



The Park Bench

October 2019

Seniors in the Park Newsletter

SCHOLARLY SCOOP

Friday, October 4 10:30 am

“Baboon Sex: What do We Know and Why Do We Care?” 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

Upcoming presentations:

Nov. 1: “Don’t Forget to Come to This Talk: Tips for Remembering to Do Stuff”

Dec. 6: “Taking On Trump: The 2020 Democratic Candidates and A Big Choice Facing Voters”



Volume XIX Issue 10

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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

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

PICKLEBALL PARTNERS & TOURNNEY

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.

IMPROVE YOUR BALANCE

Wednesday, November 13 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 paroxysmal 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.

RUSTY HINGES

Monday & Wednesday, 11—11:45
Aquatic Center, 580 S. Elizabeth St.

This is an aquatic class for those who have arthritis or are pre/post surgical or have MS or CP. Maybe you are moving slower than usual, just plain sore, can't reach a top shelf or just want to meet others. Classes are free to members. Types of memberships are daily, monthly, yearly, seniors and family. Lift is available to get in and out of the water.

BASIC YOGA

Tuesdays, Nov. 5 —Dec. 17
Thursdays, Nov. 7—Dec. 19
10:00 am 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, 7 weeks, \$35; Thurs., 6 weeks, \$30
Fee: Non-members: Tuesdays \$45; Thursdays \$40
Payment/Deadline: Thursday October 31
No class Thursday, November 28.



CORE AND MORE

Mondays & Thursdays beginning
Mon., October 7, 8:30 am

This class will help you to perform daily activities safely and with ease. Shoulder opening and strengthening, balance and core exercises are done standing, seated and on the floor. The last twenty minutes of class you will roll out tightness. Modifications for all levels of ability will be demonstrated. Please bring a thick exercise mat, not a yoga mat.

Prepay Members: \$1.00/class*

Prepay Non-Member: \$2.00/class*

First class is free for new participants.

*After first class, participants are required to have funds in their account to cover the class.



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

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.



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 Whitewater 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.

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.

WOMEN'S DAY

Saturday, November 23

Mark your calendar! Sessions to-date include Hooping, Using Herbs to Maintain Health, Line Dance, Meditation, Yoga, Food as Medicine, Meditation, acupuncture, CBD oil, Laughter Yoga, drum circle and the keynote is 'Unconditional Healthiness'. Final information, reservation forms and fees will be available after October 10.



PUZZLE EXCHANGE

Friday, October 18, 9:30-10:00 am

Are you ready to trade your 500/1000 piece puzzles for different ones at no cost? Bring 3 to 10 bagged-in-the-box puzzles to the Starin Park Community Building. The exchange will take no longer than a half hour. If you are unable to make this one, others will be held on the third Friday of the month through the winter. If you have questions, call Louise, 262-473-2548.



LEARN MAH JONGG

Mondays in October, beginning October 7, 1:00 pm

Learn this brain-stimulating game played with tiles. American Mah Jongg will be played. Please call to register or show up at the first class.

OPEN SEWING GROUP

Fridays, October 11 & 25 10 am-4:00 pm



Come and sew on your current project and chat with other sewing enthusiasts on the second and fourth Friday of the month any

time between 10 am and 4 pm. All skill levels are welcome. Bring your machine and supplies or hand sewing equipment. An ironing pad and iron will be provided.

Questions: Contact Carolyn at 262-903-5678 or behrecar@gmail.com.

STAINED GLASS CLASS

October 8 & 9, 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, October 4

Next class: November 19 & 20



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.



MIXED MEDIA AND COLLAGE

Thursdays, October 3-17, 2019 1:00 - 4:00 pm

This three-week painting session with Karolyn Alexander will focus on combining mixed media and collage. Elements of composition will be discussed including line, shape, texture, color and value. Mark-making and texture techniques will be demonstrated. Watercolor, gouache or acrylic paint may be used in addition to collage. Participants may choose realistic or abstract subject matter.

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.

Please arrive 10-15 minutes early to set-up.

Instructor: Karolyn Alexander Tscharnack, www.karolyn.biz
Fee: \$15 per class or \$37.50 session fee for all 3 classes for those who are pre-registered.

Session fee is payable to the instructor on October 3rd by cash or check.

Deadline: Thursday, September 26th A supply list will be sent upon registration.

Minimum – 6 people Maximum – 14 people



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and Adults of all ages on
trips and to our programs.**

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BOOK WORMS

Monday, October 7 10:30 am

The Book Club will discuss *Enchantress of Numbers: a novel of Ada Loveless* by Jennifer Chiaverini. The book for November will be *Lab Girl* by Hope Jahren.

A book about work, love, and the mountains that can be moved when those two things come together. It's about Jahren's childhood in rural Minnesota with an uncompromising mother and a father who encouraged hours of play in his classroom's labs; about how she found a sanctuary in science, and learned to perform lab work done "with both the heart and the hands"; and about the inevitable disappointments, but also the triumphs and exhilarating discoveries, of scientific work.

At the core of this book is the story of a relationship Jahren forged with a brilliant, wounded man, who becomes her lab partner and best friend. Their sometimes rogue adventures in science take them from the Midwest across the United States and back again, over the Atlantic to the ever-light skies of the North Pole and to tropical Hawaii, where she and her lab currently make their home.



STATE OF THE SCHOOL DISTRICT

Tuesday, October, 22 11:00 am

Mark Elworthy, District Administrator, and Matthew Sylvester-Knudtson, Director of Business Services, will just be giving a quick update on the district and all its accomplishments. This is your chance to ask questions and find out how your tax dollars are being spent.

WIN PRIZES!!

Guess how many candies are in the jar or come in Costume on October 31 and be entered to win a prize!

MOVIES: SPONSORED BY MULBERRY GLEN



"Rocketman"

(Biography/Drama/Musical)

Tuesday, October 8, 12:30 pm

Rated R (Language sexual content); 2 hours, 1 min.

Step inside the story of Sir Elton John (Taron Egerton) and see his rise to the superstar showman he is today. This is a film that is more a musical than a biopic. It IS Rated R, but Elton hasn't lived a PG-13 life. He was knighted by Queen Elizabeth in 1998. Elton John will be at the Fiserv Forum in Milwaukee on October 19. His concert is sold out.

Tuesday, October 22—NO MOVIE.

"Get Out"

(Horror/Mystery/Thriller)

Tuesday, October 29, 12:30 pm,

Rated R (Violence, language); 1 hour, 44 min.

This is an unnerving, psychological film in a "Twilight Zone"-style vein.

A young African-American (Daniel Kaluuya) visits his white girlfriend's parents for the weekend, where his simmering uneasiness about their reception of him eventually reaches the boiling point. Also stars Madison native Bradley Whitford ("West Wing"). Nominated for Best Picture, Best Actor (Kaluuya); Winner: Best Original Screenplay.

This is our Halloween film and Mark will have Treats for all!

SCHOLARLY SCOOP

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

Friday November 1, 10:30 am

Do you struggle to remember to do things (take medication, keep appointments, mention things to friends and family)? We all forget our intentions sometimes. As we age, this forgetfulness becomes more prominent and problematic. This lecture is aimed at explaining why our memory gets foggier as we age and some ways that we can make it more effective and efficient. Speaker Brandon Thomas is an Assistant Professor at UW-Whitewater in the Dept. of Psychology.





BRIDGING TECHNOLOGY

Friday, October 4, 10—11 am
Tuesday, October 15, 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, smart phones and apps like Facebook, Twitter, Snap Chat and more. 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, November 1, 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
Oct. 1: Mulberry Glen
Oct. 8: Culvers
Oct. 22: City Bingo
Oct. 29: Scary 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, October 14, 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. Enter Seniors in the Park and our zip code 53190. You can also check out our supporting advertisers here, too!

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

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.

FIRST ANNIVERSARY ROCKIN' RESPITE

Rockin' Respite is one year old! Our 22 sessions of Respite have provided 792 hours of "me" time for six caregivers. Thank you to Fort Hospital for providing a nurse, Living Word Fellowship for offering us space for the program, Mulberry Glen for the meals, and the Whitewater Community Foundation for start-up funds for the respite.

We could not have done this without our wonderful volunteers who gave 2200 hours of their time to make our program a success. Our volunteers ROCK!

If you are a full-time care partner in need of a 6 hour break twice a month, call Seniors in the Park for more information: 473-0535

October Thank yous!

- ◆ **Carol Holford** - snack bars
- ◆ **Dale and Cathy Buelow** - Coffee and snacks
- ◆ **Tawny Bloom** - for Life Cycle of a Butterfly presentation
- ◆ **Faye Skelton** - for teaching us some sign language

WHITEWATER MEMORY CAFÉ

Monday, October 14, 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.

RESPITE WISH LIST

6 small pumpkins for our guests to decorate on October 22
Portable space heater

DEMENTIA FRIENDS INFORMATIONAL SESSIONS

Tuesday, October 15, 5:30—6:30 pm
Thursday, October 17, 11 am—12 pm
Starin Park Community Building

*Changing the way
people Think, Act and
Talk about dementia!*



Dementia Friends is a campaign to tackle the stigma and lack of understanding around dementia. It is the biggest ever initiative to change people's perceptions of dementia. It aims to transform the way we think, talk and act about the disease. The Dementia Friends session helps you learn about dementia and the small ways you can help. From telling friends about the program to visiting someone you know living with dementia, every action counts.

Approximately 110,000 people in Wisconsin are living with Alzheimer's and over 200 could be living in Whitewater. People with dementia need to be understood and supported in their communities.

Light refreshments will be served. Please register in advance.

PURPLE ANGEL RECOGNITIONS

Congratulations to the **ILY Memorial Library**, who received their Purple Angel Recognition in September: 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.



MOTORCYCLE RIDES

Holy Hill and Fox and Hounds

Saturday, October 5

Travel through the beautiful Kettle Moraine on your way to Holy Hill. Hike the paths, climb the tower or just enjoy the beauty of the area. After our visit, have lunch at the historic and unique Fox and Hounds restaurant. Depart at 9:30 am. Rain date for the trip is Saturday, October 19.



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



ACTIVITIES AT A GLANCE

- 'FUN'ctional Fitness**—Mondays & Thursdays 9:30 am; \$1.00 per class Members; \$2.00 non-member
- Core & More**—Mondays & Thursdays 8:30 am; \$1.00 per class Members; \$2.00 non-member
- Pickleball**—Mondays, Wednesdays and Fridays 12:30-2:30 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
- Puzzle Exchange**—Third Friday 9:30 am

LUNCH BUNCH

Thurs. October 10, 10:30 am

We will be eating lunch at Moy's in Elkhorn. A favorite of the Lunch bunch participants. Fee: \$3.00 members, \$6.00 non-members RSVP by Tues., October 8 Minimum 7 people

FISH FRY FRIDAY

Fri., October 18, 4:00 pm

Join us for a fish fry at the Anchor Inn in Newville. RSVP by Wed., October 16 Fee: \$3.00 members, \$6.00 non-members Minimum of 7 people

BREAKFAST BUNCH

Thurs., October 24, 8:15 am

We will head to Citrus Café in Janesville. A favorite spot for the breakfast Bunch. Fee: \$3.00 members, \$6.00 non-members RSVP by Tuesday, October 22. Minimum of 7 people

JANESVILLE SHOPPING

Wednesday, October 2, 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., September 30 Minimum of 5 people *Please note the group will discuss changing this outing to Janesville only. We have had to cancel several trips to Fort Atkinson and Jefferson.

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!

COLLETTE TRAVEL PREVIEWS
Wed. October 16 11:00 am 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

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>

DISCOVER CROATIA, SLOVENIA & THE ADRIATIC COAST

October 5-16, 2020

Featuring Istrian Peninsula, Lake Bled, Dalmatian Coast and Dubrovnik. For more info go to: <https://gateway.gocollette.com/link/990247>

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. 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, October 2, 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, October 3

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, November 7



GREETING CARDS

NEW cards are here! We have a great selection of Fravessi cards, including Halloween, 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.

	<p><i>McCullough's</i></p> <ul style="list-style-type: none"> • PRESCRIPTIONS • GIFTS <p>Contact us regarding convenient medication packaging options</p> <p>1173 W. Main St. • 473-5065</p>	<p>Call today to connect with a</p> <h2>SENIOR LIVING ADVISOR</h2> <p>INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE</p> <p>A Place for Mom has helped over a million families find senior living solutions that meet their unique needs.</p>
<p><i>American Standard</i> Walk-In Tubs</p> <h3>WALK-IN BATHTUB SALE! SAVE \$1,500</h3> <p>AS SEEN ON TV</p> <ul style="list-style-type: none"> ✓ Backed by American Standard's 140 years of experience ✓ Ultra low entry for easy entering & exiting ✓ Patented Quick Drain® Technology ✓ Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard ✓ 44 Hydrotherapy jets for an invigorating massage <p>FREE! Savings Include an American Standard Right Height Toilet FREE! (\$500 Value)</p> <p>Limited Time Offer! Call Today!</p> <h2>855-480-1029</h2> <p>Or visit: www.walkintubinfo.com/save</p> <p>MADE IN USA</p> <p>ACCREDITED BUSINESS A+ RATED</p>	<p><i>There's no cost to you!</i></p> <h2>(888) 612-8951</h2> <p>We're paid by our partner communities</p> <p>◀ Joan Lunden, journalist, best-selling author, former host of <i>Good Morning America</i> and senior living advocate.</p> <p><i>aPlace for Mom.</i></p>	<h2>FIRST CITIZENS STATE BANK</h2> <p>SINCE 1863</p> <p>Trust Services: • Administer your Will • Administer your Trust • Invest your Funds • Pay your Bills</p> <p>Serving Whitewater, Palmyra & East Troy</p> <p>Member FDIC www.firstcitizensww.com</p>

Activity Calendar

October 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 HB = Hawk Bowl I = ILYM Library L=Cravath Lakefront</p>	<p>1</p> <p>9:00 Pickleball (A) 10:00 Culver's Bingo 10:00 Basic Yoga—L 11:15 Pot Luck 12:00 Dominoes 1:00 Sheepshead 1:00 Partner Pickleball</p>	<p>2</p> <p>9:00 Let's Walk! 9:30 Bowling 9:30 Janesville Shop 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>3</p> <p>9:00 Toenails 9:00 Pickleball (A) 9:30 FUNctional Fit 10:00 Basic Yoga—L 1:00 Mixed Media 1:00 Acrylic Pour (A)</p> <p>Office open 8 am—12:30 pm</p>	<p>4</p> <p>9:00 Let's Walk! 10:00 Bridging Tech 10:30 Scholarly Scoop 12:30 Pickleball (A)</p> <p>Office Closed</p>
<p>7</p> <p>8:30 Core & More 9:30 FUNctional Fit 10:30 Bookworms 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Learn Mah Jongg 1:00 Mah Jongg 2:00 Savvy Caregiver</p>	<p>8</p> <p>9:00 Pickleball 10:00 Mulberry Glen Bingo 10:00 Basic Yoga—L 12:30 Mulberry Glen Movie "Rocketman" 12:30 Stained Glass (A) 1:00 Sheepshead 1:00 Partner Pickleball</p>	<p>9</p> <p>9:00 Let's Walk! 9:30 Bowling 10:00 Learn Tai Chi -A 10:30 Medicare 101 11:00 Cont. Tai Chi-A 12:30 Pickleball-A 12:30 Stained Glass (A) 1:00 Spies, Sports and Summits of the Cold War 3:00 Cont. Sign Language</p>	<p>10</p> <p>8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:00 Basic Yoga—L 11:00 Lunch Bunch 1:00 Mixed Media</p>	<p>11</p> <p>8:15 Rotary Gardens Departs 9:00 Let's Walk! 10:00 Open Sewing Group 10:30 Mayflower Trip Previews 12:30 Pickleball (A)</p>
<p>14</p> <p>8:30 Core & More 9:30 FUNctional Fit 10:30 Memory Café - I 11:00 WW Warblers 11:30 Sr. Forum 12:30 Pickleball (A) 1:00 Learn Mah Jongg 1:00 Mah Jongg 1:30 DFCL meeting 2:00 Savvy Caregiver</p>	<p>15</p> <p>9:00 Pickleball 9:30 Pegs and Jokers 10:00 Basic Yoga—L 1:00 Sheepshead 1:00 Partner Pickleball 3:30 Bridging Technology 5:30 Dementia Friends</p>	<p>16</p> <p>9:00 Let's Walk! 9:30 Bowling 10:00 Learn Tai Chi—A 11:00 Cont. Tai Chi-A 11:00 Collette Travel Previews 12:30 Pickleball (A) 1:00 Spies, Sports and Summits 3:00 Cont. Sign Language</p>	<p>17</p> <p>8:30 Core & More 9:00 Pickleball 9:30 FUNctional Fit 11:00 Dementia Friends 1:00 Cont. Spanish 1:00 Mixed Media 2:00 Caregiver Support Group—I</p>	<p>18</p> <p>9:00 Let's Walk! 9:30 Puzzle Exchange 12:30 Pickleball (A) 4:00 Fish Fry</p> 
<p>21</p> <p>8:30 Core & More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Learn Mah Jongg 1:00 Mah Jongg 2:30 Android Group</p>	<p>22</p> <p>9:00 Pickleball (A) 10:00 City Bingo 10:00 Basic Yoga—L 11:00 School District Update 1:00 Sheepshead 1:00 Ireland Preview 1:00 Pickleball Tournament</p>	<p>23</p> <p>9:00 Let's Walk! 9:30 Bowling 10:00 Learn Tai Chi—A 11:00 Cont. Tai Chi-A 12:30 Pickleball-A 1:00 Spies, Sports and Summits.... 3:00 Cont. Sign Language</p>	<p>24</p> <p>8:15 Breakfast Bunch 8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:00 Basic Yoga—L 1:00 Cont. Spanish 1:30 My Two Elaine's @ St Patrick's Church</p>	<p>25</p> <p>9:00 Let's Walk! 10:00 Open Sewing Group 10:00—12:00 Medicare Part D appts. 12:30 Pickleball (A)</p>
<p>28</p> <p>8:30 Core & More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Learn Mah Jongg 1:00 Mah Jongg 1:00 Healthy Hips and Knees</p>	<p>29</p> <p>9:00 Pickleball (A) 10:00 Scary Bingo 10:00 Basic Yoga—L 12:30 Mulberry Glen Movie "Get Out" 1:00 Sheepshead 1:00 Pickleball Tournament</p>	<p>30</p> <p>9:00 Let's Walk! 9:30 Bowling 10:00 Learn Tai Chi—A 11:00 Cont. Tai Chi-A 12:30 Pickleball-A 1:00 Spies, Sports and Summits.... 3:00 Cont. Sign Language</p>	<p>31</p> <p>8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:00 Basic Yoga—L 1:00 Cont. Spanish</p> 	<p>1 NOV</p> <p>9:00 Let's Walk! 10:00 Bridging Tech 10:30 Scholarly Scoop 12:30 Pickleball (A)</p>

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.

October 1

Chopped Steak
Scalloped Potatoes
Baked Beans
Carrot Raisin Salad
Wheat Roll
Cherry Bar

October 8

Beef Vegetable Soup
Carrots
Pears
Corn Bread
Pumpkin Bar

October 22

Hamburger
Wheat Bun
Baked Beans
Carrots
Broccoli Slaw
Apple Pie Bar

October 30

Herbed Pork Loin
Winter Squash
Au Gratin Potatoes
Wheat Roll
Fruit Cocktail
Pumpkin Pie Pudding




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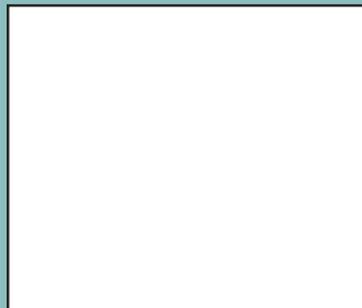
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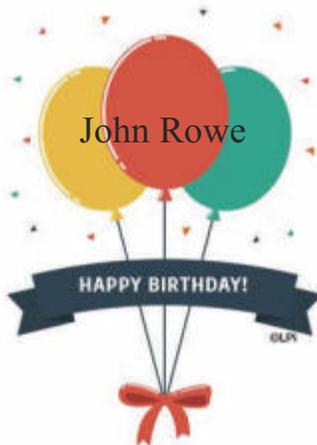


Jane Roberts, Barbara Larson and Anonymous for cash donations

John Rowe for Bingo Prizes and coffee

Carol Bush, Elmer Keske, Barb Koch, Janet Lindahl, Judy Miller, Bonnie Noonan, Linda Norton, John Rowe, Vicki Schoenbeck, Elaine Schultz, Betty Sweno, Mary Ann Williams and Mary Jane Williams for soliciting for Bingo prizes.

Bobby Flanders, Fay Skelton, Mark Dorn, Kathy Brimmer, Eda Wilson and Ellen Long for assisting with Accreditation.



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.)



MY TWO ELAINE'S

October 24th, 1:30—3:30pm at St. Patrick Catholic Church

Join former Wisconsin Governor Martin J. Schreiber as he shares lessons from his decade-plus journey as a caregiver for his wife, Elaine, who lives with Alzheimer's disease. Gov. Schreiber will candidly describe his challenges and missteps, and highlight how compassion and humor provide comfort to both caregiver and the person with dementia. His raw honesty and practical advice will inspire other caregivers to find patience, courage and love as they climb the Alzheimer's mountain. Schreiber's award-winning book, *My Two Elaines*, will be available for purchase for \$15. Net proceeds are used to promote Alzheimer's caregiver support. Event is sponsored by Mulberry Glen.

VOLUNTEER OPPORTUNITIES

Women's Day: Help set-up and prep food for Women's Day on Friday November 22. in the morning. Times TBD. Have also requested student help.

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.

Volunteer Manual updates— as part of State Re-Accreditation, the volunteer manual and job descriptions need to be reviewed and tweaked. This can be done at home or with a friend. Must be completed by April 1, 2020

COORDINATOR'S COMMENTS

October is one of my favorite months of the year. The beautiful colors, moderate temperatures, bonfires and Halloween. My favorite holiday! I hope you noticed both of the guessing games we will be playing this month and feel free to dress up on Halloween and wear your costume to the center. Being childlike is good for the soul, as well as lots of fun!

A huge shout out to the Rockin' Respite Volunteers and Nurse Maisie! What an amazing group of people who volunteer their time twice a month, so caregivers can have a respite. This wouldn't have happened without the hard work and diligence of **Lyn Wolfe and Pat Metz**. They found the program in Fort Atkinson, visited, got information from the founding group and made it a reality in Whitewater. Lyn plans and coordinates all the activities and Pat administers the site and coordinates the volunteers. Thanks to all the respite volunteers for a fantastic job!

Have fun this month and let your inner child out!



HALLOWEEN IN WHITEWATER

GHOU'L'S NIGHT OUT

Thursday, October 24, 4:00—7:00 pm

Bring your little ghouls in their costumes to local uptown businesses for a howling good tie playing games and treats.

CITY WIDE TRICK OR TREAT

Thursday, October 31, 4:00—7:00 pm

PARKS AND RECREATION HALLOWEEN FUN HOUSE

Thursday, October 31, 342 N. Fremont St.
4:00—7:00 pm

We will again have our Haunted House this year. Please join us at the small white ranch house at 342 N. Fremont St. Enjoy a walk through a family-friendly Haunted House. Outside activities are weather dependent.



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.

WISCONSIN MAKERS

Wisconsin Makers, 200 E Clay Street

Join Wisconsin Makers, 200 E Clay Street, on October 1 and 15 for **Senior Make Time** 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. Several of our new members are currently making 3D Printed Parts. Come make with us! **Open Make Nights** are October 1st and 15th, 6-8 pm.

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

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.

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!

Please cut out this "Thank You Coupon" and present it the next time you Patronize one of our Advertisers/Supporters



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504 W Starin Rd, PO Box 178
Whitewater WI 53190

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www.whitewater-wi.gov

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



2018 HALLOWEEN HIJINKS!

Last year, the Parks and Recreation staff was found in various places around our programs and facilities hiding as Waldo, which became a “Where’s Waldo” Facebook promotion. **Can you guess what this crazy department is doing this year?** Fill out your form with your guess at the center.



**Happy Halloween
from Whitewater's
Parks & Recreation Staff**

