



The Park Bench

September 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 9

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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.



PICKLEBALL PARTNERS & TOURNEY

**Tuesdays, October 1—29
1:00—3:00 pm**

For those who are interested we are going to try something different in October. Pick a partner and practice with that partner October 1– 15, giving you time to play with one person and work on strategy. The last two weeks, we will either hold a double elimination tournament or a round robin, depending on the number of people who participate and how people pair up, women, men or coed. This is intended to assist players in learning strategy by playing with one partner and maybe trying a different level of play. We understand not everyone will be interested, but feel free to stop in during the tournament and cheer on your friends. This idea was submitted by a player.



LEARN T'AI CHI CH'UAN

**Downtown Armory Dance Studio
New class begins Wednesday, Sept. 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

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

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.



HEALTHY LIVING WITH DIABETES

Wednesdays, October 23-December 4; 9:00 am—11:30 am

Irvin L Young Memorial Library
431 W. Center St. Whitewater, WI



This researched and proven workshop is designed to help adults with type 2 diabetes or pre-diabetes learn skills and increase their confidence in managing their diabetes.

People who have taken the workshop show:

- Better health, health behavior and a sense of confidence in managing their diabetes
- Improvements in blood sugar levels
- Decrease in health distress and hypo- and hyperglycemia
- Fewer doctor and emergency room visits and fewer hospitalizations.

This Program is being offered in partnership with the Aging & Disability Resource Center of Walworth County, the Wisconsin Institute for Healthy Aging and Aurora Health Care.

Fee: \$10.00

Call Jennie Radmer at (262) 741-3309 to register. Registration is required and space is limited. Please register early.

HEALTHY HIPS AND KNEES

Monday, October 28, 1:00 pm

Osteoarthritis is the most common cause of disability in older adults. 25% of people over the age of 55 have a persistent episode of knee pain every year. Nearly 1/2 of all older adults experience some type of knee or hip problem. Understanding how to care for your hips and knees, can help you live a happier and healthier life.

This educational program will cover knee and hip joint anatomy, common knee and hip conditions, treatment options and physical therapy techniques that will help you recover from injury and/or prevent future problems. If you are dealing with a hip or knee issue or if you are trying to prevent injuries in the future, this program is for you!!

Please register by Wednesday, October 23.

Presenter: Physical Therapist Kurt Chapman, PT, DPT of Prime Training

MEDICARE PART D ASSESSMENT

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.

**SAVVY
CAREGIVER
TRAINING**
See page 8

WOMEN'S DAY

Saturday, November 23

Mark your calendar! Sessions to-date include Hooping, Using Herbs to Maintain Health, Line Dance, Meditation, Rolling Away Stress or Yoga, Food as Medicine, Meditation and the keynote is 'Unconditional Healthiness'. Final information and fees will be available in October.

HEALTHY LIVING WITH CHRONIC PAIN

Sept. 19—Oct. 24
Jefferson Senior Ctr

If living with ongoing pain is keeping you from doing the things you want to do. This class can help by giving you the tools and strategies to manage your pain. To register contact Erika Holmes @ 920-674-8140 or erikah@jeffersoncountywi.gov

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

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 pm, 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 am
- Sheepshead**—Tuesdays 1:00 pm

SPIES, SPORTS, AND SUMMITS OF THE COLD WAR

Wednesdays, 1:00—2:00 pm

Join Dr. Richard Haney, Emeritus UW-W, for interesting and informative history talks. Thanks to UW-W Continuing Education Department for funding the series. Please call if you will be attending.

- Oct. 9:** Cold War Roots: The Communist Revolution in Russia
- Oct. 16:** Presidents and Premiers: Cold War Summits
- Oct. 23:** Spy Games: USA vs. USSR
- Oct. 30:** American Sports and Cold War-era Olympic Games

BASICS AND BEYOND IN WATERCOLOR

September 19th and 26th
11:30 am—2:30 pm

The next lessons will continue with Grape Leaves. Ask for the supply list.

Instructor: Rita Carpenter

Fee: \$15 per class payable to the instructor at the first class.

Deadline: Wednesday, September 11

Register: Call 262-473-0535 or email artonthefly2018@gmail.com



STAINED GLASS CLASS



September 17 & 18, 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, September 13

BEGINNING ACRYLIC POURING CLASS

Thursday October 3 at 1:00 and

Saturday, October 5 at 10am

Downtown Armory Building - 146 W North St

Acrylic pouring is a fun and creative way to make an abstract painting.

Fee: \$25 per person and includes all supplies.

Payable to the instructor at the first class. If you would like to do a second canvas, the cost is \$5 extra and YOU supply the canvas.

To register please contact Seniors in the Park or Rita Carpenter at artonthefly2018@gmail.com or text 608-289-6876

Deadline: Thursday, September 26th.

Minimum – 6 people Maximum – 12 people

If the 6 person minimum is met, walk-ins may attend for the \$25 fee. Please call ahead to make sure the class minimum has been met.



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BOOK WORMS

Monday, September 9, 10:30 am

The Book Club will discuss *The Husband's Secret* by Liane Moriarty. The book for October will be *Enchantress of Numbers: a novel of Ada Lovelace* by Jennifer Chiaverini.

The only legitimate child of Lord Byron, Ada was destined for fame long before her birth. But her mathematician mother, is determined to save her only child from her perilous Byron heritage. Banishing fairy tales and make-believe from the nursery, Ada's mother provides her daughter with a rigorous education grounded in mathematics and science. When Ada is introduced into London society, little does she realize how her exciting new friendship with Charles Babbage—the brilliant, charming inventor of an extraordinary machine, the Difference Engine—will define her destiny.

Enchantress of Numbers unveils the passions, dreams, and insatiable thirst for knowledge of a largely unheralded pioneer in computing—a young woman who stepped out of her father's shadow to achieve her own laurels and champion the new technology that would shape the future.



MOVIES: SPONSORED BY MULBERRY GLEN



The LAST At Your Request film of the Summer!
"The Guilty"

(Crime/Drama/Thriller)

Wednesday, September 4, 12:30 pm

Rated R (Language); 1 hour, 25 minutes (2018)

Winner of the AARP Movies for Grownups Best Foreign Film Award. A taut, twisty Danish detective story: a dial 911 police dispatcher, answers an emergency call from a kidnapped woman...and is suddenly disconnected. With a phone as his only tool, it's a race against time to search for and save the endangered woman. A riveting, harrowing and haunting film shown in Danish, with English subtitles.

"The Best of Enemies"

(Biography/Drama/History)

Tuesday, September 10, 12:30 pm

Rated PG-13; 2 hours, 13 minutes (2019)

In 1971 Durham, NC, civil rights activist Ann Atwater (Taraji P. Henson) faces off against C.P. Ellis (Sam Rockwell), the Exalted Cyclops of the Ku Klux Klan, over school desegregation.

"The Upside"

(Comedy/Drama)

Tuesday, September 24, 12:30 pm

Rated PG-13; 2 hours, 6 minutes (2017)

The relationship between a wealthy quadriplegic man (Bryan Cranston) and an unemployed ex-convict (Kevin Hart) who is hired to help him. Also features Nicole Kidman.

SCHOLARLY SCOOP

Baboon Sex: What Do We Know and Why Do We Care?

Friday, October 4

Baboon sex is more than just monkeying around; it is often the result of complex series of actions and behaviors that reflect important social dynamics both within and between males and females. This talk explores these patterns and the variation that is expressed across several related baboon species, focusing especially on the unique forms of communication that happen in the context of sexual encounters. Do these interactions, vocalizations, and other related behaviors tell us anything about patterns around human sexual relationships? This question and others will be explored.

Jessica Walz is a lecturer in the Departments of Sociology, Criminology, and Anthropology and Women's and Gender Studies at the UW-W.





BRIDGING TECHNOLOGY

Tuesday, September 17, 3:30-4:30pm

"Bridging Technology" is an ongoing collaboration in which free technology assistance is provided twice monthly by UW-Whitewater Honor students, led by

Professor Melissa Deller. This program is supported by the UW-W University Honors Program, and the UW-W Learning Communities. Assistance is provided for laptops, tablets and smart phones. Students will be here the first Friday of the month from 10:00-11:00 am and the third Tuesday of the month from 3:30-4:30 pm. Next session will be Friday, October 4, 10:00-11:00 am. Please call if you will be attending.

ANDROID GROUP

Monday, October 21, 2:30 pm

Bring your Android tablet or Kindle Fire and tackle the monthly topic. The topic for October will be Potpourri/Miscellaneous and Ideas. Using Google's personal assistant, voice. Tom Fick will facilitate the group.

No September meeting.



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.



Tuesdays, 10:00 am
Sept. 3: Mulberry Glen
Sept. 10: Culvers
Sept. 24: City Bingo

WEEKLY BINGO SPONSORS

Culver's & Mulberry Glen
City Bingo Cover All: Casey's

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Mirage Hair Studio * Walworth Co. Nutrition * Casey's
Rocky Rococo Pizza * Domino's Pizza * Dalee Water Conditioning

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.

SENIOR FORUM

Monday, September 9, 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 get your copy of *The Park Bench* online by going to the following link ourseniorcenter.com. Enter Seniors in the Park and our zip code 53190. You can also check out our supporting advertisers here, too!

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Dementia Friendly

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, September 9, 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 Association of SE Wisconsin 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

PURPLE ANGEL RECOGNITIONS

Congratulations to the following who received their Purple Angel Recognition in August & September:

- ♦ **Whitewater Police Department**
- ♦ **Binning & Dickens Insurance**
- ♦ **Studio 84**
- ♦ **McCullough's Pharmacy**
- ♦ **Seniors in the Park**

The Purple Angel recognition means that 50% of the staff is trained and the business has considered facility changes to improve access for people with dementia. Goals of the training are to increase awareness, reduce stigma, increase acceptance and compassion promote inclusivity and accessibility, and raise community awareness. Call 262-473-0535 if your church, business or organization is interested in this training.

DEMENTIA FRIENDS

Tuesday, October 8, 5:30—6:30 pm
Starin Park Community Building

Changing the way people Think, Act and Talk about dementia! People with dementia need to be understood and supported in their communities. The goal is to help everyone in a community understand dementia, how it affects people and how we can make a difference in the lives of people living with dementia by being accepting, compassionate, inclusive, educated and aware.

Light refreshments will be served. Please register in advance.

RESPIRE WISH LIST

1. Small cans of decaf and regular coffee
2. Person to lead session of laughter yoga
3. Person to teach making paper airplanes

MOTORCYCLE RIDES

Lake Geneva Mailboat



Wednesday, September 4
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, plus 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).

LUNCH BUNCH

Thurs. September 12,

11:00 am (Note time change)

Enjoy lunch at the Brickhaus in Jefferson. Fee: \$3.00 members, \$6.00 non-members
RSVP by Tues., September 10

FISH FRY FRIDAY

Fri., September 20, 4:00 pm

Join us for a fish fry at Wayside Inn, Jefferson
RSVP by Wed., August 21

Fee: \$3.00 members, \$6.00 non-members
Minimum of 7 people

BREAKFAST BUNCH

Thurs., September 5, 8:15 am

We will head to Blue Bay Inn in Mukwonago. Fee: \$3.00 members, \$6.00 non-members
RSVP by Tuesday, September 3.

FORT ATKINSON SHOPPING

Wednesday, September 4, 9:30 am

Get picked up where you live and shop in Fort Atkinson. Participants choose where to shop. Fee: \$3.00 RSVP by Fri., August 31

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)



TREATS & 'SHROOMS

Thursday, September 19

Have 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 10:30 am (departure time change)



TOUR ROTARY GARDENS

Friday, October 11

Join us at this internationally-known botanical garden at the height of summer bloom for a guided tour. 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. Have lunch on your own at the Citrus Café. Fee: \$15.00 members; \$20.00 non-members
Deadline: Tuesday, October 1. Please let us know if you need to reserve a cart.

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



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, or stop in at the Starin Park Community Building.



IRISH DISCOVERY

October 20—27, 2020

Visit beautiful, green Ireland 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 other area Senior Centers on this trip. Premier World Discovery

TRAVEL PREVIEW
Tuesday, Oct 22
1:00 pm
Please RSVP!

PACIFIC NORTHWEST & CALIFORNIA

August 2-9, 2020

Tour highlights of Seattle, Mount St. Helens, Columbia River Gorge and Moltnomah Falls, Rogue River cruise, the Avenue of Giants in the Redwood Forest and San Francisco. \$2999 pp/dbl. Includes air, transfers, all excursions. For more info go to <https://gateway.gocollette.com/link/963399>. Collette

**COLLETTE TRAVEL
 PREVIEWS**

Wed. October 16
11:00 am

Please RSVP!



LONDON AND PARIS

September 9—16, 2020

From cosmopolitan London to romantic Paris, cross the English Channel via the Eurostar Train and take in the best of these iconic cities. Enjoy a leisurely-paced exploration with plenty of time to discover the culture of both these iconic cities with choices and on your own. \$3999 pp/dbl. Collette. For more info go to <https://gateway.gocollette.com/link/963395>

MAYFLOWER TRAVEL PREVIEWS

Friday, October 11 @ 10:30 am

Please RSVP in advance

DESERT ADVENTURES: DUBAI & ABU DHABI

October 15—23, 2020

Don't miss this once in a lifetime opportunity! Tour features Modern & Heritage Dubai tours, desert jeep safari, dinner at a Bedouin campsite, Abu Dhabi tour, and more! Includes transfers, air, escort, 13 meals. \$3389 dbl, Mayflower Tours.



VIRGINIA BEACH GETAWAY

April 18-24, 2020

Featuring an Atlantic Coastal Harvest Food Tour, Aviation Museum and Norfolk Naval Station, Washington DC and more! \$1559 pp/dbl

KENTUCKY'S "UNBRIDLED SPIRIT"

June 8—12, 2020

Featuring Churchill Downs, Kentucky Horse Park and the Bourbon Trail. \$1479 pp/dbl.

TULIP TIME ON JEWELS OF THE RHINE

April 5-15, 2020

Travel through the Netherlands, France, Germany and Switzerland on the Rhine, and spend two nights in Lucerne. Explore the magnificent Keukenhof Gardens during peak tulip time. 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. Mayflower Cruises and Tours



CHAIR MASSAGE

Wednesday, September 4, 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, September 5

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, October 3



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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- PRESCRIPTIONS
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Activity Calendar

September 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
2 Closed 	3 9:00 Pickleball (A) 10:00 Culver's Bingo 10:00 Basic Yoga—L 11:15 Pot Luck 12:00 Dominoes 1:00 Sheepshead	4 8:30 Motorcycle Ride 9:00 Let's Walk! 9:30 Janesville Shop 10:00 Learn Tai Chi- A 11:00 Cont. Tai Chi (A) 12:30 Mulberry Glen Movie "The Guilty" 12:30 Pickleball (A) 1:00 Massage 3:00 Cont. Sign Language	5 8:15 Breakfast Bunch 9:00 Toenails 9:00 Pickleball (A) 9:30 FUNctional Fit 10:00 Basic Yoga—L	6 9:00 Let's Walk! 10:30 Scholarly Scoop 12:30 Pickleball (A)
9 9:30 FUNctional Fit 10:30 Memory Café - I 10:30 Bookworms 11:00 WW Warblers 11:30 Sr. Forum 12:30 Pickleball (A) 1:00 Mah Jongg 2:00 Savvy Caregiver 1:30 DFCI meeting	10 9:00 Pickleball 10:00 Mulberry Glen Bingo 10:00 Basic Yoga—L 12:30 Mulberry Glen Movie "The Best of Enemies" 1:00 Sheepshead	11 9:00 Let's Walk! 9:30 Bowling 10:00 NEW Learn Tai Chi starts—A 10:30 Improve Your Balance 11:00 Cont. Tai Chi-A 12:30 Pickleball-A 3:00 Cont. Sign Language	12 9:00 Pickleball (A) 9:30 FUNctional Fit 10:00 Basic Yoga—L 11:00 Lunch Bunch	13 9:00 Let's Walk! 9:00 Apple Trip departs 10:00 Open Sewing Group 12:30 Pickleball (A) Office Closed
16 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg 2:00 Savvy Caregiver	17 9:00 Pickleball 9:30 Pegs and Jokers 10:00 Basic Yoga—L 12:30 Stain Glass (A) 1:00 Sheepshead 3:30 Bridging Technology Office Closed	18 9:00 Let's Walk! 9:30 Bowling 10:00 Learn Tai Chi—A 11:00 Cont. Tai Chi-A 12:00 AARP Smart Driver Class 12:30 Pickleball (A) 12:30 Stained Glass (A) 1:00 Chair Massage 3:00 Cont. Sign Language	19 9:00 Pickleball 9:30 FUNctional Fit 10:30 Van trip departs 10:00 Basic Yoga—L 11:30 Watercolor Basics 1:00 Cont. Spanish 2:00 Caregiver Support Group—I	20 9:00 Let's Walk! 12:30 Pickleball (A) 4:00 Fish Fry
23 <i>Autumn Begins</i> 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 2:00 Savvy Caregiver Office open 8 am—12:30 pm	24 9:00 Pickleball (A) 10:00 City Bingo 10:00 Basic Yoga—L 12:30 Mulberry Glen Movie "The Upside" 1:00 Sheepshead Office open 8 am—12:30 pm	25 9:00 Let's Walk! 9:30 Bowling 10:00 Learn Tai Chi—A 11:00 Cont. Tai Chi-A 12:30 Pickleball-A 3:00 Cont. Sign Language Office Closed	26 9:00 Pickleball (A) 9:30 FUNctional Fit 10:00 Basic Yoga—L 11:30 Watercolor Basics 1:00 Cont. Spanish Office open 8 am—12:30 pm	27 9:00 Let's Walk! 12:30 Pickleball (A) Blood Drive here! Office Closed
30 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg 2:00 Savvy Caregiver				Activities take place at the Starin Park Community Building unless otherwise noted. A=Downtown Armory 146 W North St HB = Hawk Bowl 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 1-262-741-3333 to make a reservation by noon, one business day in advance. Reservations are required. **Call 1-262-741-3333 to CANCEL your meal no later than 8:00 am day of your reservation.** Please leave your name and dining center when calling. 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.

September 3

Lemon Pepper Fish
Red Potatoes
Broccoli
Pumpkin Bar
Wheat Bread

September 10

Chicken Marsala
Peas
Cauliflower
Wheat Bread
Lemon Bar

September 24

Hawaiian Shredded
Pork on Hamburger
Bun
Baked Beans
Creamy Coleslaw
Banana




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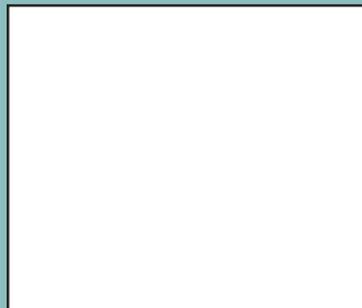
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Seniors in the Park, Whitewater, WI C 4C 01-1235



- * **Sue Leffingwell and Cathy Buelow** for yummy snacks for Respite guests.
- * **Warren DeVries** for sharing his beautifully restored 1947 Ford pick-up truck with Respite.
- * The **dedicated Respite volunteers** who make the program so special.
- * **Elaine Schultz, Karen Strauss, Diana Stettner, Barb Jaquith, & Kathy Ponyicsanyi** for help at the Summer Heat party.
- * **The Warblers** for the wonderful entertainment.

COMING IN OCTOBER!

“Spies, Sports and Summits of the Cold War”

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

Medicare 101

Wed. October 9, 10:30 am

Fall trip to Rotary Gardens

Friday, October 11

Puzzle Exchange

October 18, 9:30 am

Healthy Hips and Knees

October 28, 1:00 pm



Doris Wutke

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!

QUESTION #1— Is our Mission Statement current and accurate? Does it reflect our actual mission and is it a guide for developing programs and activities? Please chime in with **your thoughts** via email, snail mail, phone or verbally. Remember a mission statement must be short and memorable. Could you repeat it at gunpoint?

Mission statement:

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

MEDICARE 101

Wednesday, October 9, 10:30 am

Do you know the difference between Medicare Parts A, B, C and D? Are MediGap/Medicare supplements and Medicare Advantage plans the same thing? Should you enroll in a Part D plan or Senior Care? Are there programs to help me with the cost of my medications? If you have ever wondered about these questions, or have others, this is the meeting for you. Whether you are newly eligible for Medicare or have had it for years you will learn the answers to these questions and lots more from local White-water broker Jean Linos. She is a local business owner and has worked in the Medicare space for 6+ years. If you cannot attend the meeting or would like a private, no obligation consultation please call her at 262-458-2880 to schedule an appointment. Please RSVP by Monday October 7th.



VOLUNTEER OPPORTUNITIES

Coffee Air Pots: Tuesdays 3:15 pm Help put away the coffee area and clean the air pots. Takes approximately 15-20 minutes. Training provided.

Clean tables we got more tables from the Armory but they are really dirty. They need to be cleaned with the magic eraser and some elbow grease. When you are available.

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

QUESTIONS TO ASK ABOUT HEARING LOSS

A hearing loss diagnosis is likely to leave you with many questions as you navigate the changes that lie ahead. If your diagnosis is recent, it's a good idea to have a list of questions prepared before you meet with your audiologist. The following are common questions that should help you better understand your hearing loss, treatment plan, and expectations.



- What is the cause of my hearing loss? There are many possible factors that contribute to a hearing impairment. Understanding what led to yours can be helpful.
 - What type of hearing loss do I have? There are three main types of hearing loss; which one you have will determine your treatment options.
 - Is there anything I can do to prevent further hearing loss?
 - Is my hearing loss confined to one ear, or does it affect both?
 - Will hearing devices help?
 - What type of hearing device will work best for me? Which one is best for you depends on a variety of factors including your type and degree of hearing loss, lifestyle, cosmetic preference, and budget.
 - What daily care and maintenance do my hearing devices require?
 - Are there any accessories or options I should consider for my hearing devices? Depending on your lifestyle, you might benefit from hearing accessories or options for your devices.
 - What follow-up appointments will I require?
- If you have questions about your hearing health, call to book an appointment with the audiologist at Fort Healthcare at (920) 563-6667.

WISCONSIN MAKERS

**Wisconsin Makers, 200 E Clay Street
September 3 & 17**

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 September 3 and 17, 6-8 pm.

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

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

RECYCLING

Walworth County Household Hazardous Waste Clean Sweep Event – October 4 & 5, 2019 from 3—5 pm at the Whitewater Streets Department on Starin Road.

This event will help household residents, businesses, schools and municipalities properly dispose of damaged, banned, unusable or unwanted products that contain hazardous chemicals. ***This program does not take any electronic items.***

CLEAN SWEEP services are provided free-of-charge to household **residents** who may drop off items without an appointment.

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.

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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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Parks & Recreation Director

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

*Seniors in the Park is a division of
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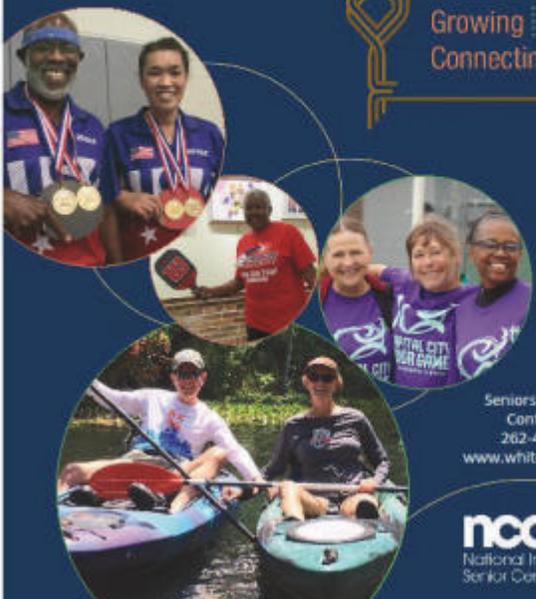


National Senior Center Month  September 2019

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Connecting : Giving



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