



The Park Bench

July 2019

Seniors in the Park Newsletter

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.



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SUMMER HEAT PARTY

Friday, July 26

Treats at 1:00 pm; Concert at 1:30 pm

Come on in out of the heat and enjoy ice cream in it's many forms. We'll have cones, sundaes and root beer floats for \$2.00 from 1:00—3:00. At 1:30, the White-water Warblers will be giving an encore performance of their 2019 show. The show goes international this year, World Domination! Enjoy their trip around the world in music! Please register by Tuesday July 23.

Volunteers are needed. If you would like to help set up, serve or clean-up, please let Deb know.



LIFE IN COPENHAGEN DURING WW II

Wednesday, July 24, 1:00 pm

Karin Campbell will speak about her childhood growing up in Copenhagen during WW II—the lack of food, heat and basics. Two Jewish girls stayed with them for ten days during the “hunt”. Her father had a small part in the underground. Her school was taken over by Hitler Youth and she’ll talk about the day of liberation on May 5, 1945. Please let us know if you will be attending this interesting talk.



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

POLE WALKING

Thursday, July 11 @ 10:30 am

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: Monday, July 9

Class # 5211.13 (wwparks.org)

Location: Starin Park Concession Stand



TENNIS PLAYERS NEEDED

Mondays, 5:00 pm

University Courts

Women tennis players needed to play tennis. If interested, call Jean Bula, 608-412-006 or Sue Leffingwell, 262-473-6296.



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

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: \$24.00 (6 weeks)

Payment/Deadline: Thursday June 27

No classes July 16, 18, 23 & 25



LET'S PADDLE!

Tuesday, July 16 10:00 am

Adults of all ages are invited to meet at the boat launch on Rice Lake. You will need a state park sticker or a day pass which you can get at the DNR station on Kettle Moraine Road. 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. Please call by Friday, July 12 if you will be paddling with us.



BICYCLE RIDES

Whitewater – The Fremont Loop

Friday, July 26, Depart 9:00 am

Join us for a leisurely, 10-mile bike ride beginning at Starin Park We'll take the bike trail north from the park, then follow rolling country roads and loop back to the beginning. Wear a bright colored top and besides your faithful bicycle, bring your helmet, water, an energy bar, sunscreen and your sense of adventure.

You must have a participation waiver on file. Please register for the ride by July 24.



Janesville Trails to Mocha Moment

Wednesday August 14, 9:00 am

Explore the beautiful Janesville trail system by bicycle and enjoy coffee and treats or lunch at Mocha Moment. Meet at the Best Buy/Pier 1 parking lot at Pine Tree Plaza in Janesville (2800 Deerfield Dr.). We'll follow the leader on paved trails through wooded greenbelts and along a sparkling creek. There will be a rest-room stop in a park along the way. There is one short challenging hill as we head to the café. It's always OK to walk. Wear a bright colored top and besides your faithful bicycle, bring your helmet, water, an energy bar, sunscreen and your sense of adventure.

You must have a participation waiver on file. Please register for the ride by August 12.

HEALTHY BOWEL & BLADDER

Check out this new free educational website for women – www.healthybowelandbladder.org

Did you know that:

1 in 4 women have issues with bladder or bowel control before menopause?

1 in 2 women experience incontinence after menopause?

While these issues are very common, they don't have to be. There are things we can do to prevent or improve symptoms – without medication or surgery. By doing low-impact exercises, and making small changes to how we eat and drink, we can improve bladder and bowel health and prevent leakage.

“Mind Over Matter: Healthy Bowels, Healthy Bladder” is an educational program designed to give women the tools they need to prevent or control bladder and bowel symptoms. Scientific studies showed that attending this program in-person reduced or even cured symptoms for many Wisconsin women.

Since not everyone has access to the in-person Mind Over Matter program, researchers at the UW – Madison created a website version of the class. This educational program for women is free of charge and you can access it whenever and wherever you want to, using a computer, tablet, or mobile phone.

Visit www.healthybowelandbladder.org to learn more. Even if you don't have leakage symptoms now, it's never too early to start thinking about your bladder and bowel health!

ANDROID GROUP

Monday, July 15, 2:30 pm

Bring your Android tablet or Kindle Fire and tackle the monthly topic. The topic for July will be using your local library, accessing books, magazines, reference, research local government, schools, clubs. Tom Fick will facilitate the group.

August 19: The Big Gorillas, YouTube, Ebay, Amazon. Using Google's personal assistant, voice.



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, August 12, 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 Parks and Recreation Program Guide is now available!

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

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



ABSTRACT COLLAGE – BASICS AND BEYOND PART 2

August 1-22 1:00—4:00 pm

Open to all levels

This session will continue to focus on collage. Subject matter will be abstract composition, but attendees may explore other subjects: flowers, landscape or still life, etc. Please bring references. Watercolor or acrylic paint may be used, in addition to collage. 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.

Deadline: Friday, July 26

Fee: \$15 per class or \$50.00 session fee for all 4 classes for those who are pre-registered.

Session fee is payable to the instructor on August 1 by cash or check.

Instructor: Karolyn Alexander Tscharnack www.karolyn.biz

PHONES AND FLOATS

Monday, July 22 1:00pm

Enjoy a root beer float and find out about no-cost phones for hard of hearing.

ClearCaptions offers no-cost, federally funded phones to those who need help hearing on the phone. The phones are funded through Title IV of the Americans With Disabilities Act. Title IV established the Telecommunications Relay Service Fund which requires all telecommunications companies in the United States to pay a fraction of their fees into this fund. Every person who owns a home and/or cell phones pays a Universal Service Fee each month ranging from \$.50 to \$1.50 that also is placed into this fund to offer no-cost phones. We also offer a mobile app that now provides captioning as well.

Please call if you will be attending.



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BOOK WORMS

Monday, July 1, 10:30 am

The Book Club will discuss *Before We Were Yours* by Lisa Wingate. The book for August will be *The Radium Girls* by Kate Moore.

Hundreds of girls toil amidst the glowing dust of the radium-dial factories. The glittering chemical covers their bodies from head to toe; they light up the night like industrious fireflies. With such a coveted job, these "shining girls" are the luckiest alive — until they begin to fall mysteriously ill.

But the factories that once offered golden opportunities are now ignoring all claims of the gruesome side effects, and the women's cries of corruption. And as the fatal poison of the radium takes hold, the brave shining girls find themselves embroiled in one of the biggest scandals of America's early 20th century, and in a groundbreaking battle for workers' rights that will echo for centuries to come.

REMINDERS

If you change your email, phone number or address, please remember to let us know. There are times we need to contact you with cancellations or other information. Thanks for your help

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

MOVIES: SPONSORED BY MULBERRY GLEN

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



"On the Basis of Sex"
(Biography/Drama)
Tuesday, July 9; 12:30 pm
PG-13; 2 hours (2018)

The true story of Ruth Bader Ginsburg, her struggles for equal rights and the early cases of a historic career that led to her appointment by President Bill Clinton and confirmation as a US Supreme Court Associate Justice, in 1993. Starring Felicity Jones as RBG, and Armie Hammer as her husband, Martin.

"The Long Gray Line"
(Biography/Drama/Sports)
Wednesday, July 17; 12:30 pm

Rated G; 2 hours, 18 minutes; Technicolor (1955)

In 1898, a salt-of-the-earth Irish immigrant, Martin Maher (Tyrone Power), is hired as a civilian employee at the US Military Academy at West Point, where during a 50-year career, rises to the rank of NCO and instructor. Also stars Maureen O'Hara, Ward Bond, Peter Graves and Milburn Stone. Directed by John Ford. This "At Your Request" film was suggested by Betty Sweno.

"Shazam!"
(Action/Adventure/Comedy)
Tuesday, July 23; 12:30 pm
Rated PG-13; 2 hours, 12 minutes (2019)

As a kid, who didn't dream of being invincible and able to leap tall buildings in a single bound? Well, wishes do come true for 14-year-old Billy Batson, after meeting the mystical wizard Shazam. With one magic word, Billy is transformed into an adult superhero: Captain Sparklefingers! Err, Thundercrack? (Due to copyright laws, he can't be called the original, Captain Marvel). A hilarious, fun film for all!

"Vice"
(Biography/Drama/Comedy)
Tuesday, July 30; 12:30 pm

Rated R (Language; violence); 2 hours, 12 minutes (2018)

The story of Dick Cheney, who yielded immense power as Vice President to POTUS#43, George W. Bush. Starring Christian Bale, Amy Adams, Steve Carrell, Sam Rockwell, and Tyler Perry. Nominated for Best Film; Best Actor; Supporting Actress & Actor.

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, July 8, 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 July theme is In the Garden. 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.

ALZHEIMER'S COMMUNITY FORUM

Friday July 12, 2—4:00pm

ADRC Auditorium

W4051 Co. Rd. NN, Elkhorn

This form provides an opportunity to ask questions, learn about resources and give feedback to help the Association better identify needs, gaps in resources and opportunities. Registration is requested. Call 800-272-3900 or email alz.org/sewi to register.

“Dementia doesn't rob someone of their dignity; it's our reaction to them that does.”

~Teepa Snow

Everyone deserves to be treated with dignity regardless of race, color, creed, gender or *disease*.

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.



Tuesdays, 10:00 am

July 2: Mulberry Glen

July 9: Culvers

July 23: City Bingo

July 30: Surprise Bingo

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

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WISCONSIN FARM TECHNOLOGY DAYS

July 23-25 at the Walter Grains Farm in Johnson Creek.

Wisconsin Farm Technology Days was initially designed to take the university research findings to the Wisconsin citizens on a functioning farm during an outdoor show. See hundreds of exhibitors. Entrance fee is \$8.00. More info online at <http://www.wifarmtechnologydays.com/>



LUNCH BUNCH

Thursday, July 11, 10:30 am

Enjoy lunch at the Lauderdale Landing on Lauderdale Lake.

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

RSVP by Wednesday, July 10

August: Lake Mills Choice

FISH FRY FRIDAY

Friday, July 19 3:30 pm

Join us for a fish fry at Sunset Bar & Grill outside Fort Atkinson

RSVP by Wednesday, July 17

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

Minimum of 7 people

BREAKFAST BUNCH

Thursday, July 25, 8:15 am

We will head to the Hen House in Eagle.

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

RSVP by Monday, July 22

August: The Elk

FORT ATKINSON SHOPPING

Wednesday, July 3, 9:30 am

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

Fee: \$3.00



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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



PACESETTER ALPACAS

Monday, July 29

Watch a video and learn about these wonderful animals and the end product, yarn. We'll tour the farm and visit

the gift shop. Dennis and Christy Pace have been breeding Suri Alpaca since 1995.

Enjoy lunch (on your own) at Bessie's Diner at the Rock County Airport.

Fee: \$8.00 Deadline: Monday July 22

Depart: 9:15 am Return: 1:30 pm (approx.)

WISCONSIN STATE FAIR

Thursday, August 1

Enjoy cream puffs, entertainment, food, animals and rides at the Wisconsin State Fair. Entrance fee is on your own.

As of press time, no discounts were posted. Seniors are \$8

Fee: \$10 (transportation, parking & driver)

Deadline: Monday, July 22

Depart: 8:30 am Return approx. 4:30 pm



MILWAUKEE COUNTY ZOO

Friday, August 30

It's FREE day at the zoo! Ride with us and enjoy the animals. As one of the country's finest zoological attractions,

the Milwaukee County Zoo will educate, entertain and inspire you! Visit over 3,100 mammals, birds, fish, amphibians and reptiles in specialized habitats spanning 190 wooded acres. Explore educational wild-life shows, fun attractions. There is a zoo app for your smart phone!

Fee: \$10 (transportation, parking, driver)

Deadline: Monday, July 22

Depart: 8:30 am Return approx. 4:30 pm

Motorcycle Rides & Bus Tours

9

MOTORCYCLE RIDES



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

Tuesday, July 9—Visit the EAA Aviation Museum, Shettl's Weird Statues and Oddball Art Junk. 62+ \$10 or <62 \$12.50. Lunch will be at Johnny Rockets. 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 and lunch at Portillo's. Depart at 8:30 am.

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.

Where to in August? Nothing is planned. Let Deb know or discuss on a ride.

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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



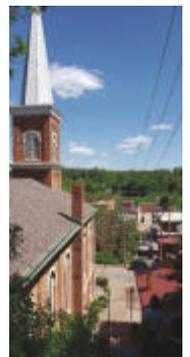
HISTORIC GALENA

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 at the DeSoto House with a choice of Grilled Salmon, Loin of Pork or Pasta DeSoto. You'll have time to wander the streets, shop, taste wine, find chocolate or just sit in a coffee shop and savor the day.



Fee: \$69.00

Deadline: Monday, August 19 (no exceptions!)

Depart: Fort K-Mart 7:00 am (if enough signed up)

Starin Park 7:30 am

Return: Starin Park 6:00 Fort K-Mart 6:30 pm

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, 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.

CUSTOM SWIM PLUGS MAKE WATER ACTIVITIES SAFER

When summer is in full swing, many people turn to water activities in order to beat the heat. A refreshing dip can pose a hazard to your hearing. By taking precautions and wearing swim plugs before entering any water, you can prevent infection and other potential damage to your ears.

You may not see a need for swim plugs, but the problem comes from what you don't see. That body of water may appear benign and inviting, but beneath the surface can be microscopic bacteria, which can enter the ear canals and cause a painful infection. This causes itching, swelling and fluid drainage, and may lead to chronic infections and hearing loss if left untreated. Antibiotics are usually needed to clear up the infection.

Another source of concern is exostosis, or surfer's ear. Exposure to cold water and wind can cause abnormal bone growth in the ear canal, resulting in a blockage or infection and, eventually, long-term conductive hearing loss. This condition most often requires surgical treatment.

Fortunately, these infections are easily prevented by wearing swim plugs. These are made of waterproof silicone and create a tight seal that prevents water from entering the ear canals. Custom swim plugs, fashioned from molds of your ear canals, offer the best fit and protection. Your audiologist can help you select a pair just right for you!

To get a pair of ear plugs made for you, call to book an appointment with the audiologist at Fort Healthcare at (920) 563-6667.

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). **Only a few seats left!** To see the itinerary go to <https://gateway.gocollette.com/link/963974>.



TULIP TIME ON JEWELS OF THE RHINE

April 5-15, 2020

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.



CHAIR MASSAGE

Wednesday, July 17, 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, June 27

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, August 1



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

July 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRI/SAT/SUN |
|---|---|---|---|---|
| 1 9:30 FUNctional Fit 10:30 Bookworms 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg | 2 9:00 Pickleball (A) 10:00 Culver's Bingo 11:15 Pot Luck 12:00 Dominoes 1:00 Sheepshead | 3 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) | 4  | 5 9:00 Let's Walk! 12:30 Pickleball (A) Office Closed |
| 8 9:30 FUNctional Fit 10:30 Memory Café - I 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg Office Closed @ 1:00 | 9 9:00 Market Vouchers 9:00 Cycle Ride departs 9:00 Pickleball 10:00 Mulberry Glen Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "On the Basis of Sex" 1:00 Sheepshead | 10 9:00 Let's Walk! 10:00 Accreditation Meeting 10:00 Learn Tai Chi- A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) | 11 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L 10:30 Lunch Bunch 10:30 Pole Walking 1:00 Collage 7:00 Concert in the Park—Palmyra/Eagle Band (L) | 12 9:00 Let's Walk! 10:00 Open Sewing Group No Pickleball—Blood Drive |
| 15 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg 2:30 Android Group Office Closed @ 1:00 | 16 9:00 Pickleball 9:30 Pegs & Jokers 10:00 Let's Paddle—Rice Lake 1:00 Sheepshead Office Closed @ 1:00 | 17 9:00 Let's Walk! 10:00 Learn Tai Chi—A 11:00 Cont. Tai Chi—A 12:30 Mulberry Glen Movie "The Long Gray Line" 12:30 Pickleball (A) 1:00 Chair Massage Office open 11:30—3:00 pm | 18 9:00 Pickleball 9:30 FUNctional Fit 1:00 Collage 2:00 Caregiver Support Group— 7:00 Family Fun Nite—Big Rig Gig (L) Office Closed @ 1:00 | 19 9:00 Let's Walk! 12:30 Pickleball (A) 4:00 Fish Fry Office Closed |
| 22 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Phones & Floats | 23 8:30 Cycle Ride departs 9:00 Pickleball (A) 10:00 City Bingo 12:30 Mulberry Glen Movie "Shazam!" 1:00 Sheepshead | 24 9:00 Let's Walk! 9:45 Mallard trip departs 10:00 Learn Tai Chi—A 11:00 Cont. Tai Chi—A 12:30 Pickleball—A 1:00 Copenhagen During WWII | 25 8:15 Breakfast Bunch 9:00 Pickleball (A) 9:30 FUNctional Fit 1:00 Collage 7:00 Concert in the Park—Gary the Band (L)  | 26 9:00 Bike Ride 9:30 Let's Walk! 12:30 Pickleball (A) 1:00 Ice Cream & Warblers Perform  |
| 29 9:30 FUNctional Fit 9:15 Alpaca Tour Departs 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg | 30 8:15 Breakfast Bunch 9:00 Pickleball (A) 10:00 Surprise Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "Vice" 1:00 Sheepshead | 31 7:45 Mystery Tour Departs 9:00 Let's Walk! 10:00 Learn Tai Chi—A 11:00 Cont. Tai Chi—A 12:30 Pickleball—A | 1 9:00 Pickleball (A) 8:30 State Fair Departs 9:30 FUNctional Fit 10:30 Basic Yoga—L 1:00 Collage 2 7:00 Family Fun Nite—David Stokes (L) | 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 |

Walworth Co. Nutrition

13

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.

July 2

Swedish Meatballs
Egg Noodles
Sweet Potatoes
Brussels Sprouts
Apricots

July 9

Chef Salad w/ Chicken
and Tomatoes
Peaches/Cottage Cheese
Wheat Bread
Carrot Cake

July 23

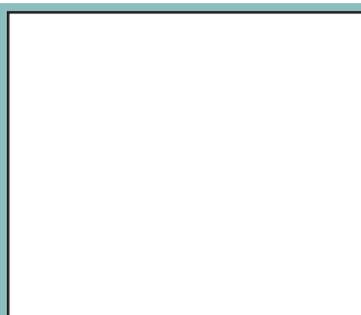
Spaghetti & Meatballs
Tossed Salad
Green Beans
Garlic Bread
Tropical Fruit

July 30

Chicken Marsala
Peas
Cauliflower
Wheat Bread
Lemon Bar




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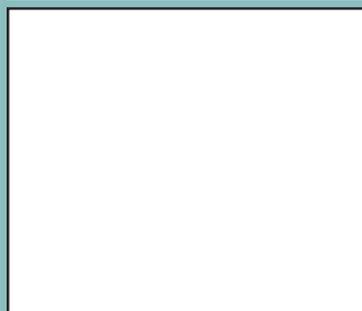
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Seniors in the Park, Whitewater, WI C 4C 01-1235

SAVORY SOUNDS

11:30 am Cultural Arts Center,
402 W Main St.

June 27: Tapestry-Acoustic Folk
Quintet. Subway lunch

July 11: Amanecer Y Más (Marco
Wence Trio). Lunch by La
Preferida.

July 18: The Brothers Quinn Irish
Band, SweetSpot lunch.

FREE 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



Henry Malo
Eric Zipp
Terry Williams
Sharron Hegland
Eleanor Reeb

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.)

WHY BE RE-ACCREDITED?

Our re-accreditation is due for review by June of 2020. I thought I would
share reasons we do it.

It brings **clarity to Senior Center operations**. It also helps any
participant, staff or volunteer involved at the Center better understand
how the center operates.

It provides **direction** for current and future services and programs.

It promotes **efficiency and organization**. All Center guidelines, policies
and administrative practices are placed in one document, along with
programs, services and facility information.

It demonstrates **accountability** to sponsors and funding sources.

It identifies areas to be **expanded or strengthened**.

It **highlights** quality programs and services.

It **increases** staff, volunteers and Board and committee members'
knowledge of senior center operations.

It satisfies a **desire for self-improvement**.

It **heightens the awareness** of the community towards the Senior Center
and may influence future funders and grants.

When the process is over, everyone will know **your Senior Center is the
very best it can be!**

2020 Accreditation Assistance is needed!—Work Groups are being
formed to look at different areas of Accreditation and will meet 2-3 times
at your convenience. Our first meeting will be **Wednesday, July 10 at
10:00 am**. Most groups will tweak what is already in place. Work groups
include:

- Purpose and Mission
- Advocacy and Partners
- Public Info/PR/Marketing
- Community Planning
- Programs and Evaluation
- Facility and Safety
- Volunteers
- Policies and Procedures.

You all have talents and knowledge, and I'm hoping you are willing to
share yours with us.

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.

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.

THANK YOU!!

Bev Grosskreutz cash donation for Bingo

Nancy Buchanan for Mark's birthday cake.

Patrea Wilson and Larry Hasterock for planning and assisting with the
bike rides.

SENIOR FARMERS' MARKET NUTRITION PROGRAM

July 9, 9-10:00 am

The Senior Farmers' Market Nutrition Program (Senior FMNP) provides low-income older adults with a set of vouchers worth \$25 (one set per household per year) to purchase fresh Wisconsin grown fruits, vegetables and herbs from certified farmers.

To be eligible, there must be at least one individual in the household who is age 60 or older and meets income eligibility requirements.

Single \$23,107/year or \$1,926/month

Couple \$31,284/year or \$2,607/month

Vouchers must be picked up in person; seniors may also send a proxy to pick them up. Vouchers will be distributed on a first-come, first-served basis. For information, call the Nutrition Program, 262-741-3309.

A **proxy** may represent no more than 4 seniors. The senior must send a note of permission stating:

I, *senior's name* give *proxy's name* permission to pick up Senior Farmers' Market Vouchers for me. *Senior's signature*

Proxy must have the following information:

Senior's first and last name, address, telephone & Senior's date of birth (M/D/Y).



FREE MEAL

Every Monday, 5:00-6:00 pm

Congregational United Church of Christ,
133 S. Franklin St

A free meal is available for UW-W students and the community through August 26. Area is handicap accessible. Coordinated by Congregational



WISCONSIN MAKERS

Wisconsin Makers, 200 E Clay Street

July 2 & 16

We have Senior Make Time on the 1st & 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. We have several new members who are quilters. Come sew with us!

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

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

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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SENIORS IN THE PARK

*504 W Starin Rd, PO Box 178
Whitewater WI 53190*

Phone 262-473-0535
Hours.... Mon-Thurs 8:00 am-4:00 pm
..... Friday various days/hours

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Romelle Koch

Front Desk

Patrea Wilson

Parks & Recreation Director

Eric Boettcher

Websites: schedulesplus.com/wwtr
www.wwparks.org
www.whitewater-wi.gov

*Seniors in the Park is a division of
Whitewater Parks and Recreation*



The Senior Forum group voted to fund a bottle fill station for the Community Building. It has been installed and people are regularly using it. Bring your water bottle in, push the button and fill it up!

