



The Park Bench

December 2019

Seniors in the Park Newsletter

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.
- How to 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.

Volume XIX Issue 12

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HOLIDAY LUNCHEON



Bring on the festive fun!
 Join us at 841 Brevhouse for a plated lunch and entertainment by Tapestry, 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.

Tapestry is a 3-5 piece ensemble performing in many genres and styles from traditional to contemporary acoustic music. The members sing in up to 4-part harmony, while performing their own unique arrangements employing many different types and kinds of acoustic instruments, including: Classical Nylon String Guitars, 6 & 12-String Acoustic Guitars, Violin, Viola, Cello, Acoustic Bass and many more!

Tickets are \$14 and deadline to purchase is Tuesday, December 3.





Membership for 2020 is due. For more information see page 8

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

LEARN T'AI CHI CH'UAN

Downtown Armory Dance
Studio

New class begins Wednesday,
January 15, 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 Friday
January 10



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

BASIC YOGA

Tuesdays, Jan. 7—Feb. 25

Thursdays, Jan. 9—Feb. 27

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, 8 weeks, \$40; Thursdays, 7 weeks, \$35

Fee: Non-members: Tuesdays \$50; Thursdays \$45

Payment/Deadline: Thursday, January 2

No class on Thursday, February 8



CARING FOR YOUR BACK

Monday January 13, 1:00 pm

Have you suffered from low back pain or sciatica? Is low back pain or sciatica limiting your ability to perform your day to day activities?

Chances are you answered "yes" to at least one of the questions above, because low back pain is the most common cause of pain and disability in older adults.

This program will explain common causes (and symptoms) of low back and leg pain. More importantly, you will learn about effective treatment and exercise options to reduce (and maybe even prevent) low back pain and sciatica. If you are looking for information that will help improve your quality of life as it relates to low back health, this program is for you!

Presenter is Kurt Chapman, PT, DPT, CSCS

Deadline to register is Wednesday, January 8



Photo credit: PracticalCures.com

ROLL AWAY YOUR TENSION

Mondays, January 20—March 9, 3:00 pm

Use soft foam rollers and balls to open your muscles and release your fascia in this 8 week class. Learn how to observe your body and the tension it holds. Feel better and have more energy! Wear layers to class, as we will be on the floor. Bring a yoga or thin mat. If you don't have one let us know. We have a couple here. You must be able to up and down off the floor. Class requires some abdominal strength to stay on the balls and rollers.

Instructor: Deb Weberpal

Fee: \$25.00 members or \$35.00 non-members.

Class limited to 14 people. Payment required to reserve your spot.

Payment/Deadline to register is Wednesday, January 8.

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.



NEW YEAR'S EVE AT NOON!

Tuesday, December 31, 11:30 am

Kick off the New Year at noon instead of midnight!

Enjoy pizza, dessert and beverage. We will have hats and horns to celebrate and a toast at noon (non-alcoholic). After lunch, see the movie **Yesterday** (page 6) or bring your favorite game to play with friends. We will also have games here.

Fee for the lunch is \$5.00 members; \$8.00 non-members

Deadline to register for the event is Thursday, December 19.

SCHOLARLY SCOOP

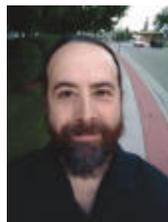
Friday, January 3, 10:30 AM

Why We Have Liberals & Conservatives & Why We Need Them Both

Many Americans have become cynical in response to a perceived loss of civility in politics in recent decades. Social media and the 24-hour news cycle contribute to this seemingly unbridgeable divide. Lines have been drawn, and heels dug in, as the left and right regularly square off for vicious exchanges in what now passes as American politics. We understand the frustration felt when facing an ideological opponent, but less understood is why the two sides exist in the first place. Brian Bentel takes on this daring question with the goal of increasing understanding between left and right, and adds another important question: are the values of either side reflected in the policies enacted by our two dominant parties?

Speaker: Brian Bentel, Lecturer, Dept of Sociology, Criminology and Anthropology

Please register by Tuesday, December 31



Watch for the Seniors in the Park Survey online or pick one up at the center. Your input is important to us and the Accreditation process!

PUZZLE EXCHANGE

Friday, Dec. 20, 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.



RECYCLING ELECTRONICS

Want to dispose of your old electronics? Seniors in the Park recycles cell phones, digital cameras, laptops, game systems, iPods and cordless phones as a fundraiser. Bring the items to the Starin Park Community Building during our open hours; Monday—Thursday, 8:00 am—4:00 pm.



OPEN SEWING GROUP

Fridays, December 13, 20 & 27,
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.

STAINED GLASS CLASS

No class in December
January 14 & 15
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: Thursday, January 9

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: Carolyn Alexander Tscharnack 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

WATERCOLOR PORTRAITS

Thursdays, January 9—30, 1:00—4:00 pm



The four weeks of classes will focus on creating a watercolor painting of a human head. We will all be working on Arches 140lb. paper, half sheets (15x20). Beginning with a simple method for stretching watercolor paper, and moving into preparing to paint with an accurate underdrawing, creating pleasing color harmonies, mixing skin tones and finishing up with the finer points of hair and facial features. Artists of all skill levels are welcome-special drawing skills not needed.

Participants should bring painting gear, and an 8x10 color enlargement of subject, along with a black and white photocopy enlargement sized to fit the half sheet of watercolor paper. If this is a hardship, please bring a 4x6 photograph along with the 8x10 enlargement.

Please contact Jan in advance to order your Gatorboard. Paper will be available each week, as well as a few colors of paint. To register or ask questions, please contact Jan at briarhillstudio@gmail.com, or at 262.441.0324.

Instructor: Jan Crowley

Fee: \$12 per class, payable at first class.

Materials fee: Arches 140 lb paper \$3.50 per half sheet (instructor) or full sheet at the center for \$4.50 and a 16 x 23 x 1/2" Gatorboard \$18

BAD WEATHER CLOSINGS

In case of inclement weather, (Snow that four letter "S" word), program cancellations will be online on the Whitewater Banner or City of Whitewater websites. **If school is cancelled, we will not be open.** If there is a delay, we will be open, but some early classes may not meet.



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BOOK WORMS

Monday, December 2, 10:30 am

The Book Club will discuss *Winter Garden* by Kristin Hannah. The book for January will be *The Last Midwife* by Sandra Dallas.

It is 1880, and Gracy Brookens is the only midwife in a small Colorado mining town, where she has delivered hundreds, maybe thousands, of babies in her lifetime. She is a gifted and important resource for the women of her hardscrabble community, a position earned through wisdom and trust. Most women in Swandyke couldn't even imagine getting through their pregnancy labor without Gracy by their sides. But everything changes when a baby is found dead...and the evidence points to Gracy as the killer. Gracy knows she didn't commit the crime. But her innocence isn't quite that simple, either. She knows things, and that's dangerous. Invited into her neighbors' homes during their most intimate times, she can't help what she sees or hears. Gracy must decide whether it's worth risking everything to prove her innocence. ... especially since she's been keeping more than a few dark secrets of her own.



MOVIES: SPONSORED BY MULBERRY GLEN

NOW FOR SOMETHING TOTALLY DIFFERENT! A Holiday Season Program of three classic TV shows; 2 hours in length.

Tuesday, December 10, 12:30 pm

From December 24, 1955: **“’Twas the Night Before Christmas,”** a Honeymooners version of “The Gift of the Magi,” originally telecast live, in black-and-white.

“An Old Fashioned Christmas,” telecast December 21, 1966, in color: Oliver Wendell Douglas shocks Hooterville by chopping down a real tree for Christmas.

“The Johnny Cash Christmas Special” telecast November 30, 1977, featuring June Carter Cash, The Statler Brothers, Roy Clark, Carl Perkins, Roy Orbison, and Jerry Lee Lewis. Taped at The Grand Ole Opry, Nashville.

“We’re No Angels”

(Comedy/Romance)(1955)

Tuesday, December 17, 12:30 pm,

Rated G; 1 hour, 46 minutes.

At Christmas, three Devil’s Island escapees (Humphrey Bogart, Peter Ustinov, Aldo Ray) hide out in the home of a kindly, failing merchant and his family, and repay their kindness by helping them out of several crises. Also stars Joan Bennett, Basil Rathbone, and Leo G. Carroll.

“Yesterday”

New Year’s Eve At Noon Movie!

(Comedy/Fantasy/Musical/Romance)

Tuesday, December 31, 1:00 pm

Rated PG-13 1 hour, 56 minutes. (2019)

Following a massive power outage, a struggling musician wakes up in an alternate timeline, discovering he’s the only person on Earth who remembers The Beatles...he soon becomes a worldwide musical sensation. Toe-tapping, singalong fun!



Tuesdays, 10:00 am

Dec. 3: Culvers

Dec. 9: Mulberry Glen

Dec. 31: City Bingo

WEEKLY BINGO SPONSORS

**Culver’s & Mulberry Glen
City Bingo Cover All: Casey’s**

CITY BINGO SPONSORS

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Walworth Co. Nutrition * Casey’s * Dalee Water Conditioning
Dental Perfections * Fanatico * La Piazza

WINDOWS 10 BASICS

Monday December 9, 2:00 pm

Windows 7 is expiring! Don't fret it. While we all get comfortable in our set ways, the (inevitable according to Microsoft) move to Windows 10 can be survived. Yes it will mean changing a few old habits, but everything you need is still there. Like a new paint job on our house or even a new outfit, it looks different but what is important is still the same. We would like to help you feel comfortable with the change to Windows 10, so bring your concerns and questions to an open session which we hope will alleviate some of those worries.

Instructor: Tom Fick

Deadline to register is December 4

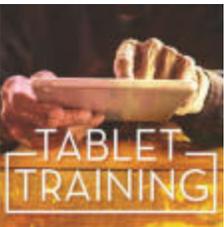


BRIDGING TECHNOLOGY

Friday, December 6, 10—11 am

"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 will be returning in January. Please call if you will be attending.



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.

CRAVATH AMPHITHEATER DONATIONS WELCOME

The City of Whitewater is excited to partner with the Whitewater Community Foundation (WCF) to allow residents to help raise money for the items to enhance the amphitheater: landscaping, lighting and a new projection screen. Citizens can donate money at the WCF website. <http://whitewatercommunityfoundation.org/donate/>.

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

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

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, December 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.

In November, the Memory Café made a Gratitude Tree



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.

MEMORY BOX NEEDS

Please call in advance if you have an item to donate. Thanks!!

- A pocket fish scale (or two)
- A reel style tape measure—short is fine
- Fishing lures of the following types: Shiners, Mirror, Spoons, Spinners and Jigging lures
- Small metal mixing bowls
- Small wooden spoons
- Small medium wire whisks

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.



MEMBERSHIP 2020

Thanks to everyone who joined last year! A quick reminder that membership dues for 2020 can begin being paid in December. Dues paid by February 19 will be eligible for drawing prizes from local businesses.

The fee for residents of the Whitewater School District is \$10 and non-residents is \$15. The funds support our front desk staff person for 15 hours per week. In 2019, the memberships covered slightly more than half of this cost. The rest comes out of our fundraising monies. If you cannot afford the fee, we have a fund that will cover it for you. Please stop into the office and let us know. We are trying to keep this affordable for everyone.

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 2:30 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

HOLIDAY OFFICE HOURS

Office Closed:

- Wednesday, December 11
- Friday, December 13
- Wednesday, December 18
- Friday December 20
- Monday December 23
- Tuesday, December 24
- Wednesday December 25
- Wednesday, January 1



ROTARY GARDENS LIGHT SHOW



The wintery 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. December 12, 10:30 am

We will be eating lunch at Tasty Bites in Milton.
Fee: \$3.00 members, \$6.00 non-members
RSVP by Tues., December 10
Minimum 7 people

BREAKFAST BUNCH

Thurs., December 19, 8:15 am

We will head to the Riverfront Family Restaurant in Fort Atkinson.
Fee: \$3.00 members, \$6.00 non-members
RSVP by Monday, Tues., December 17.
Minimum of 7 people

JANESVILLE SHOPPING

Wednesday, December 4, 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., December 2
Minimum of 5 people

FISH FRY FRIDAY

No Fish Fry in December

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.

WISCONSIN'S NORTHWOODS

August 16—19, 2020

Experience the essence of the Northwoods that delivers friendly people, quaint small towns, clwn lakes and the smell of pine trees. Cruise on the Chain O' Lakes, tour ginseng and cranberry farm, Amish lunch, snowshoe baseball game, personal visits with Jim Harris and the Canoe Guys, the geographic marker halfway between the Equator and the North Pole. Mepp's Fishing Lures, dinner at Little Bohemia and more! Trip organized by Country Travel Discoveries (formerly Taste of Home). Travel with other local senior centers. This 4 day trip offers 8 meals, fees and tips included, and bag handling.

Trip Preview
Wed. Feb.12
1:00 pm

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, Includes air, accommodations and attractions per the itinerary. Premier World Discovery.



DESERT ADVENTURES: DUBAI & ABU DHABI

March 12-20, 2020

Tour features Modern & Heritage Dubai tours, desert jeep safari, Bedouin campsite dinner, Abu Dhabi tour, and more! Includes transfers, air, escort, 13 meals. \$3389 dbl, Mayflower Tours. **Final payment due December 23.**



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 1-11, 2020

Current offer is \$399 airfare! Travel the romantic Rhine, with two nights in Lucerne. Explore Keukenhof Gardens at tulip time. Includes port charges, tips on the ship, complimentary beverages at lunch and dinner. Mayflower Cruises and Tours. **Final payment due December 27.**

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 & 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>



CHAIR MASSAGE

Wednesday, December 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, December 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, January 2



GREETING CARDS

NEW cards are here! We have a great selection of Fravessi cards, including 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><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><small>MADE IN USA</small></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

December 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p>2 8:30 Core & More 9:30 FUNctional Fit 10:30 Bookworms 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Balance for Life 1:00 Canasta 1:00 Mah Jongg</p>	<p>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</p>	<p>4 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 1:00 Grief & the Holidays</p>	<p>5 8:30 Core & More 9:00 Toenails 9:00 Pickleball (A) 9:30 FUNctional Fit 10:00 Basic Yoga—L 1:00 Watercolor</p>	<p>6 9:00 Let's Walk! 10:00 Bridging Tech 10:30 Scholarly Scoop 12:30 Pickleball (A) 5:00 –7:00 Downtown Whitewater Holiday Events and Parade</p>
<p>9 8:30 Core & More 9:30 FUNctional Fit 10:30 Memory Café - I 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 2:00 Windows 10</p>	<p>10 9:00 Pickleball 10:00 Mulberry Glen Bingo 10:00 Basic Yoga—L 12:30 Mulberry Glen Movie "Classic Christmas Shows" 1:00 Sheepshead</p>	<p>11 9:00 Let's Walk! 9:30 Bowling 10:00 Learn Tai Chi—A 11:00 Cont. Tai Chi-A 12:00 Holiday Dinner @ 841 Brewhouse 12:30 Pickleball (A) Office Closed</p>	<p>12 8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:00 Basic Yoga—L 10:30 Lunch Bunch 4:30 Rotary Gardens light show departs</p>	<p>13 9:00 Let's Walk! 10:00 Open Sewing Group 12:30 Pickleball (A) Office Closed</p>
<p>16 8:30 Core & More 9:30 FUNctional Fit 11:00 WW Warblers 11:30 Seniors Forum 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg 2:30 Android Group</p>	<p>17 9:00 Pickleball 9:30 Pegs and Jokers 10:00 Basic Yoga—L 12:30 Mulberry Glen Movie "We're No Angels" 1:00 Sheepshead</p>	<p>18 9:00 Let's Walk! 9:30 Bowling 10:00 Learn Tai Chi—A 11:00 Cont. Tai Chi-A 12:30 Pickleball-A Office Closed</p>	<p>19 8:15 Breakfast Bunch 8:30 Core & More 9:00 Pickleball 9:30 FUNctional Fit 10:00 Basic Yoga—L 1:00 Watercolor 2:00 Caregiver Support Group—I</p>	<p>20 9:00 Let's Walk! 9:30 Puzzle Exchange 10:00 Open Sewing Group 12:30 Pickleball (A) Office Closed</p>
<p>23 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg Office Closed</p>	<p>24 CLOSED</p> 	<p>25 CLOSED</p> 	<p>26 9:00 Pickleball (A) 1:00 Watercolor</p>	<p>27 9:00 Let's Walk! 10:00 Open Sewing Group 12:30 Pickleball (A)</p>
<p>30 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg</p>	<p>31 9:00 Pickleball 10:00 City Bingo 12:00 New Year's Eve at Noon 1:00 Mulberry Glen Movie "Yesterday" 1:00 Sheepshead</p>			<p>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</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.

December 3

Creamy Chicken & Vegetables
Beets
Mashed Potatoes
Wheat Dinner Roll
Choc. Chip Cookie

December 10

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

December 24 & 31

Christmas Eve & New Year's Eve Holidays

Dining Centers Closed




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Thank You. 

- ◆ **Vickie Collins, Donna Kollwelter and Betty Sweno** for treats and items for Bingo.
- ◆ **Diana Stettner, Kathy Ponyicsanyi, Kallie Jurgens and Kathy Ross** for preparing the newsletter for distribution.
- ◆ **Mark Dorn** for movies and Halloween treats.
- ◆ **Ginny Coburn** for cash donation in honor of Rockin' Respite Anniversary.
- ◆ **Patrea Wilson** for her coverage of the center while I was on vacation.
- ◆ **Bobbi Flanders** for teaching Core Class while I was on vacation.



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

Take Down Holiday Decorations: Friday, January 3 @ 1:00 pm

Survey Data Entry: We have individual class surveys (short) and a longer survey which went out the end of November. 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. It's simple! We hope most surveys will be done online. You can do this within your availability.



**Clara Bastian
Janet Nell
Joyce Kiger
Bruce Parker**

HAPPY BIRTHDAY!

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.)

THERMOSTAT

The thermostat is set at 70 degrees in the building. Please bring a sweater or extra layer, if you think you will need it.



POOR HEARING MAKES YOU ACCIDENT-PRONE

Few people realize there is a connection between hearing loss and accidents. A study by the Centers for Disease Control and Prevention's results showed that 2.8 percent of individuals suffered accidental injuries during a three-month period – a rate twice as high as those without hearing issues.

Other specific findings from this survey included: People who reported a little trouble hearing were 60 percent more likely to have an accidental injury. People who described themselves as having “moderate” hearing difficulty hearing were 70 percent more likely to have an accidental injury versus people who said they have excellent hearing. People who self-reported a “great deal” of hearing loss were 90 percent more likely to have an accidental injury..

If you suspect hearing loss, it's best to seek the advice of an audiologist, who can help diagnose your condition and come up with an appropriate treatment. Doing so should help reduce your accident-prone tendencies.

COORDINATOR'S COMMENTS

Happy Holidays! There are so many different holidays this month that it's wonderful to acknowledge and celebrate the wonderful diversity of our country and world. I wish you a joyous, peaceful and safe holiday season.

I am so appreciative of everyone's willingness to support the center and Patrea's position with the annual membership fee. You all warm my heart!

You should have recently received a survey online or picked one up at the center. We appreciate your feedback which helps us to provide programs and activities that YOU want. Your input helps us to improve and be even better. The Accreditation Committee helped to tweak the survey and make it useful. Thanks to them we should receive beneficial information from all of you.

As part of Re-Accreditation, the Accreditation Committee is also looking at rebranding the center. Our logo, which many of you probably don't even know exists, is unusable, as it is over 15 years old. With our 40th Anniversary approaching in 2021, it's a great time to look at our name and how we are portrayed in the community. Do we want to stay fresh and vibrant, welcoming adults of all ages or do we want to stay a senior center, which some people will never even consider entering? Some people are comfortable with the title of senior, and others are not. It really is a conundrum. The group welcomes your ideas and input. We will be working with a professional group for rebranding and will be constantly looking for your input and guidance.

Wishing you a warm and wonderful 2020!

~Deb



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



The Fall/Winter Parks and Recreation Program Guide is available!

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.

PRESIDENTIAL STORIES YOUR TEXTBOOK FORGOT

Join Dr. Richard Haney, Emeritus UW-W, Wednesdays at 1:00 pm for interesting and informative lectures. Thanks to UW-W Continuing Education Department for funding the series.



- Wed. January 8 -- Inspired Presidential Actions: Creating America
- Wed. January 15--Presidential Health: The Good, the Bad, and the Scary!
- Wed. January 22--Speeches that Define America
- Wed. January 29--Third Party Presidential Candidates: From Wow to Yikes!
- Wed. February 5--[snow/weather makeup day]

REMINDER

All donations must be approved, including books and magazines.

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www.whitewater-wi.gov

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



*Rockin' Respite
First Anniversary*



*Parks & Recreation
Halloween*