



# The Park Bench

November 2019

Seniors in the Park Newsletter

## WOMEN'S DAY

Saturday, November 23 8:

Relax, Learn, Enjoy! Spend the day with other women and attend sessions on Hooping, Using Herbs to Maintain Health, Line Dance, Meditation, Yoga, Food as Medicine, Meditation, Acupuncture, CBD oil, and Laughter Yoga. The keynote is 'The Inexhaustible Resource' and end your day with Drumming for Health and Happiness. Doors open at 8:30 and first session is at 9:00 am. Pick up a registration form at the Starin Park Community Building, Aquatic Center or the Municipal Building second floor kiosk. We can also email you one. The fee is \$25 and includes morning snacks & lunch. Limited seating, register early! Deadline to register is November 14.



## THANKS-FOR-GIVING!

Wednesday, November 20 2:30—5:30 pm

*"Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain loving one another"* ~ Erma Bombeck.

Bombeck.

Seniors in the Park has had an outstanding, successful year due to our wonderful, caring, and giving volunteers. All volunteers are welcome to attend. I have been putting off background checks for all volunteers, but per the state of Wisconsin, this is required. So stop in, fill out the form, and enjoy some time with friends over a beverage and snacks (there will be wine and beer). Volunteer handbooks will be available to look at. We also need your input as they are being tweaked for accreditation. We'll also have door prizes. Please register by November 15.



Volume XIX Issue 11

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

## BIG BAND JAZZ CONCERT & DANCE

Saturday, November 2  
7:00 pm

Whitewater High School  
534 S. Elizabeth St.

Have a blast at the Big Band Jazz Concert. Our own jazz band students will be performing that night, as well as, the University Jazz band. The music is sure to resonate with you...toe tapping, clapping and dancing. This is a great opportunity to bring the community and students, both high school and university, together to share music and camaraderie and raise funds for the band program. Refreshments will be served. Gather your friends and have a wonderful evening of music, dance and fun.

Tickets: \$10 or buy 3 get one free

Bands: WHS Jazz Band,  
WHS Jazz Combo, WHS  
Club Combo, and UWW  
Jazz Ensemble



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

## 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; Thursdays., 6 weeks, \$30

Fee: Non-members: Tuesdays \$45; Thursdays \$40

**Payment/Deadline: Thursday October 31**

**No class Thursday, November 28.**



## 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.



## BALANCE FOR LIFE

Mondays, November 18—December 2 1:00pm

Did you attend Andrew Punsel's programs on balance? You know you should practice on your balance skills, but will you?

- ◆ Fear of falling in the #1 concern of elderly adults
- ◆ Falling is the leading cause of injury related visits to the ER for people 65+ years - over 2 million visits per year.
- ◆ Falling accounts for 70% of accidental deaths for people 75+ years
- ◆ Older adults who fall once are 2-3 times likely to fall again within one year.

Having poor balance reduces your ability to complete Activities of Daily Living (ADL) such as: Drive your vehicle, Walk around safely, Climb up/down stairs, Handle simple household chores and Getting out of bed.

If any of the above is on your mind, come join us for these 30 minute sessions to work on simple balance skills.

Instructor: Roberta Flanders

Fee: \$5.00 members; \$8.00 non-members

Deadline: November 13

## SCHOLARLY SCOOP

Friday, November 1, 10:30 am

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

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.

Upcoming Presentations:

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



## PUZZLE EXCHANGE

Friday, Nov. 15  
9:30 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.



## EXPERIENCING AND HANDLING GRIEF DURING THE HOLIDAYS

Wednesday, December 4 @ 1:00 pm

Please join us as Agrace Grief Counselor, Dana Basch, walks us through:

- Learning about grief and what it looks like
- Help/support friends and family dealing with grief, especially during the holidays
- Learn what to say/what not to say to a person dealing with grief

Please register by December 2



## WHITEWATER RECOLLECTS: GROCERY STORES

Sunday November 17

1:00—2:30 pm

Cravath Lakefront Center  
341 S Fremont St.

Did you know Whitewater once had multiple grocery stores? Did you know most grocery stores were downtown?

Come hear long-time residents talk about Whitewater’s groceries from the 1930s through the ‘70s.

Reminisce about the good old days or learn what you missed!

Free and open to the public.



Bring on the festive fun!

Join us at 841 Brevhouse for a plated lunch and entertainment on **Wednesday, December 11**. Doors open at 11:30 and lunch is served at noon, followed by entertainment.

Lunch choices are Turkey or Pork, with potato, vegetable, and dessert.

Tickets (\$14) go on sale November 12 and deadline to purchase is Tuesday, December 3.

## OPEN SEWING GROUP

Fridays, November 8, 15 and 22  
10 am-4:00 pm



Come and sew on your current project and chat with other sewing enthusiasts on

the second, third and fourth Fridays 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](mailto:behrecar@gmail.com).

Note: Nov 22 may not meet

## STAINED GLASS CLASS

November 19 & 20, 12:30 –3:30  
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, November 15



## BEGINNING ACRYLIC POURING CLASS

Monday, November 11 at 1:00 pm  
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 [artonthe-fly2018@gmail.com](mailto:artonthe-fly2018@gmail.com) or text 608-289-6876

Deadline: Monday, November 4

Please call ahead to make sure the class minimum has been met.

## CHRISTMAS PAINTING/CARDS

Thursdays, Nov 14 & 21, 1:00 pm

Create a beautiful Christmas card/painting using watercolors and mixed media. We will cover basic information on mixed media and creating your own papers and use mono printing to create papers or you can bring some store-bought or found papers. This class covers all abilities.



Supplies to bring: 1) Watercolor paper or a different substrate 2) Watercolors brushes 3) Yes paste or other gluing medium and a brush to apply 4) Found or store-bought art papers: sheet music, old book pages, etc..5) cover for tables

Rita will have small packets of different papers to buy for \$5

Fee: \$15 per session.

Register: Call 262-473-0535 or Rita Carpenter,

[artonthe-fly2018@gmail.com](mailto:artonthe-fly2018@gmail.com) or text 608-289-6876

Deadline: Thursday, November 7 Minimum – 6 people

## PAINTING THE LANDSCAPE IN WATERCOLOR

Thursdays, December 5, 19, & 26 at 1:00 pm

This session will focus on using watercolor to create a landscape painting. Participants are encouraged to bring a landscape photo or two to paint from. Please do not bring stacks of photos. Topics will include simplifying the landscape, painting barns and birch trees and adding other media, such as pen and ink, watercolor pencils and white gouache.

Each session will include a demonstration and 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](http://www.karolyn.biz)

Fee: \$15 per class or \$37.50 session fee for all 3 classes, if pre-registered and is payable to the instructor on December 5 by cash or check.

Deadline: Thursday, November 28



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## BOOK WORMS

Monday, November 4, 10:30 am

The Book Club will discuss *Lab Girl* by Hope Jahren. The book for December will be *Winter Garden* by Kristin Hannah.

Meredith and Nina Whitson are as different as sisters can be. But when their beloved father falls ill, these two estranged women will find themselves together again, standing alongside their cold, disapproving mother, Anya, who even now, offers no comfort to her daughters. On his deathbed, their father extracts one last promise from the women in his life.

It begins with a story that is unlike anything the sisters have heard before—a captivating, mysterious love story that spans sixty-five years and moves from frozen, war torn Leningrad to modern-day Alaska. The vividly imagined tale brings these three women together in a way that none could have expected. Meredith and Nina will finally learn the secret of their mother's past and uncover a truth so terrible it will shake the foundation of their family and change who they think they are.



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## MOVIES: SPONSORED BY MULBERRY GLEN

**“They Shall Not Grow Old”**  
Tuesday, November 12, 12:30 pm  
(Documentary/History/War)

**Rated R (disturbing war images); 1 hour, 39 minutes.**

Through groundbreaking computer restoration technology, Director Peter Jackson creates a moving realistic depiction of World War 1, as never before seen, in restored, vivid colorization and retiming of film frames. Shown in Honor of Veterans Day.

**“Planes, Trains & Automobiles” and  
a Short Subject (two reeler).**

**Tuesday, November 26, 12:30 pm  
(Comedy) Rated R (language); 1 hour, 33 min.**

To commemorate the getaway for Thanksgiving, we offer two comedy classics! In the feature film, advertising executive Neal Page (Steve Martin) struggles to travel home to Chicago for Thanksgiving with Del Griffith (John Candy), an obnoxious shower curtain ring salesman. Complications ensue. Preceding this feature will be “Perfect Day,” a 1929 Laurel & Hardy 20-minute short: two families set out for a pleasant Sunday picnic in their Model T Ford...but don't get very far.

## SCHOLARLY SCOOP

Friday, December 6, 10:30 am

**Taking On Trump: The 2020 Democratic Candidates And A Big Choice Facing Voters.”**

The 2020 Election may still be a year away, but the campaign is already in full swing! For all of the polls and opinions, there are many remaining questions to answer and decisions to make as we prepare for what will likely be a whirlwind of political activity in 2020 – especially in Wisconsin! Which Democratic vision for America will prevail in the primaries? What can we expect to see here in the Badger State? Can we trust the polls to accurately inform us about the race? Join us for a lively, interactive, and civil conversation about upcoming presidential election, and what it means for both Wisconsin and the country! Presenter is Eric Loepp, Assistant Professor, Dept. of Political Science. Please register in advance.





## BRIDGING TECHNOLOGY

**Friday, November 1, 10—11 am**  
**Tuesday, November 19, 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. . Please call if you will be attending.

## ANDROID GROUP

**Monday, November 18, 2:30 pm**

Bring your Android tablet or Kindle Fire and Tom will be here to answer questions



## 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**

Nov. 5: Culvers  
Nov. 12: Mulberry Glen  
Nov. 26: City Bingo

## WEEKLY BINGO SPONSORS

**Culver's & Mulberry Glen**  
**City Bingo Cover All: Cozumel**

## CITY BINGO SPONSORS

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Walworth Co. Nutrition \* Casey's Dalee \* Water Conditioning \* Fanatico

## 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, December 9, 11:30 am**  
**(No Forum in November)**

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](http://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](mailto:dweberpal@whitewater-wi.gov).

## CARING FOR THE CAREGIVER

November 8 10 am—noon

Fort Atkinson Memorial Hospital—Auditorium

Dr. Wruble will provide an interactive presentation for caregivers to learn how to better care for themselves.

Reservation due to Heather Janes at 920-675-4035 by November 1.

## CAREGIVING & ORAL HEALTH

Thursday, November 14

Jefferson Senior Center, 859 Collins Rd, Jefferson

Did you know that the oral health of your loved one has a huge impact on their overall health? Angie Stone, international speaker and author of “Dying From Dirty Teeth” will share her passion and knowledge on this subject. Call Heather Janes at 920-675-4035 to register.

## November Thank yous!

- ♦ Dawn Hunter—6 pumpkins for Respite guests to paint
- ♦ Dorene Kujanski - fresh produce for our caregivers
- ♦ Dale and Cathy Buelow-purchasing two space heaters to keep our guests toasty warm this winter
- ♦ Carol Holford - John Denver CD
- ♦ Donna Kollwelter for the sewing items for the memory boxes

## WHITEWATER MEMORY CAFÉ

Monday, November 11, 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.

## FREE MEMORY SCREENING

Tuesday, November 19, 1:00 pm

A memory screening is a baseline for monitoring memory. It is a simple health assessment consisting of a series of questions and tasks designed to gauge memory, language and thinking skills. This ten-minute assessment is a face-to-face meeting with no preparation required and is confidential. Early detection is important, as it allows for a better chance for medical interventions and affords an individual the opportunity to participate in long-term care, and legal and financial planning.

Please call to make an appointment for the service by Friday, November 15.

## DEMENTIA LIVE

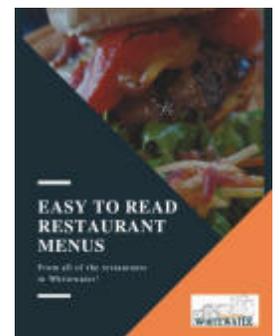
Thursdays, November 7-21  
Mulberry Glen, Main St.

Dementia Live is an experience that immerses participants into what life might be like living with cognitive impairment and sensory change. This safe experience is a powerful and effective tool to assist people to understand specific changes and how to improve communication and their environment,

Appointments required and can be made by calling Jenny at 262-458-5101.

## LARGE PRINT MENUS

Thanks to the efforts of Downtown Whitewater, we have large print menus for people with dementia or sight problems. There is a binder here in the office, one at the desk at the ILY Memorial Library and one at the Downtown Whitewater office on Main St. Can also be emailed to you.



## 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

**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



## CHRISTKINDL MARKET

**Friday, November 15**

Savor the sights, sounds, shopping and food at the Milwaukee Christkindl Market. Put on by the same people that do the

Chicago Market. Visit to experience a traditional German holiday market in the heart of the city, complete with delicious food & drinks, collectibles and gifts.

Fee: \$13.00 includes transportation

Deadline: November 10

Trip departs at 10 am and will return approximately 4:30 pm

## ROTARY GARDENS LIGHT SHOW



The wintry garden paths are brought to life with over a quarter-million lights, 100 beautifully decorated trees, over 2,500 luminaries, 500 dangling icicle lights hung from the tallest trees in the Garden and more. With photo op stops outside and yummy food inside, the event is sure to delight people of all ages.

Fee: \$9.00 (includes transportation and ticket)

The van will depart Starin Park at 4:00 pm.

Date: Sunday, December 8

Deadline: November 28

Date: Thursday, December 12

Deadline December 3

## LUNCH BUNCH

**Thurs. November 14, 10:30 am**

We will be eating lunch at the Milwaukee Grill in Janesville. We will also stop at K&W Greenery to see their Holiday offerings.

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

RSVP by Tues., November 12

Minimum 7 people

## FISH FRY FRIDAY

**Fri., November 22, 4:00 pm**

Join us for a fish fry at the Duck Inn.

RSVP by Wed., November 20

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

Minimum of 7 people

No Fish Fry in December

## BREAKFAST BUNCH

**Tues., November 19, 8:15 am**

We will head to Blue Gillies in Newville; a favorite spot for the Breakfast Bunch.

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

RSVP by Monday, November 18.

Minimum of 7 people

## JANESVILLE SHOPPING

**Wednesday, November 6, 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., November 4

Minimum of 5 people

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), 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



## DESERT ADVENTURES: DUBAI & ABU DHABI

**March 12-20, 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. Final payment due December 23.



## PACIFIC NORTHWEST & CALIFORNIA

**August 2-9, 2020**

Tour highlights of Seattle, Mount St. Helens, Columbia River Gorge and Molt-nomah 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 & THE ADRIATIC COAST

**October 5-16, 2020**

Featuring Istrian Peninsula, Lake Bled, Dalmatian Coast, Plitvice Lakes National Park, Farm-to-table Dinner, Split, Diocletian's palace, Zagreb, Dubrovnik, Opatija-Croatia's Riviera and Choice on Tour. For more info go to: <https://gateway.gocollette.com/link/990247>



## 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, National Corvette Museum, the Bourbon Trail, including Dinner at Bourbons Bistro with "Whiskey 101" and tasting and much more! \$1479 pp/dbl.

## TULIP TIME ON JEWELS OF THE RHINE

**April 5-15, 2020**

Current offer is \$399 airfare! 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 transfers, all port charges, tips on the ship, complimentary beverages at lunch and dinner. Call for prices. Mayflower Cruises and Tours. Final payment due December 27.

## CHAIR MASSAGE

**Wednesday, November 6, 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, November 7**

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, December 5**



## GREETING CARDS

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

# Activity Calendar

## November 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><b>1</b></p> <p>9:00 Let's Walk! <b>10:00 Bridging Tech</b> <b>10:30 Scholarly Scoop</b> 12:30 Pickleball (A)</p>
<p><b>4</b></p> <p>8:30 Core &amp; 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 <b>Office open 8 am—12:30 pm</b></p>	<p><b>5</b></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</p> <p><b>Office open 8 am—12:30 pm</b></p>	<p><b>6</b></p> <p>9:00 Let's Walk! 9:30 Bowling <b>9:30 Janesville Shop</b> 10:00 Learn Tai Chi- A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 Chair Massage</p>	<p><b>7</b></p> <p>8:30 Core &amp; More 9:00 Toenails 9:00 Pickleball (A) 9:30 FUNctional Fit 10:00 Basic Yoga—L <b>10:30 Lunch Bunch</b></p> <p><b>Office open 8 am—12:30 pm</b></p>	<p><b>8</b></p> <p>9:00 Let's Walk! 10:00 Open Sewing Group 12:30 Pickleball (A)</p>
<p><b>11</b></p> <p>8:30 Core &amp; More 9:30 FUNctional Fit 10:30 Memory Café - I 11:00 WW Warblers 12:30 Pickleball (A) <b>1:00 Acrylic Pour (A)</b> 1:00 Learn Mah Jongg 1:00 Mah Jongg</p> <p><b>Office open 8 am—12:30 pm</b></p>	<p><b>12</b></p> <p>9:00 Pickleball 10:00 Mulberry Glen Bingo 10:00 Basic Yoga—L 12:30 Mulberry Glen Movie "They Shall Not Grow Old" 1:00 Sheepshead</p>	<p><b>13</b></p> <p>9:00 Let's Walk! 9:30 Bowling 10:00 Learn Tai Chi—A <b>10:30 Improve Your Balance</b> 11:00 Cont. Tai Chi-A 12:30 Pickleball (A)</p>	<p><b>14</b></p> <p>8:30 Core &amp; More 9:00 Pickleball 9:30 FUNctional Fit 10:00 Basic Yoga—L 1:00 Accreditation mtg <b>1:00 Christmas Painting</b></p>	<p><b>15</b></p> <p>9:00 Let's Walk! 9:30 Puzzle Exchange <b>10:00 Christkindl Mkt Departs</b> 10:00 Open Sewing Group 12:30 Pickleball (A)</p>
<p><b>18</b></p> <p>8:30 Core &amp; More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) <b>1:00 Balance for Life</b> 1:00 Canasta 1:00 Learn Mah Jongg 1:00 Mah Jongg 2:30 Android Group</p>	<p><b>19</b></p> <p><b>8:15 Breakfast Bunch</b> 9:00 Pickleball 9:30 Pegs and Jokers 10:00 Basic Yoga—L 12:30 Stained Glass (A) <b>1:00 Memory Screens</b> 1:00 Sheepshead <b>3:30 Bridging Technology</b></p>	<p><b>20</b></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 12:30 Stained Glass (A) <b>2:30 Thanks for Giving</b></p>	<p><b>21</b></p> <p>8:30 Core &amp; More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:00 Basic Yoga—L <b>1:00 Christmas Painting</b> 2:00 Caregiver Support Group—I</p>	<p><b>22</b></p> <p>9:00 Let's Walk! 10:00 Open Sewing Group???</p> <p>12:30 Pickleball (A) 4:00 Fish Fry</p>
<p><b>25</b></p> <p>8:30 Core &amp; More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) <b>1:00 Balance for Life</b> 1:00 Learn Mah Jongg 1:00 Mah Jongg</p>	<p><b>26</b></p> <p>9:00 Pickleball (A) 10:00 Basic Yoga—L 10:00 City Bingo 12:30 Mulberry Glen Movie "Planes, Trains &amp; Automobiles" 1:00 Sheepshead</p>	<p><b>27</b></p> <p>9:00 Let's Walk! 10:00 Learn Tai Chi—A 11:00 Cont. Tai Chi-A 12:30 Pickleball-A</p> <p><b>Office Closed</b></p>	<p><b>28</b></p> <p><b>Happy Thanksgiving! Office Closed</b></p> 	<p><b>29</b></p> <p>9:00 Let's Walk! 12:30 Pickleball (A)</p> <p><b>Office Closed</b></p>
				<p><b>23</b></p> <p><b>8:30—4:00 Women's Day</b></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.

## November 5

Tuna Casserole  
Broccoli  
Carrots  
Bread  
Vanilla Yogurt  
Pineapple

## November 12

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

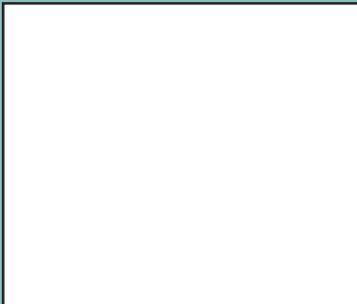
## November 26

Beef Stew  
Peas  
Sweet Potatoes  
Breadstick  
Apple Cake



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- ◆ Cash donations: **Linda Loomer and Jane Roberts.**
- ◆ Accreditation Committee: **Kathy Brimmer, Mark Dorn, Roberta Flanders, Ellen Long, Faye Skelton, and Eda Wilson.**
- ◆ **Mark Dorn and Diana Stettner** for filling in at the Scholarly Scoop while I was at a conference.



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.)

**Watch for the Seniors in the park Survey in November or pick one up at the center. Your input is important to us!**

## VOLUNTEER OPPORTUNITIES

### Women's Day—Saturday November 23

- Help set-up and prep food for Women's Day on Friday November 22, in the morning. Times TBD.
- Help check people in 8:15—9:15 (1—2 people).
- Help put lunch out and clean it up (1-2 people). 11:30—1:00.
- Help with clean-up 4:00—5:30 pm

**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

### Decorate Community Building for the Holidays:

Monday, November 25 @ 11:00 am (2-3 people)

### Take Down Holiday Decorations:

Friday, January 3 @ 1:00 pm

**Survey Data Entry:** We have individual class surveys (short) and a longer survey which will go out either in November or after the first of the year. Need a person to enter them in the computer. Word experience needed for the short surveys and we will train you how to enter the long surveys. We hope most will be done online. You can do this within your availability.

## SENIORS IN THE PARK LIBRARY

The Seniors in the Park library, located in the Game Room, currently has approximately 200 books made up of mysteries/thrillers, fiction, biographies and non-fiction. It may very well be the place where you find your next favorite read!



Recent additions to our fiction collection include several of Alexander McCall Smith's well-known The No. 1 Ladies Detective Agency series. The well-known author Elizabeth George's 2018 addition to The Inspector Lynley series, The Punishment She Deserves, is available. Phillip Connors, former Wall Street Journal editor, wrote Fire Season: Field Notes From A Wilderness Outlook, based on his experiences as a fire tower look-out. That's available in the biography section. We recently received two volumes of the Time-Life World War II Series, The Resistance and The Commandos. Just these few listings show what a variety we have available. The library works on an honor system – take what you want and return when you can! Donations of books printed within the past 5 years, are always appreciated.

## COORDINATOR'S COMMENTS

As we enter the season of gratitude, I encourage you to make it an every day practice. Start your day with sincere gratitude for another day on earth. End your day by writing down three things you are grateful for, big or small. This is proven to change attitude! As we head into the darkness of winter, practicing gratitude will definitely help.



As part of accreditation, we will be sending out a survey for everyone to answer. It will be emailed to everyone on our email list and will be available here at the center to pick up and fill out. Should only take 7—10 minutes of your time to help us improve. There will be plenty of areas for comments. The Accreditation Committee is making the final edits as of press time.



Volunteers are reminded about the **Thanks-For-Giving** event on November 19 from 2:30—5:30. Drop in anytime and enjoy beverages and snacks. (See page 14 for details) All volunteers now need to have a background check per Wisconsin statutes. Even if you have already done this please feel free to stop in and enjoy fellowship and a little thank you from us. We appreciate advance registration. **Thank you** all for making Seniors in the Parks such a wonderful, welcoming place.

## FAIRHAVEN LECTURE SERIES

**Mondays, 3:00 pm, Fellowship, Fairhaven**

### Exploring Religion, Spirituality and Cultural Traditions around the Globe

**Nov. 4:** An Enduring Tradition: Hmong Cultural and Cosmological Beliefs and Practices

*Nengher Vang, Assoc. Prof., History*

**Nov. 11:** Human Evolution and Religion: Exploring Christian and Buddhist Perspectives

*Richard Hanson, Senior lecturer, Philosophy*

**Nov. 18:** The Origins of Shi'a Islam

*Molly Patterson, Assoc. Prof., History*

## WISCONSIN MAKERS

**Wisconsin Makers, 200 E Clay Street**

Join Wisconsin Makers, 200 E Clay Street, on November 5 and 19 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 November 5 and 19, 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/>.

Whitewater Parks and Recreation and the Whitewater Aquatic & Fitness Center are on Facebook. Please friend us.



The Fall/Winter Parks and Recreation Program Guide will be available soon!

## 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).

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## SENIORS IN THE PARK

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Whitewater WI 53190

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..... Friday various days/hours

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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*



## HOLIDAY GIFT IDEAS FOR SENIORS

Looking for gift giving ideas for an older adult?

Here are a few suggestions:

- A photo album to showcase special times and events for reminiscing.
- Gift certificates for hair styling, grocery store, massage, a pedicure or a favorite restaurant or movie theatre.
- Cab voucher or gift certificate to ride services, such as Uber or Lyft.
- A special blanket for extra warmth and security.
- Products for ease and safety, such as motion-activated, stick-anywhere LED lights.
- For the kitchen, automatic can or jar openers.
- For fun, consider puzzles, word search, large-print playing cards, a magazine subscription, an automatic card shuffler, coloring books with a nice set of coloring pencils.
- Stamps and cards
- Gift certificates for a meal site or restaurant
- And most importantly, the gift of time is often the most cherished gift of all.

Happy Holidays,  
Everyone!

