



The Park Bench

May 2019

Seniors in the Park Newsletter

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 book "Aztalan: Mysteries of an Ancient Indian Town."



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

Friday, May 3, 10:30 am

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.



Volume XIX Issue 5

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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 : 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 round-abouts.

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.

Deadline to register: Friday May 3

POLE WALKING

Wednesday, June 12, 10:00 am

Learn how to use poles more efficiently and effectively. Improve posture, cardio workout and decrease impact on joints

Fee: \$10 members
\$15 non-members

Deadline: Thursday, June 6

Class # 5211.12

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

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; \$38non-members
\$24 members for 6-week session; \$34non-members

Payment/Deadline: Monday May 6

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



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.



LET'S PADDLE!

Tuesday, June 4 1:00 pm

Adults of all ages are invited to meet at the boat launch on Turtle Lake, west of Snug Harbor.

You must check in with Bonnie, sign a paddle waiver and wear a personal floatation device. Everyone will put in together. You are welcome to paddle with a kayak, canoe or paddle board. You are welcome to have lunch at Snug Harbor prior to the paddle. Please call if you will be paddling with us by Friday, May 31.



LEARN MAH JONGG

Mondays May 6-June 3 1:00 pm

Learn this brain stimulating game played with tiles. American Mah Jongg will be played. Deadline to register is May 3 or show up at the first class.



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, May 3 , 10:00—11:00

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.

Friday, May 3, is their last session until fall.

IPAD & IPHONE 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.

ANDROID GROUP

Monday, May 20, 2:30 pm

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

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

June 17: Downloading programs (apps) for your enjoyment, home or work (free or pay)

SENIOR FORUM

Monday, May 13, 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.

PARK BENCH ONLINE!

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



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



The Summer/Fall Program Guide is now available!

HOW TO REGISTER AND PAY ONLINE

Register and pay for trips, classes and membership online at home: <http://schedulesplus.com/wwtr/kiosk> (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.



“ART FROM MY HEART”

Our Watercolor instructor, Carolyn Alexander Tscharnack, will have an exhibit at the Cultural Arts Center, 402 W Main St., May 2-26 with an opening reception on May 5 from 1—4:00 pm. *Congratulations!*

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

STAINED GLASS CLASS

May 14 & 15, 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, May 10



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



SUMMER PICNIC AND CAR SHOW

Wednesday, June 19

Food, Classic Cars and a DJ playing 50’s and 60’s music. Tickets go on sale May 1 and are \$5.00, including choice of grilled meat, coleslaw, chips, beverage and ice cream and s’mores. Games start at 11:00 am, and lunch will be served at noon. Half price meal for those bringing a classic car. Event is held at the concession stand picnic area or inside if inclement weather. Proceeds benefit Treyton’s Field of Dreams.

Deadline to purchase tickets is June 6.



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

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BOOK WORMS

Monday, May 6, 10:30 am

The Book Club will discuss *The River of Doubt* by Candice Millard. The book for June will be *The Story of Arthur Truluv* by Elizabeth Berg.

For the past six months, Arthur Moses's days have looked the same: He tends to his rose garden and to Gordon, his cat, then rides the bus to the cemetery to visit his beloved late wife for lunch. The last thing Arthur would imagine is for one unlikely encounter to utterly transform his life.

Eighteen-year-old Maddy Harris is an introspective girl who visits the cemetery to escape the other kids at school. One afternoon she joins Arthur—a gesture that begins a surprising friendship between two lonely souls. Moved by Arthur's kindness and devotion, Maddy gives him the nickname "Truluv." As Arthur's neighbor Lucille moves into their orbit, the unlikely trio band together and, through heartache and hardships, help one another rediscover their own potential to start anew.



Tuesdays, 10:00 am
 May 7: Mulberry Glen
 May 14: Culvers
 May 28: City Bingo

MOVIES: SPONSORED BY MULBERRY GLEN



"The Mule"

(Crime/Drama/Thriller)

Tuesday, May 14, 12:30pm

Rated R (Language; violence)

1 hour, 56 minutes (2018)

Based on a true story: a 90-year-old retired horticulturist and Korean War veteran unknowingly becomes a drug runner for a Mexican cartel. Directed by and starring Clint Eastwood, and featuring Dianne Wiest, Laurence Fishburne, Bradley Cooper, and Andy Garcia.

At Your Request! Beginning a Series of Films through the Summer months as suggested by SITP moviegoers.

"Mr. Church"

(Drama/Comedy/Inspirational)

Wednesday, May 22, 12:30 pm

Rated PG-13; 1 hour, 44 minutes (2016)

Taking place over a span of two decades, Mr. Church (Eddie Murphy) is the true story of a talented and warm-hearted cook who enters the lives of a young girl and her terminally-ill mother in 1960's Los Angeles. A heartwarming film, suggested by Laurel Swan.

"Stan & Ollie"

(Biography/Comedy/Drama)

Tuesday, May 28, 12:30 pm

Rated PG; 1 hour, 38 minutes (2018)

With their glory days as Hollywood's famous comedy duo long behind them, Stan Laurel (Steve Coogan) and Oliver Hardy (John C. Reilly) begin a 1953 variety hall tour of England and Ireland, hoping to reignite their film careers. Despite a hectic schedule, the pair's love of performing, as well as for each other, endures. Both actors, and this film, received international recognition and nominations. Preceding this film, Mark will show a 1933 classic Laurel and Hardy short (20 minutes) "Busy Bodies."

BINGO SPONSORS

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 City Bingo Cover All: Brain Freeze

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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.

WHITEWATER MEMORY CAFÉ

Monday, May 13, 10:30 am

The ILY 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, fun, safe event is held on the second Monday of the month in the Library Community Room at 431 W. Center St. The May theme is Harp Music, with special guest musician Sarah Foll. She will share some information about the history of harps with us, how she became interested in them, and play some lovely music as well.



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

FREE MEMORY SCREENING

Wednesday, June 26, 1:00 pm

A memory screening is a simple health assessment consisting of a series of questions and tasks designed to gauge memory, language and thinking skills. This ten-minute assessment is a face-to-face meeting with no preparation required, is confidential and is encouraged for anyone with concerns of memory loss. Please call to make an appointment for the service by Monday, June 24.

Early detection is important as it allows for a better chance that medical interventions and afford an individual the opportunity to participate in long-term care, and legal and financial planning.

DEMENTIA CONVERSATIONS: DRIVING, DOCTOR VISITS, LEGAL AND FINANCIAL PLANNING

Wednesday, May 8, 1:00-3:00 pm

Powers Memorial Library, 115 W. Main St., Palmyra

This educational workshop offers helpful tips to assist families with difficult conversations around dementia, including going to the doctor, deciding when to stop driving and making legal and financial plans.

This program is sponsored by the ADRC of Jefferson Co. Bonnie Beam-Stratz, Alzheimer's Association and Heather Janes, Dementia Care Specialist will be facilitating the Program. To register, call 800-272-3900.

RESPIRE WISH LIST

1. Seasonal stickers.
2. Person to lead session of laughter yoga
3. Person to teach making paper airplanes

Memory Boxes Wish List:

Fishing Supplies:

- A reel that spins, no need to work
- Lures of any kind
- Artificial bait: gummy worms, etc.
- Maps of area lakes—do NOT need to be current
- Bobbers
- Fishing tape measurer, in a case

Sewing supplies:

- Fabric, about fat quarter size
- Large snaps & Large buttons
- Spools of thread and bobbins
- Needle threaders
- Tracing paper
- Seam ripper measuring tapes
- Hem gauge
- Tomato pin cushion & Ball point pins
- Snub nose scissors
- Embroidery needles

Kitchen items:

- 1 cup flour sifter that has a crank handle, not a squeeze handle
- Small egg beater
- Metal measuring cups and spoons
- Small mixing bowls

Various:

- A sturdy checkbook cover with pen slot
- A deposit/cash bag
- An indoor planting set for small plants with mini tools: trowel, rake, etc.

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.

LUNCH BUNCH

Thursday, May 9, 10:45 am

Enjoy lunch at Harpoon Willie's in Williams Bay.

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

RSVP by Wednesday, May 8

FISH FRY FRIDAY

Friday, May 17 3:45 pm

Join us for a fish fry at the Evergreen Country Club. Voted Best Fish Fry in Walworth Co.

RSVP by Wednesday, May 15

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

Minimum of 7 people

BREAKFAST BUNCH

Wednesday, May 22, 8:15 am

We will head to the Café on Main in Edgerton

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

RSVP by Monday May 20

FORT ATKINSON SHOPPING

Wednesday, May 1, 9:30 am

Get picked up where you live and shop in Fort Atkinson.

Participants choose where to shop.

Fee: \$3.00

RSVP by Monday, May 6

Please note: June Janesville Shop will be Thursday June 12

CONGRATULATIONS LEO!



Monday May 6 1-3:00 pm

Leo has been our fabulous intern since last fall. He will be graduating May 18 from UW-W in Human Health and Performance. Stop in and thank him for all his hard work and dedication. We will have coffee and treats.



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.

Depart 8:15 am and Return approx. 1:30 pm



Support Our Featured Advertiser!



Blackhawk Manor

THANK YOU!!

Linda Norton—Cookies for Bingo

John Rowe—Easter Bunny candy dish

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



Motorcycle Rides

9

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 Thursday, May 30.

Riders must arrive prior to departure to show proof of insurance (card you should be carrying) 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. A participation form is needed if you have not ridden with us before. Helmets are recommended. Call with your email, and we'll keep you current on upcoming rides and rain dates.

Upcoming Rides:

Tuesday, June 11—Classic Cars in Kenosha and lunch at Georgie Porgie's. Depart 9:00 am. Rain date is Wednesday, June 12.

Tuesday, June 18—Antique Archeology in Le Claire IA. Take a leisurely ride to LE Claire IA to visit the home base of Mike Wolfe of *History's American Picker*. It's a small, packed place, full of "treasures". For those who wish, Aunt Hattie's Fanciful Emporium may also be a stop. We will ride back to Savana IL for lunch. This ride will be approximately 290 miles and 10 hours. Depart at 7:00 am. Rain date is Thursday, June 20. Leaders are Jim Pieper and Bruce Parker.

Friday June 28—Head west for a beautiful ride through the hills to the Grumpy Troll in Mount Horeb for a great fish fry. Trip departs at 3:00 pm.

July:

Ride thru Northern Illinois to the Fisher Nut Outlet Store, chocolate and more!
Head for Amarosa and JP Cycles and Museum.



Extended Trips



COSTA RICA: A WORLD OF NATURE

February 23-March 5, 2020

This small group tour, only 19, features a stay in Tortuguero National Park—accessible only by boat or airplane, Arenal Volcano & Manuel Antonio National Park, river boat

safari and bird watching excursion, learn about cacao, farm to table experience, coffee plantation and more! Options for hiking, rafting, and zip lining.

Fee: \$3899 dbl or \$4799 sgl (thru July 23).

To see the itinerary go to <https://gateway.gocollette.com/link/963974>.



MAGICAL MYSTERY TOUR

Wednesday, July 31

This will be a day of something old and something new; where far, far away and nostalgia meets modern fun. You'll experience movie magic, majestic architecture, some history and unique one of a kind. Of course, your taste buds will be tickled with sweet treats! Lunch is included on the trip. There will be some walking but always places to take a break.

Deadline: June 27

Fee: \$64 (checks made out to City of Whitewater)

Depart: Fort K-Mart lot: 7:15 am
Starin Park: 7:45 am

Return (approx.) Starin: 6:00 pm and Fort 6:30 pm



Watch for a **London—Paris** opportunity in September 2020 and a trip from **Seattle to San Francisco** in July 2020.

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, Travel) 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 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 is space available. Please call.

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. Reservation deadline is July 1, dependent on space. Final payment due August 12.



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.

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 with entertainment, a dhou dinner cruise, Abu Dhabi tour, beautiful mosques, marketplaces (souks) and more! Join Deb on this incredible adventure. Inclusive of airport transfers, air, escort, 13 meals and a perfect combination of rich history and modern wonders. \$3389 dbl, \$4338 sgl.



CHAIR MASSAGE

Wednesday, May 1, 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, May 2

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 30



GREETING CARDS

NEW cards are here! We have a great selection of Fravessi cards, including 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
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Activity Calendar

May 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 I = ILYM Library L=Cravath Lakefront</p>		<p>1 9:00 Let's Walk! 9:30 Fort Shop 10:00 Learn Tai Chi- A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 Chair Massage</p>	<p>2 8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 9:30 Toenail Clinic 10:30 Basic Yoga—L</p>	<p>3 9:00 Let's Walk! 10:00 Gadget Gurus 10:30 Scholarly Scoop 12:30 Pickleball (A)</p>
<p>6 8:30 Core & More 9:30 FUNctional Fit 10:30 Bookworms 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Congrats Leo! 1:00 Canasta 1:00 Learn Mah Jongg 1:00 Mah Jongg</p>	<p>7 9:00 Pickleball (A) 10:00 Culver's Bingo 11:15 Pot Luck 12:00 Dominoes 1:00 Sheepshead</p>	<p>8 9:00 Let's Walk! 10:00 Learn Tai Chi- A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 Aztalan Presentation</p>	<p>9 8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L 10:45 Lunch Bunch 1:00 Watercolor Botanicals</p>	<p>10 9:00 Let's Walk! 9:30 Puzzle Exchange 10:00 Open Sewing Group</p>
<p>13 8:30 Core & More 9:30 FUNctional Fit 10:30 Memory Café - I 11:00 WW Warblers 11:30 Senior Forum 12:30 Pickleball (A) 1:00 Learn Mah Jongg 1:00 Mah Jongg 1:30 DFCI meeting</p>	<p>14 9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "The Mule" 12:30 Stained Glass-A 1:00 Sheepshead 5:30 Healthy Gardening Habits</p>	<p>15 9:00 AARP Smart Driver 9:00 Let's Walk! 10:00 Learn Tai Chi—A 11:00 Cont. Tai Chi-A 12:30 Pickleball-A 12:30 Stained Glass-A</p>	<p>16 8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 1:00 Watercolor Botanicals</p>	<p>17 9:00 Let's Walk! 12:30 Pickleball (A) 3:45 Fish Fry</p>
<p>20 8:30 Core & More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Learn Mah Jongg 1:00 Mah Jongg 2:30 Android Group</p>	<p>21 9:00 Pickleball (A) 9:30 Pegs & Jokers 10:30 Basic Yoga—L 1:00 Sheepshead</p>	<p>22 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 12:30 Mulberry Glen Movie "Mr Church"</p>	<p>23 8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:00 Cycle Ride 10:30 Basic Yoga—L 1:00 Healthy Gardening Habits</p>	<p>24 9:00 Let's Walk! 12:30 Pickleball (A)</p>
 <p>27 Closed</p> <p>Memorial Day</p>	<p>28 9:00 Pickleball (A) 10:00 City Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "Stan and Ollie" 1:00 Sheepshead</p>	<p>29 9:00 Let's Walk! 10:00 Learn Tai Chi—A 11:00 Cont. Tai Chi-A 12:30 Pickleball-A</p>	<p>30 8:30 Core & More (?) 9:00 Pickleball (A) 9:00 Toenail Clinic 9:30 FUNctional Fit 10:30 Basic Yoga—L</p>	<p>31 9:00 Let's Walk! 12:30 Pickleball (A)</p> <p>Office Closed</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.

May 7

Chicken Marsala
Peas
Cauliflower
Wheat Bread
Lemon Bar

May 14

Tuna Salad
Wheat Roll
Carrot Raisin Salad
Watermelon
Potato Salad

May 28

Broccoli Quiche
Asparagus
Tomato Juice
Breakfast Sausage
Strawberries
Wheat Bread

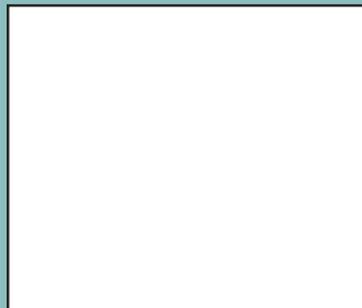


The lotus is the most beautiful flower, whose petals open one by one. But it will only grow in the mud. In order to grow and gain wisdom, first you must have the mud - - the obstacles of life and its suffering. The mud speaks of the common ground that we humans share, no matter what our situations in life. Whether we have it all or we have nothing, we are all faced with (some of) the same obstacles: sadness, loss, illness, dying and death. If we are to strive as human beings to gain more wisdom, more kindness and more compassion, we must have the intention to grow as a lotus and open each petal one by one.



~ Goldie Hawn
(Photo by Hiếu Hoàng from Pexels)

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SAVORY SOUNDS

11:30 am Cultural Arts Ctr
402 W Main St.

June 13: Mike Hackett Jazz Quartet. Lunch by Casual Joe's

June 20: VooDoo Honey Brass Band. Lunch by Rocky Rococo

June 27: Tapestry-Acoustic Folk Quintet. Lunch by Subway



Betty Sweno
Elmer Keske
Jean Bromley
Mark Dorn
Ron 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.

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These supporters make this newsletter possible. Please say Thanks when you patronize their business. Info on each one is at ourseniorcenter.com, search Seniors in the Park and they will be listed on the right side of the site.



SPRING INTO SUMMER WITH CLEAN HEARING AIDS

Have you ever thought about cleaning your hearing aids? Regular clean and checks are the best way to preserve your important investment. Regular maintenance can help extend the life of your hearing aids, and is a must considering the conditions they are exposed to on a regular basis. Moisture, heat, earwax and dirt can all damage electronic components unless cleaned properly. The best way to ensure your devices are working properly is to take them into an audiology clinic for a clean and check. This service costs a nominal fee and will include a complete inspection of your hearing devices. The receivers, microphones, volume control buttons and battery doors will all be inspected and cleaned. Your hearing devices will also be tested to make sure they are performing to standards.

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

LIONS EYEGLOSS COLLECTION

There is a collection bin at The Starin Park Community Building. Drop off your eyeglasses of any kind during our open hours in the Main Room.

WISCONSIN MAKERS

Wisconsin Makers, 200 E Clay Street

We have Senior Make Time on the 1st and 3rd Tuesday afternoons May 7 & 21, from 3-5 pm. All of our areas are open each week for you to work on projects. We will also be giving tours of the MakerSpace.

May 7 - A member instructor will be making a Pop-Up card for Mother's Day with our Laser engraver.

May 21 - Our member instructor will show you how to make a sculptural piece using nails and a block of wood. Your design could be lettering or your house number to display. Bring an idea and we will make some nail art.

Open Make Nights are May 7—Laser engraver and Mother's Day project. will be featured. May 21—We have new equipment and new members with knowledge of glass fusing. 6-8 pm.

For more information, email 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 we 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

Thank you, Whitewater Unites Lives



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, www.whitewater-wi.gov, click on Departments, then Seniors in the Park or ourseniorcenter.com/find/seniors-in-the-park.

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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www.whitewater-wi.gov

*Seniors in the Park is a division of
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