



# The Park Bench

June 2019

Seniors in the Park Newsletter

## SUMMER PICNIC AND CAR SHOW

Wednesday, June 19

Food, Classic Cars and a DJ playing 50's and 60's music. Tickets are \$5.00, including choice of hamburger, cheeseburger, brat or chicken, with coleslaw, chips, beverage and ice cream. Games start



at 11:30 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 11.



Volume XIX Issue 6

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## AZATALAN: MYSTERIES OF AN ANCIENT INDIAN TOWN

Monday, June 10 1:00 pm

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."

**JUNE IS BRAIN HEALTH AND DEMENTIA AWARENESS MONTH!**  
Get your purple on! (See Pages 3 & 7)



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

## POLE WALKING

Wednesday, June 12, 1:00 pm

Maybe you just want to see what they are or to vary your workout. You can increase your cardio workout by 20% and calorie burn by up to 48% more using poles! Lessen the impact on joints, naturally align your spine and work your core. Poles are provided or bring your adjustable poles.

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

Deadline: Thursday, June 6

Class # 5211.12 (wwparks.org)

Location: Starin Park Community Building

Tuesday July 17 @ 10:30 am

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

Deadline: Monday, July 9

Class # 5211.13 (wwparks.org)

Location: Starin Park Concession Stand



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

## GOOD BRAIN HEALTH CAN BE FUN!

Monday June 24 1:00 pm

Brain power is a hot topic for all ages, but there has been a particular focus on elder brain health and the power of “Super Agers” - older adults who have cognitive abilities on par with people decades younger than them. From what to eat, how to exercise, and who you spend your time with, these are things super agers are doing on a regular basis.



There is much talk about age and the symptoms of dementia, but what if you had information about how to slow down the process if you're destined for the symptoms? This session will cover the six components of good brain health. Find out what you can do and why it's not too late to start now. Please register in advance.

## 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 by Friday, May 31 if you will be paddling with us.



Tuesday, June 18, at 10:00 am.

Adults of all ages are invited to meet at the boat launch at Storrs's Lake in Milton or you can meet at Starin Park and drive together to the site. Please let us know which when you sign up. You must check in with Bonnie or Deb, 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. If you will paddling, please call by Thursday, June 13.

## BASIC YOGA

Tuesdays July 9—August 27

Thursdays, July 11—August 29

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: dependent on number of weeks.

**Payment/Deadline: Thursday June 27**

\*Note: Class schedule may change dependent on Brienne's vacation schedule, not available at press time.



## VIRTUAL DEMENTIA TOUR – DEMENTIA LIVE

Friday, June 21, 10 am—2 pm by appointment  
Mulberry Glen, 1225 W Main St.

“The greatest form of respect we can give is to walk in someone else’s shoes.” The Whitewater Dementia Friendly Community Initiative and Mulberry Glen are partnering to offer Dementia Live, a hands on approach to giving people an opportunity to walk in the shoes of someone who has dementia. Taking time to understand dementia will help people to understand the person’s frustrations, fears and limitations and help you understand how to better interact with someone with dementia. The tour takes 30 minutes. The actual time in the simulation itself is 10 minutes. There is a pre-test, release form and post tour questionnaire.

Please make an appointment by Monday June 17. Call 262 473-4515  
Or email [jspohn@capricommunities.com](mailto:jspohn@capricommunities.com)

## GO PURPLE ON THE LONGEST DAY!

Friday, June 21

On the longest day of sunlight we shine the spotlight on Alzheimer’s. Awareness and Brain Health. Ideas for the day include: Wear purple, the color of support. Nourish your brain (and body) with healthy foods including fruits and vegetables. Learn something new. Put on some music and dance. Go for a hike, walk or bike ride. Exercise is great for brain health. Know someone who is a caregiver? Take a meal or offer to help in some way. Former Gov. Martin Schreiber says it best “If Alzheimer’s is bad, ignorance of the disease is worse.”

## ANDROID GROUP

Monday, June 17, 2:30 pm

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

June 17: Downloading programs (apps) for your enjoyment, home or work (free or pay). Please register in advance.



## 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 and the Bader Foundation.

## 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.



## SENIOR FORUM

Monday, June 10, 11:30 am

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

## 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](http://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 Parks and Recreation Program Guide is now available!

## CONCERT IN THE PARK

Thursday, July 25 7:00 pm  
Cravath Lakefront Park

Seniors in the Park will be sponsoring Gary the Band.

Gary has a unique sound, basing their approach on vocal harmonies and tasteful guitar work. With all members of the band sharing the duties of vocals, guitar, keyboard and percussion, Gary is able to play a diverse selection of music including classic and modern Pop, Rock, Folk and more.



## ACTIVITIES AT A GLANCE

**'FUN'ctional Fitness**—Mondays & Thursdays 9:30 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 & 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

June 25 & 26, 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, June 21



## BASICS & BEYOND IN WATERCOLOR

Thursdays, June 6 –27, 1-4pm

This class will focus on basic painting and textures in watercolors. Topics will include different papers, brushes, paints and materials used in watercolor painting. We will create a texture board, using different materials and techniques. The last two weeks, we will be practicing wet into wet working off reference photos.

Please bring all watercolor supplies: paints (at least yellow, red, blue), palette or something to mix paints on, paper (140lb cold press), round brush size 4 and 8 and a 1/2" flat brush, a board or plastic garbage bag, water container, paper towels, blue painters tape and a fine water mister.

Instructor: Rita Carpenter

Cost: \$15 per class

Session fee is payable to the instructor on June 6 by cash or check (made to ART on the Fly)

Deadline: Friday, May 31

## ABSTRACT COLLAGE

Thursdays, July 11-25 1:00—4:00pm

This session will focus on collage. Subject matter will be abstract composition, but attendees may explore other subjects: flowers, landscape or still life, etc. Please bring references. Each session will include a demonstration on a technique or concept and plenty of time for individual painting with optional one-on-one coaching. Beginning, intermediate and advanced concepts will be covered.

Cost: \$15 per class or \$37.50 session fee for those pre-registered. Fee payable to the instructor July 11 by cash or check.

Deadline: Friday, July 5

Minimum: 8 people; Maximum: 16 people

If the minimum is met, walk-ins may attend for the \$15 per class.

Instructor: Karolyn Alexander Tscharnack. To see examples of her art, visit her website at: [www.karolyn.biz](http://www.karolyn.biz)



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## BOOK WORMS

**Monday, June 3, 10:30 am**

The Book Club will discuss *The Story of Arthur Truluv* by Elizabeth Berg. The book for July will be *Before We Were Yours* by Lisa Wingate.

Memphis, 1939. Twelve-year-old Rill Foss and her four younger siblings live a magical life aboard their family's Mississippi River boat until their father must rush their mother to the hospital. Rill is left in charge until strangers arrive and take them to a Tennessee orphanage. They are assured they will soon be returned to their parents, but they quickly realize the dark truth. Rill fights to keep her sisters and brother together in a world of danger and uncertainty. Aiken, SC, present day. Born into wealth and privilege, Avery Stafford seems to have it all. But when she returns home to help her ill father, a chance encounter compels her to take a journey through her family's long-hidden history, on a path that will ultimately lead either to devastation or to redemption. Based on a notorious real-life scandal.

## MOVIES: SPONSORED BY MULBERRY GLEN

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



**"Second Hand Lions"**  
(Comedy/Drama/Family)  
Wednesday, June 5, 12:30 pm,  
Rated PG; 1 hour, 51 minutes (2003)

A coming-of-age story about a shy, young boy sent by his irresponsible mother to spend the summer with his wealthy, eccentric uncles (Michael Caine & Robert Duvall) in Texas. The boy soon learns that there's more to his new guardians than meets the eye, especially when Caine starts spinning tales about their globetrotting adventures as young men. . This SITP At Your Request film was requested by Dan Sable.

**"What They Had"**  
(Family/Drama)  
Tuesday, June 11, 12:30 pm,  
Rated R (language) (2018)

Bridget (Hilary Swank) returns home to Chicago at her brother's (Michael Shannon) urging to deal with her ailing mother (Blythe Danner), and her father's (Robert Forster) reluctance to let go of their life together. Winner of AARP's Movies for Grownups Best Grownup Love Story Award. AARP says "there is no better cinematic portrait of a marriage and a family stricken by Alzheimer's, in one of the best dramas about Alzheimer's ever filmed."

**"Isn't It Romantic"**  
(Comedy/Fantasy/Romance)  
Tuesday, June 25, 12:30 pm,  
Rated PG-13; 1 hour, 29 minutes

OK, all of you fans of Hallmark Channel romance comedies: this one's for you! A plus-sized young woman (Rebel Wilson) disenchanted with love finds herself trapped inside a "rom com" from which there is no escape. Also stars Liam Hemsworth and Adam Devine. A hilarious take on all of the conventions



**Tuesdays, 10:00 am**  
June 4: Mulberry Glen  
June 11: Culvers  
June 25: City Bingo

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

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**JOIN** the Whitewater Dementia Friendly Community Initiative (WDFCI), as we work to create community awareness, provide training and support care partners and those with dementia, by calling Deb at 262-473-0535 or email [dweberpal@whitewater-wi.gov](mailto:dweberpal@whitewater-wi.gov).

## 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 for medical interventions and afford an individual the opportunity to participate in long-term care, and legal and financial planning.

## WHITEWATER MEMORY CAFÉ

**Monday, June 10, 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 event is held on the second Monday of the month. The June theme is Famous Movies. If you are attending for the first time, please call 800-272-3900.

## CAREGIVER SUPPORT GROUP

**3rd Thursday of the Month 2:00—3:00 pm**

**Irvin L Young Memorial Library**

Questions or info needed, call Alzheimer's Assoc. at 800-728-4088.

## “MY TWO ELAINES”

**Wednesday, June 12, 6:30 pm**

**Dwight Foster Library, Fort Atkinson**

"If Alzheimer's is bad, ignorance of the disease is worse." Former WI Gov. Martin Schreiber will share what he has learned, and will talk about his award-winning book, "My Two Elaines: Learning, Coping, and Surviving as an Alzheimer's Caregiver," This program is free and open to the public. Contact the library at (920) 563-7790 to register.

## MEMORIES IN THE MAKING

**Wednesday, June 26, 10 am—noon**

**Jefferson Senior Center, 859 Collins Rd, Jefferson**

This is a one-time art program for persons experiencing early stages of memory loss and their care partner(s). No experience necessary! Snacks provided.

Registration is required and can be made by contacting Bonnie Beam-Stratz at [bbeam@alz.org](mailto:bbeam@alz.org) or 800.272.3900.

## RESPITE WISH LIST

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

### Afternoon Volunteers Still Needed

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

### Memory Boxes Wish List:

Fishing Supplies:

- Lures of any kind
- Artificial bait or gummy worms
- Maps of area lakes—do NOT need to be current
- Fishing tape measurer, in a case

Sewing supplies:

- Large snaps
- Needle threaders
- Measuring tapes
- Hem gauge
- Tomato pin cushion & Ball point pins
- Snub nose scissors

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

## LUNCH BUNCH

**Thursday, June 13, 10:30 am**

Enjoy lunch at So Chopped Salad Bar, located inside The Bodacious Shops on N. Main Street in Janesville. So Chopped offers a wonderful selection of fresh, unique and healthy salads, as well as a rotating selection of delicious soups and sandwiches. After lunch you can visit Bodacious Brew, Bodacious Oils or get a cupcake at the Sweet Velvet Cake Company.

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

RSVP by Wednesday, June 12

## FISH FRY FRIDAY

**Friday, June 21, 4:00 pm**

Join us for a fish fry at Norm's on Lake Koshkonong.

RSVP by Wednesday, June 19

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

Minimum of 7 people

## BREAKFAST BUNCH

**Thursday, June 27, 8:15 am**

We will head to the Parkview Café in Milton.

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

RSVP by Monday, June 24

## JANESVILLE SHOPPING

**Thursday, June 6 9:30 am**

**\*\*Note the date change**

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, June 4

## 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**

Join us at this internationally-known botanical garden at the height of summer bloom for a guided tour with Horticulture Directory, Mark Dwyer. 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



## CAR SHOW AND CONCERT

**Sunday, June 30**

We're off to Phoenix Park in Delavan to see the Classic Car Show and listen to PF and the Flatheads, a 50's band. Van will depart Starin Park at 1:00 and the music starts at 2:00. You'll have time to walk around and look at cars. They have a great food truck on site with drinks and food, including beer. Bring your lawn chair and enjoy a great day in the park.

Fee: \$3.00 members, \$5.00 non members.

Deadline: Tuesday June 25



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# Motorcycle Rides & Bus Tours



## MOTORCYCLE RIDES



**Tuesday, June 11**—Tour Classic Cars in Kenosha and have 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. Thanks to Jim Peiper for planning.

**Tuesday, June 25**—Take a long ride to Amarosa IA the Motorcycle museum and JP Cycles. Leader is Bruce Parker. Depart at 7:30.

**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. Rain date is Friday July 12

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: July

**Tuesday, July 9**—Visit the EAA Aviation Museum, Shettl's Weird Statues and Oddball Art Junk. 62+ \$10 or <62 \$12.50. Depart at 9:00 am. Jim and Patty Harmon leaders. Thanks also for planning, too!

**Tuesday July 23**—Ride thru Northern Illinois to the Fisher Nut Outlet Store, chocolate and more!



## 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

## HISTORIC GALENA



Save the Date! Tuesday September 17, we will be heading to Galena, IL for a fascinating day in an historic town. The day will start with a trolley ride around town with a guide talking about the architecture and stories of Galena. After your included

lunch you'll have time to wander the streets, shop, taste wine, find chocolate or just sit in a coffee shop and savor the day.

More info coming soon. Get your name on the list and we will keep you up-to-date with fees and times.

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

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, Travel) or stop in at the Starin Park Community Building.

## 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>.



## 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**

Just in! **The World's Fair (Dubai Expo 2020) will open while we are there.** Don't miss this once in a lifetime opportunity! 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. Saving of \$200 per couple if booked by July 31.



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

## CHAIR MASSAGE

**Wednesday, June 5, 1:00 pm**

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

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



## TOENAIL CLINIC

**Thursday, May 30**

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, June 27**



## 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
- 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

## June 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<b>3</b> 9:30 FUNctional Fit 10:30 Bookworms 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg	<b>4</b> 9:00 Pickleball (A) 10:00 Culver's Bingo 10:30 Basic Yoga—L 11:15 Pot Luck 12:00 Dominoes 1:00 Kayak 1:00 Sheepshead	<b>5</b> 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 "Second Hand Lions" 1:00 Chair Massage	<b>6</b> 9:00 Pickleball (A) <b>9:30 Janesville Shop</b> 9:30 FUNctional Fit 9:30 Toenail Clinic 10:30 Basic Yoga—L 1:00 Watercolor	<b>7</b> 9:00 Let's Walk! 12:30 Pickleball (A)  <b>Office Closed</b>
<b>10</b> 9:30 FUNctional Fit 10:30 Memory Café - I 11:00 WW Warblers 11:30 Senior Forum 12:30 Pickleball (A) <b>1:00 Aztalan            Presentation</b> 1:00 Mah Jongg 1:30 DFCL meeting	<b>11</b> <b>9:00 Cycle Ride            departs</b> 9:00 Pickleball 10:00 Mulberry Glen Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "What They Had" 1:00 Sheepshead <b>1:00 Let's Paddle!</b>	<b>12</b> 9:00 Let's Walk! 10:00 Learn Tai Chi- A <b>10:45 Mallard trip            departs</b> 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) <b>1:00 Pole Walking</b>	<b>13</b> 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L <b>10:30 Lunch Bunch</b> 1:00 Watercolor	<b>14</b> 9:00 Let's Walk! 10:00 Open Sewing Group 12:30 Pickleball  <b>Office Closed</b>  
<b>17</b> 9:30 FUNctional Fit 11:00 WW Warblers 1:00 Canasta 1:00 Learn Mah Jongg 1:00 Mah Jongg <b>2:30 Android Group</b>	<b>18</b> <b>7:00 Cycle Ride            departs</b> 9:30 Pegs & Jokers <b>10:00 Kayak</b> 10:30 Basic Yoga—L 1:00 Sheepshead	<b>19</b> 9:00 Let's Walk! 10:00 Learn Tai Chi—A 11:00 Cont. Tai Chi-A <b>11:30 Picnic</b>  	<b>20</b> 9:30 FUNctional Fit 10:30 Basic Yoga—L 1:00 Watercolor 2:00 Caregiver Support Group—I	<b>21</b> 9:00 Let's Walk! <b>10:00 Dementia Live            @ Mulberry Glen</b> 4:00 Fish Fry  <b>The Longest Day            Go Purple</b>
<b>24</b> 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) <b>1:00 Brain Health            Presentation</b> 1:00 Mah Jongg	<b>25</b> <b>7:30 Cycle Ride            departs</b> 9:00 Pickleball (A) <b>10:00 Let's Paddle!</b> 10:00 City Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "Isn't It Romantic?" 12:30 Stained Glass-A 1:00 Sheepshead	<b>26</b> 9:00 Let's Walk! <b>8:15 Rotary Gardens            Trip departs</b> 10:00 Learn Tai Chi—A 11:00 Cont. Tai Chi-A 12:30 Pickleball-A 12:30 Stained Glass-A <b>1:00 Memory            Screening</b>	<b>27</b> 8:15 Breakfast Bunch 9:00 Pickleball (A) 9:30 Toenail Clinic 9:30 FUNctional Fit 10:30 Basic Yoga—L 1:00 Watercolor  <b>Mystery Tour            Deadline!</b>	<b>23</b> <b>Whitewater Heritage            Day</b>
				<b>28</b> 9:00 Let's Walk! 12:30 Pickleball (A) <b>3:00 Cycle Ride            departs</b>
				<b>30</b> <b>1:00 Car Show and            Music trip departs</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.

### June 4

Sloppy Joe  
Wheat Bun  
Sweet Potatoes  
Baked Beans  
Tropical Fruit

### June 11

Lemon Pepper Fish  
Red Potatoes  
Broccoli  
Pumpkin Bar  
Wheat Bread

### June 25

Tuna Salad  
Wheat Roll  
Carrot Raisin Salad  
Watermelon  
Potato Salad

## THANK YOU!!

**Jim Mikulich** for his years of volunteering to teach Tai chi and being a key holder for pickleball.

**Ken Hoffman** who will be our new tai chi instructor.

Just wanted to thank my awesome 'fun'ctional fitness class for a great season and wish them a happy summer and tell them to keep on exercising! See You in September ~*Mary Zordel*

**Linda Norton**—cookies for bingo every month.

**Everyone** who dropped off supplies for the memory boxes. The list is shrinking.



Recycle old cell phones, small electronics and eyeglasses (Lion's Club) here at the center.

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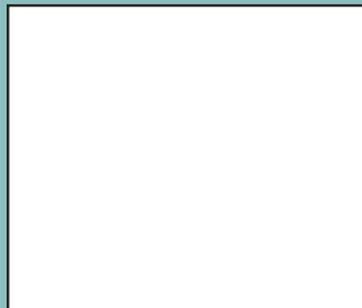


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## SAVORY SOUNDS

**11:30 am Cultural Arts Center, 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

## CONCERTS & FAMILY FUN NIGHTS

**Thursdays, 7:00 pm Cravath Lakefront Park**

**July 11** Concert: Palmyra-Eagle Community Band

**July 18** Family Fun Night: Big Rig Gig

**July 25** Concert: Gary the Band

**Aug. 1** Family Fun Night: David Stokes

**Aug. 8** Family Fun Night: Philip & Henry Magic Show

**Aug. 15** Concert: Piper Road Spring Band

All events are free.



**Vicky Flitsch**

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.)

## COORDINATOR'S COMMENTS



As we approach the 40th Anniversary of Seniors in the Park in 2020, I need YOUR input. Is Seniors in the Park an appropriate name for our group? Does the word senior inhibit you from attending? We are looking at a new logo and building signage with our name. We have come to the tipping point of keep or change and I really need YOUR input on this. Last time I asked, it was about 50-50 whether to keep the name or not. Please voice your opinion and ask others who may not participate what they think. You are my eyes and ears in the community. If you have any wonderful names for the program, please submit and you may win a prize.

June is also Brain Health and Alzheimer's Awareness Month. People fear getting dementia almost more than any other disease and yet there is stigma and little knowledge about the disease. The Whitewater Dementia Friendly Initiative is working diligently to help educate the community about dementia and support caregivers and those with dementia. We would love to talk to your group and train your business to be dementia friendly. Let me know and I'll make it happen. Teepa Snow says it best: *"Dementia doesn't rob someone of their dignity; it's our reaction to them that does."*

## VOLUNTEER OPPORTUNITIES

**Newsletter:** A person is needed monthly to count and sort newsletters for distribution and a small mailing. Day and time is when the newsletter arrives.

**Newsletter delivery person** is needed to take the monthly newsletter to the Irvin L. Young Memorial Library.

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 in any way.

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.

## WHITEWATER HERITAGE DAY

**Sunday, June 23, 10:00 am-4:00 pm**

The Bassett House is sponsoring Whitewater Heritage Day, with a tour of the Main Street Historic District, including inside tours of the Smith-Allen house, Engebretson-Dorr house, Hamilton House, White Memorial Library (now the Cultural Arts Center), the Depot Museum, Bassett House, as well as docents at the outside of various other historic properties along Main Street. There will be a Food Truck festival at the Young Library, an ice cream social at Bassett House, roving impersonators of Historical figures in Whitewater's history, etc. Truly an all-city event!

Volunteers are needed at the sites. You do not need to know facts about the sites; you will be provided with that information before the event. A "shift" will be 2 hours 15 minutes long. Please contact Jan at 262-949-0644 or [jgoder1976@gmail.com](mailto:jgoder1976@gmail.com), if you can volunteer.

## WISCONSIN MAKERS

### Wisconsin Makers, 200 E Clay Street

We have Senior Make Time on the 1st and 3rd Tuesday afternoons 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.

**June 4**—Father’s Day projects: A member instructor will be making a Pop-Up card for Father’s Day with our Laser engraver.

**June 18**—Let’s Make Something! Our member instructor will be using Poem Generator technology to create poems for special occasions or just for fun.

**Open Make Nights** are June 4 and June 18. 6-8 pm.

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

## GUN VIOLENCE AWARENESS DAY

### Saturday, June 8, 10:00 am, Rotary Depot shelter along Fort Atkinson Glacial River trail across from Family Video (303 S 3rd St W)

Non-profit, non-partisan grassroots organization Moms Demand Action-Whitewater will host a free, family-friendly event. The Wear Orange Family Bike/Hike is an opportunity to bring together families and raise awareness about America’s gun violence epidemic. Trail maps and activity guides will be provided when families check in. People can bike or hike at their own pace and enjoy the beauty of Fort Atkinson’s Glacial River trail.

Participants are invited to wear orange clothing, snack on orange snacks and decorate their bikes with orange trimmings to honor gun violence victims. To learn more about this nationwide event, now in its 5th year, visit [WearOrange.org](http://WearOrange.org), or join Moms Demand Action on June 8 for the Wear Orange Family Bike/Hike!

## LUNCH FIXINGS PROGRAM

School feeding programs are the main nutritional support for many of our Whitewater children. Without these programs in the summer, many children go hungry. Whitewater Unites Lives (WUL), in cooperation with The Community Space, community churches, groups and individuals, fills that feeding gap. Our fund-raising target is \$7,500. If you are deciding whether to contribute food or contribute money, Because we are able to buy food at cost or at substantial discounts, monetary donations are most appreciated.

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)



## 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 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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..... Friday various days/hours

### Senior Coordinator

Deb Weberpal, CPRP  
dweberpal@whitewater-wi.gov

### Volunteer Editor

Romelle Koch

### Front Desk

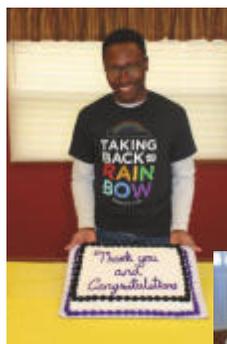
Patrea Wilson

### Parks & Recreation Director

Eric Boettcher

Websites: [schedulesplus.com/wwtr](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  
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