



# The Park Bench

March 2020

Seniors in the Park Newsletter

## 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 2



Volume XX Issue 3

## WHAT'S INSIDE

2-7 .....Activities

5.....Support our Sponsors

8..... Dementia Friendly

9-10..... Travel

11 & 13....Support Our Sponsors, Services & Meals

12.....Activity Calendar

14-15.....Volunteers, Info & Community

Back .....ADDRESS, Phone Numbers and Staff Info



## 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.

He has written on a range of Native American groups and topics – from the Effigy Mound cultures of Wisconsin to the Pueblo religions of New Spain to the relationship between Native American religions and contemporary US legislation.

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

## MYSTRENGTH WEBSITE AND APP

Recharge, Refresh and Improve Your Mood with myStrength! Now you can use myStrength's web and mobile tools to support your goals and well-being. Learning to use myStrength's tools can help you overcome the challenges you face and stay mentally strong. And it's all safe, secure and personalized – just for you. Sign up today by visiting [www.mystrength.com](http://www.mystrength.com) and click 'Sign Up'. Enter the Access Code—JeffersonCounty (all one word). Complete the myStrength sign-up process and persona profile. You can also download the myStrength mobile app, and use the same access code. myStrength is presented by and courtesy of Jefferson County.



**The outdoor fitness equipment can be used in winter, too!**

## 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 BENEFITS OF HAVING A PERSONAL CERTIFIED TRAINER

**Monday, March 16, 1:00 pm**

April Borsodi is a National Academy of Sports Medicine Certified Personal Trainer. She will be presenting "What is a Certified Personal Trainer and The Benefits." She is looking forward to sharing this with you as well as her journey to becoming a Certified Trainer.

Come by for a fun and educational experience along with refreshments and prizes! April is looking forward to meeting you!

## 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.

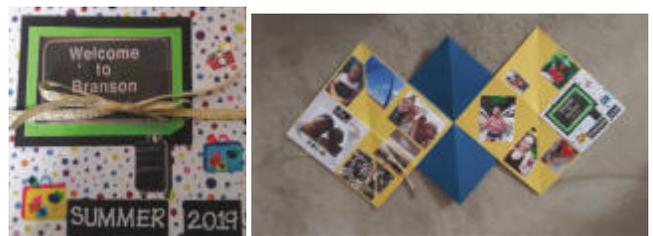


## MAKE A PHOTO ALBUM

**Tuesday April 28, 1:00 pm**

Make this small colorful album for a trip, a special outing with a grandchild or what you wish. You will need: an empty cereal box, at least 15 pictures, a 12 inch ruler, scissors, 1/4 inch wide good ribbon, stickers and letters (related to your theme), and tacky glue. Card stock and double sided tape will be provided. Example can be seen at Starin Park.

**Deadline: Thursday, April 16**



## 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. About 75% of Americans will apply for Medicaid for financial relief from the cost of long-term care, as 93% of all senior citizens over the age of 65 do not have long term care insurance. Don't settle for the government's rule-book. Create your own!

## SCHOLARLY SCOOP

**Friday, April 3, 10:30 am**

**“It's Past Time for Panel Discussions: Latina Activism in Wisconsin”**

“It is past time for panel discussions [on prejudice]. The panels go on for years, while we are ready for action,” activist Aline López told the Waukesha Freeman on November 20, 1968. López was one of several women involved in local activism on behalf of the civil rights of Latinx communities in Wisconsin from the mid-1960s to the 1970s. In this presentation, I focus on the work of López and María San Miguel, two Latina activists who fought for the civil rights of Latinx communities in Waukesha, Wisconsin.

Doctor Pilar Melero is a professor of Spanish, Latin American and Latinx literature at the UWW. She has published three books including a third-grade history book.



## PUZZLE EXCHANGE

**Friday, Mar. 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.



## 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? Yes or no.
  2. Are there any potential barriers that would keep you from going to the UW-W campus? If so, what are they?
- Let Deb or Patrea know your answer in person, by calling or emailing. Thanks!

## PLAN TO LIVE WELL AT THE END OF LIFE

**Monday April 27 1:30 pm**

Join Michael Bernhagen, Director of Community Engagement & Care Partner Relations with Rainbow Hospice Care, for a frank discussion on Advanced Care Planning, Palliative Care and Hospice.

American medicine's success has created a new problem. They've gotten so good at prolonging life that we've fundamentally changed where and how Americans die. 100 years ago, most people died at home surrounded by family, friends, and neighbors. Today, however, most die in hospitals and nursing homes – alone. As recently as 50 years ago, most of us died suddenly from heart attacks, accidents and strokes. Today, by contrast, 90% of Medicare beneficiaries and 70% of all Americans, regardless of age, can expect to die slowly from one or more severe chronic diseases. This historic shift, along with the fact that patients, families and medical professionals haven't learned how to talk with one another about dying, means that we've created an end-of-life journey that is typically accompanied by a great deal of suffering. Suffering that is physical in nature but also emotional, spiritual, social, and financial. It is a problem we never intended to create and one that must be solved. But how? Advance registration is appreciated.



## 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)



## UNIQUE T-SHIRT NECKLACES

**Monday, March 30; 1:00 pm**

Make one or all of these fun, unique necklaces. Please bring one t-shirt for every scarf that you would like to make or Bobbie will provide shirts for an extra fee. Generally larger sizes are best, color of your choice and they can be plain or colorful logos work, too.



Bring sewing or sharper scissors. Samples will be available here. Class size limited to 10.

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

\$10 members t-shirts provided or \$15 non-members t-shirts provided

Registration/payment deadline: Monday, March 23



## STAINED GLASS CLASS

**March 10 & 11; 12:30 pm at the 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. The instructor: is Caroline Britton.

Fee: \$15.00 members; \$20.00 non-members Deadline: Thursday, Mar. 5



## CREATE SMALL & MINIATURE PAINTINGS

**April 2-16, 1:00 pm**

Explore the idea of creating a work of art in a small format of 8 x 10" or less. Square and rectangular formats may be used and attendees will have the opportunity to experiment on cold press and hot press watercolor paper and other surfaces. Discussion and demonstrations will include tools and techniques for small paintings and alternative ways to use and display small

works of art. Small works of original art make great gifts! Watercolor, collage or acrylic may be used and subject matter may be landscape, still life, florals or abstraction. Composition and color mixing will be discussed. Please bring personal references, sketches, photos or ideas to work from. Beginning, intermediate and advanced concepts will be covered, and each session will include plenty of time for individual painting with optional one-on-one coaching.

Instructor: Karolyn Alexander Tscharnack, [www.karolyn.biz](http://www.karolyn.biz)

Fee: \$15 per class or \$37.50 session fee for those who are pre-registered.

Session fee is payable to the instructor on April 2 by cash or check.

Deadline: Thursday, March 26

# American Wholesale Furniture



**Power Lift Chairs  
Starting @ \$799.00**

Your Local **ASHLEY** & *Best Craft* Furniture Showroom

905 Madison Ave. • Fort Atkinson Phone: 920-563-6300  
Mon-Thur: 10-7 | Fri-Sat: 10-5 | Sun: 12-4

**More Furniture for Less.**



**NOMMENSEN LAW OFFICES, LLP**

Attorney David J. Nommensen  
Attorney Julie H. Nommensen

*We are a father-daughter team, sharing a passion for helping the elderly and those who care for them*

15 S. Lincoln Street, #2, Elkhorn, WI 53121 | 262-723-4700  
www.nommensenlaw.com Nursing Home Planning Attorneys



Committed to Your Independence

*We are your choice for Long-Term Care for Seniors and adults with disabilities. Helping you remain safe, independent, and active in your community.*

**1-877-489-3814 www.mychoicefamilycare.org**

## SPREAD THE WORD

A Thriving, Vibrant Community Matters



**SUPPORT OUR ADVERTISERS**

### "Holistic Wellness Consulting"

**THERESE SCHROEDER**  
(920) 650-1479  
www.lamplightwellness.com



Green Valley Estates  
Whitewater

*Subsidized housing for Seniors and individuals with disabilities, living on a limited income.*

*There are no limits to caring.®*

262-446-9144

## We Care Every Day, In Every Way

Experienced senior care for total peace of mind

Personal Cares (bathing, toileting, dressing assistance) ~ Medication Reminders  
Errands ~ Shopping ~ Dr. Appointments ~ Light Housekeeping  
Meal Preparation ~ Companionship ~ Respite Care for Families

**920-568-1051 or Toll Free 877-276-7039**



## AUMANN'S SERVICE INC.

Body Specialists  
Quality Painting  
24 Hr. Towing  
122 E. Dane • (920) 674-2349  
After Hours (920) 674-6164

532 W. Main St. • 262-473-4175  
Visit our website: tincherrealty.com

➤ Reach the Senior Market

## ADVERTISE HERE

CONTACT

Colleen Mancheski to place an ad today!  
cmancheski@lpiseniors.com or (800) 950-9952 x2687

**Fairhaven** *Offering a full range of senior living and health care services*  
Senior Services



- Prairie Village Homes
- Supportive Living
- 24 Hour Nurse Staffing
- Certified Medicare Rehab & Skilled Nursing Care
- Independent Apartments
- Fully Assisted Living
- Secure Memory Care

435 W. Starin Road, Whitewater  
262-473-2140 • www.fairhaven.org



**health markets**

Health | Medicare | Small Group | Life | Supplemental



**Jean Linos**  
Local Licensed Agent  
P 262-458-2880  
C 706-232-3431

Jlinos@HealthMarkets.com  
www.HealthMarkets.com/jlinos

CHAIRMAN'S CLUB  
SILVER MEMBER



For ad info. call 1-800-950-9952 • www.4lpi.com

Seniors in the Park, Whitewater, WI A 4C 01-1235

# More Activities!

## BOOK WORMS

**Monday, March 2 10:30 am**

The Book Club will discuss *Little Fires Everywhere* by Celest Ng. The book for April will be *The Alice Network* by Kate Quinn.

In an enthralling new historical novel from national bestselling author *Kate Quinn*, two women—a female spy recruited to the real-life *Alice Network* in France during World War I and an unconventional American socialite searching for her cousin in 1947—are brought together in a mesmerizing story of courage and redemption.



## SENIOR FORUM

**Monday, March 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.

## REMINDER

All donations must be approved, by the Coordinator, including books and magazines.



## SPONSORED BY MULBERRY GLEN

**“Jojo Rabbit”**  
(Comedy/Drama/War)  
**Tuesday, March 10, 12:30 pm**  
**Rated PG-13**  
**1 hour, 48 minutes (2019)**

Young Jojo Betzler is a member of the Hitler Youth in 1940’s

Germany. Lonely and saddled with the nickname “Rabbit,” he seeks to prove himself a loyal and capable member of the Third Reich. But when he discovers his mother is hiding a Jewish girl from the authorities, he must decide where his loyalty resides, with his mother or the State. Goaded along is his imaginary friend, Adolf Hitler...Starring Scarlet Johansson and Sam Rockwell. Nominated for 6 Oscars, including Best Film and Supporting Actress.

**“A Beautiful Day in the Neighborhood”**  
(Biography/Drama)

**Tuesday, March 24, 12:30 pm**  
**Rated PG, 1 hour, 49 minutes (2019)**

Based on the true story of a real-life friendship between Fred Rogers (Tom Hanks) and journalist Lloyd Vogel (Matthew Rhys). Hanks was Oscar nominated for Best Supporting Actor.

**“The Farewell”**  
(Comedy/Drama)

**Tuesday, March 31, 12:30 pm**  
**Rated PG, 1 hour, 40 minutes (2019)**

A Chinese family discovers their grandmother has only a short time to live and decides to keep her in the dark. Billi (Awkwafina), her headstrong, young Chinese-American granddaughter, struggles with this decision. AARP Top Movies for Grownups says “few films capture grandmother-granddaughter love like this tale.” Awkwafina was The Golden Globe winner for Best Performance by an Actress - Musical/Comedy for this tender film.



**Tuesdays, 10:00 am**

Mar. 3: Culvers  
Mar. 10: Mulberry Glen  
Mar. 24: City Bingo  
Mar. 31: Bingo

## WEEKLY BINGO SPONSORS

**Culver’s, Mulberry Glen & City Cover All: Taco Fresco**

## CITY BINGO SPONSORS

Dale’s Bootery \* Cozumel \* Floral Villa \* Fairhaven \* Toppers \* Century 21  
Real MacCoy’s \* Rick’s \* Subway \* Taco Fresco \* Whitewater Quick Lube  
Binning & Dickens Insurance \* Rocky Rococo Pizza \* Mirage Hair Studio  
Brain Freeze\* Walworth Co. Nutrition \* Casey’s \* Dalee Water Conditioning  
Dental Perfections \* Fanatico \* La Piazza



## BRIDGING TECHNOLOGY

Friday, March 6, 10—11 am  
Tuesday, March 17, 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.

## DO YOU YOUTUBE?



Thursday, March 12 1:00 pm

Mark Dorn will introduce you to an incredible world of free TV that can be viewed on your smartphone, tablet, laptop or computer. From DIY (Do It Yourself) videos, to cooking, quilting, old TV shows, music, and even live sports and news. Please register in advance.



## FACEBOOK TUTORING

Friday, March 13, 2-4 pm

Join Downtown Whitewater on the second Friday of every month (3rd Friday in April) to learn more about Facebook and how to keep your account safe. Drop in any time between 2-4 pm. The first session on March 13 will cover how to recover passwords and check your privacy settings. Bring a laptop or tablet and make sure you know your password so you are able to access Facebook. Advance registration is always appreciated.

## 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.**



## PAYING FOR CLASSES ONLINE— PLEASE REMEMBER!

If you pay for a class online with PayPal, please remember or write down the payment. People have been denying charges they have made for classes online, which creates headaches for all involved. Thanks for your help!

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.

## 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.

## 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!



# 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).



## ROCKIN' RESPITE

Are you caring full time for someone with moderate dementia? Would you enjoy a little "me time"? Rockin' Respite may soon have an opening, so consider

getting on the waiting list.

The program offers trained, caring staff to be with your loved one in a safe environment for 6 hours, twice a month. A fee of \$15/month includes a hot lunch, snacks and activities. Guests are required to commit to twice a month. For information call Deb at 262-473-0535 or email [dweberpal@whitewater-wi.gov](mailto:dweberpal@whitewater-wi.gov).

## MARTIN SCHREIBER: MY TWO ELAINE'S

**Wednesday April 15, 6:30 pm**  
**Light Recital Hall, Center of the Arts, UW-W**

Former Governor Schreiber is a passionate advocate for persons with dementia and their caregivers, and will be available for a meet and greet and book signing (net proceeds used to promote Alzheimer's caregiver support programs) before the event, from 6:00pm to 6:30pm, and after, from 7:30pm to 8:15pm. Free parking will be available in Lot 1 outside the Center of the Arts and on Prince Street.

## WHITEWATER MEMORY CAFÉ

**Monday, March 9, 10:30 am**

The Irvin L. Young Memorial Library, and the Alzheimer's Association, host a monthly Memory Café for those with Mild Cognitive Impairment (MCI) 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. at 10:30 am. The theme in March will be WAMSTAR: Whitewater Mounted Search and Rescue Team. 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

**Wednesday, March 25; 1:00 pm**  
**Starin Park Community Building**

**Wednesday, April 1; 5:30—6:30 pm**  
**at The Community Space**  
**834 E Milwaukee St.**

*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. According to statistics, over 200 people could be living in Whitewater with dementia.

This community informational session, lasting one hour, is interactive and for anyone wanting to understand about dementia. You can also schedule a session for your 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.

## 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. It can also be emailed to you.



## 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**  
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, dinner at Little Bohemia and more! Trip organized by Country Travel Discoveries (formerly Taste of Home). This 4 day trip offers 8 meals; fees, tips and bag handling included. \$997 pp/dbl

## 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! We'll have treats to share.



## LUNCH BUNCH

**Thursday, March 12, 10:30 am**

We will be eating lunch at  
Fee: \$3.00 members, \$6.00 non-members  
RSVP by Tues., March 10. (Minimum 7 people)

## BREAKFAST BUNCH

**Thursday, March 19, 8:15 am**

Enjoy breakfast at Café 26 in Milton.  
Fee: \$3.00 members, \$6.00 non-members  
RSVP by Monday, Tues., Mach 17.  
(Minimum of 7 people )

## FISH FRY FRIDAYS

**Friday, March 6, 4:00 pm**

Join us for fish at Koshkonong Mounds.  
Fee: \$3.00 members; \$6.00 non-members  
RSVP by Wednesday, March 4 (Minimum of 7 people)

**Friday, March 27, 3:30 pm**

Join us for a second fish fry during Lent at Donny's Girl Supper Club  
Fee: \$3.00 members; \$6.00 non-members  
RSVP by Wednesday, March 25 (Minimum of 7 people)

## JANESVILLE SHOPPING

**Wednesday, March 11, 9:30 am**

Please note the date change! Get picked up where you live and shop on the north side of Janesville. Participants choose where to shop.  
Fee: \$3.00  
RSVP by Monday, March 9 (Minimum of 5 people)

Monthly  
Supporter



532 W. Main St. • 262-473-4175

Visit our website: [tingerrealty.com](http://tingerrealty.com)

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.

**TRAVEL PREVIEW of Mayflower Tours on April 23, 2:30 pm. Please RSVP in advance and let us know which trips you are interested in previewing.**

## AMAZING THAILAND

**February 11-20, 2021**

Immerse yourself in Thai culture with this small group adventure and see temples, the Grand palace, a floating market, ride a tuk-tuk and prepare traditional dishes, a tea plantation and more! An optional 3 day extension to Cambodia is available. \$4019 pp/dbl



## NINE COUNTRIES WITHOUT A PASSPORT

**September 30—October 4, 2020**

Enjoy this cultural experience with German, Ukrainian, Polish, Irish, French, Lithuanian, Greek, South American and Mexican tours, food and entertainment. Trip includes motorcoach transportation, home or local pickup, tour guide and 10 meals. \$1259 per person/dbl.



## SENSATIONS OF LYON & PROVENCE CRUISE

**May 28—June 8, 2021**

**Free airfare if booked by May 31, 2020**

This tour includes a 3-night stay in Nice on the French Riviera. Cruise the Saone and Rhone rivers through France visiting the Burgundy wine region, castles, cathedrals and more! Emerald cruises also offers options daily you can choose from active, hikes, bikes and canoeing to wine tasting and additional touring. Gratuities included on the cruise and free wine, beer and soft drinks with meals. Spend three days in Nice visiting Monte Carlo and touring the Cote d'Azur. Optional visit to St Paul de Vence (one of Deb's favorite places). Cabins start at \$4549 pp/dbl

## GREECE

**October 11—19, 2021**

This tour features Athens, Santorini and Mykonos. See the highlights of Athens including the Acropolis and the Parthenon. Island hop to Mykonos by high speed ferry. Enjoy Greek tavernas, beaches, and the small quaint towns of the island. Santorini is known as the "Black Pearl of the Aegean." It is the most breathtaking of all the islands where history and nature combine in this paradise. Tour includes home or local pick up, 11 meals, air transfers and tours per the itinerary and a local guide. \$3699 pp/dbl



## 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>

## CRUISES WITH FREE AIR

**Classic River Cruises: Magical Rhine and Moselle 6/29/2020, 8/11/2020 and 8/17/2020**

**La Belle Seine** Featuring Paris and Normandy on 6/29/2020

## CHAIR MASSAGE

**Wednesday, March 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, March 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, April 2**



## GREETING CARDS

**NEW cards are here!** We have a great selection of Fravessi cards, including St. Patrick's Day, 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 \$3.50. 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.

*McCullough's*

- PRESCRIPTIONS
- GIFTS

Contact us regarding convenient medication packaging options

1173 W. Main St. • 473-5065

Call today to connect with a **SENIOR LIVING ADVISOR**

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

A Place for Mom has helped over a million families find **senior living solutions** that meet their **unique needs**.



*There's no cost to you!*  
**(888) 612-8951**

We're paid by our partner communities

◀ **Joan Lunden**, journalist, best-selling author, former host of *Good Morning America* and senior living advocate.



*American Standard*  
Walk-In Tubs  
**WALK-IN BATHTUB SALE! SAVE \$1,500**



AS SEEN ON TV

- ✓ 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



Limited Time Offer! Call Today!

**855-480-1029**

Or visit: [www.walkintubinfo.com/save](http://www.walkintubinfo.com/save)

**FREE!**  
Savings Include an American Standard Right Height Toilet FREE! (\$500 Value)

**FIRST CITIZENS STATE BANK**



**Trust Services:** • Administer your Will

• Administer your Trust • Invest your Funds • Pay your Bills

**Serving Whitewater, Palmyra & East Troy**

Member FDIC

[www.firstcitizensww.com](http://www.firstcitizensww.com)



# Activity Calendar

 *March 2020* 

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p><b>2</b> 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 2:00 Learn Tai Chi-A 3:00 Rolling</p>	<p><b>3</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</p>	<p><b>4</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) 1:00 Chair Massage</p>	<p><b>5</b> 8:30 Core &amp; More 9:00 Toenails 9:00 Pickleball (A) 9:30 FUNctional Fit 10:00 Basic Yoga—L <b>1:00 Tea and Stories</b></p>	<p><b>6</b> 9:00 Let's Walk! 10:00 Bridging Technology <b>10:30 Scholarly Scoop</b> <b>1:00 Cyclist Ride Planning</b> 4:00 Fish Fry</p>
<p><b>9</b> 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) 1:00 Mah Jongg 1:30 DFCI mtg 2:00 Learn Tai Chi-A 3:00 Rolling</p>	<p><b>10</b> 9:00 Pickleball 10:00 Mulberry Glen Bingo 10:00 Basic Yoga—L 12:30 Mulberry Glen Movie "JoJo Rabbit" 12:30 Stained Glass-A 1:00 Sheepshead</p>	<p><b>11</b> 9:00-2:30 AARP Taxes 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 12:30 Stained Glass-A <b>2:00 Ireland Preview</b></p>	<p><b>12</b> 8:30 Core &amp; More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:00 Basic Yoga—L <b>10:30 Lunch Bunch</b> <b>1:00 YouTube</b> 1:00 Mixed Media 2:00 Accreditation Com Mtg.</p>	<p><b>13</b> 9:00 Let's Walk! 10:00 Open Sewing 12:30 Pickleball (A) <b>2:00 Facebook Security</b></p>
<p><b>16</b> 8:30 Core &amp; More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg <b>1:00 Personal Trainer</b> 2:00 Learn Tai Chi-A</p>	<p><b>17 Happy St Patrick's Day</b>  9:00 Pickleball 9:30 Pegs and Jokers 10:00 Basic Yoga—L 1:00 Sheepshead <b>3:30 Bridging Technology</b> <b>Office closes @ 12:30</b></p>	<p><b>18</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>Office Closed</b></p>	<p><b>19 Spring Begins!</b> <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 Mixed Media 2:00 Caregiver Support Group—I  <b>Office closes @ 12:30</b></p>	<p><b>20</b> 9:00 Let's Walk! 9:30 Puzzle Exchange 10:00 Open Sewing 12:30 Pickleball (A) <b>Office Closed</b> </p>
<p><b>23</b> 8:30 Core &amp; More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 2:00 Learn Tai Chi-A  <b>Office closes @ 12:30</b></p>	<p><b>24</b> 9:00 Pickleball 10:00 City Bingo 12:30 Mulberry Glen Movie "A Beautiful Day in the Neighborhood" 1:00 Sheepshead</p>	<p><b>25</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 Dementia Friends</b></p>	<p><b>26</b> 8:30 Core &amp; More 9:00 Pickleball 9:30 FUNctional Fit <b>1:00 Don't Lose Your Hair Over Long Term Care</b></p>	<p><b>27</b> 9:00 Let's Walk! 10:00 Open Sewing Group 12:30 Pickleball (A) 3:30 Fish Fry  <b>Office Closed</b></p>
<p><b>30</b> 8:30 Core &amp; More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg <b>1:00 T-Shirt Necklace Class</b> 2:00 Learn Tai Chi-A</p>	<p><b>31</b> 9:00 Pickleball 10:00 Basic Yoga—L 10:00 Bingo 12:30 Mulberry Glen Movie "The Farewell" 1:00 Sheepshead</p>	<p><b>1</b> <b>5:30 Dementia Friends @ The Community Space</b> </p>	<p><b>Activities take place at the Starin Park Community Building unless otherwise noted.</b> 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.

### March 3

Meatloaf  
Mashed Potatoes  
Broccoli  
Wheat Bread  
Mandarin Oranges  
M&M Cookie

### March 10

Tuna Casserole  
Carrots  
Broccoli  
Vanilla Yogurt  
Wheat Bread  
Pineapple

### March 24

Baked Cod  
Red Potatoes  
Stewed Tomatoes  
Peaches  
Wheat Roll  
Lemon Pudding

### March 31

Beef Stew  
Peas  
Sweet Potatoes  
Breadstick  
Apple Cake




**HARD ROCK**  
SAWING & DRILLING SPECIALIST CO.  
CONCRETE • ASPHALT • MASONRY  
ELKHORN                      KESHENA  
262-723-3333      MADISON      715-799-3823  
608-250-5005



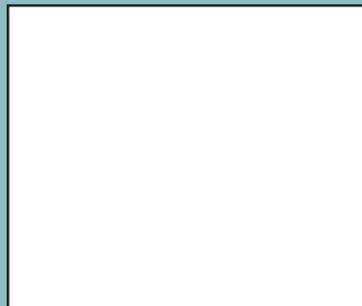
Dr. Robert Goldman, Certified Wound Care Specialist



**Fort HealthCare**  
Hyperbarics, Wound & Edema

Offering advanced care for chronic, non-healing wounds, lymphedema, and ostomy care.

[FortHealthCare.com/Wound](http://FortHealthCare.com/Wound) • 920.699.4245  
400 DOCTORS CT. 2nd LEVEL • JOHNSON CREEK  
We accept a variety of insurance plans.



LET US *carry*  
YOUR MESSAGE  
TO *Senior*  
THE *Community*



For advertising info call:  
1-800-950-9952



**FIRSTWEBER**  
— REALTORS® —

**Kathleen Laperriere**  
Realtor  
*The Human Side Of Real Estate.*  
414-614-7235  
Whitewater, WI




**Derrick**  
FUNERAL HOME  
& cremation services

262-248-2031  
800 PARK DR  
LAKE GENEVA, WI 53147  
SERVING THE COMMUNITY  
SINCE 1912

**SPREAD THE WORD**  
A Thriving, Vibrant  
Community Matters



**SUPPORT OUR ADVERTISERS**



**INTEGRITY**  
Insurance Services, LLC

REBECCA SPYCHALLA  
262-431-4859  
MEDICARE  
INSURANCE PLANS



[integrity-insurance-services@pm.me](mailto:integrity-insurance-services@pm.me)  
[www.integrity-insurance-services.com](http://www.integrity-insurance-services.com)



- ◆ **Dedrie Moloney** cash donation in memory of her husband, Bob Moloney
- ◆ **Nancy Cassano, Judy Wildermuth and Char Perkins** for volunteering at the Valentine's Day event
- ◆ **Faye Skelton, Mark Dorn and Dorene Kujanski** for volunteering at the Chili Cook-off.
- ◆ **Nancy Flanders** for a cash donation to Rockin' Respite
- ◆ **Jane Roberts, Val Vessely and Ron & Sylvia Essex** for cash donations to the Sunshine Fund
- ◆ **Bonnie Wagner** for donating cookies after the snowshoeing
- ◆ **John Rowe and Carol Holford** for donating coffee for respite



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

## VOLUNTEER OPPORTUNITIES

**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, quarterly or seasonally, your choice

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

## VOLUNTEER APPRECIATION

Watch for information on the Volunteer Appreciation in the April newsletter. We will also try to contact everyone who volunteered in 2019, by email or phone. Please note many emails from us go to your junk mail. The Accreditation committee has been working diligently to assist me in updating our Volunteer manual. I hope to be able to share it with you at the Appreciation.



## 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



## 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>.

- Mar. 2** Superheroines in 21<sup>st</sup>-Century Movies  
*Donald Jellerson, associate professor of languages and literatures, College of Letters and Sciences*
- Mar. 9** Is Social Media a Positive or Negative Influence on Society?  
*David Beyea, assistant professor of communication, College of Arts and Communication*
- Mar. 16** Sign, Sign, Everywhere a Sign: Protest Signs as Visual Rhetoric During the Wisconsin Budget Repair Bill/Act 10 Protests of 2011  
*Corey Davis, associate professor of communication, College of Arts and Communication*
- Mar. 23** Changing Climate and Changing Lives: Move, Adapt or Go Extinct  
*Kerri Wrinn, associate professor of natural sciences and mathematics, College of Integrated Studies*
- Mar. 30** Supreme Court Appointees From Bush to Trump: The More Things Change, the More Things Change  
*Jolly Emery, associate professor and chair of the Department of Political Science, College of Letters and Sciences*



### VIDEO CAMERAS

For your information cameras have been installed in the Starin Park Community Building to monitor access at all entry points to the building.

## CLEARING SIDEWALKS IN WINTER



The Common Council of the City of Whitewater recently passed an ordinance which increases the charge for removing snow and ice from sidewalks. The \$50 charge has been raised to a minimum of \$100 for a first-time offense and a minimum of \$150 for subsequent offenses

if the City is required to remove the snow/ice. Residents are required to remove snow and ice from the public sidewalk, including crosswalk ramps abutting their property, within 24 hours after a snow or ice event. Residents who do not remove snow and ice within this timeframe, causing the City to remove the snow/ice, are subject to these charges beginning March 1, 2020.

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



### 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).

### 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.



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



for Advertising with Seniors in the Park  
*I am patronizing your business because of it!*

# Seniors in the Park

PO Box 178  
Whitewater WI 53190



*Accredited by the  
Wisconsin Assoc.  
of Senior Centers*

## MEMBER:

Wis. Association of Senior Ctrs.  
Wis. Parks & Recreation Assn.  
National Council on Aging  
Nat'l Institute of Senior Centers

## 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.