl of Hummingbird Lane* by Lisa See. The book for March will be *Destiny of the Republic: a Tale of Madness, Medicine and the Murder of a President* by Candice Millard.

James A. Garfield was one of the most extraordinary men ever elected president. Born into abject poverty, he rose to become a wunderkind scholar, a Civil War hero, and a renowned and admired reformist congressman. Nominated for president against his will, he engaged in a fierce battle with the corrupt political establishment. But four months after his inauguration, a deranged office seeker tracked Garfield down and shot him in the back.

But the shot didn't kill Garfield. The drama of what happened subsequently is a powerful story of a nation in turmoil.



**Tuesdays, 10:00 am**

Feb. 5: Mulberry Glen

Feb. 12: Culvers

Feb. 26: City Bingo

## UKRANIAN EGGS

**Thursday, March 28 1:00 pm**

Pat Hall makes pysanky, sometimes called Ukrainian Easter Eggs. Pat will demonstrate how this centuries-old method of decorating eggs is done, and discuss some of the symbolism and customs surrounding them. She will display several sizes of decorated eggs -- ostrich, emu, rhea, goose and chicken.



If you are interested, Pat will have goose-sized eggs for sale for \$40 the day of the demonstration.

Many of you may know Pat, as she is a vender at the city market selling her award-winning, independently-published children's books, which she will also have on hand.



**You can now get your copy of *The Park Bench* online by clicking on or**

**going to the following link: [our-seniorcenter.com/find/seniors-in-the-park](http://our-seniorcenter.com/find/seniors-in-the-park)**

## BINGO SPONSORS

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

## CITY BINGO SPONSORS:

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# 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](mailto: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, February 11, 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 **xxx**. If you are attending for the first time, please call 800-272-3900.

## RESPITE 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.

## RESPITE DONATION WISH LIST

Handiwipes, ping pong balls or golf wiffle balls.

# Info

## 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. **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 arrive 15 minutes early and bring:

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

If you are filing jointly, both spouses must sign 3 forms at intake time and the taxes. No exceptions.

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.



## LUNCH BUNCH

**NEW Friday, February 15**

**10:30 am**

Enjoy lunch at Texas Roadhouse and then take time to wander through K&W Greenery. Get warm and enjoy the flowers!

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

RSVP by Wednesday, February 13

## FISH FRY FRIDAY

**Friday, February 22**

Join us for a fish fry at the Fireside. Free dessert for early birds!

**Depart at 4:00 pm.**

RSVP by Wed., February 20

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

Minimum of 7 people

## BREAKFAST BUNCH

**Thursday, February 21, 8:15 am**

We will head to the Princess Café in East Troy.

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

RSVP by Tuesday, February 19

## JANESVILLE SHOPPING

**Wednesday, February 6, 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, February 4

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

## 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.

**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**

Spend five days touring Alaska's rugged interior 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**

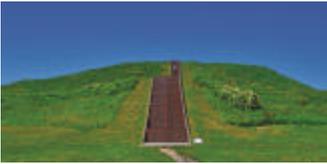
Travel the lonely roads of the Mojave and Sonoran Deserts, to ghost towns perched high atop mined-out mesas. You'll experience stark Death Valley, quirky Sedona and the enchanting places in between. Includes two nights in Death Valley, visit two ghost towns, Oatman AZ, take a Red Rocks Jeep tour, the Verde Canyon Railroad and one night in both Laughlin and Vegas.

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](mailto:dweberpal@whitewater-wi.gov), go to the city website at [www.whitewater-wi.gov](http://www.whitewater-wi.gov), (Departments, Seniors in the Park) or stop in at the Starin Park Community Building.

## THE BIG TRIP: LINCOLN, CAHOKIA & WORLD'S LARGEST

May 29—31, 2019

The tour begins in Springfield IL at the Lincoln Presidential Library and Museum. An absolute must see if you've never been there. We will also visit the Illinois State Museum, with world renowned natural history exhibits including those on regional Native Americans.



Thursday we are off to the highlight of the trip, Cahokia Mounds. There will be a 17 minute video and time to tour the fascinating and fabulous interpretive center. For those who wish, you can walk to and/or climb Monk's Mound, the largest man-made earthen mound in the North American continent. We'll end the day in Effingham visiting Hodgson Mills. A wine tasting and dinner is also included.

Friday we are off to Casey IL home of the World's Largest! We will wander through this quaint community to ogle several of the World's Largest items including a mailbox you can climb up into and mail a letter.

Trip includes: coach transportation, escort, 2 breakfasts, 2 lunches and 2 dinners, and all entrance fees.

Fee: \$369 double or \$469 single (fee is approximate and hopefully will not change)

A \$50 deposit is due with your reservation and final payment is due by April 27 with check or cash.



## 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](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.

### Peru & Glacier Travel Previews

Wednesday, February 20.  
1:00 pm

Please register by Friday,  
February 15

## 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, February 6, 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. Please call for an appointment.



## TOENAIL CLINIC

Thursday, February 7

Beginning at 9:30 am

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

Next Clinic: Thursday, March 7



## GREETING CARDS

We have a great selection of Fravessi cards, including Valentine's Day, 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

## February 2019

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><b>1</b> 9:00 Let's Walk! <b>10:00 Gadget Gurus</b> <b>10:30 Scholarly Scoop</b> 12:30 Pickleball (A) <b>Ice Castle Trip</b></p>
<p><b>4</b> 8:30 Core &amp; More 9:30 FUNctional Fit 10:30 Bookworms 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg</p>	<p><b>5</b> 9:00 Pickleball (A) 10:00 Culver's Bingo 10:30 Basic Yoga—L 11:15 Pot Luck 12:00 Dominoes 1:00 Sheepshead</p>	<p><b>6</b> 9:00 Let's Walk! 9:00 Tax Prep 9:30 Bowling (HB) <b>9:30 Janesville Shop</b> 10:00 Learn Tai Chi- A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 Chair Massage</p>	<p><b>7</b> 8:30 Core &amp; More 9:00 Pickleball (A) 9:30 FUNctional Fit 9:30 Toenail Clinic</p>	<p><b>8</b> 9:00 Let's Walk! 10:00 Open Sewing Group 12:30 Pickleball (A) <b>Office Closed</b></p> <p><b>9</b> <b>11:00 Freeze Fest and Chili Cook-off</b></p>
<p><b>11</b> 8:30 Core &amp; More 9:30 FUNctional Fit 10:30 Memory Café - I 11:00 WW Warblers 11:30 Senior Forum 12:30 Pickleball (A) 1:00 Mah Jongg 1:30 DFCL meeting</p>	<p><b>12</b> 9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "The Old Man &amp; the Gun" 12:30 Stained Glass 1:00 Sheepshead <b>1:00 Snowshoe Outing</b></p>	<p><b>13</b> 9:00 Let's Walk! 9:00 Tax Prep 9:30 Bowling (HB) 10:00 Learn Tai Chi- A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 12:30 Stained Glass</p>	<p><b>14</b> 8:30 Core &amp; More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L <b>1:00 Valentine's Day w/ Elvis</b></p>	<p><b>15</b> 9:00 Let's Walk! 9:30 Puzzle Exchange <b>10:30 Lunch Bunch</b> 12:30 Pickleball (A)</p>
<p><b>18</b> 8:30 Core &amp; More 9:30 FUNctional Fit 11:00 WW Warblers 1:00 Canasta 1:00 Mah Jongg</p>	<p><b>19</b> 9:30 Pegs &amp; Jokers 10:30 Basic Yoga—L 1:00 Sheepshead <b>3:30 Gadget Gurus</b></p>	<p><b>20</b> 9:00 Let's Walk! 9:00 Tax Prep 9:30 Bowling (HB) 10:00 Learn Tai Chi—A 11:00 Cont. Tai Chi-A 12:30 Pickleball-A <b>1:00 Peru and Glacier Trip Previews</b></p>	<p><b>21</b> 8:15 Breakfast Bunch 8:30 Core &amp; More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L</p>	<p><b>22</b> 9:00 Let's Walk! 4:00 Fish Fry <b>Office Closed</b></p> <p><b>24</b> <b>1:00 Sunday Funday</b></p>
<p><b>25</b> 8:30 Core &amp; More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg</p>	<p><b>26</b> 9:00 Pickleball (A) 10:00 City Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "A Star is Born" 1:00 Sheepshead</p>	<p><b>27</b> 9:00 Let's Walk! 9:00 Tax Prep 9:30 Bowling (HB) 10:00 Learn Tai Chi—A 11:00 Cont. Tai Chi-A 12:30 Pickleball-A</p>	<p><b>28</b> 8:30 Core &amp; More 9:00 Pickleball (A) 9:30 FUNctional Fit <b>10:00 Motorcycle Trip Planning</b> 10:30 Basic Yoga—L 1:00 Watercolor</p>	<p><b>1</b> 9:00 Let's Walk! <b>10:00 Gadget Gurus</b> <b>10:30 Scholarly Scoop</b></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.



### February 5

Creamy Chicken & Broccoli  
Stewed Tomatoes  
Corn; Brown Rice  
Wheat Bread  
Chunky Apple Sauce

### February 12

Beef Noodle Soup  
Carrots  
Tossed Salad  
Cornbread  
Pumpkin Bar

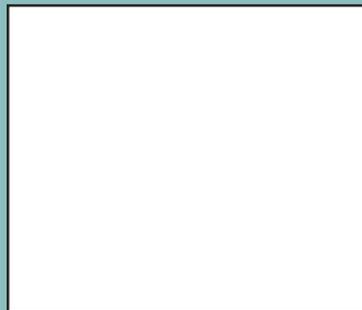
### February 26

Creamy Chicken & Vegetables  
Mashed Potatoes  
Broccoli Slaw  
Breadstick  
Cinnamon Applesauce

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Thank You. 

- John Rowe—hand made wooden crafts for Bingo prizes
- Kathy Ross—Waling videos
- Mary Bidwell, Nancy Cassano and Val Vesely—Sunshine Fund donation
- Karoly Alexander—Program donation
- Lyn Wolfe, Jeanne Shiras, Jane Roberts—Cash donation
- Dee Simon—Rockin' Respite donation
- Vicki Schoenbeck—box of creamer
- David & Karen Strauss—Game for Respite

We appreciate donation but we have very limited storage. All donations must be approved by the coordinator before being left in the building. Thanks!



### Dan Sable

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.)

## FROM THE COORDINATOR

A huge Thank You to everyone who helped keep the center running while I was on vacation and Patrea was recovering. We couldn't do it with out all of you!

There are lots of exciting events and programs in February and March from Elvis to Eagles to Ukranian Eggs. Check out this newsletter for all the details.

We will be offering a three day trip to Southern Illinois that promises to be BIG! Check it out on page 10. I hope you can join us. We have lots of fun on our regional trips. (Right Lori!?)

We deeply appreciate everyone of you who joins the center. Your membership helps us to fund our 15 hour per week front desk staff person, Patrea, as the city does not contribute. This position works closely with all of you and frees me up to develop, plan, implement and evaluate programs and trips; take care of facility and items and market our programs through a myriad of venues. Whew! (Just ignore the chaos in my office.)

Speaking of marketing, our biggest item is the newsletter. Romelle Koch has, for several years, been the volunteer editor and puts in 6—10 hours every month on an issue. She is a treasure.

Don't forget Freeze Fest! Check it out. Lots of new activities this year!



## 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](mailto: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](mailto: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.

## FATIGUE & HEARING LOSS

Hearing loss has been linked to a number of physical, social and psychological conditions including dementia, diabetes, anxiety, depression and social withdrawal. One of its lesser known side effects is fatigue.



If you have been feeling more tired than usual lately and experience hearing loss, there may be a correlation between the two. The reason boils down to a condition known as listening fatigue, a consequence of expending extra effort in order to hear better.

Hearing involves the brain just as much as the ears. Your brain receives sensory input from the inner ear and is responsible for processing sounds and translating them into recognizable speech. Damage to the hair cells of your inner ear – a common cause of hearing loss – limits your ability to hear properly; when this occurs, your brain is forced to “pick up the slack” and works extra hard to understand what you are hearing, which often leads to feelings of exhaustion and decreased energy levels.

Wearing hearing devices should significantly reduce these feelings of exhaustion. Because they amplify speech; your brain does not have to work as hard to convert this sensory input into sound, greatly reducing listening fatigue.

Call Fort Healthcare Audiology at (920) 563-6667 to schedule an appointment today

Source: Alhanbali, S., et al. (2017) Self-reported listening-related effort and fatigue in hearing-impaired adults. *Ear and Hearing: The Official Journal of the American Auditory Society* (38)1: 39-48.

## WISCONSIN MAKERS

**Wisconsin Makers, 200 E Clay Street**

We now have Senior Make Time on the 1st and 3rd Tuesday afternoons from 2-4pm. All of our areas are open each week for you to work on projects. We will also be giving tours of the MakerSpace.

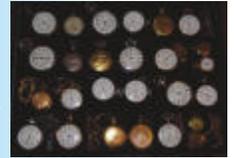
**February 5** - We will be here celebrating Valentines Day from 2-4pm and 6 – 8 pm. We will have Valentine hearts made on our laser engraver to make your Valentine a card. We'll be using a poem generator to create a poem for your card.

**February 19** – We will be here working on projects from 2-4pm and 6-8. Come in out of the cold and make something! Our building is completely heated and the equipment is here to use to make your dream come true.

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

## WHITEWATER COLLECTS

The Whitewater Historical Society invites you to participate in our 8th Annual Whitewater Collects event on Saturday, March 16, from 1:00 PM-4:00PM. Whether you have displayed a collection previously, or this would be your first time, we are inviting you to share your collectibles with your neighbors at this public event. The collection can be antique, vintage, or contemporary. We will provide 1-2 tables for your display at the Cravath Lakefront Center, and there is no charge to display, or for the public to view, these collections.



To register or ask questions contact: Jan Goder [jgoder1976@gmail.com](mailto:jgoder1976@gmail.com), or 262-949-0644

## 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.



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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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### Volunteer Editor

Romelle Koch

### Front Desk

Patrea Wilson

### Parks & Recreation Director

Eric Boettcher

Websites: [schedulesplus.com/wwtr](http://schedulesplus.com/wwtr)  
[www.wwparks.org](http://www.wwparks.org)  
[www.whitewater-wi.gov](http://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](http://wwparks.org), [www.whitewater-wi.gov](http://www.whitewater-wi.gov), click on Departments, then Seniors in the Park or [www.whitewaterbanner.com](http://www.whitewaterbanner.com) and look for the link in the left column or [ourseniorcenter.com/find/seniors-in-the-park](http://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.

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