



# The Park Bench

August 2019

Seniors in the Park Newsletter

## SCHOLARLY SCOOP: GROUNDWATER NITRATE POLLUTION IN WALWORTH COUNTY

Friday, September 6 10:30 am

To kick off the series, we will be having coffee and donuts, starting at 10 am. Let us know if you will be attending!

The EPA recommends that private well owners test their wells at least once a year to detect potential contaminants. However, the reality is that many well owners have not tested their wells in years. Nitrate in groundwater can negatively affect the health of children and pregnant women. In an attempt to increase awareness, we have prepared a map that highlights the areas that are potentially at risk of groundwater contamination. What is in your water?

Speaker: Dr. Rocio Duchesne, Assist. Professor, Dept of Geography, Geology, and Environmental Science

Upcoming presentations:

Oct. 4: "Baboon Sex: What Do We Know & Why Do We Care?"

Nov. 1: "Don't Forget to Come to This Talk: Tips for Remembering to Do Stuff"



Volume XIX Issue 8

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## AARP SMART DRIVER CLASS

Wednesday, September 18 12:00 pm—4:00 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 roundabouts. Please arrive 15 minutes early.

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

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

Deadline to register: Friday, September 6

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

## BOWLING LEAGUE

Wednesday, Sept. 11  
9:30 am

This fun and recreational league at Hawk Bowl begins September 11, with a fun play day. Call Darla, 262-495-2294, to register or for more information. Register for the league by August 21.



## 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 Sept. 3—Oct. 29 Thursdays, Sept. 5—Oct. 31  
10:00 am (NEW time!) at 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 is Brienne Brown, RYT  
Fee Members: Tuesdays, 9 weeks, \$45; Thursdays, 8 weeks, \$40  
Fee Non-members: Tuesdays \$55; Thursdays \$50

**Payment/Deadline: Thursday August 29**

No class Thursday, October 17



## LEARN T'AI CHI CH'UAN

Downtown Armory Dance Studio  
New class begins Wednesday, September 11 10:00 am

The principles of Tai Chi include deep relaxation, correct posture, proper breathing and integration of the whole mind and body to accomplish even simple movements. The slow, flowing and intentional movements encourage the mind and body to be calm and relaxed for the energy to flow freely. This allows one to identify and release tensions that can cause physical, emotional and mental limitations, resulting in better health for the whole person.

Tai Chi requires no special equipment and can be practiced by people in nearly any condition. Learn the Yang-style short form as taught by Ben Lo. Continuing students meet at 11:00 am. Register for the class by Monday, September 9



## LET'S PADDLE!

Tuesday, August 20 10:00 am

Adults of all ages are invited to meet at the boat launch on Pleasant Lake. There is a \$3 launch fee you can pay onsite. 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, August 16, if you will be paddling with us.

## BICYCLE RIDES

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 New Life Assembly of God, Hwy 14 & Wright Road before 9:00. We'll follow the leader on paved trails through wooded greenbelts and along a sparkling creek. There will be a rest-room stop along the way and one short challenging hill. It's always OK to walk. Wear a bright colored top and bring your helmet, water, energy bar, sunscreen and your sense of adventure. You need a participation waiver on file. Please register by August 12.



## IMPROVE YOUR BALANCE

Wednesday, September 11 10:30 am

During this presentation, participants will learn about how changes in strength and overall activity can improve your balance ability and decrease your falls risk. Exercises will be offered to improve your balance. There will also be an overview of common types of vestibular problems, such as proximal vertigo, “that stone thing” and other types of inner ear impairments that affect your balance.

Presenter Andrew Punsel, MPT is a Fort Health Care physical therapist at the Whitewater Therapy and Sports Clinic. Please register in advance for the program.



## GADGET GURUS

Do you have an iPad, iPhone, tablet, laptop or smart phone and just want a little more information? Mark and Tom are willing to work one-on-one with you to troubleshoot issues or just learn what you can do with this technology. Please bring your technology item and your passwords to access what you want to work on. Please call us to set up an appointment.



## ANDROID GROUP

Monday, August 19, 2:30 pm

Bring your Android tablet or Kindle Fire and tackle the monthly topic. The topic for August will be The Big Gorillas, YouTube, Ebay, Amazon. Using Google’s personal assistant, voice. Tom Fick will facilitate the group.

No September meeting  
October 21: Potpourri/Miscellaneous and ideas.

## 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.



## 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.

## 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!



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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

**Continuing Sign Language**—Wednesdays 3:00 pm

**Continuing Spanish**—Thursdays 1:00 pm

**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 – 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.

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

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.

Deadline: Thursday, July 18

## STAINED GLASS CLASS

**August 27 & 28, 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, August 23

Next class is September 17 & 18



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## MEDICARE PART D ASESMENT COMING SOON!

Let's take a look at your plan and see if you can save some money! Pick up a Medicare Part D Assessment form at the Starin Park Community Building beginning in September and return it to the Walworth County ADRC office for a free three-plan comparison. The Walworth County ADRC Medicare Specialist will be available with your assessment on Friday, October 25 at 10:00 am. Assessments will **only** be available to consumers who have returned their forms by October 15.

Questions, call the Walworth County ADRC Medicare Specialist at 262-741-3212 or to have a form emailed to you.



## BOOK WORMS

Monday, August 5, 10:30 am

The Book Club will discuss *The Radium Girls* by Kate Moore. The book for September will be *The Husband's Secret* by Liane Moriarty.

Imagine that your husband wrote you a letter, to be opened after his death. Imagine, too, that the letter contains his deepest, darkest secret—something with the potential to destroy not just the life you built together, but the lives of others as well. Imagine, then, that you stumble across that letter while your husband is still very much alive. . . .

Cecilia Fitzpatrick has achieved it all—she's an incredibly successful businesswoman, a pillar of her small community, and a devoted wife and mother. Her life is as orderly and spotless as her home. But that letter is about to change everything, and not just for her: Rachel and Tess barely know Cecilia—or each other—but they too are about to feel the earth-shattering repercussions of her husband's secret.



## 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.



“Poms”  
(Comedy/Drama)  
Tuesday, August 13, 12:30 pm  
PG-13; 1 hour, 31 minutes (2019)

A delightful comedy about a group of women who form a cheerleading squad at their retirement community, proving that you're never too old to 'bring it.' Stars Diane Keaton, Rhea Perlman, and Pam Grier.

At Your Request Film:  
“The History Boys”  
(Drama/Comedy/Romance)  
Wednesday, August 21, 12:30 pm  
Rated R (Language, sexual content) (2006)

Remember the professor or teacher that made you think and wonder and inspired you? In 1980's England, an unruly class of gifted and charming young men are taught by two eccentric and innovative teachers, as their Headmaster pushes them to get accepted into Oxford or Cambridge. Based on the Tony Award winning Best Play. This film stars Richard Griffiths, James Corden (now host of CBS “Late Late Show”), Russell Tovey (ABC's “Quantico”) and Dominic Cooper (“Mamma Mia” films). Filmed on location at Cambridge and Oxford Universities. This film was requested anonymously.

“BlacKKKlansman”  
(Biography/Crime/Drama)  
Tuesday, August 27, 12:30 pm  
Rated R (Language, violence); 2 hours, 15minutes (2018)

Based on a true story: an African American police officer in Colorado Springs, CO, successfully manages to infiltrate the local Ku Klux Klan chapter with the help of a Jewish police partner, who eventually becomes its leader. Nominated for Best Picture; Oscar Winner for Best Adapted Screenplay (Spike Lee). Stars John David Washington, Adam Driver, Alec Baldwin, and Topher Grace.

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

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

## WHITEWATER MEMORY CAFÉ

**Monday, August 12, 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. 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.

## SAVVY CAREGIVER TRAINING: PROFESSIONAL LEVEL TRAINING FOR THE NON-PROFESSIONAL

**Mondays, September 9—October 14 2:00—4:00 pm**

The Savvy Caregiver Training Program is a bold and innovative program for family caregivers of person with dementia. It provides over 12-hours of face-to-face training with dementia experts, a caregiver manual and access to additional online caregiving tools. Based on research by experts, this new six week course from the Alzheimer's Association will provide clinical-level training for family caregivers. Many caregivers have told us they would like to go beyond the introductory education offerings. This is that opportunity.

Graduate from this program with improved:

- Knowledge, skills and outlook.
- Skills to assess the abilities of your family member with dementia and adjust your approach over time.
- Confidence to set and achieve caregiving goals.
- Strategies to manage activities of daily living.

**Fee:** \$30.00 for materials. Scholarships available.

**Register:** Pre-registration is required. Call 800.272.3900 and ask for Bonnie Beam-Stratz or email: [bbeam@alz.org](mailto:bbeam@alz.org)

## ROCKIN'RESPITE UPDATE

We are so proud of our Respite guests. They arrive willing to try new things, and are respectful and supportive of each other. The hours fly as we share laughs, talents, conversations, food and activities. Our energetic volunteers keep the program moving, assisting as needed to insure success. The care partners arrive at 3:30, rested and appreciative of some "me" time.

We are grateful to our community for believing in and supporting our vision. You all have a part in making Whitewater a Dementia-Friendly community. Please consider joining us to volunteer three hours, once or twice a month. Thank you!

~Lyn Wolfe, Respite  
Activity Coordinator

## Brain Health-Your Story:

At Respite, we have been helping our guests write their story, compiling memories to share with their family. It's never too early to start. Reminiscing and writing are great brain health exercises! Jot down your stories now: name of first grade teacher, best friend in grade school, favorite gift received, chores, allowance, what you remember about grandparents and parents, favorite books, songs, movies. When your grandkids are grown, they will treasure it!

~Lyn Wolfe, Respite  
Activity Coordinator

## RESPITE WISH LIST

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

## LUNCH BUNCH

**Thurs. August 8 10:30 am**  
Enjoy lunch at the restaurant of your choice: Anne's Café on the Park, The Grist or Mings Garden.

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

RSVP by Wed., August 7

Sept.: Brickhaus Café,  
Jefferson (11:00 am depart)

## FISH FRY FRIDAY

**Fri., August 23, 4:00 pm**

Join us for a fish fry at Koshkonong Mounds outside Fort Atkinson  
RSVP by Wed., August 21

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

Minimum of 7 people

## BREAKFAST BUNCH

**Thurs., August 15, 8:15 am**

We will head to The Elk in Elkhorn.

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

RSVP by Mon., August 12.

Sept: Blue Bay Inn

## JANESVILLE SHOPPING

**Wednesday, August 7,  
9:30 am**

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

Fee: \$3.00

RSVP by Mon., August 5

## FALL APPLES

**Friday, September 13**

Travel to one or two of the apple orchards near Madison. In addition to apples, many orchards have cider, donuts, caramel apples and more! We will have lunch (on your own) and spend time in Paoli. If you've never been to this quaint town, you will find shops, an art gallery and cafes. All within a two block area.

Fee: \$10 member; \$15 non-member Deadline is Tuesday, September 3

Depart: 9:00 am; return 4:00 pm (dependent on number of apple orchards visited)



## PHOENIX PARK BANDSHELL MUSIC

**Saturday August 17: Ladies Must Swing; 7:00 pm**

**Saturday August 24: Abba Tribute Band; 7:00 pm**

Ride the van to Delavan for these free shows. There will be food and beverages on site. They will take donations toward the show. Please bring a lawn chair.

Fee: \$3.00 member; \$5.00 non-member

Van departs at 6:15 pm Registration deadline is 7 days in advance

## TREATS & 'SHROOMS

**Thursday, September 19**

Have breakfast/lunch (on your own) at the Simple Café in Lake Geneva. It is a cozy, health-focused farm-to-table café, serving seasonal, creative breakfast & lunch fare. Right next door is the Simple Bakery. From specialty breads to seasonal pastries, there's always something to delight everyone. Visit The River Valley Ranch Store where they specialize in all things mushroom, as well as other farm-to-table offerings, including cheeses, meats, sauces, dips and more! There will be a tour of the mushroom farm, weather permitting. Wear good walking shoes for the 90-minute tour.

**Please note:** There is nowhere to sit on the tour. Bring a cooler, if you think you will be buying any foods.

Fee: \$18 members; \$25 non-members Deadline is Thursday, September 5

Van departs at 10:00 am



## MILWAUKEE CO. ZOO

**Friday, August 30**

WAIT LIST

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

Deadline: Monday, July 22

Depart: 8:30 am

Return approx. 4:30 pm

## WISCONSIN STATE FAIR

**Thursday, August 1**

Entrance fee is on your own. \$2/person and two cans of peaches or pears or cash donation for Hunger Task Force.

WAIT LIST

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

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

## MOTORCYCLE RIDES



### JOHN SANDERSON MEMORIAL ICE CREAM TOUR

**Tuesday, August 20**

Ride to Potosi for lunch at Potosi Brewing. Spend the afternoon wandering Southwest Wisconsin in search of ice cream. In Platteville is 3 Maria's Ice Cream, Yellowstone Lake Dairy Restaurant in Yellowstone Lake State Park (no sticker needed) and Kennedy's in New Glarus. John loved his ice cream! Ride departs at 8:30 am. Rain date is Wednesday, August 21

### LAKE GENEVA MAILBOAT

**Wednesday, September 4**

was requested at our planning meeting. On , board the boat at 9:30 for a 2.5 hour ride departing at 10:00. See the lake homes up close while marveling at the mail delivery person jumping from the boat to the pier and back again. Tickets are \$40.00 per person plus tax. Seniors are \$38.00 + tax. Rain date is Thursday September 5. Depart at 8:30 am. Have lunch after the tour at one of Lake Geneva's restaurants. For those interested, visit River Valley Ranch Mushroom Farm just east of Lake Geneva. Their store has all kinds of yummy food in addition to mushrooms. Maybe even have a tour of the farm (fee).



## 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



(with or without chicken), 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  
Starin Park 7:30 am

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



**Tuesdays, 10:00 am**

Aug. 6: Mulberry Glen  
Aug 13: Culvers  
Aug. 27: City Bingo

# BINGO

**BINGO SPONSORS**  
Culver's, Mulberry Glen & City Bingo Cover All: Casey's

### CITY BINGO SPONSORS

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Rocky Rococo Pizza \* Domino's Pizza  
Dalee Water Conditioning

## PEGS ANDJOKERS

Pegs and Jokers will not be held in August.

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.

## SLEEPING WITH TINNITUS: HOW TO GET A GOOD NIGHT'S REST

If you experience a persistent ringing in your ears, you are not alone: some 50 million people across the U.S. experience tinnitus. For some, it is an occasional nuisance that is easily ignored. But for those less fortunate, tinnitus can interfere with many aspects of their daily lives – including getting a good night's sleep. Tinnitus can prevent you from falling asleep or getting enough quality restorative sleep, leading to daytime grogginess, anxiety, stress and reduced mental alertness. This can have serious consequences on your health, job performance, and relationships.

You can lessen the nightly impact of tinnitus. Try the following:

Establish a regular bedtime routine and stick with it. This “trains” your body that it's time to shut down and get some sleep.

Clear your mind before bedtime. Try meditation or relaxation exercises.

Sleep in a darkened room.

Keep your bedroom cool.

Use white noise.

Exercise regularly. Just not too close to bedtime.

These techniques should help you sleep better with tinnitus. If you're still having difficulty, it's best to seek the advice of the hearing professional at Fort Healthcare, who may suggest alternative treatments or lifestyle modifications. Call 920-563-6667 to book an appointment today. Good luck and sweet dreams!

## IRISH DISCOVERY

**October 20—27, 2020**

Visit beautiful, green Ireland. Highlights include Dublin City Tour, Christchurch Cathedral, Cliffs of Moher, Trinity College, Book of Kells, Ring of Kerry, Muckross House, Dingle Peninsula, Killarney, Jaunting Car Ride, Limerick City Tour, Guinness Storehouse and Kelkenny with an optional extension to Belfast and the Giants Causeway. Fee is \$3199 pp dbl with a \$100 discount, if make final payment with check. Includes air, accommodations and attractions per the itinerary. We are partnering with the Janesville Senior Center on this trip. Call or email for a detailed itinerary.



## 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. Call for prices.

## 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

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**Wednesday, August 7, 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

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**Thursday, August 1**

Beginning at 9:00 am

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

**Next Clinic: Thursday, September 5**



## GREETING CARDS

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**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

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- 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.

# Activity Calendar

## August 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><b>1</b> 8:30 State Fair Departs 9:00 Toenails 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L 1:00 Collage 2 1:00 Cont. Spanish <b>7:00 Family Fun Nite—David Stokes (L)</b></p>	<p><b>2</b> 9:00 Let's Walk! 12:30 Pickleball (A)</p>
<p><b>5</b> 9:30 FUNctional Fit 10:30 Bookworms 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg</p>	<p><b>6</b> 9:00 Pickleball (A) 10:00 Culver's Bingo 10:30 Basic Yoga—L 11:15 Pot Luck 12:00 Dominoes 1:00 Sheepshead</p>	<p><b>7</b> 9:00 Let's Walk! <b>9:30 Janesville Shop</b> 10:00 Learn Tai Chi- A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 Massage 3:00 Cont. Sign Language</p>	<p><b>8</b> 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L <b>10:30 Lunch Bunch</b> 1:00 Collage 2 1:00 Cont. Spanish <b>7:00 Family Fun Nite—Magic Show (L)</b></p>	<p><b>9</b> 9:00 Let's Walk! 10:00 Open Sewing Group 12:30 Pickleball (A)  <b>Office Closed</b></p>
<p><b>12</b> 9:30 FUNctional Fit 10:30 Memory Café - I 11:00 WW Warblers 11:30 Sr. Forum 12:30 Pickleball (A) 1:00 Mah Jongg 1:30 DFCI meeting</p>	<p><b>13</b> 9:00 Pickleball 10:00 Mulberry Glen Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "Poms" 1:00 Sheepshead</p>	<p><b>14</b> <b>9:00 Bike Ride: Jville Trails</b> 9:00 Let's Walk! 10:00 Learn Tai Chi—A 11:00 Cont. Tai Chi-A 12:30 Pickleball (A) 1:00 Chair Massage 3:00 Cont. Sign Language</p>	<p><b>15</b> 8:15 Breakfast Bunch 9:00 Pickleball 9:30 FUNctional Fit 10:30 Basic Yoga—L 1:00 Collage 2 1:00 Cont. Spanish 2:00 Caregiver Support Group—I <b>7:00 Concert in the Park—Piper Road (L)</b></p>	<p><b>16</b> 9:00 Let's Walk! 12:30 Pickleball (A)</p>
<p><b>19</b> 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg <b>2:30 Android Group</b></p>	<p><b>20</b> <b>8:30 Motorcycle Ride</b> 9:00 Pickleball <b>10:00 Let's Paddle—Pleasant Lake</b> 10:30 Basic Yoga—L 1:00 Sheepshead</p>	<p><b>21</b> 9:00 Let's Walk! 10:00 Learn Tai Chi—A 11:00 Cont. Tai Chi-A 12:30 Pickleball-A <b>12:30 Mulberry Glen Movie "The History Boys"</b> 3:00 Cont. Sign Language</p>	<p><b>22</b> 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L 1:00 Collage 2 1:00 Cont. Spanish</p>	<p><b>17</b> <b>6:15 Ladies Must Swing departs</b></p>
<p><b>26</b> 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg</p>	<p><b>27</b> 9:00 Pickleball (A) 10:00 City Bingo 10:30 Basic Yoga—L 12:30 Mulberry Glen Movie "BlackKKKlansman" 12:30 Stained Glass (A) 1:00 Sheepshead</p>	<p><b>28</b> 9:00 Let's Walk! <b>11:00 Brewers Game departs</b> 10:00 Learn Tai Chi—A 11:00 Cont. Tai Chi-A 12:30 Pickleball-A 12:30 Stained Glass (A) 3:00 Cont. Sign Language</p>	<p><b>29</b> 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Basic Yoga—L 1:00 Cont. Spanish</p>	<p><b>23</b> 9:00 Let's Walk! 12:30 Pickleball (A) 4:00 Fish Fry</p>
				<p><b>24</b> <b>6:15 Abba Tribute departs</b></p>
				<p><b>30</b> <b>8:30 Milw Zoo departs</b> 9:00 Let's Walk! 12:30 Pickleball (A)</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.

### August 6

Tuna Salad  
Wheat Roll  
Carrot Raisin Salad  
Watermelon  
Potato Salad

### August 13

Hawaiian Shredded  
Pork on Bun  
Baked Beans  
Creamy Coleslaw  
Banana

### August 26

Western Meatloaf  
Mashed Potatoes  
Broccoli  
Angel Food Cake  
Strawberries  
Whipped Topping



## FREE CONCERTS & FAMILY FUN NIGHTS

Thursdays, 7:00 pm  
Cravath Lakefront Park

Aug. 1 Family Fun Night: David Stokes

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

Aug. 15 Concert: Piper Road Spring Band

## COMING IN OCTOBER!

### “Spies, Sports and Summits of the Cold War”

Wednesdays, October 9 — 30,  
1:00 pm, Prof. Emeritus  
Richard Haney

### Fall trip to Rotary Gardens

Friday, October 11

### Healthy Hips and Knees

October 28, 1:00 pm



Blanche Grumm  
Tersa Golembiewski  
Roger Provenzano  
Sandy Colombe  
Jean Nielsen  
Gretchen Barth  
Alice Smith  
Carol Bush

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.)

## YOUR INPUT IS NEEDED AND CRITICAL!

As we begin the re-accreditation process, your input is necessary. Both for the process itself and because I will be retiring within the next three years. Accreditation is a blueprint for forward movement, information for a new staff member, and where we would like to be in the next five years. This is YOUR senior center. I'm here to facilitate activities for your benefit and enjoyment. Without your thoughts and ideas, we stagnate. Below is basic information about accreditation. Please consider either attending a focus meeting, or giving your input on questions that will be appearing in the newsletter and at the center. Thank you all!

Work Groups are being formed to look at different areas of Accreditation and will meet 2-3 times at your convenience. Most groups will tweak what is already in place as this will be our third time being accredited. You all have talents and knowledge, and I'm hoping you are willing to share yours with us. 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.

## 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.

## VOLUNTEER OPPORTUNITIES

**Check-in assistance** for Scholarly Scoops on first Fridays. 10 am—10:30 am.

2020 also brings our **State Re-Accreditation**. It's an interesting process that is simple and depends on YOU! If you are interested, have questions or just want to check out what this is. Please contact Deb.

## COORDINATOR'S COMMENTS

Looking ahead, September is Senior Center month and the theme is “Seniors Centers—The Key to Aging Well”. Growing, learning, connecting and giving are also key words for the month. This year’s theme was chosen to highlight how senior centers have the knowledge, programming, and resources to make a difference in people’s lives—the virtual key to unlocking the components that will give an individual the opportunity to age well.



Aging well means different things to different people. For some, aging well means Growing. They want to understand other cultures, meditate, and develop a more spiritual life or practice gratitude daily through journaling. Others see aging well as having time to devote to Learning, whether it is a new language, tap dancing, or taking up pickleball, a popular recreation sport. Others see their most important work as Connecting to family, old friends, and growing new relationships. And some see Giving back at the senior center and within the community as the thing that fosters purpose and a more meaningful life. But most people want to incorporate a little of all the above while they are on their journey to reach their full potential. Senior centers hold the key to enhancing all these varied experiences that are fundamental to aging well.

No matter how you age well, check out the many and varied opportunities we offer or let us know what’s missing and we’ll try to offer it. It’s YOUR senior center.

## 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. Site is handicap accessible. Coordinated by Congregational UCC and First English Lutheran Church.

## WISCONSIN MAKERS

**Wisconsin Makers, 200 E Clay Street**  
**August 6 & 20**

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 August 6 and 20, 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/>.

## 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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# Seniors in the Park

PO Box 178  
Whitewater WI 53190



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## MEMBER:

Wis. Association of Senior Ctrs.  
Wis. Parks & Recreation Assn.  
National Recreation & Parks Assn.  
National Council on Aging  
Nat'l Institute of Senior Centers

## 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

### Senior Coordinator

Deb Weberpal, CPRP  
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### Volunteer Editor

Romelle Koch

### Front Desk

Patrea Wilson

### Parks & Recreation Director

Eric Boettcher

Websites: [schedulesplus.com/wwtr](http://schedulesplus.com/wwtr)  
[www.wwparks.org](http://www.wwparks.org)  
[www.whitewater-wi.gov](http://www.whitewater-wi.gov)

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



## HEALTHY BOWEL & BLADDER

Check out this new free educational website for women –  
[www.healthybowelandbladder.org](http://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](http://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!