



# The Park Bench

April 2019

Seniors in the Park Newsletter

## 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 on the North American continent. We'll end the day in Effingham visiting Hodgson Mills. A wine tasting and dinner are 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

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



## VOLUNTEER APPRECIATION



**Tuesday April 16, Noon**

"Thanks for being our Pardners!" Thank you all for being the BEST volunteers. We couldn't do it without you. We will start with a BBQ lunch at High Noon, words of appreciation and thanks and then entertainment by Karen Wickham, Patsy Cline Tribute Artist. She will thrill you with her wonderful sounds and take you to the country with her songs. Her songs and

style are inspired by women like Patsy Cline, the Judds and Tammy Wynette.

Please RSVP by Thursday, April 11

Fee: Volunteers FREE Guests: \$5.00

Volume XIX Issue 4

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

## AARP SMART DRIVER CLASS



**Wednesday, May 15**  
**9:00 am—12:00 pm**

The AARP Smart Driver Safety Program is an updated four-hour classroom course. It is research based to help older drivers become more aware of changes that occur due to aging and how to adjust accordingly. The course covers topics such as: Defensive driving techniques, new laws and rules of the road; How to deal with aggressive drivers; How medications may affect driving; How to safely use anti-lock brakes, air bags and safety belts and Navigating roundabouts. Please arrive 15 minutes early.

Fee: \$15 for AARP members  
\$20 for nonmembers

**Bring your AARP member card to receive the discount.** You may also be eligible to receive an insurance discount, consult your agent for details.

## PUZZLE EXCHANGE

**Friday, April 12** **Date Change**  
**9:30-10:00 am**

Bring 3 to 10,  
500/1000-  
piece 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, May 14—June 25 (7 weeks)**  
**Thursdays, May 9—June 27 (6 weeks)\***  
**10:30 am, Cravath Lakefront Center**



This one hour 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: \$28 members for 7-week session; \$38 non-members  
\$24 members for 6-week session; \$34 non-members

**Payment/Deadline: Monday May 6**

\*Note: No classes Thursday, May 16 and June 6

## SCHOLARLY SCOOP: PROHIBITION—A PERFECT STORM

**Friday, April 12 (date change) 10:30 am**

Although the hatchet-wielding Carrie Nation and the WCTU often get much of the blame for Prohibition, the actual story is far more complex.

The Volstead Act came about as a result of not only women's temperance movements, but also a "perfect storm" of other causes, namely lobbying groups, taxation reform, and anti-immigrant sentiment in the early twentieth century. The history of Prohibition is both complex and, more importantly, very relevant to contemporary conversations about the legalization or criminalization of marijuana and other drugs. Please let us now if you will be attending. We'll have the coffee on.



Dr. Karl Brown teaches Modern European History at the UW-W. and is a scholar of Cold War-era Eastern Europe. He also teaches courses in the history of media, film studies and drugs and drinking.

We appreciate advance registration for the presentation.

## SCHOLARLY SCOOP: RECENT TRENDS IN MEASURING & FIGHTING POVERTY IN THE US

**Friday, May 3**

We often see news reports about poverty and related issues, and the topic frequently finds its way onto state and national policy agendas. But how is it actually measured? What are alternative ways to measure poverty? Does it matter? Further, what measures have been tried to reduce poverty, and what are recent trends in national policy to reduce it? If you have asked any of these questions, we hope you will attend this talk and expand your own perspectives on this important subject.

Dr. Yeongmin Kim is Assistant Professor of Social Work at UW-W.

We appreciate advance registration for the presentation.

## 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.**



## GADGET GURUS

**First Friday, April 5, 10:00—11:00 (Fairhaven)  
Third Tuesday April 16, 3:30—4:30 pm**

Pairs of Bridging Technology students will be available to assist you with your technology and gadget questions or issues. They can also assist

with Facebook, Twitter, Instagram, photo uploading & storage, email, documents and more. Plus, the students can take some tech requests as an on-call basis. Please let us know if you will be stopping in for help. You can also drop-in.

**NOTE: The April 5 session will only be at Fairhaven. Feel free to go there for assistance.**

## IPAD ASSISTANCE

Do you have an iPad or iPhone and just want a little more information? Mark is willing to work one-on-one with you to troubleshoot issues or just learn what you can do with this technology. Please bring your iPad/iPhone to work on and passwords to get into what you want to work on. Please call us to set up an appointment with Mark.

## NEW!! ANDROID GROUP

**Monday, April 15, 2:30 pm**

Bring your Android tablet or Kindle Fire and tackle the monthly topic. Tom Fick will facilitate the group.

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

May 20: Watching TV, movies, podcasts, live stream and download, Listening to music, apps (iHeart, Spotify, Pandora, local radio broadcasts



## WHITEWATER DEMENTIA FRIENDLY COMMUNITY FACEBOOK PAGE

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



**Whitewater Parks and Recreation and the Whitewater Aquatic and Fitness Center are on Facebook. Please friend us.**

## HOW TO REGISTER AND PAY ONLINE

Register and pay for trips, classes and membership online at home: [schedulesplus.com/wwtr](http://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](http://www.wwparks.org). (You must create an account.) Checks for activities, classes and trips are made out to: City of Whitewater, unless indicated otherwise.



## CONTINUING SPANISH

Spanish class with Marleny resumes on Thursday, April 11, at 1:00 until 2:30. Looking forward to it starting back again! Let us know if you will be attending.

## AZATALAN: MYSTERIES OF AN ANCIENT INDIAN TOWN

Wednesday May 8 1:00 pm

In relation to the BIG Trip in May Robert Birmingham will be here to talk about Aztalan. Now a part of Aztalan State Park, the ancient fortified town of Aztalan was a northern outpost of a great Native American civilization called the Mississippians, who had established a large city in southern Illinois now called Cahokia. Aztalan itself is dated between AD 1050 and 1200 after which the Mississippians as a whole vanished from the Midwestern cultural landscape. Drawn from over 150 years of archaeological research, the presentation will describe the archaeological remains of the town, and offer theories as to why it was established in southern Wisconsin and why it was abandoned. Extraordinary new research conducted by several universities will be highlighted.

Robert Birmingham is co-author (with Lynne Goldstein) of the "Aztalan: Mysteries of an Ancient Indian Town."



## STAINED GLASS CLASS

April 8 & 9, 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, April 5

## WATERCOLOR ON CANVAS

April 4—25, 1:00—4:00 pm

This class will focus on painting with watercolors on canvas. Topics will include the composition, paint properties and color schemes. Subject matter may include still life objects, flowers, fruit, vegetables, etc. Attendees are always encouraged to paint from personal references, photos, sketches or ideas. Each session will include a demonstration and discussion. There will be plenty of time for individual painting with optional one-on-one coaching. Beginning, intermediate and advanced topics will be covered.

In addition to regular watercolor supplies, attendees are asked to bring a sketch book, camera and a watercolor canvas. Information on purchasing watercolor canvases will be sent to individual artists upon registration.

Instructor: Karolyn Alexander Tscharnack, [www.karolyn.biz](http://www.karolyn.biz)

Fee: \$15 per class or \$50 session fee for all 4 classes for those who are pre-registered. Session fee is payable to the instructor.

Deadline: Friday, March 29

## INTRODUCTION TO PAINTING BOTANICALS IN WATERCOLOR

Thursdays, May 9 and 16, 1:00 - 4:00 pm

Fran Kelly will introduce you to glazing, overlapping washes of transparent watercolor. We will paint from a live plant specimen emphasizing lighting, volume, texture, veining and movement.

The mixing of color and brushwork will be demonstrated and discussed followed by time for questions and practice. We will be using round brushes with a good point in sizes 1-3. I will have paint of the required colors for you.

Please bring your smallest, good brushes, your palette and 2 or 3 half sheets of arches watercolor paper (may be purchased at the Senior Center Office), any other watercolor gear you generally use, but most of all bring patience.

Fee: \$5.00 fee for misc. supplies, paid to the instructor at the first class. Registration due by May 6



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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 Favourite"

(Biography/Comedy/Drama/History)

**Tuesday, April 9, 12:30 pm**

Rated R (Strong sexual content, nudity, language)  
1 hour, 59 min. (2018)

A brilliant, stunning, comedic, feminine tour-de-force. In early 18th Century England, a frail Queen Anne (Olivia Colman) occupies the throne and her close friend, Lady Sarah (Rachel Weisz), governs the country in her stead. When a new servant, Abigail (Emma Stone) arrives, her charm endears her to Sarah. Oscar Nominations for Best Picture and 2 Best Supporting Actresses (Weisz & Stone). The Oscar went to Colman for Best Actress.

### "Can You Ever Forgive Me?"

(Biography/Comedy/Drama/Crime)

**Tuesday, April 23, 12:30 pm**

Rated R (Language) 1 hour, 46 min. (2018)

When biographer/profiler Lee Israel (Melissa McCarthy) no longer finds her work publishable or profitable, she turns her art form to deception, abetted by her loyal friend Jack (Richard E. Grant). Oscar Nominations for both actors (Actress/Supporting Actor).



### "If Beale Street Could Talk"

(Drama/Romance/Crime)

**Tuesday, April 30, 12:30 pm**

Rated R (Language, sexual content)  
1 hour, 59 min. (2018)

Based on the book by James Baldwin. Tish, a young woman in 1970's Harlem, embraces her pregnancy while she and her family struggle to prove her fiancé innocent of a crime. Regina King, Oscar winner Best Supporting Actress.

## MARK YOUR CALENDAR!

May 7—First outdoor City Market  
May 8—Aztalan Presentation  
May 14—Gardening Mechanics  
May 15—AARP Smart Driver Class  
May 23—Gardening Mechanics  
June 4 and 8—Kayaking  
June 13—Savory Sounds begins  
June 19—Picnic and Car Show  
June 26—Rotary Gardens Tour  
June 26—Memory Screenings

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## HEALTHY GARDENING HABITS



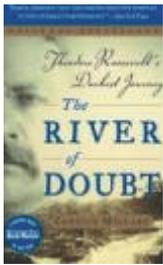
Thursday, May 23 1:00 pm or  
Tuesday, May 14, 5:30 pm

Gardening in the Spring is an ambitious endeavor. Keep it a joyful and pain-free endeavor by learning about healthy gardening habits and modifications. You will learn about commonly stressed joints with emphasis on the hand and shoulder, proactive measures to keep physical stress to a minimum and other adaptations to promote good body mechanics. Please register in advance.

Laura Nyquist is an occupational therapist at Fort Health Care Whitewater Therapy & Sport Center and a former master gardener who wants everyone to be able to enjoy gardening within their physical abilities.

Advance registration is appreciated.

## BOOK WORMS



Monday, April 1, 10:30 am

The Book Club will discuss *Saints for All Occasions* by Courtney J. Sullivan. The book for May will be *The River of Doubt* by Candice Millard.

After his humiliating election defeat in 1912, Roosevelt set his sights on the most punishing physical challenge he could find, the first descent of an unmapped, rapids-choked tributary of the Amazon. Together with his son

Kermit and Brazil's most famous explorer, Cândido Mariano da Silva Rondon, Roosevelt accomplished a feat so great that many at the time refused to believe it. In the process, he changed the map of the western hemisphere forever.

Along the way, Roosevelt and his men faced an unbelievable series of hardships, losing their canoes and supplies to punishing whitewater rapids, and enduring starvation, Indian attack, disease, drowning, and a murder within their own ranks.

## WHITEWATER WARBLERS

The Whitewater Warblers will not meet on Mondays, April 8 & 15. Join this group as they start planning their 2019 "International Traveling" show.

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.

## SENIOR FORUM

Monday, April 8, 11:30 am

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



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). You can also check out our supporting advertisers here too!



Tuesdays, 10:00 am

April 5: Mulberry Glen

April 12: Culvers

April 26: City Bingo

April 30: Spring Bingo

## BINGO SPONSORS

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

## CITY BINGO SPONSORS:

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## 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).

## WHITEWATER MEMORY CAFÉ

**Monday, April 8, 10:30 am**

The Irvin L. Young Memorial Library, in partnership with the Alzheimer's Association, hosts a monthly Memory Café for individuals who are living with Mild Cognitive Impairment (MCI), early-stage Alzheimer's or other dementia, and their care partners. This free social event is held on the second Monday of the month in the Library Community Room at 431 W. Center St. The theme will be Dogs.



The Memory Café offers a safe and fun way to share stories and socialize with others who have similar experiences. Staying physically, socially and mentally active is good for the brain. If you are attending for the first time please call 800-272-3900.

## FORT ATKINSON MEMORY CAFÉ

This group meets at the Dwight Foster Public Library, 209 Merchants Ave, on the third Wednesday of every month from 1:00—2:30 pm.

## 2019 FAMILY CAREGIVER PROGRAMS

Learn about topics of interest to families and friends of those with Alzheimer's or other dementias. Free. No registration needed. Programs are hosted at the Agrace Hospice Center, 2901 Wright Rd, Janesville (off Hwy 14 east of Janesville). If you need assistance or have questions about the programs, contact the Alzheimer's & Dementia Alliance of Wisconsin Rock County office, 608.313.3335.

### Is It Time For Facility Care?

**Tuesday, April 16 1:00—2:30 pm**

Review things to consider when making the decision to move to facility care.

## MEMBERSHIP RAFFLE WINNERS

Thanks to everyone who has paid their membership. It supports our front desk staff person by providing funds for about half of the 15 hour per week position. The rest is paid for out of our fundraising account.



We got \$20 gift cards from Seniors in the Park bingo and newsletter supporters around town.

Winners:

Virginia Knuteson— \$20  
McCullough's

Fran Kelly—\$20 to Seniors in the Park

Pam Kurtz—\$20 Pizza Hut

Judy Miller—\$20 Rick's

Carolyn Swart—\$20 Cozumel

Steve Southworth—\$20 Jessica's

## RESPITE WISH LIST

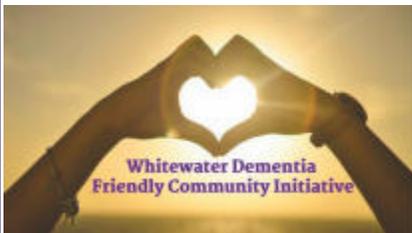
### Afternoon volunteers

Play games and have fun as a friend to one of our respite guests on both or either the second or fourth Tuesday, from 12:30—3:30pm. Supervision at the site, and volunteer training are provided by a nurse from Fort Healthcare.

Stop in for a cup of coffee and check out this fun opportunity.

Call for more info.

Don't ruin a good today by overthinking a bad yesterday. Whatever it is, just let it go.....



Take a deep breath. Forgive yourself. Identify what the experience taught you. Think about the things that did go right.

Acknowledge you are doing your best under the current circumstances. Focus your energy on things you can control, instead of dwelling on things you can't.

Life goes on.....

## LUNCH BUNCH

Thursday, April 11, 10:30 am

Enjoy lunch at Herings Towne Inn in Jefferson.

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

RSVP by Wednesday, April 10

## FISH FRY FRIDAY

Friday, April 5 4:00pm

Join us for a fish fry at the Pettit's Countryview

RSVP by Wednesday, April 2

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

Minimum of 7 people

## BREAKFAST BUNCH

Wednesday, April 24

8:15 am

We will head to the Edge of Town Café in Palmyra.

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

RSVP by Monday April 22

## JANESVILLE SHOPPING

Wednesday, April 3, 9:15 am

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

Fee: \$3.00

RSVP by Monday, April 1

We could use one more Van Driver to round out our complement of drivers. Let Deb know if you are interested.

## UW BAND CONCERT



Thursday, April 11

Fee: \$32.00 members \$42.00 non-members

Deadline: March 29 Seats limited!!!

Depart Starin Park: 3:45 pm; Return approx 11:30 pm

## MADISON MALLARDS GAME



Wednesday, June 12

Enjoy an afternoon at the Duck Pond with a 1:05 ball game. Prior to the game, savor the All-You-Can-Eat pre-game tailgate buffet from 12:05—1:30 pm. It includes burgers, brats, hot dogs, cranberry walnut chicken salad, veggie burgers, potato salad, coleslaw and chips all under a tent with yard games and music..

Fee: \$32, includes game ticket, buffet with Pepsi/water, transportation

Fee: \$37, includes above with beer

Depart 10:45 am and return approximately 6:00 pm. Deadline: May 24

## TOUR ROTARY GARDENS



Wednesday, June 26, 2019

Join us at this internationally-known botanical garden at the height of summer bloom for a guided tour with Horticulture Directory, Mark Dwyer. We'll walk through themed-garden spaces, including the Japanese, Alpine, Scottish and English Cottage Gardens and the Plants of the World exhibit garden. Mark will regale us with plant facts and the fascinating history of the transition of this ex-gravel pit and junk yard to a botanical garden good enough to show the world. A motorized cart will be available for those who cannot walk. There are many benches to sit on during the walk, and there will be time to visit the gift shop.

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

Deadline: June 11 Please let us know if you need to reserve a cart.

## MOTORCYCLE RIDES

Thursday, May 23

Depart at 10:00 am and head for Deforest and the Norske Nook for lunch. Take a leisurely ride toward Portage and check out the Amish area. Rain Date is Friday, May 24

Riders must arrive prior to departure to show proof of insurance (card you should be carrying) and fill out a participation form, if this is your first ride with us in 2019. You can scan

and email your insurance info or drop it off in advance, too. Helmets are recommended. Call with your email, and we'll keep you current on upcoming rides and rain dates.



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.

## PERU: ANCIENT LAND OF MYSTERIES

November 2—12, 2019



Explore the most spectacular sight on the South American continent. You will tour the historic city center of Lima. Visit the spectacular Ollantaytambo ruins, the only Incan settlement that has been continually inhabited since its inception. Travel through the Andes by Vistadome train to Machu Picchu and explore the ruins. Explore Cuzco and the sacred Incan ruins of Sacsayhuaman Fortress. On Lake Titicaca, cruise to the floating islands and experience walking on the spongy surface made from compacted beds of tortora reeds. There will be many opportunities to experience the culture and interact with locals. For more information, visit this website <https://gateway.gocollette.com/link/898506> or brochures at the Starin Park Community Center. Fees are \$4599 double, \$5499 single and \$4549 triple. Deposit of \$500 due with reservation. Includes airfare from O'Hare, all in-country air, 16 meals and transfers.

**Trip Preview**  
**Wednesday, April 10**  
**1:00 pm**  
**Please register by April 5**

**The following three trips will be previewed on Wednesday, April 24 at 1:00 PM**  
**Please register by April 17**

## 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.

## TULIP TIME ON JEWELS OF THE RHINE

April 5-15, 2020

**FREE AIRFARE** for reservations made through May 31, 2019. Travel through the Netherlands, France, Germany and Switzerland on the Rhine, the longest river in Europe and spend two nights in Lucerne. Explore the magnificent Keukenhof Gardens during peak tulip time. Discover medieval castles and towns, the Black Forest, UNESCO World Heritage sites and much more! With Discover More, Active and Plus tours at several ports you have choices on what to do. Includes Air, air transfers, all port charges, tips on the ship, Complimentary beverages at lunch and dinner. Staterooms start at \$4149. Call for an itinerary or go to <http://www.whitewater-wi.gov/>, departments, Seniors in the Park.



## DESERT ADVENTURES: DUBAI AND ABU DHABI

October 15—23, 2020

Tour features Modern and Heritage Dubai tours, Burji Khalifa-world's tallest building, desert jeep safari, dinner at a Bedouin campsite, a dhou dinner cruise, Abu Dhabi tour, beautiful mosques, marketplaces (souks) and more! Join Deb on this incredible adventure.

## CHAIR MASSAGE

Wednesday, April 3, 1:00 pm

Chair Massage is for stress and tension relief, relaxation and just to feel good!

Stuart is a certified massage therapist and has ten years of experience and is excited to be able to provide this service monthly, on the first Wednesday. Ten-minute chair massages are \$12.00. Please call for an appointment.



## TOENAIL CLINIC

Thursday, April 4

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, May 2



## GREETING CARDS

**NEW cards are here!** We have a great selection of Fravessi cards, including Easter, Birthday (including 60-90 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

## April 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<b>1</b> 8:30 Core & More 9:30 FUNctional Fit 10:30 Bookworms 11:00 WW Warblers 1:00 Canasta 1:00 Mah Jongg 	<b>2 VOTE!</b> 10:00 Culver's Bingo 10:30 Basic Yoga—L 11:15 Pot Luck 12:00 Dominoes 1:00 Sheepshead 	<b>3</b> 9:00 Let's Walk! 9:00 Tax Prep <b>9:15 Janesville Shop</b> 10:00 Learn Tai Chi- A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 Chair Massage	<b>4</b> 8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 9:30 Toenail Clinic 10:30 Basic Yoga—L 1:00 Watercolor	<b>5</b> 9:00 Let's Walk! <b>10:00 Gadget Gurus (at Fairhaven)</b> 12:30 Pickleball (A) 4:00 Fish Fry <b>OFFICE CLOSED</b>
<b>8</b> 8:30 Core & More 9:30 FUNctional Fit 10:30 Memory Café - I 11:30 Senior Forum 12:30 Pickleball (A) 12:30 Stained Glass-A <b>1:00 Job Training Info</b> 1:00 Mah Jongg 1:30 DFCI meeting	<b>9</b> 9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "The Favourite" 12:30 Stained Glass-A 1:00 Sheepshead	<b>10</b> 9:00 Let's Walk! 10:00 Learn Tai Chi- A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) <b>1:00 Peru Trip Preview</b>	<b>11</b> 8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L <b>10:30 Lunch Bunch</b> 1:00 Watercolor <b>3:45 UW Band trip departs</b>	<b>12</b> 9:00 Let's Walk! 9:30 Puzzle Exchange 10:00 Open Sewing Group <b>10:30 Scholarly Scoop</b>
<b>15</b> 8:30 Core & More 9:30 FUNctional Fit 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg <b>2:30 Android Group</b>	<b>16</b> 9:00 Pickleball (A) 9:30 Pegs & Jokers 10:30 Basic Yoga—L <b>12:00 Volunteer Appreciation</b> 1:00 Sheepshead <b>3:30 Gadget Gurus</b>	<b>17</b> 9:00 Let's Walk! 10:00 Learn Tai Chi—A 11:00 Cont. Tai Chi-A 12:30 Pickleball-A <b>OFFICE CLOSED</b>	<b>18</b> 8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L 1:00 Watercolor <b>1:00 Women's Day Planning</b>	<b>19</b>   9:00 Let's Walk! 12:30 Pickleball (A)
<b>22</b> 8:30 Core & More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg	<b>23</b> 9:00 Pickleball (A) 10:00 City Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "Can You Ever Forgive Me?" 1:00 Sheepshead	<b>24</b> 8:15 Breakfast Bunch 9:00 Let's Walk! 10:00 Learn Tai Chi—A 11:00 Cont. Tai Chi-A 12:30 Pickleball-A <b>1:00 Travel previews: Niagara Wine Rhine Tulips Desert Adventure</b>	<b>25</b> 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L 1:00 Watercolor <b>OFFICE CLOSSES @ 12:30 pm</b>	<b>26</b> 9:00 Let's Walk! 12:30 Pickleball (A) <b>OFFICE CLOSED</b>
<b>29</b> 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg <b>OFFICE CLOSSES @ 12:30 pm</b>	<b>30</b> 9:00 Pickleball (A) 10:00 Spring Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "Beale Street" 1:00 Sheepshead <b>OFFICE CLOSSES @ 12:30 pm</b>			Activities take place at the Starin Park Community Building unless otherwise noted. A=Downtown Armory 146 W North St 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.



### April 2

Salisbury Steak  
Mushroom Gravy  
Garlic Mashed Potatoes  
Green Beans; Peaches  
Wheat Bread  
Choc. Chip Cookie

### April 9

Hawaiian Shredded Pork  
Hamburger Bun  
Baked Beans  
Coleslaw  
Banana

### April 23

Western Meatloaf  
Mashed Potatoes  
Broccoli; Wheat Roll  
Angel Food Cake  
Strawberries  
Whipped Topping

### April 30

Lemon Pepper Fish  
Red Potatoes  
Broccoli  
Pumpkin Bar  
Wheat Bread

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## THANK YOU!!

- ◆ **Carol Holford**—Card stock and construction paper for the respite
- ◆ **Warblers**—I'd like to send a big THANK YOU to all of the Warblers for their financial donations in making it possible to purchase a quality portable keyboard for use in performances. (They also involved the Palmyra-Eagle Band which also make donations.) It was completely overwhelming, and I am so grateful to work with such generous people with HUGE hearts. *Lori Heidenreich*
- ◆ **Mary Meikle and Carol Holford** for volunteering as receptionists during tax season.

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



Rose Ellestad  
Marion Malo  
Wilfred Roe  
Deb Weberpal  
Jerry Nell  
Sylvia Essex

If you want to be on our birthday list, let Deb know your birth month you can be in the newsletter, too!

(For confidentiality and identity theft reasons, we will not longer include dates.)

## VOLUNTEER OPPORTUNITIES

2020 brings the **40th Anniversary of Seniors in the Park!** Looking for people interested in helping plan events and research some history. Let Deb know if you would like to help.

2020 also brings our **state re-accreditation**. An accreditation meeting will be scheduled with information and a timeline. If you are interested, let Deb know in advance or come to the meeting.

**Help plan Women's Day 2019**—I have a great list of ideas from last year's event. First meeting will be **1:00 Thursday, April 18**. Please call if you will be attending or want to help and can't make the first meeting.

## SUBSIDIZED JOB TRAINING

**April 8, 1:00 pm**

Are you 55 or over, want to be paid for volunteering your time? We will give a short presentation on what we can offer you. SER SCSEP is funded by the U.S. Department of Labor and focuses on the needs of mature workers, the community and employers and prepares eligible mature workers for unsubsidized jobs through training at community based organizations. The eligible worker will receive a stipend while he or she is in training with the goal of getting unsubsidized employment.

**What are the eligibility requirements?**

- 55 years or older
- Be unemployed & need further training to perform jobs available in the area
- Meet family income requirements (Limit of 125% of Poverty Guidelines)
- Be a resident of the county where the program is managed by SER
- Authorized to work in the US

## UW-W & FAIRHAVEN LECTURE SERIES A WORLD AT WAR: TAKING A CLOSER LOOK AT WWII

**Mondays 3:00 pm @ Fairhaven**  
435 W. Starin Rd.

- Apr. 1** WWII and the Creation of the Modern Middle East  
*Molly Patterson, Assoc Prof, History*
- Apr. 8** The German-American Community and the World War II: A Cautionary Tale  
*Tim Holian, Senior Lecturer, Lang. & Lit.*
- Apr. 15** Children, Save Yourself! One Family's Story of Holocaust Survival  
*Ronald Berger, Prof Emeritus, Sociology, Criminology & Anthropology*
- Apr. 22** Humanity, Hospitals or Historical Monuments? Protecting Italian Cities from Aerial Bombardment During World War II  
*Margo Kleinfeld, Assoc Prof, Geography, Geology & Envir. Science*
- Apr. 29** The West Is the Best/The Beast in the East: World War II and the Cold War Begins  
*Karl Brown, Assist Prof, History*

## WISCONSIN MAKERS

### Wisconsin Makers, 200 E Clay Street

We have Senior Make Time on the 1st and 3rd Tuesday afternoons April 2 & 16 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.

Open Make Nights are April 2 and 16 from 6-8 pm.

Thursday April 11 from 6-9pm, make designs in sand molds to be poured with iron at the Iron Pour. The cost for a scratch mold is \$25.

Saturday, April 13 will be the 4<sup>th</sup> Annual Iron Pour, from 9am-2pm. Stop by and watch molten iron, 3,200 degrees, being poured into scratch sand molds. This is a great event for adults and children. Celebrate all things metal with other makers.

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



## LUNCH FIXINGS PROGRAM

As the calendar carries us toward summer, it brings a period of eight weeks during which our schools' feeding programs do not operate. These feeding programs are the main nutritional support for many of our Whitewater children. Without these programs, or a substitute program, the children go hungry.

Whitewater Unites Lives (WUL), in cooperation with The Community Space, community churches, groups and individuals, fills that feeding gap. Please donate cash or groceries to help us fill the pantries of our people. Help us fight childhood hunger in our community.

Our fund-raising target is \$7,500. If you are deciding whether to contribute food or contribute money, please know are able to buy food at cost or at substantial discounts, so your money goes further if you contribute cash instead of buying food and giving it to our program.

Please send your gift to:

UCC Congregational Church, 133 S. Franklin St., Whitewater, WI  
**In the memo please identify "Lunch Fixings"**

If you have questions or would like to volunteer, please contact:

Mary Sue Reutebuch (608) 931-9844  
Lauren Smith (262) 490-4326  
Marjorie Stoneman (414) 861-4126 or  
[margiestoneman@sbcglobal.net](mailto:margiestoneman@sbcglobal.net)

Thank you, Whitewater Unites Lives

**Whitewater Unites Lives (WUL) Mission:** *Whitewater Unites Lives (WUL) is a locally-focused civil and human rights group that works to connect the people in our community and to create opportunities for all people to learn and support each other in our common humanity.*

## NEWSLETTER SUBSCRIPTION

To have the Seniors in the Park Newsletter mailed to your home for one year, send or drop off **\$8.00** with your name and address. 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 [ourseniorcenter.com/find/seniors-in-the-park](http://ourseniorcenter.com/find/seniors-in-the-park).

## HANDS2HELPU

This free service for elderly and disabled adults living within 15 miles of LaGrange (includes White-water) 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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..... Friday various days/hours

### Senior Coordinator

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Romelle Koch

### Front Desk

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### 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*



Registration Opens February 26

# Aging Advocacy Day!

May 14, 2019, Madison, WI

Join advocates from around the state to help educate state legislators about issues affecting older adults and care-givers in Wisconsin!

No experience necessary; training is provided prior to your meetings with state lawmakers at the State Capitol.

10:00 a.m. — 3:00 p.m.  
Park Hotel, 22 S. Carroll St., Madison  
and the Wisconsin State Capitol

## Make a Difference. Let Your Voice Be Heard!

Aging Advocacy Day 2019 activities focus on connecting aging advocates with their legislators to share the WAAN priorities and discuss state policy solutions to improve the health and well-being of the state's older adults.

Registration begins Feb. 26, 2019 at:  
<https://gwaar.org/AgingAdvocacyDay> or contact your local aging unit or ADRC. **Registration deadline is April 30, 2019.**  
#WIAgingAdvocacyDay #WIAAD



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