



The Park Bench

April 2020

Seniors in the Park Newsletter

CLOSED! With concern for the safety of our older adult population, the Seniors in the Park programs, classes, activities, trips and services at the Starin Park Community Building, Downtown Armory and Cravath Lakefront Center are cancelled for an indefinite period of time due to the Covid-19 outbreak. Updated information will be posted on the City Website, Facebook and Instagram sites as well as the Whitewater Banner. Also, please check your junk/spam email, as our emails often end up there. Please add wwtr@schedulesplus.com to your safe sender list.

Volume XX Issue 4

WHAT'S INSIDE



VOLUNTEER APPRECIATION

“Laugh Your Socks Off!” is the theme for our Volunteer Appreciation on Wednesday April 22 at 1:00 pm. We will be serving dessert, fun and prizes. Esther Turner will be here to share Laughter Yoga with you. **Laughter Yoga** is the happiest wellness program ever! It is a joyful way to connect with others and laugh your blues away. It is a fun, effective stress relief program for all ages and abilities. Laughter Yoga

is a single exercise that deals with physical, mental and emotional stress simultaneously. It also strengthens the immune system, lowers blood pressure and keeps your heart healthy.

Please register by April 16 for the event. 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.

2-7Activities

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

BackADDRESS, Phone Numbers and Staff Info

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



Cancelled

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

WALKING A LABYRINTH

Wednesday, May 20, 1:00 pm

The workshop on Walking The Labyrinth will offer creative ways to walk the Labyrinth, instruction, and possible outcomes for the participants who choose to walk. It is a path that can be used for meditation. The Labyrinth can bring stress relief and relaxation to support our health. The portable cloth Labyrinth is 18' x 18' in size. It can be a calming, thoughtful, transformational experience. The invitation to walk this circular pattern may assist with clearing the mind and giving insight. Instrumental music and flameless candles will help create a peaceful, calming experience to the workshop.

Registration payment due: May 14

Fee: \$5.00 members
\$10 non-members



MEDICATION SAFETY

Wednesday, May 6
1:00 pm

Join Hospital
Pharmacist Ilsa
Fritz, Fort

Healthcare, for a question and
answer session on medications.

**Please submit your questions in
advance, by April 29.**



BASIC YOGA

Tuesdays, May 5—June 23

Thursdays, May 7—June 25

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, April 30

Note: Class fees will be prorated for those in the previous session.



LEARN T'AI CHI CH'UAN

Mon. May 11, 2:00 pm or

Wed., May 13 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 Wednesday, May 6



WHITEWATER SENIOR CYCLISTS

Friday, May 1 depart 10:00 a.m.

Join our new bicycling group, Whitewater Senior Cyclists, on our first pedal outing for year. This casual ride, about 10 miles long, is on rural roads known for lovely vistas. There are no big hills! Bring your bike, wear a helmet and bright outer clothing, and carry water and snacks/energy bars for a planned stop at the Old Stone School. Those who want to enjoy treats or lunch & conversation can continue into The Sweet Spot. For more details call or email.



Plan about an hour for the round trip departing from Stain Park. If you're new to our activities, please stop by the office and fill out a Participation Waiver. Registration deadline is Tuesday, April 28. Rain dates will be the second Friday of the month.

Future trips are planned for the first Friday of each month from June through October. The June 5 ride will be on the paved Glacial River Trail from the trailhead. Ideas for gentle and/or moderately challenging bicycling trips are always welcome, please call.

AARP SMART DRIVER

Monday May 11, 12—4:00 pm

The AARP Smart Driver Safety Program is an updated four-hour classroom course. It is research based to help older drivers become more aware of changes that occur due to aging and how to adjust accordingly. The course covers: Defensive driving techniques, New laws and rules of the road; How to deal with aggressive drivers; How medications may affect driving; How to safely use anti-lock brakes, air bags and safety belts and Navigating round-abouts. Please arrive 15 minutes early.

Fee: \$15 for AARP members; \$20 for nonmembers

Bring your AARP member card to receive the discount. You may also be eligible to receive an insurance discount, consult your agent for details. Deadline to register: Friday, May 1



SCHOLARLY SCOOP

Friday May 1, 10:30 am

“Documented or Undocumented Immigrants?”

High demand for low-skilled workers in the U.S. led to *irregular migration* from Latin America. Many migrants arrive, without visas, to fulfill positions in farming, factory work, construction, landscaping, cleaning, cooking, childcare and more. Calling such workers “undocumented immigrants” diminishes the value of their labor and contribution to the U.S. economy.

Undocumented work has been criminalized, stigmatizing workers and moving many of them to obtain unofficial documents from a number of sources, including employers and an underground industry providing false documentation. This lecture discusses how penalizing these workers fails to address real issues, including the need for low-skilled workers in the U.S., and industry practices that exploit migrant workers.

Luzma EDE-Hernandez is an Asst. Prof, Dept of Languages/Lit.

THE FACTS ON FATS

Wednesday April 29, 1:00 pm

Fat is an essential nutrient that our bodies need to provide energy and to support cell



growth. Fat is also important for our bodies to absorb certain nutrients and produce important hormones. A healthy eating pattern includes fats in small amounts. Learn which fats to love, those to limit, and which ones to eliminate. Also learn how to incorporate a variety of healthy oils into your daily meal plan through different foods and cooking.

Presenter is Traci Wilson, Registered Dietician. Advance registration is appreciated.

ARE YOUR HANDS OK?



Monday, June 22 1:00 pm

Learn how to identify a normal stress or ache in your hands versus when you should see a healthcare provider. You will learn about a variety of common hand conditions. You will also learn conservative care and how to protect your hands. Finally, learn when to seek care from a hand therapist or orthopedic physician. Please register in advance.

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, we, 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.



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



STAINED GLASS CLASS

April 14 & 15; 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, April 9



CREATE SMALL & MINIATURE PAINTINGS

Thursdays, 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

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



CREATING A ONE COLOR WATERCOLOR MEMORY

Thursdays, May 7 - 28 1—4 pm

This is a chance to go through your favorite old black and white photographs and pick a favorite, to turn into monochrome (one color) watercolor painting. You can paint anything that grabs your interest and is special to you. Painting this way is a great way to improve your painting skills by gaining a better understanding of values (lights and darks). Beyond that, it's a fun thing to do!

You will need a 16x22 piece of gatorboard (if you don't have one, instructor will have them for sale), a half sheet of Arches watercolor paper, (Sr. Center has paper for sale), M Graham Sepia paint (instructor will also have this for sale if needed) and the rest of your watercolor gear. Please have a 4x6 and 8x10 copy of your reference photo. If you have a tablet, this can be used to replace the 8x10 photo.

Students who have taken a previous class and are familiar with how I mount my paper and do my underdrawing can get a head start by having this ready for the first class.

Instructor: Jan Crowley. Email Jan with questions or to sign up: briarhillstudio@gmail.com or call 262.441.0324

Deadline: Thursday, April 30; Fee is \$15 per class, payable at the first class.

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More Activities!

BOOK WORMS

Monday, April 6 10:30 am

The Book Club will discuss *Where the Crawdads Sing* by Delia Owens. The book for May will be *The Alice Network* by Kate Quinn.

The Alice Network by Kate Quinn tells the story of two unlikely friends and their quest for revenge on a brutal man. Evelyn "Eve" Gardiner left her job as a spy in World War I with the intention of killing René, a war profiteer whom she blamed for the death of her best friend. Eve believed she would never get the revenge she desired when she was told René was dead. Decades later, Charlotte "Charlie" St. Clair came to Eve looking for her cousin, Rose, who was also connected with René and who supposedly died during World War II. Realizing that her enemy was still alive, Eve set out to find and kill him. Along the way, Eve and Charlie discovered similarities in their lives and bonded as friends.



SENIOR FORUM

Monday, April 13

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, fundraisers, trips, activities and classes.

SPONSORED BY MULBERRY GLEN



"Parasite"

(Comedy/Drama/Thriller)

Tuesday, April 14, 12:30 pm
Rated R (Sex/Violence/Profanity)
2 hours; 12 minutes (2019)

In South Korea, a poor family, the Kims, con their way into becoming the servants of a rich family, the Parks. But their easy life gets complicated when their deception is threatened with exposure. This film was the winner in Best Motion Picture, Best Director, Best Original Screenplay, and Best International/Foreign Film, for both the Oscars and the Golden Globes. It is a devastating portrayal of social inequality and the psychology of wealth. This film can only be shown in South Korean dialogue (no English dubbing available); and will be shown entirely in English subtitles.

"Little Women"

(Drama/Romance)

Tuesday, April 28, 12:30 pm
Rated PG; 2 hours, 15 minutes (2019)

Based on the classic Louisa May Alcott novel, this is the sixth film version of the beloved story of the March sisters: four young women determined to live life on their own terms, in the years following the Civil War. Starring Saoirse Ronan, Emma Watson, Florence Pugh, Laura Dern, Meryl Streep, and Timothee' Chalamet. Directed by Greta Gerwig ("Lady Bird," 2017).

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



WEEKLY BINGO SPONSORS

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Dental Perfections * Fanatico * La Piazza

Tuesdays, 10:00 am

Apr. 7: Culvers

Apr. 14: Mulberry Glen

Apr. 28: City Bingo



BRIDGING TECHNOLOGY

~~Friday, April 3, 10 am~~ **Cancelled**
Tuesday, April 21, 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.



FACEBOOK GROUPS

Friday, April 17, 2-4 pm

Join Downtown Whitewater on the second Friday of every month (3rd Friday in April) to learn more about Facebook. Drop in any time between 2-4 pm. The session on April 17 will cover Facebook Groups: How to find, join and navigate. 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.



MEMBERSHIP DRAWING WINNERS!

Winners were drawn at the Sunday Funday. Gift Certificate winners were: Mary Zordel, Subway; Bonnie Wagner, Fanatico; Carrie Oster, Taco Fresco; Jamie Guner, Toppers; Irene Bembenek, Dale's Bootery; Nancy Blum, culvers; Karolyn Alexander Tscharnack, Rick's; Lydia Fry, Floral Villa; and Barry Westcott, Cozumel. Congratulations all and thanks to everyone who has paid their membership to help support our front desk staff position.

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. Enter Seniors in the Park and our zip code 53190. You can also check out our supporting advertisers here, too!



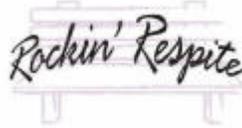
Dementia Friendly

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.

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.



WHITEWATER MEMORY CAFÉ

Monday, April 13, 10:30 am **Cancelled for April**

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. Go to alz.org for options for online support and information, 24/7.

THANK YOU

We'd like to take a moment to thank our extraordinary volunteers at Rockin' Respite. They show up with smiles and assist our guests. They have committed to the program and are contributing wonderful ideas and specially selected supplies for "their" guest. They exude caring and acceptance, resulting in a safe, warm environment where we all thrive. Thank you for making Rockin' Respite a success beyond our wildest expectations. You ROCK!

DEMENTIA FRIENDS

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.

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 thru fifth Fridays 10 am-4 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



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 coach bus trip offers 8 meals; fees, tips and bag handling included. \$997 pp/dbl

MADISON MALLARDS

June 18

Enjoy a day at the Duck Pond as the Mallards take on the Traverse City Pit Spitters.

Included with your game ticket is the Pepsi Pre-game Party including all you can eat and soda. A beer package is also available. Enjoy a day with Maynard, their mascot, his antics and a fun game.

Registration/payment deadline is June 1

Fee: Pepsi Pkg \$32 member, \$40 non-member

Beer Pkg \$37 member, \$45 non-member

Van departs: 10:00 am and returns after the game



MOTORCYCLE RIDES

Friday, May 15

Depart at 10:00 am and ride to Hartford WI. Have lunch at the Mine Shaft and then tour the Wisconsin Auto Museum. Adults 62+ \$9.00 or adults <62 \$10.00. A potential stop in Theresa for chocolate, ice cream or cheese on the way home. Rain Date is Friday, May 29.

Riders must arrive prior to departure to show proof of insurance (card you should be carrying) if this is your first ride with us in 2020. You can scan and email your insurance info or drop it off in advance, too. A participation form is needed if you have not ridden with us before. Helmets are recommended. Call with your email, and we'll keep you current on upcoming rides and rain dates.

Upcoming Rides:

Friday, June 12—Fish Fry in New Glarus

Wednesday, June 24—Galena (rain date is June 25)

Tuesday, June 30—Taps and Tires Cruise night in Shopiere

July 14-15—Dubuque: one day or overnight

August 16—Rockton Chicken BBQ

Plus More rides!

**Van trips may be cancelled!
Those registered will be called**

LUNCH BUNCH

Thursday, April 9, 10:30 am

We will be eating lunch at the Blue Bay Inn a perennial favorite.

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

RSVP by Tues., April 7. (Minimum 7 people)

BREAKFAST BUNCH

Thursday, April 16, 8:15 am

Enjoy breakfast at Edge of Town in Palmyra.

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

RSVP by Monday, Tues., April 14.

(Minimum of 7 people)

FISH FRY FRIDAYS

Friday, April 24 4:00 pm

Join us for fish at Pettit's Lakeview Bar & Grill

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

RSVP by Wednesday, April 22 (Minimum of 7 people)

JANESVILLE SHOPPING

Wednesday, April 1, 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 30 (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, 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

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>

GREECE

October 11—19, 2021

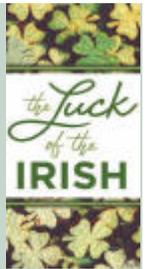
This tour features Athens, Santorini and Mykonos. See the highlights of Athens, including the Acropolis and the Parthenon. Island hop to Mykonos by high speed ferry. Enjoy Greek tavernas, beaches and the small quaint towns of the island. Santorini is known as the "Black Pearl of the Aegean." It is the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



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. 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.



Services may be cancelled. You will receive a phone call if you have an appointment.

CHAIR MASSAGE

Wednesday, April 1, 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, April 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, May 7



GREETING CARDS

NEW cards are here! We have a great selection of Fravessi cards, including Easter, 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.

	<p>McCullough's</p> <ul style="list-style-type: none"> • PRESCRIPTIONS • GIFTS <p>Contact us regarding convenient medication packaging options</p> <p>1173 W. Main St. • 473-5065</p>	<p>Call today to connect with a SENIOR LIVING ADVISOR</p> <p>INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE</p> <p>A Place for Mom has helped over a million families find senior living solutions that meet their unique needs.</p>
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<p>AS SEEN ON TV</p> <p>FREE! Savings Include an American Standard Right Height Toilet FREE! (\$500 Value)</p>	<ul style="list-style-type: none"> ✓ Backed by American Standard's 140 years of experience ✓ Ultra low entry for easy entering & exiting ✓ Patented Quick Drain® Technology ✓ Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard ✓ 44 Hydrotherapy jets for an invigorating massage <p>MADE IN USA</p> <p>Limited Time Offer! Call Today!</p> <p>855-480-1029</p> <p>Or visit: www.walkintubinfo.com/save</p>	<p>◀ Joan Lunden, journalist, best-selling author, former host of <i>Good Morning America</i> and senior living advocate.</p> <p><i>aPlace for Mom.</i></p> <p>FIRST CITIZENS STATE BANK</p> <p>SINCE 1863</p> <p>Trust Services: • Administer your Will • Administer your Trust • Invest your Funds • Pay your Bills</p> <p>Serving Whitewater, Palmyra & East Troy</p> <p>Member FDIC www.firstcitizensww.com</p>



Activity Calendar

April 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 I = ILYM Library L= Cravath Lakefront</p> <p>Some items on the calendar have been and may be cancelled.</p>		<p>1 9:00-2:30 AARP Taxes 9:00 Let's Walk! 9:30 Janesville Shop 10:00 Learn Tai Chi- A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 Chair Massage</p> <p>Probably cancelled </p>	<p>2 8:30 Core & More 9:00 Toenails 9:00 Pickleball (A) 9:30 FUNctional Fit 10:00 Basic Yoga—L</p>	<p>3 9:00 Let's Walk! 12:30 Pickleball (A)??</p>
<p>6 8:30 Core & More 9:30 FUNctional Fit 10:30 Bookworms 11:00 WW Warblers 1:00 Canasta 1:00 Mah Jongg 2:00 Learn Tai Chi-A 3:00 Rolling</p>	<p>7 VOTE! 10:00 Culver's Bingo 10:00 Basic Yoga—L 11:15 Pot Luck 12:00 Dominoes 1:00 Sheepshead</p>	<p>8 9:00 Let's Walk! 10:00 Learn Tai Chi—A 11:00 Cont. Tai Chi-A 12:30 Pickleball-A??</p>	<p>9 8:30 Core & More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:00 Basic Yoga—L 10:30 Lunch Bunch</p>	<p>10</p> <p>Closed</p> 
<p>13 8:30 Core & More 9:30 FUNctional Fit 11:00 WW Warblers 11:30 Senior Forum 12:30 Pickleball (A) 1:00 Mah Jongg 1:30 DFCL mtg 2:00 Learn Tai Chi-A 3:00 Rolling</p>	<p>14 9:00 Pickleball 10:00 Mulberry Glen Bingo 10:00 Basic Yoga—L 12:30 Mulberry Glen Movie "Parasite" 12:30 Stained Glass-A 1:00 Sheepshead</p>	<p>15 9:00 Let's Walk! 10:00 Learn Tai Chi- A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 12:30 Stained Glass-A</p>	<p>16 8:15 Breakfast Bunch 8:30 Core & More 9:00 Pickleball 9:30 FUNctional Fit 10:00 Basic Yoga—L</p>	<p>17 9:00 Let's Walk! 10:00 Open Sewing 12:30 Pickleball (A) 2:00 Facebook Groups</p> <p>Office Closed</p>
<p>20 8:30 Core & More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg 2:00 Learn Tai Chi-A</p> <p>Office closes @ 12:30</p>	<p>21 9:00 Pickleball 9:30 Pegs and Jokers 10:00 Basic Yoga—L 1:00 Sheepshead 3:30 Bridging Technology</p> <p>Office closes @ 12:30</p>	<p>22 9:00 Let's Walk! 10:00 Learn Tai Chi- A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 Volunteer Appreciation</p>	<p>23 8:30 Core & More 9:00 Pickleball 9:30 FUNctional Fit 10:00 Basic Yoga—L 2:30 Travel Previews with Mayflower Tours</p>	<p>24 9:00 Let's Walk! 10:00 Open Sewing Group 12:30 Pickleball (A) 4:00 Fish Fry</p> <p>Office Closed</p>
<p>27 8:30 Core & More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:30 Plan to Live Well at End of Life 2:00 Learn Tai Chi-A</p>	<p>28 9:00 Pickleball 10:00 Basic Yoga—L 10:00 City Bingo 12:30 Mulberry Glen Movie "Little Women" 1:00 Sheepshead 1:30 Photo Album Class</p>	<p>29 9:00 Let's Walk! 10:00 Learn Tai Chi- A 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 Facts on Fats</p>	<p>30 8:30 Core & More 9:00 Pickleball 9:30 FUNctional Fit 10:00 Basic Yoga—L</p>	<p>1 Happy May Basket Day</p> 

Walworth Co. Nutrition

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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.

As of press time, meals are carry-out only at the Brookdale site.

April 7

Brat Patty
Wheat Bun
Baked Beans
Asian Carrot Salad
Warm Chunky
Applesauce

April 14

Chicken Cordon Bleu
Casserole
Broccoli
Carrots
Pears
Oatmeal Raisin Cookie

April 28

Chicken Parmesan
Red Potatoes
Brussels Sprouts
Breadstick
Pineapple
Butterscotch Pudding




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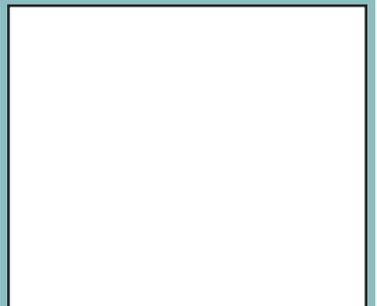

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Bonnie Wagner for large can of coffee for Respite **Everyone** as we figure out this pandemic together

REMINDER

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

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.



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!



DON'T LET HEARING LOSS PREVENT YOU FROM DINING OUT

Individuals with hearing loss have particular difficulty communicating in environments with excessive background noise, such as busy restaurants. Rather than struggle with competing conversations, clanging silverware and distracting music, many choose to skip the experience altogether. Fortunately, there are strategies you can employ to help you enjoy dining out at your favorite restaurant on occasion.



Choose a booth over a table. Tables are typically situated in the middle of the room and offer little respite from noise. Try calling ahead and requesting a booth if available.

Don't sit near the kitchen. Regardless of whether you end up with a booth or table, try to avoid being seated near the kitchen or bar.

These high-traffic areas tend to be the noisiest.

Avoid sitting near the loudspeaker or air conditioner. If you are being steered in this direction, ask staff if they can seat you elsewhere.

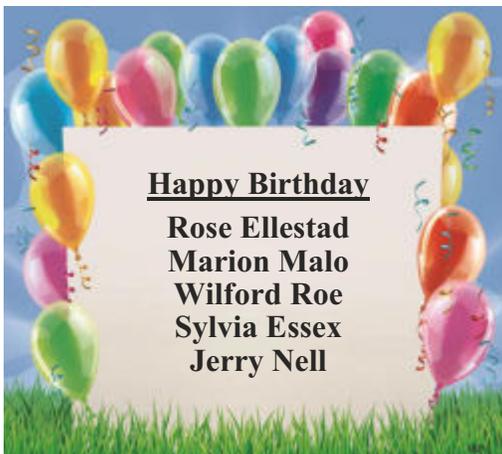
When dining with a group, position yourself in the center of the table.

This ensures you are able to hear all parts of the conversation without straining to hear somebody at the opposite end.

Maintain eye contact with the person who is speaking. Paying close attention to visual cues can help improve your understanding in noisy environments.

Check out the menu before you go. Preparing in advance will ensure you know the different types of food available and how it is prepared, so you won't misunderstand or have to ask the server to repeat themselves.

By following these tips, you are likely to have a positive dining experience. You might even be tempted to hang around for dessert! Call Fort HealthCare Audiology at 920-563-6667 to schedule a hearing evaluation or complimentary hearing screening.



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>.

- April 6** Baby Boomers to Millennials, Virtual Teams and More: Workplace Trends Since 2000
Uma Kedharnath, assist. prof. of management, Business & Economics
- April 13** Government Rescue After the 2008 Global Recession: A Comparison Between the U.S. and China
Nancy Ran Tao, assoc. prof. of economics, Business & Economics

Probably cancelled. Check with Fairhaven

TIP OF THE MONTH

Federal Trade Commission Information on Current Scams

Fear of Internet scams stops some older adults from using the Internet. Unfortunately, scams are everywhere—door-to-door, phone, email, USPS mail. Folks need to be informed and cautious in all of these situations.

Stay up-to-date, the Federal Trade Commission provides a free website filled with information on current scams. Users can sign up to receive email updates to stay on top of information. More information can be found at <https://www.consumer.ftc.gov/features/scam-alerts>

Please note: do not open emails about Covid-19/Corona Virus. Some of these emails are computer viruses!

Whitewater Dementia Friendly, Whitewater Parks and Recreation, the Whitewater Aquatic & Fitness Center and the City of Whitewater 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, www.whitewater-wi.gov, click on Departments, then Seniors in the Park or ourseniorcenter.com/find/seniors-in-the-park.

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.



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SENIORS IN THE PARK

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Friday various days/hours

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Parks & Recreation Director

Eric Boettcher

Websites: schedulesplus.com/wwtr

www.wwparks.org

www.whitewater-wi.gov

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



WHAT SHOULD I DO IF I FALL?

Whether you are at home or somewhere else, a sudden fall can be startling and upsetting. If you do fall, stay as calm as possible and follow these steps:

- Take several deep breaths to try to relax. Remain still on the floor or ground for a few moments. This will help you get over the shock of falling.
- Decide if you are hurt before getting up. Getting up too quickly or in the wrong way could make an injury worse.
- If you think you can get up safely without help, roll over onto your side. Rest again while your body and blood pressure adjust. Slowly get up on your hands and knees, and crawl to a sturdy chair.
- Put your hands on the chair seat and slide one foot forward so that it is flat on the floor. Keep the other leg bent so the knee is on the floor. From this kneeling position, slowly rise and turn your body to sit in the chair.
- If you are hurt or cannot get up on your own, ask someone for help or call 911. If you are alone, try to get into a comfortable position and wait for help to arrive.
- Carrying a mobile or portable phone with you in your house could make it easier to call someone if you need assistance. An emergency response system, which lets you push a button on a special necklace or bracelet to call for help, is another option.