



# The Park Bench

January 2020

Seniors in the Park Newsletter

## SUNDAY FUNDAY & DANCE

Sunday, January 19; 1:00-4:00 pm

Remember the days when you would go dancing on the weekend or after the football game? It's fun, social and great exercise! We'll help you get warm at our Winter Sunday Funday Party. We'll have snacks and



beverages all afternoon, a DJ spinning lots of great tunes, cornhole/ bag toss games and table games to play for those who don't dance. You are welcome to bring a game to play, too. The event is free and open to all ages!



Friday, February 14, 1:00 pm

Share a decadent dessert with your special someone or friend. We'll also have warm beverages and NA champagne. There will be time for

socializing and maybe a little trivia. Dessert entertainment will be provided by Duane Worden. He performs with guitar and keyboard offering a uniqueness not typically found in today's acts. He plays all over southern Wisconsin at venues and for private parties. His smooth tones and warm voice will keep you entertained and wanting more.

Deadline to sign up is February 7.

Fee is \$5.00 members and \$8 non-members.



Volume XX Issue 1

## WHAT'S INSIDE

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MEMBERSHIP

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

**Mon. January 13, 2:00 pm or  
Wed., January 15, 10:00 am**  
**Downtown Armory Dance Studio**

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.

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 Thursday, January 9



## SNOWSHOEING

**Tuesday, January 21 1:00 pm**  
**Tuesday, February 18 1:00 pm**  
Join Bonnie Wagner and trek through the UWW arboretum on January 21. If you don't have snow shoes, we have some for you to try. Thanks to Bonnie and Patrea for sharing.

Register by Thursday, January 16. The February snowshoe will be at Natureland Park. Let us know if you have snowshoes or not. Snowshoes on a first to register/request basis. All hikes weather and snow dependent.

## 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

## 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 get 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, 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



## PRESIDENTIAL STORIES YOUR TEXTBOOK FORGOT

Wednesdays, 1:00 pm

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

January 8 -- Inspired Presidential Actions: Creating America

January 15--Presidential Health: The Good, the Bad, and the Scary!

January 22--Speeches that Define America

January 29--Third Party Presidential Candidates: From Wow to Yikes!

February 5--snow/weather makeup day



Have you filled out the Seniors in the Park Survey online or at the center? Your input is important to us and the Accreditation process!

## PUZZLE EXCHANGE

Friday, Jan. 18, 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.



## BALANCE FOR LIFE

Mondays, January 20—February 3, 1:00pm

- ◆ 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: January 13



## OPEN SEWING GROUP

Fridays, January 10-31,  
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).

## STAINED GLASS CLASS

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

## WATERCOLOR PORTRAITS

Thursdays, January 9—30, 1:00—4:00 pm

The focus is 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.

Instructor: Jan Crowley, [briarhillstudio@gmail.com](mailto:briarhillstudio@gmail.com)

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 ½" Gatorboard \$18.

Deadline is January 2

## FIX AND/OR FINISH A PAINTING

Thursdays, February 6—27; 1:00 – 4:00pm

Do you have a few, or maybe a whole stack, of unfinished paintings waiting for attention? If so, this session is for you! The focus will be on using the elements and principles of design in order to resolve unfinished paintings. Participants are encouraged to bring watercolor, collage, acrylic and/or mixed media paintings, (abstract or representational) to work on in order to bring them toward a stage of completion. Starting a new painting is also an option so bring your ideas and reference material. Each session will include a demonstration and discussion on a technique or concept with plenty of time for individual painting and 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 \$50.00 session fee for all 4 classes for those who are pre-registered. Session fee is payable to the instructor on February 6 by cash or check.

Deadline: Thursday, January 30

## 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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# More Activities!



## ADVANCED DIRECTIVES CONVERSATION

Thursday, January 30, 11:00 am

Millions of conversations will happen today, but there is one few of us have had. A conversation about the care we want when seriously ill or nearing the end of life. A conversation about the person we'd like to speak for us, if we can't do it ourselves. All it takes is a car accident or a stroke, this conversation is important for anyone over the age of 18 and best of all, the conversation and documents are free. Sharing your wishes with family members, friends and care providers now can help prevent unnecessary suffering, both for you and for the ones you love. Please join in the conversation with Lori Partoll, medical social worker from Fort Healthcare. You will have an opportunity to complete a document, if you wish to do this or think you will want to, bring the names and phone numbers of the people you would trust to carry out your health care wishes.

Please register for the event by Monday January 27.

## SCHOLARLY SCOOP

Friday, February 7; 10:30 am

Deborah M. Fratz, Associate Professor, Department of Languages & Literatures will present **"An Enchanted Life Together: a Story of Love and Science."** In 1934 at Wood's Hole Marine Biology Laboratory, two scientists fell in love over their microscopes. Their adventures truly began after their marriage, when Lorus and Margery Milne traveled the world on assignments from UNESCO and National Geographic. The story of their life together is as fascinating as the natural phenomenon they describe. As early adherents to ecology, they saw nature as a web of dynamic relationships. Please register in advance.



## SPONSORED BY MULBERRY GLEN

**"The Art of Racing in the Rain"**  
(Comedy/Drama/Romance)  
Tuesday, January 14, 12:30 pm,  
Rated PG; 1 hour, 49 minutes. (2019)

Dog lovers believe their canine family members understand language, comprehend events, have opinions and can exude loyalty. Through his bond with his owner, a Formula 1 race car driver, golden retriever Enzo learns that the techniques needed on a racetrack can also be used to successfully navigate the journey of life. Stars Milo Ventimiglia (of "This Is Us" TV series), Kevin Costner, and Amanda Seyfried.

**"Groundhog Day"**  
(Comedy/Fantasy/Romance)  
Tuesday, January 28, 12:30 pm,  
Rated PG; 1 hour, 41 minutes (1993)

Filmed in Woodstock, IL. (Seniors in the Park was there, last July 31, on our Magical Mystery Tour!). Groundhog Day this year is Sunday, February 2.

Smug TV weatherman Bill Murray goes to Punxsutawney, PA (Woodstock) to cover the Groundhog Day ceremony and finds himself trapped in a daily replay of the same 24 hours, over-and-over-and-over again... A classic comedy/fantasy film!



**Tuesdays, 10:00 am**

Jan. 7: Culvers

Jan. 14: Mulberry Glen

Jan. 28: 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

Dental Perfections \* Fanatico \* La Piazza



## BRIDGING TECHNOLOGY

Friday, February 7, 10—11 am

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

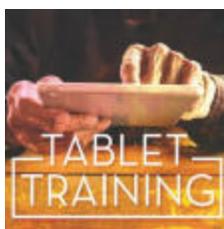
Honor students, led by Professor Melissa Deller. This program is supported by the UW-W University Honors Program and the UW-W Learning Communities. Assistance is provided for laptops, tablets, smart phones and apps like Facebook, Twitter, Snap Chat and more. Students will be here the first Friday of 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.**



## PODCASTS

What are they? Why would I want to listen? Podcasts are available on almost any subject, such as sports, aging, movies & TV, science and much more. Learn what they are, how to find

them and any other questions you may have. Mark Dorn is interested in starting a monthly Podcast group and /or having a session to learn about them. You would get information on popular podcasts, share your favorites and maybe listen to one and have a discussion on the topic. Let us know if you are interested by January 10 and we will start a group or have a learning session in February.

## 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, Jan. 13, 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](http://ourseniorcenter.com). Enter Seniors in the Park and our zip code 53190. You can also check out our supporting advertisers here, too!

## 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/>.

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

## WHITEWATER MEMORY CAFÉ

**Monday, January 13, 10:30 am**

The Irvin L. Young Memorial Library, in partnership with the Alzheimer's Association, is hosting 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 social event is held on the second Monday of every month in the Library Community Room at 431 W. Center St. in Whitewater, at 10:30 am. The theme will be Outdoor Games.

The Memory Café offers participants a safe and fun way to share their stories and socialize with others who have similar experiences. Learn how staying physically, socially and mentally active is good for the brain. If you are attending for the first time please call 800-272-3900.

## FREE MEMORY SCREENING

**Thursday, February 6, 12-3pm**  
**Irvin L Young Memorial Library**

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. Heather Janes and the Whitewater Dementia Friendly Community Initiative are joining to offer this service. Reservations for 30 minute timeslots can be made by calling Heather Janes, Dementia Care Specialist Jefferson County, at 920-675-4035. Please call to make an appointment for the service by January 30.

## 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.

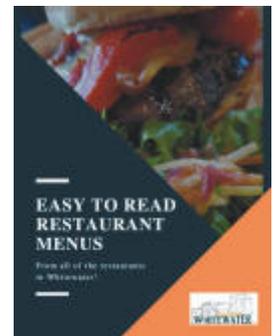
## MEMORY BOX NEEDS

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

- A pocket fish scale (or two)
- 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



**MEMBERSHIP  
2020**

Thanks to everyone who joined last year! A quick reminder that membership dues for 2020 are now due. Those 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.

## BOOK WORMS

Monday, January 6, 10:30 am

The Book Club will discuss *The Last Midwife* by Sandra Dallas. The book for February will be *What Alice Forgot* by Liane Moriarty.

Alice Love is twenty-nine, crazy about her husband and pregnant with her first child. So imagine Alice's surprise when she comes to on the floor of a gym and is whisked off to the hospital where she discovers the honeymoon is truly over — she's getting divorced, she has three kids and she's actually 39 years old. Alice must reconstruct the events of a lost decade, and find out whether it's possible to reconstruct her life at the same time. She has to figure out why her sister hardly talks to her, and how is it that she's become one of those super skinny moms with really expensive clothes. Ultimately, Alice must discover whether forgetting is a blessing or a curse, and whether it's possible to start over.



## 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.



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

## MOTORCYCLE TRIP PLANNING

Tuesday, February 18, 9:30 am

Gather with other riders and bring your ideas, maps, tablets or whatever you need to plan routes and destinations for motorcycle rides May through October 2020. We'll have the coffee on and treats.



## CYCLIST RIDE PLANNING

Friday, March 6, 1:00 pm

We would like to try some bicycle rides this summer. If you are interested in helping plan some rides, please join us on the date above and let us know you will be participating. Bring your ideas, maps, tablets or whatever you need to plan routes and destinations. Thanks!

## LUNCH BUNCH

Thurs. January 9, 10:30 am

We will be eating lunch at Sammy's, Fort Atkinson.  
Fee: \$3.00 members, \$6.00 non-members  
RSVP by Tues., January 7 (Minimum 7 people)

## BREAKFAST BUNCH

Thurs., January 23, 8:15 am

We will head to the Parkview Café in Milton.  
Fee: \$3.00 members, \$6.00 non-members  
RSVP by Monday, Tues., January 21 (Minimum of 7 people )

## FISH FRY FRIDAY

Friday, January 17, 4:00 pm

Join us for fish close to home at Snug Harbor.  
Fee: \$3.00 members; \$6.00 non-members  
RSVP by Wednesday, January 15 (Minimum of 7 people)

## JANESVILLE SHOPPING

Wednesday, January 8, 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. January 6 (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. Highlights: Dublin City Tour, Christchurch Cathedral, Flying Boat Museum, Cliffs of Moher, Trinity College, Ring of Derry, Dingle Peninsula, Jaunting Car Ride, Guinness

Storehouse, Kilkenny, Killarney and Limerick City Tour. Fee is \$3199 pp/dbl, Includes air, accommodations and attractions per the itinerary. Premier World Discovery.



## PACIFIC NORTHWEST & CALIFORNIA

**August 2-9, 2020**

Tour highlights of Seattle, Mount St. Helens, Columbia River Gorge and Molnomah 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>



## WISCONSIN'S NORTHWOODS

**August 16—19, 2020**

**Trip Preview  
Wed. Feb.12  
1:00 pm  
Please RSVP**

Experience the essence of the Northwoods that delivers friendly people, quaint small towns, clean lakes and the smell of pine trees. Cruise on the

Chain O' Lakes, tour ginseng and cranberry farms, 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, tips and bag handling included. \$997 pp/dbl



## 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 and reservation deadline is March 1. Includes free home pickup in Walworth County.

## 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" tasting, Frazier History Museum, Dinner River Cruise, the *Kentucky Show!* and much more! \$1479 pp/dbl and reservation deadline is February 29. Includes free home pickup in Walworth County.

## CHAIR MASSAGE

Wednesday, January 8, 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, January 2

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, February 6



## GREETING CARDS

**NEW cards are here!** We have a great selection of Fravessi cards, including Valentine, 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>MADE IN USA</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><b>FREE!</b> Savings Include an American Standard Right Height Toilet FREE! (\$500 Value)</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

## January 2020

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>31</b></p> <p>9:00 Pickleball 10:00 City Bingo <b>12:00 New Year's Eve at Noon</b> 1:00 Mulberry Glen Movie "Yesterday" 1:00 Sheepshead</p>	<p><b>1</b></p> 	<p><b>2</b></p> <p>8:30 Core &amp; More 9:00 Toenails 9:00 Pickleball (A) 9:30 FUNctional Fit</p>	<p><b>3</b></p> <p>9:00 Let's Walk! <b>10:30 Scholarly Scoop</b> 12:30 Pickleball (A) 1:00 Undecorate</p>
<p><b>6</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 Mah Jongg</p>	<p><b>7</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>8</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) <b>1:00 Presidential Stories</b> 1:00 Chair Massage</p> <p><b>Office Closed 8 —12</b></p>	<p><b>9</b></p> <p>8:30 Core &amp; More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:00 Basic Yoga—L <b>10:30 Lunch Bunch</b> 1:00 Watercolor</p>	<p><b>10</b></p> <p>9:00 Let's Walk! 10:00 Open Sewing 12:30 Pickleball (A)</p> <p><b>Office Closed</b></p>
<p><b>13</b></p> <p>8:30 Core &amp; More 9:30 FUNctional Fit 10:30 Memory Café - I 11:00 WW Warblers 11:30 Senior Forum 12:30 Pickleball (A) <b>1:00 Caring For Your Back</b> 1:00 Mah Jongg 1:30 DFCI mtg 2:00 Learn Tai Chi-A</p>	<p><b>14</b></p> <p>9:00 Pickleball 10:00 Mulberry Glen Bingo 10:00 Basic Yoga—L 12:30 Mulberry Glen Movie "The Art of Racing in the Rain" 1:00 Sheepshead</p>	<p><b>15</b></p> <p>9:00 Let's Walk! 9:30 Bowling <b>10:00 NEW Session Learn Tai Chi—A</b> 11:00 Cont. Tai Chi-A 12:30 Pickleball-A <b>1:00 Presidential Stories</b></p> <p><b>Office Closed 8 —12</b></p>	<p><b>16</b></p> <p>8:30 Core &amp; More 9:00 Pickleball 9:30 FUNctional Fit 10:00 Basic Yoga—L 1:00 Watercolor 2:00 Caregiver Support Group—I</p>	<p><b>17</b></p> <p>9:00 Let's Walk! 9:30 Puzzle Exchange 10:00 Open Sewing 12:30 Pickleball (A) 4:00 Fish Fry</p> <p><b>Office Closed</b></p>
<p><b>20</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 Mah Jongg 2:00 Learn Tai Chi-A 3:00 Rolling</p>	<p><b>21</b></p> <p>9:00 Pickleball 9:30 Pegs and Jokers 10:00 Basic Yoga—L 12:30 Stained Glass-A 1:00 Sheepshead <b>1:00 Snowshoe</b></p>	<p><b>22</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>1:00 Presidential Stories</b></p> <p><b>Office Closed 8 —12</b></p>	<p><b>23</b></p> <p><b>8:15 Breakfast Bunch</b> 8:30 Core &amp; More 9:00 Pickleball 9:30 FUNctional Fit 10:00 Basic Yoga—L 1:00 Watercolor</p>	<p><b>24</b></p> <p>9:00 Let's Walk! 10:00 Open Sewing Group 12:30 Pickleball (A)</p> <p><b>Office Closed</b></p>
<p><b>27</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 Mah Jongg 2:00 Learn Tai Chi-A 3:00 Rolling</p>	<p><b>28</b></p> <p>9:00 Pickleball 10:00 Basic Yoga—L 10:00 City Bingo 12:30 Mulberry Glen Movie "Ground Hog Day" 1:00 Sheepshead</p>	<p><b>29</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) <b>1:00 Presidential Stories</b></p> <p><b>Office Closed 8 —12</b></p>	<p><b>30</b></p> <p>8:30 Core &amp; More 9:00 Pickleball 9:30 FUNctional Fit 10:00 Basic Yoga—L <b>11:00 Advanced Directives</b> 1:00 Watercolor</p>	<p><b>31</b></p> <p>9:00 Let's Walk! 10:00 Open Sewing Group 12:30 Pickleball (A)</p> <p><b>Office Closed</b></p>

**19**  
**1—4 Sunday Funday!**

# 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.

## January 7

Beef Stew  
Peas  
Sweet Potatoes  
Breadstick  
Apple Cake

## January 14

Hamburger  
Wheat Bun  
Baked Beans  
Carrots  
Broccoli Slaw  
Apple Pie Bar

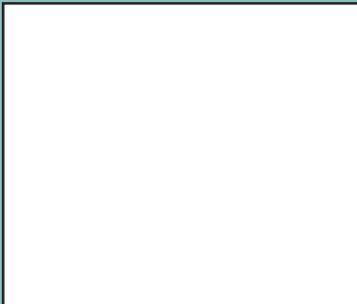
## January 28

Tuna Casserole  
Carrots  
Broccoli  
Vanilla Yogurt  
Wheat Bread  
Pineapple



## HARD ROCK

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Thank You. 

- ◆ **Mary Meikle, Ellen Long, Lyn Wolfe, Carolyn Behrens, and Jane Roberts**—Cash donation
- ◆ **Barb Jaquith**—Crossword puzzle books
- ◆ **Lyn & Dan Wolfe**—decks of cards
- ◆ **Bonnie Noonan, Carol Groenke and Barb Koch**—Holiday treats
- ◆ **Kallie Jurgens and Jan Nell** for entering surveys



## VOLUNTEER OPPORTUNITIES

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

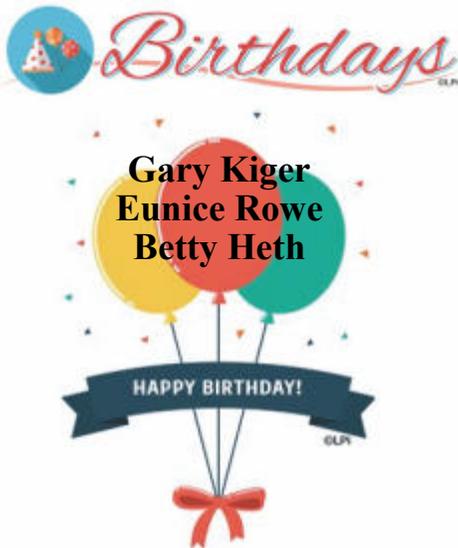
**Sunday Funday:** Help clean up after the event at 4:00 pm.

**Valentine's Day:** Help set-up at 11:00 am. Help serve at 1:00. Help clean up about 2:30. Help with any or all.

Please call if you are interested. Thanks for your help!

## 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.



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.)

## 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

**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





## COORDINATOR'S COMMENTS

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 improve and be even better. Thanks to the

Accreditation Committee for helping with the survey.

I heard someone say the 2020 is the year of 'perfect vision' (tee hee!). What is your vision for 2020? What do you want to learn? What do you want to do? Who or what do you want to see? Who or what do you want to give back to? The end of the year is a time of reflection. Do you want the same old, same old or do you want something new in your life? The choice is yours. Need ideas? You can go online to places like [actionforhappiness.org](http://actionforhappiness.org). They have monthly calendars with ideas for each day. You can fill out our survey and we'll try to make your ideas come to life. Our public library is a great resource. You can make 2020 bigger and better. It's up to you!

Wishing you a warm and wonderful 2020!

~Deb

## AUDITORY SYSTEM DEPRIVATION

Hearing only *starts* with your ears. When sound waves enter the outer ear, they are channeled through the other complex parts of the ear, the nervous system and into the brain. The physical characteristics of the original sound are preserved as various types of energy that the brain recognizes and identifies as a particular sound. So, in actuality, you hear with your brain!



When it comes to maintaining your auditory system, you lose it if you don't use it. Your auditory system will have a hard time getting back into shape, should you suddenly decide to wear hearing devices, especially if you have gone awhile without treating your hearing loss. Your brain will lose some of its ability to process information due to lack of stimulation and as a result, it will be more difficult to recognize sounds, even with hearing devices. To minimize this impact, address hearing loss sooner, rather than when the condition gets worse. Early intervention results in better outcomes.

We recommend a baseline hearing test beginning at the age of 40. Once your hearing threshold is identified, we encourage you to have periodic hearing tests (every 2—3 years) to help prevent/identify hearing loss earlier than you otherwise might. It is only through preventative care that we can help you prevent further damage to your hearing system. Call Fort HealthCare Audiology at 920-563-6667 to schedule a free hearing screening or hearing exam.

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



The Winter/Spring 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](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).

## REMINDER

All donations must be approved, including books and magazines.

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## SENIORS IN THE PARK

504 W Starin Rd, PO Box 178  
Whitewater WI 53190

Phone ..... 262-473-0535  
Hours.... Mon-Thurs 8:00 am-4:00 pm  
..... Friday various days/hours

### Senior Coordinator

Deb Weberpal, CPRP  
dweberpal@whitewater-wi.gov

### Volunteer Editor

Romelle Koch

### Front Desk

Patrea Wilson

### Parks & Recreation Director

Eric Boettcher

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

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



## AARP TAX ASSISTANCE

### Wednesdays beginning February 12

AARP is offering free tax preparation to low and moderate income taxpayers, with special attention to those age 60 and older, with quality assistance in filing their personal taxes. Call 262-473-0535 to set up an appointment January 27 or after. One tax return per hour. If you have more than one return, you must make an appointment for each. Donations for this service are accepted and support programming at Seniors in the Park.

### You MUST bring:

- Government issued Photo ID
- Social Security Card or ITNs for yourself and ALL dependents you are claiming
- Copy of 2018 tax returns
- Proof of 2019 income
- Blank check for electronic refund deposit

Also bring proof of the following deductions paid in 2019: federal and state taxes already paid for 2019, property taxes, mortgage interest, medical expenses and insurance, charity donations and tax refunds.

If you are filing Wisconsin Homestead Credit (household income less than \$24,680), you will need either a 2019 real estate tax bill OR Certificate of Rent form signed by your landlord. 2019 taxes do not have to be paid to file Homestead Credit.

IMPORTANT NOTE: Preparers will not do returns for people who are married, but file separately, or who become divorced in 2019; schedules for business, rental income, farms, moving expense forms, forms for nondeductible IRAs, child investment income tax, and part-year residents.

