



# The Park Bench

February 2020

Seniors in the Park Newsletter



**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.



## SUNDAY FUNDAY & DANCE

**Sunday, February 23; 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. We will have our annual membership drawing at 3:45. You do not need to be present to win. The event is free and open to all ages!



Volume XX Issue 2

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**Membership for 2020 is due. Pay by February 19 and be included in the drawing for local gift certificates! The fee for residents of the Whitewater School District is \$10 and non-residents is \$15. If you cannot afford the fee, we have a fund that will cover it for you.**



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

## SNOWSHOEING

**Tuesday, February 18 1:00 pm**

Join Bonnie Wagner and trek at Natureland Park. If you don't have snowshoes, we have some for you to try. Thanks to Bonnie and Patrea for sharing.

Register by Thursday, February 13.

Let us know if you have snowshoes or not. Snowshoes on a first to register/request basis. All hikes weather and snow dependent.

## TEA AND STORIES

**Thursday, March 5 @ 1:00 pm**

Join us for tea and author Debbie

Oas. She will give a brief background on her two books *Little Lost Annie* and *Sinister Bay* and read a small excerpt from each book and tell a story related to the excerpt. She'll also talk about the publishing process.



*Little Lost Annie* is based on a true story and is a children's book. She actually still has the real "Annie" the dog that the book is written about. *Sinister Bay* is a murder mystery set in Michigan's Upper Peninsula. It is the first in a series of "Cryptid Mysteries", the second book in the series will take place here in Whitewater, "Whitewater Witch". Please register by March 12

## BASIC YOGA

**Tuesdays, Mar. 3—April 28**

**Thursdays, Mar. 5—April 30**

**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, 8 weeks, \$40

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

**Payment/Deadline: Thursday, February 27**

**No class on Tuesday, March 24, and Thursday, March 26**

## THE ABC'S OF CBD

**Monday, February 24, 11:00 am**

The presentation will primarily be focused on medical research being done on CBD. This will include how effective different consumption methods are, proposed doses by medical institutions, and the "entourage effect". Also covered will be how to check the quality of CBD products, some statistics on the size of the industry, and Consumer Reports & Dr. Oz testing results. Be a well-informed customer. Bring your questions! Please register in advance for the program.

## HEART HEALTH

**Wednesday, February 26, 1:00 pm**

February is **American Heart**

**Month.** Traditionally, the month for lovers and all things heart related, February also reminds us to take care of our heart. Heart disease is the leading cause of death for men and women in the US. Join us to learn about the different types of heart conditions, their symptoms (often different for women) and tips on how to support a healthy heart with Corrina McVay of SSM Health at Home. Please register in advance.



## MYSTRENGTH WEBSITE AND APP

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## SCHOLARLY SCOOP

Friday, February 7; 10:30 am

### 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.

Speaker is Deborah M. Fratz, Associate Professor, Department of Languages



## FREEZE FEST AND CHILI COOK-OFF

Saturday, February 8 11 am—2 pm

Cravath Lakefront



Sample several chilis at the Chili Cook-off for only \$5.00! You also get to vote for your favorite chili, because maybe the judges don't know it all. Chili judging takes place at 11:30, but you can start sampling at 11:00 am. The event takes place in the warming tent.

The Polar Plunge begins at noon. Have fun watching those crazy plungers "Freezin' for a Reason" and raising funds for Special Olympics!



## IS HINDSIGHT 20/20? LOOKING BACK AT THE 21ST CENTURY

Mondays, 3:00 pm, Fellowship Hall at Fairhaven, 435 W. Starin Rd.

All lectures are free and open to the public. Street parking is adjacent to the building. Unable to attend? Links to videos of lectures, including those from prior series, can be found at <http://www.uww.edu/ce/fairhaven>.

- Feb 3** China and India: From Economic Backwaters to Economic Powers  
*Nicholas Lovett, assistant professor of economics, College of Business and Economics*
- Feb. 10** Independence Movements in the 21<sup>st</sup> Century: Scots, Kurds, Catalans and Beyond  
*Larry Anderson, professor of political science, College of Letters and Sciences*
- Feb. 17** A Stormy Start to the 21st Century  
*John Frye, associate professor of geography, geology and environmental science, College of Letters and Sciences*
- Feb. 24** The Election of Barack Obama  
*Susan Johnson, associate professor of political science and assistant dean, College of Letters and Sciences*

## PUZZLE EXCHANGE

Friday, Feb. 21, 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.



## MAH JONGG CARDS

If you play Mah Jongg and would like a 2020 card ordered, please let us know by February 27.

## PLEASE RESPOND!

A group of faculty, staff, and students at UW-Whitewater are interested in offering more on-campus intergenerational activities – those that provide opportunities for UW-W students to interact.

1. Would you be interested in going to the UW-W campus for intergenerational activities?
2. Are there any potential barriers that would keep you from going to the UW-W campus?

Let Deb or Patrea know your answer in person, by calling or emailing. Thanks!

## OPEN SEWING GROUP

Fridays, February 14-28,  
10:00 am—4:00 pm



Come and sew on your current project and chat with

other sewing enthusiasts on the second through fifth 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

February 18 & 19  
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, Feb. 13

## 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

## MEMORIES IN MIXED MEDIA

Thursdays March 12 & 19, 1:00—4:00 pm

March 12 will be a mono-print demonstration, and you will create papers for use in the next session. The second session, Rita will demo several different layouts, design compositions and will help you complete a successful piece of art.

Instructor: Rita Carpenter

Fee: \$15 per class. Fee is payable to Art on the Fly - Rita Carpenter on March 12 by cash or check.

Deadline: Thursday, March 5 Call center or email Rita  
artonthefly2018@gmail.com or text to 608-289-6876)



## DON'T LOSE YOUR HAIR OVER LONG TERM CARE!

Thursday, March 26 1:00 pm

Join Elder Life Group for a complimentary workshop to discuss how we guide seniors to preserve their assets from nursing homes or other unforeseen liabilities. Learn 3 steps to plan and protect your assets without having to “spend down” your assets or exhausting your life savings paying for care.

Please register in advance.

## 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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**LIFE PLAN COMMUNITY**

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## ADVANCE 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, March 6; 10:30 am

### Making Our Selves at Home: The Religion of Earliest Whitewater

The settlement of Whitewater was an expression of the religion of the settlers and, consequently, their entwined white, American Protestant and masculine identities. In many ways the religion of the settlers prompted their actions, framed their thoughts and deeds, and permeated their hopes and plans for their town. Their religion shaped their perceptions of the local landscape and embedded their daily existence with grand significance.

Michael P. Gueno, Associate Professor, Department of Philosophy and Religious Studies. He specializes in American religious history and Native American religions, in particular.



## SPONSORED BY MULBERRY GLEN

### "Once Upon a Time...in Hollywood" (Comedy/Drama)

Tuesday, February 11, 12:30 pm,  
Rated R (language, violence, sexual references); 2 hours, 41 minutes (2019)

A faded TV actor (Leonardo DiCaprio) and his stunt double (Brad Pitt) strive to achieve fame and success in the film industry during the final years of Hollywood's Golden Age in 1969. Also stars Margot Robbie, Bruce Dern, Luke Perry, Al Pacino and Kurt Russell. Winner of 3 Golden Globes: Actor (DiCaprio); Supporting Actor (Pitt); and Screenplay (Quentin Tarantino).

### "Judy"

(Biography/Drama)

Tuesday, February 25, 12:30 pm  
Rated PG-13; 1 hour, 58 minutes (2019)

A biography recounting the rough and harrowing later years of Judy Garland. The action takes place during a 1969 European concert tour in which the star sold out shows in London for five consecutive weeks...wherein, what nights and in what condition she would show up, sets the melodrama. A powerful, sad and affecting performance by Renee Zellweger, which earned her the Golden Globe for Best Actress.



Tuesdays, 10:00 am

Feb.. 4: Culvers

Feb.. 11: Mulberry Glen

Feb.. 25: City Bingo

## WEEKLY BINGO SPONSORS

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

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## BRIDGING TECHNOLOGY

Friday, February 7, 10—11 am  
Tuesday, February 18, 3:30—4:30 pm

"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 at 3:30. Please call if you will be attending.

## PODCASTS

Thursday, February 13 1:00 pm

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 will have information on what they are, how to find them and some popular podcasts, share your favorites and maybe listen to one and have a discussion on the topic. Please call to register



## CENSUS TUTORIAL

Monday, February 17 1:00 pm

NEW from Generations on Line! [www.EasyCensusHelp.org](http://www.EasyCensusHelp.org) is an interactive tutorial, teaching a new tablet user, techno-timid current tablet user, laptop or PC user to practice the specific skills needed for filling out the 2020 Census online. This is an interactive, practice area and absolutely no data is stored! It is important for older adults to complete the census as the Older Americans Act uses numbers provided by the census to allocate funding for services and programs.

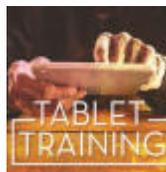
You can practice at home, attend one of our informational sessions (date above) or stop in at Bridging Technology sessions for help.

## 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.**



## 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, Feb. 10 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!

## 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).

## 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.

## WHITEWATER MEMORY CAFÉ

Monday, February 10, 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 Love Songs.

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.

## DEMENTIA FRIENDS

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

Dementia Friends is a campaign to tackle the stigma and lack of understanding around dementia.



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

This community informational session, lasting one hour, is interactive and for anyone wanting to understand about dementia, including church group, scouts, 4-H, women's or men's groups or just around your kitchen table with friends. Contact us to schedule a session.

Approximately 110,000 people in Wisconsin are living with dementia and over 200 could be living in Whitewater.

People with dementia need to be understood and supported in their communities. Let's make Whitewater more inclusive!

## RESPIRE NEEDS

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

- Regular Coffee
- Hand wipes



## 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.



## BOOK WORMS

**Monday, February 3, 10:30 am**

The Book Club will discuss *What Alice Forgot* by **Liane Moriarty**. The book for March will be *Little Fires Everywhere* by Celest Ng.

In Shaker Heights, a placid, progressive suburb of Cleveland, everything is meticulously planned – from the layout of the winding roads, to the colours of the houses, to the successful lives its residents will go on to lead. And no one embodies this spirit more than Elena Richardson, whose guiding principle is playing by the rules.

Enter Mia Warren – an enigmatic artist and single mother – who arrives in this idyllic bubble with her teenage daughter Pearl, and rents a house from the Richardsons. Soon Mia and Pearl become more than just tenants: all four Richardson children are drawn to the alluring mother-daughter pair. But Mia carries with her a mysterious past, and a disregard for the rules that threatens to upend this carefully ordered community.

When the Richardsons' friends attempt to adopt a Chinese-American baby, a custody battle erupts that dramatically divides the town and puts Mia and Mrs. Richardson on opposing sides. Suspicious of Mia and her motives, Mrs. Richardson becomes determined to uncover the secrets in Mia's past. But her obsession will come at unexpected and devastating costs to her own family – and Mia's.



**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.

## LUNCH BUNCH

**Thursday, February 13, 10:30 am**

We will be eating lunch at Somewhere Else in Elkhorn with a stop at Lakeland Bakery on the way to lunch.

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

RSVP by Tues., February 11 (Minimum 7 people)

## BREAKFAST BUNCH

**Thursday, February 20, 8:15 am**

Enjoy breakfast at the Cracker Barrel in Janesville.

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

RSVP by Monday, Tues., February 19

(Minimum of 7 people)

## FISH FRY FRIDAY

**Friday, February 28, 4:00 pm**

Join us for fish close to home at Nite Cap Inn in Palmyra.

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

RSVP by Wednesday, February 26 (Minimum of 7 people)

## JANESVILLE SHOPPING

**Wednesday, February 5, 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

**Trip Preview**  
**Wed. Mar.11**  
**2:00 pm**  
**Please RSVP**

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. Optional 3 day excursion to Belfast & the Giant's Causeway

Fee is \$3199 pp dbl, includes air, accommodations and attractions per the itinerary. Premier World Discovery.



## 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



## 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>



## 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. **Deadline is March 1**

## 2021 TRIPS COMING SOON!

February 2021—Thailand

Spring or Fall 2021—Sensations of Lyon & Provence with 3 nights in Nice

September 2021—New York City and the Hudson River Valley

## CHAIR MASSAGE

**Wednesday, February 5, 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, February 6**

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, March 5**



## 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><i>McCullough's</i></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><i>American Standard</i> Walk-In Tubs</p> <p><b>WALK-IN BATHTUB SALE! SAVE \$1,500</b></p> <p><b>FREE!</b> Savings Include an American Standard Right Height Toilet FREE! (\$500 Value)</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>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

## February 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<b>3</b> 8:30 Core & More 9:30 FUNctional Fit 10:30 Bookworms 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Balance Class 1:00 Canasta 1:00 Mah Jongg 2:00 Learn Tai Chi-A 3:00 Rolling	<b>4</b> 9:00 Pickleball (A) 10:00 Culver's Bingo 10:00 Basic Yoga—L 11:15 Pot Luck 12:00 Dominoes 1:00 Sheepshead	<b>5</b> 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  <b>Office Closed 8 —12</b>	<b>6</b> 8:30 Core & More 9:00 Toenails 9:00 Pickleball (A) 9:30 FUNctional Fit <b>12—3 Memory Screens (I)</b> 1:00 Watercolor	<b>7</b> 9:00 Let's Walk! 10:00 Bridging Technology <b>10:30 Scholarly Scoop</b>  <b>8 FREEZE FEST</b> <b>11:00 Chili Cook-off</b> <b>12:00 Polar Plunge @ Cravath Lakefront</b>
<b>10</b> 8:30 Core & More 9:30 FUNctional Fit 10:30 Memory Café - I 11:00 WW Warblers 11:30 Senior Forum 12:30 Pickleball (A) 1:00 Mah Jongg 1:30 DFCI mtg 2:00 Learn Tai Chi-A 3:00 Rolling	<b>11</b> 9:00 Pickleball 10:00 Mulberry Glen Bingo 10:00 Basic Yoga—L 12:30 Mulberry Glen Movie "Once Upon a Time in Hollywood" 1:00 Sheepshead	<b>12</b> <b>9:00—2:30 AARP Taxes</b> 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 Wisconsin Northwoods Tour Preview</b>	<b>13</b> 8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:00 Basic Yoga—L <b>10:30 Lunch Bunch</b> <b>1:00 Podcasts</b> 1:00 Watercolor	<b>14</b> 9:00 Let's Walk! 10:00 Open Sewing 12:30 Pickleball (A) <b>1:00 Valentine's Party</b>  
<b>17</b> 8:30 Core & More 9:30 FUNctional Fit 11:00 WW Warblers <b>1:00 Census Tutorial</b> 1:00 Canasta 1:00 Mah Jongg 2:00 Learn Tai Chi-A 3:00 Rolling	<b>18 VOTE!</b> <b>9:30 Motorcycle Trip Planning</b> 9:30 Pegs and Jokers 10:00 Basic Yoga—L 12:30 Stained Glass-A 1:00 Sheepshead <b>1:00 Snowshoe</b> <b>3:30 Bridging Technology</b>	<b>19</b> 9:00-2:30 AARP Taxes 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>Office Closed</b>	<b>20</b> <b>8:15 Breakfast Bunch</b> 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  <b>Office closes @ 12:30</b>	<b>21</b> 9:00 Let's Walk! 9:30 Puzzle Exchange 10:00 Open Sewing 12:30 Pickleball (A)  <b>Office Closed</b>  <b>23</b> <b>1—4 Sunday Funday!</b>
<b>24</b> 8:30 Core & More 9:30 FUNctional Fit <b>11:00 CBD Oil Presentation</b> 12:30 Pickleball (A) 1:00 Mah Jongg 2:00 Learn Tai Chi-A 3:00 Rolling	<b>25</b> 9:00 Pickleball 10:00 Basic Yoga—L 10:00 City Bingo 12:30 Mulberry Glen Movie "Judy" 1:00 Sheepshead	<b>26</b> 9:00-2:30 AARP Taxes 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 Heart Health</b>	<b>27</b> 8:30 Core & More 9:00 Pickleball 9:30 FUNctional Fit 10:00 Basic Yoga—L 1:00 Watercolor  <b>Office closes @ 12:30</b>	<b>28</b> 9:00 Let's Walk! 10:00 Open Sewing Group 12:30 Pickleball (A) 4:00 Fish Fry  <b>Office Closed</b>



Activities take place at the Starin Park Community Building unless otherwise noted.

A=Downtown Armory 146 W North St  
 HB = Hawk Bowl  
 I = ILYM Library  
 L= Cravath Lakefront

# Walworth Co. Nutrition

13

Persons 60 and over and spouse, regardless of age, are eligible to participate. The suggested donation is \$3.00, but you may donate what you can. Those unable to contribute are still welcome at the site. Call 1-262-741-3333 to make a reservation by noon, one business day in advance. Reservations are required. **Call 1-262-741-3333 to CANCEL your meal no later than 8:00 am day of your reservation.** Please leave your name and dining center when calling. Meal site is at Brookdale Manor Monday, Wednesday, Thursday and Friday and at Blackhawk Manor on the third Tuesday of the month, serving at 11:30 am.

## February 4

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

## February 11

Baked Cod  
Red Potatoes  
Stewed Tomatoes  
Peaches  
Wheat Roll  
Lemon Pudding

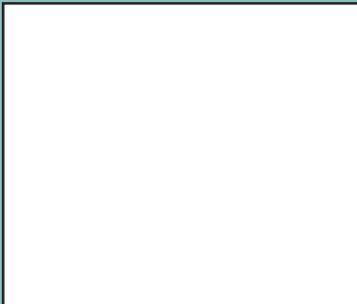
## February 25

Creamy Chicken & Veg  
Mashed Potatoes  
Beets  
Wheat Dinner Roll  
Chocolate Chip Cookie



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Thank You. 

- ◆ Barb Koch, Mary Meikle and Elaine Schultz for volunteering at New Year's Eve at Noon.
- ◆ Cathy and Dale Buelow and Gale Plath for a cash donations to Rockin' Respite
- ◆ Steve Atkinson, Nancy Cassano and Jeanne Shiras for cash donations.

## 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.



## PAY FOR CLASSES ONLINE

Go to <https://schedulesplus.com/wwtr/kiosk> and click on register. You must be in our system with phone number and birthdate and not be pre-registered for the class or trip. When you get to the payment area you may have to scroll down to use a credit or debit card, unless you do want to use PayPal. Credit cards cannot be used once past the event deadline.



### Dan Sable

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.)

## VOLUNTEER OPPORTUNITIES

**Sunday Funday:** Help clean up after the event at 4:00 pm on February 23.

**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.

**Seasonal Decorating:** We have many decorations and need some one with a flair for decorating once a month or every other month, depending on holidays and seasons, to pack away the previous deco and put out new. Talk to Deb if you are interested.

**Showcases:** Our showcases could be promotions or seasonal, information or highlights. Looking for someone to bring in fresh ideas and make them a highlight! Can be done twice a year or more often.

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

## 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



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## COMMUNITY SPACE VOLUNTEER NEEDS

- With more and more donations coming in our doors, we could use more volunteers to help us sort, hang and stock items.
  - Always looking for extra forks (the most popular utensil by far) and t-shirts (for making reusable bags) that people could part with.
  - We always need help with people willing to pick up items — not necessarily large items — from area residents who don't have a way to get their donations to the Community Space.
  - People with a trailer available to pick up large items.
- Please let Kay know if you are available to help at [roborskay@yahoo.com](mailto:roborskay@yahoo.com) or 262-379-0187.

## STOLEN SISTERS EXHIBITION

January 30 - February 29; UW-W Crossman Gallery

**Stolen Sisters** Exhibition, featuring thirty-one indigenous artists and allies, will open at the Crossman Gallery January 30, 2020. The exhibition will showcase technically diverse artworks of 30 regional, national and international indigenous artists and allies addressing a range of experiences and emotions surrounding the violence against, and loss of indigenous women and girls. Materials will range from works on paper, mixed-media installation, metal, clay, quillwork, textile and paint.

## WHEN TO PURCHASE NEW HEARING DEVICES



Hearing aids are sophisticated devices that receive daily use in harsh environments, subject to moisture, heat, dirt and earwax. Even though they are built to precise standards, at some point they will need to be replaced. Over time, mechanical problems can develop, or the technology may simply become obsolete. However, there are steps you can take to prolong the life of your hearing devices.

Clean on a regular basis. Use a soft, dry cloth and avoid liquids. Change the wax filter and clean the microphone and any other dirty areas with a soft brush. Be sure to take your hearing devices to a licensed audiologist periodically for check-ups; they can detect issues such as power loss, dirty battery contacts and plugged vents.

Servicing and repairs can add up over time. Eventually, these costs will outweigh those required to purchase new hearing devices. You should consider new hearing devices when: Your current hearing devices are five or more years old; Your hearing devices have visible damage; Your hearing devices have already been repaired previously; Your hearing loss worsens, or is no longer helped by your current devices.

Newer, better technology for your type/extent of hearing loss is available. If any of these factors apply to your situation, make an appointment with your audiologist as soon as possible. Call Fort HealthCare Audiology at 920-563-6667 to schedule a hearing evaluation.

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

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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 by appointment

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. 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 and 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.