



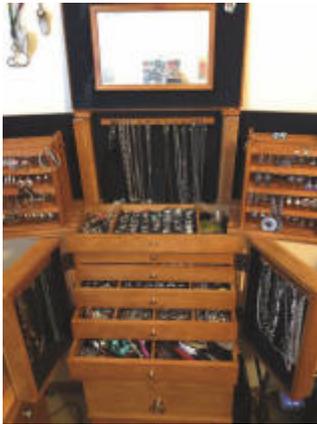
The Park Bench

July 2020

Seniors in the Park Newsletter

Volume XX Issue 7

JILL'S JEWELRY



Wednesday July 29, 3:00 pm

Retired Middleton Senior Center Director Jill Kranz has been collecting and wearing costume jewelry for over 50 years. She has antique jewelry, items purchased at comiccon, when she travels, and often what is unique and interesting. Join her when she highlights some of her collection over Zoom.

When the Wisconsin stay at home order was put in place, Jill started sharing her jewelry on Facebook as a fun way to help folks get through

the day. Through half of March and all of April, Jill highlighted some of her various collections each day.

During our Zoom meeting, Jill will show us two of her many jewelry boxes and five small collections of jewelry, including a collection of Mickey Mouse and Disney jewelry!

Register online at <https://schedulesplus.com/wwtr/kiosk/> or call the office. A link to zoom will be sent to you.

Deadline to register is Thursday, July 23

SURVEY FOR RE-OPENING SENIORS IN THE PARK

A survey about re-opening has been online and is now available on page 15 of the newsletter, if you were unable to do the survey online. Your input is important as we move forward slowly, toward re-opening. For those who already did the survey, thank you! The responses were mostly positive with a wide range of times people are willing to return. Part of the survey deals with access to virtual programming and part will help with future travel planning. Once again, thanks for your time and your ideas. It's all appreciated. (To do the survey online click [HERE](#))



WHAT'S INSIDE

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

I hope this newsletter finds you well and ready to find your way back to normal and Seniors in the Park. I miss you all! Below is information, as I know it, as of press time. Our first priority is to keep you and the staff, safe and healthy. I respect your choice for when you want to participate again, just know how we do things will change.



The most important is that most of our communication is through email. Please check your junk/spam mail and add **wwtr@schedulesplus.com** to your safe sender list. SchedulesPlus is the software program we use at the center for checking in, registering you for classes and events, and taking payments.

As of press time, we will do a soft opening the second week of August. The reopen plan must first be approved by Park Board in July, so watch the August newsletter for more information. To attend activities in the building, you will be required to wear a mask, sanitize your hands when you enter, and practice physical distancing. We will keep areas sanitized to the best of our ability, will have the HVAC fans running, as well as the ceiling fans and open windows when weather allows. Cleaning supplies will be available, if you choose to clean/resanitize a table you will be using. I can let people know last time they were cleaned. You will have to register in advance for activities and classes so we can keep numbers at a level so that physical distancing is doable. Registration can be by phone, email, or online. Large classes/activities will not meet until we are able to do so.

Virtual fitness and yoga are going well, so far. The weekly chat on Tuesdays at noon, Dine and Discuss with Deb has started with a few people, and we had a very interesting discussion the first week. Some activities such as Book Club, will be available as in-person, call-in, or online.

It's going to be a new world, and whether we like it or not, technology is going to play a big part of staying connected, staying healthy, and accessing needed services. I'm trying to work out how to train people and get technology to those who need it. It's going to be an uphill climb, but one I hope we can figure out together.

Many people were very happy that we could resume **toenail clinic** as an essential service. Check out page 11.

You can see what classes are available, register, and pay for classes with a credit card or PayPal online at <https://schedulesplus.com/wwtr/kiosk/> Like most other businesses, this will be our preferred method of payment going forward, so we have less or no contact with money.

****Monday Musings Weekly Update****

If you have asked to receive the Park Bench newsletter by email, you are on the list to receive my weekly newsletter, Monday Musings, with timely information, things to do, fun stuff and other tidbits. If you would like to receive it, please email me, dweberpal@whitewater-wi.gov, and I will add you to the email list. Please note, any UWW addresses often reject this email.

LOOKING FORWARD TO AUGUST



The tentative plan is to open August 10. Some of the activities coming back in August are small group activities, like **Book Club** (see page 8). **Movies** will be limited to 10 people, physically distanced, and we will have two showings on the same day, to accommodate more people. I will be surveying the **Mah Jongg and card players** as to their willingness to come in and play. I understand some are playing already. The picnic is cancelled, but there will be a **Classic Car Show** on Wednesday, August 26 with a rain date of August 27 from 10 am—11:30 am. I'm still working on how to do a **Pole Walking Class**. Let me know if you are interested. I am also planning a modified **Volunteer Appreciation**. I have lots of goodies for the volunteers and want to say an appropriate, thank you. Please keep either August 20 or 21 open. You will register for a time slot that will keep numbers manageable, within current parameters and to keep you safe.



VIRTUAL “FUN”CTIONAL FITNESS

Mondays and Wednesdays 9:30-10:30 am

Open the door to greater independence and a healthier life with “fun”ctional fitness. Experience a dynamic routine to promote coordination, balance, strength and flexibility. All levels of ability are welcome. A link to Zoom will be sent to you after

registration payment is made.

Session 2: July 6—29

Session 3: August 4—27

Fee: \$8.00 per session. Register and pay online at <https://schedulesplus.com/wwtr/kiosk/> or call to use your prepay.

Deadline to register for the July session is July 1. Deadline for the August session is July 30.

VIRTUAL YOGA

Tuesdays, August 4-25

Thursdays, August 6-27

10:00—11:00 am

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. A link to Zoom will be sent to you after registration payment is made.

This is a 4 week class so we can get back on our every other month schedule.

Instructor is Brienne Brown, RYT

Fee: Members: \$20.00 Fee: Non-members: \$30.00 Register and pay online at <https://schedulesplus.com/wwtr/kiosk/> or call to use your prepay. If you were in the March/April session, and did not use the funds for the June/July class, you have funds in your account. Please call the center to register and use those funds.

Registration Payment/Deadline: Thursday, July 30 by 2:00 pm



WHITEWATER SENIOR CYCLISTS

Enjoy a “virtual group ride.” Not online, but during the first week of July, participants, plan a personal route and go out alone, or with a friend or two. You enjoy the ride, come home, write up a ‘report’ with highlights of the ride, a basic route, optional photos and/or selfies, and submit it to your virtual leader, Patrea.

All the reports will be shared with the group and can help you build a great repertoire of interesting rides.

Registration deadline is July 6. Those registered for the ride will receive an email confirmation with information on how to ‘report’ your ride. Register at <https://schedulesplus.com/wwtr/kiosk/>. Call or email with registration questions.

New participants, call 262-473-0535 to register. We will email you a participation waiver.

August ride deadline is August 6.

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

DINE & DISCUSS WITH DEB

Tuesdays at Noon

Sit down for lunch and login or call-in to a weekly discussion with Deb. Get updates, chat and there will occasionally be a guest speaker/host. You need to register for this by going to <https://schedulesplus.com/wwtr/kiosk>, calling the center or emailing. A link to Zoom will be sent. You can login on your smart phone, tablet or computer or call in with a phone. I'm looking forward to starting a weekly conversation with YOU!



EVERYONEON.ORG

Katie Burke of Generations on Line & Sip and Swipe Cafes, has promoted this resource and says "I had a self-reported low-income Sip & Swipe Café coach to whom I recommended this organization. She received a mobile hotspot and her monthly internet went from \$40 to \$10. She did have to put out some money upfront to get the device. She called me to tell me to "tell everyone about this—it is great!"

For more info call 1-877-947-4321 or go to everyoneon.org.



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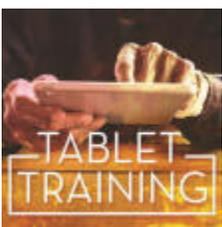
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a national nonprofit

PAYING FOR CLASSES ONLINE— PLEASE REMEMBER!

If you pay for a class online with PayPal or y with your credit card, 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 want to use PayPal. **Credit cards cannot be used once past the event/class deadline.**



EASY, ONLINE TUTORIALS FOR TABLETS & ZOOMING

Generations on Line has created a shortcut on the homepage of their app to help seniors new to video-calling walk through an interactive tutorial on how to use various video-calling methods. **The training now**

includes step-by-step training on Zoom, Skype or FaceTime. Help yourself or others learn to video-chat! Same great program, (Sip & Swipe) two ways to access:

FREE APP: *Easy Tablet Help For Seniors*

available on Apple and Amazon App Stores & Google Play. With NEW shortcut to video chat information.

WEBSITE: type in the tablet or laptop search bar:

www.generationsonline.org/gol4ipad (iPad) or
www.generationsonline.org/gol4android (Android), or
www.generationsonline.org/gol4kindle (Amazon Fire tablet)

Have a friend or family member add the website to their own device so they can answer your questions.

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!

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WALKING A Labyrinth

Tuesday August 18
1:00 pm or 2:30 pm



This workshop on *Walking The Labyrinth* will offer creative ways to walk a 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:
Monday August 10

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

Only 5 people per session unless we are in phase 3.

With low numbers we will be able to physical distance. Masks are encouraged and may be required.

CREATING A ONE COLOR WATERCOLOR PAINTING

Artists, let's get together (virtually) to do some painting in July. **Beginning Thursday July 9th for 4 weeks**, I will be offering a monochrome watercolor class. The cost is \$10 per class. We will use Zoom as our virtual platform. Zoom is easy to get set up with, and there will be help available for logging in. As long as you have a laptop, tablet, or smart phone, you should be set.

I don't know about you, but with all the craziness in the world, I have had a hard time painting. I can make things, been making a bunch of simple, fun stuff with clay...the paint is hard, I think perhaps because you have to think more to paint maybe? Anyway, the whole purpose of the class is to just have fun, and get back into the swing of painting.

You will need to choose one color of paint that you want to work with, and any reference material that interests you. For this class, you can paint whatever size you want. If you have taken my classes before, you know I push folks to paint big-going to let that slide this time around. You do need still to have Arches paper! I recommend painting something simple, a subject that gives you joy. Still life, landscape, portrait. It's really fun to use old family photos.

Instructor: Jan Crowley. Call or email with questions: 262.441.0324, briarhillstudio@gmail.com. Anyone is welcome!

Register at <https://schedulesplus.com/wwtr/kiosk>. Sign up for all four weeks or individual classes. If you have not participated at Seniors in the Park previously, you will have to call to register, 262-473-0535

WATERCOLOR—BEGINNING & INTERMEDIATE

August 6—27, 1:00—2:30 pm

This four-week watercolor class with Rita Carpenter will focus on quick wet on wet loose landscapes and positive and negative painting. Subject matter may include still life objects, flowers, fruit, vegetables, etc. Attendees are always encouraged to paint from personal photos, sketches or ideas. Each session will include a short demonstration and discussion. Rita Carpenter is a Janesville, WI artist and has taken people on International painting trips.

Fee: \$15 per class or \$50 fee for all 4 classes

The class will be virtual on August 6 and may be in-person after or a mix of virtual/in-person depending on your preference.

Register at <https://schedulesplus.com/wwtr/kiosk>. Sign up for all four weeks or individual classes. If you have not participated at Seniors in the Park previously, you will have to call to register, 262-473-0535

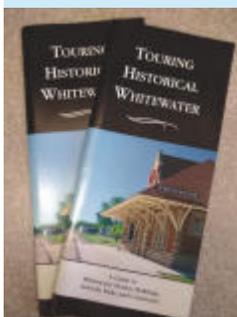


MEANDERING AROUND WALWORTH COUNTY

Take a road trip in the area and maybe discover or learn something new. Best for two people, one can be using the map and the other can be driving. Always pull over and find safe parking places for stops along the way. Call to check out one or two of these fun books.



TOURING HISTORICAL WHITEWATER



This booklet was compiled with help from the “Remember When” group at Seniors in the Park, Whitewater Historical Society and others. It is designed to be a walking tour, but you could drive. Call to check it out. Time

limit is one week, as there is only one copy I am willing to share. These may be the last two in existence!



Thank You. 

Thanks go out to :

- * **Kathy Ross** for helping with the book Loans
- * **Anonymous donor** gave a \$50 gift card to buy prizes and treats for bingo.
- * **Bonnie Wagner** for assisting with Zoom Fitness class
- * **Linda Geske and Brienne Brown** for their patience in making technology work for virtual classes.
- * **Bonnie Wood, Jan Goder and Dorene Kujanski** for sharing their gardens and collections with us.
- * **Carolyn Haas** for volunteering to lead the Book Club (Note: second person needed, as she is a snowbird)

SHARE!

Looking for people who want to share a collection or interesting hobby for videos that can be posted for people to watch in the Monday Musings. Call the center and leave a message if you are interested and what you have to share.



Virtual Discussions/Class

Can you share an interest, hobby, how-to or something for a single session, ongoing discussion group or one-time topic (this week in history, reminiscing on a topic, I was a rocket scientist and can talk about recent lift-off, etc). You would be surprised what people are interested in and what people who come to the center know. You are a wonderfully marvelous, diverse interesting group!

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.

Recipes

Send me your favorite recipe and I will feature one or two every week in the Monday Musings.

Book Club

We are in need of a winter facilitator. Thanks to **Carolyn Haas** who volunteered, but is a snowbird. Meets Mondays at 11:00 when we reopen. Pick up and return bin of books to the library. Communicate with Librarian on books to read for the group.

Please call if you are interested in helping with any of the above. Thanks!

TOENAIL CLINIC

Thursday, July 9

This service is by Appointment only. Please call the center at 262-473-0535 to make an appointment. Deb Scullin, RN, provides the service. Please bring a towel, correct change or check made out to Deb Scullin. Fee is \$15.00. Please wear a mask unless you are medically unable to do so.

Next Clinic:

Thursday, August 6



BOOK WORMS

Monday, August 10, 11:00 am

The Book Club may discuss *Where the Crawdads Sing* by Delia Owens, since it's been a few months. Up to the group. The book for August will be *The Boston Girl* by Anita Diamont.

"The Boston Girl" is a historical novel by Anita Diamant which takes the format of a casually-related oral autobiography from main character and principal protagonist Addie Baum, to her granddaughter, Ava, who is studying to be a rabbi. Thanks to Carolyn Haas for being the new facilitator.

Call the center to schedule a time to pick up your book July 1 - July 9.



MOTORCYCLE RIDES

The group will be riding on their own. If you would like to join one of the informal rides, please contact Bruce Parker 262-903-443 or Tim Otterbacher 262-409-0300 and they will let you know if rides are planned. Hoping to have a couple of rides planned for August.



PUZZLE AND BOOK LOAN

Friday, July 10, 9:30—10:30

You can drive up and we'll give you puzzles or don a mask and check out what we have. If you have puzzles to exchange, great! If not, feel free to take one or two. Kathy Ross will be available to help you with book selections, or if you don't see a book you would like, she will check inside.



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.

CAREGIVER SUPPORT GROUPS

Access to support groups is by phone or online.

New! Virtual Event Listing for Caregivers

This is a one-stop-shop website for all caregiving support groups, virtual events, memory cafes, etc. at the wisconsin caregiver.org website. If the link doesn't take you to the correct page, click on Family Caregiver Support, then Virtual Events for Caregivers.

WOMEN'S ALZHEIMER'S MOVEMENT

Women are more at risk for dementia than men. Two thirds of all diagnoses are women. The Women's Alzheimer's Movement is a great resource you might want to check out. Discussions with doctors, recipes, ways to maintain a healthy lifestyle, stress reduction and so much more. You can sign up on their home page to get monthly emails or check out the 'Tips and Tools'.

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 PREVIEWS of Mayflower Value Tours are available virtually. Let Deb know what you are interested in.

MUSICAL MYRTLE BEACH—VALUE TOUR

March 7—14, 2021

Highlights of the trip include 3 nights on the Grand Strand in Myrtle Beach, three Myrtle Beach shows, the South Carolina Maritime Museum, the Lowcountry rice plantations of Hopsewee, the Knoxville Sunsphere, and much more! \$1659 pp dbl
Virtual travel presentation available. Contact the office.



SENSATIONS OF LYON & PROVENCE CRUISE

May 28—June 8, 2021

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. Air is currently \$399 per person.

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.



Are you interested? This can be offered in 2021.

GREECE

October 11—19, 2021

Join Deb on this fun, historical island hopping tour, which 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
Virtual travel presentation available. Contact the office.



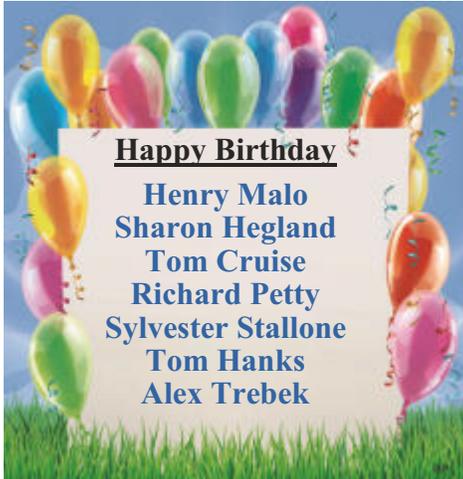
AMAZING THAILAND

This tour is being moved to 2022.

Keep it in your thoughts. Should be an amazing trip! 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.



Van trips will be rescheduled when physical distancing has been removed.



Happy Birthday

Henry Malo
Sharon Hegland
Tom Cruise
Richard Petty
Sylvester Stallone
Tom Hanks
Alex Trebek

MONDAY MUSINGS WEEKLY UPDATE

If you have asked to receive the Park Bench newsletter by email, you are on the list to receive my weekly newsletter, Monday Musings. With everything still changing rapidly, it has timely information, things to do, fun stuff and other tidbits. If you would like to receive it, please email me, dweberpal@whitewater-wi.gov, and I will add you to the email list.

REMINDER

You will need to call the office or register online to secure your spot in activities and classes. Walk-ins will not happen for the time being, so we can adequately monitor number of people in the building and at each activity. It also gives us time to clean between groups.



PARTICIPANTS NEEDED FOR TECHNOLOGY SURVEY



All adults age 60 and older who use or want to use technology are encouraged to participate.

A student project assistant from UW-Whitewater, Malayna Oswald, would like to learn more about adults age 60 and older residing in Walworth, Rock, and Jefferson counties. Specifically about their use of technology and certain needs they have regarding technology. She has finished the phone interview portion of her research and is now asking for about **15 people to do an online or a paper survey**. (If you did a phone interview you are not eligible to fill out the survey.)

Contact me (Deb) with your interest and you will be contacted by Malayna Oswald (student researcher) who is being supervised by Dr. Jeannine Rowe. I hope some of you are willing to help. The campus is really pushing adding aging to its curriculum. Dr. Rowe and colleagues have started Project Gray on campus. This is very exciting for all of us in the aging industry.

Thanks to those that volunteered for the phone surveys!

MAH JONGG PLAYERS



Your 2020 cards are here! Please call and set up a time to pick yours up. Bring in correct change (\$8 for regular, \$9 for large print) or a check for the correct amount made out to the City of Whitewater.

CLASSIC CARS AND MOTORCYCLES NEEDED



Fairhaven, Brain Freeze and Seniors in the Park are working together to do a car and motorcycle parade through Fairhaven and possibly out through Prairie Village. Time would be early to mid-afternoon, either the week of July 13 or July 20. Meet in the Starin Park Lot. If you are interested in being part of the 'parade', please call or email and we will share date and time with you.

AMPHITHEATER

The structure has arrived. Tentative completion is mid to late July with a grand opening on September 17.



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.

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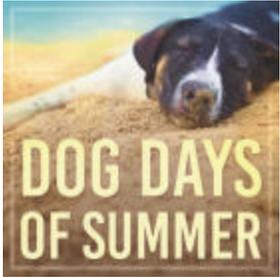
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Activity Calendar

July 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
		1 9:30 FUNctional Fitness-Virtual 10:30 Tai Chi—in the park Registration deadline for Fitness class Book Club books available	2 10:00 Virtual Yoga with Brienne Office Closed	3 CLOSED Happy Fourth 
6 9:30 FUNctional Fitness-Virtual Office Closed Senior Cyclists Ride Week	7 10:00 Virtual Yoga with Brienne 12:00 Dine & Discuss with Deb	8 9:30 FUNctional Fitness-Virtual 10:30 Tai Chi—in the park	9 8:30—2:00 Toenail Clinic 10:00 Virtual Yoga with Brienne 1:00 Monochrome Painting—Virtual Survey Due!	10 9:30—10:30 drive up puzzle exchange and Book Loan Office closed at noon
13 9:30 FUNctional Fitness-Virtual Office Closed	14 10:00 Virtual Yoga with Brienne 12:00 Dine & Discuss with Deb (?) Office Closed	15 9:30 FUNctional Fitness-Virtual 10:30 Tai Chi—in the Park Office Closed	16 10:00 Virtual Yoga with Brienne 1:00 Monochrome Painting—Virtual Office Closed	17 Office Closed
20 9:30 FUNctional Fitness-Virtual Office Closed	21 10:00 Virtual Yoga with Brienne 12:00 Dine & Discuss with Deb	22 9:30 FUNctional Fitness-Virtual 10:30 Tai Chi—in the park	23 10:00 Virtual Yoga with Brienne 1:00 Monochrome Painting—Virtual	24 Office Closed
27 9:30 FUNctional Fitness-Virtual Office Closed	28 10:00 Virtual Yoga with Brienne 12:00 Dine & Discuss with Deb	29 9:30 FUNctional Fitness-Virtual 10:30 Tai Chi—in the Park 3:00 Jill's Jewelry (Virtual)	30 10:00 Virtual Yoga with Brienne 1:00 Monochrome Painting—Virtual Registration deadline @ 2 pm for August Yoga	

WALWORTH COUNTY NUTRITION SITE

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.

MEALS ON WHEELS:

For information on or to order meals contact Sally Blackwell at 262-473-1277. Meals only delivered in the city. Currently only delivering on Mondays and Thursdays.



WHITEWATER FOOD PANTRY:

At the Downtown Armory, 146 W. North St, Open Wednesdays and Thursdays 8:30 am—12:30 pm. Please wash your hands and practice social distancing.

COMMUNITY SPACE

Still distributing food Tuesday & Thursday 8:30—11 am, Wednesdays 3:30—7 pm and Saturdays 8:30 am—2 pm. Clothing now available. Please wash your hands, practice social distancing, and stay home if you are sick.

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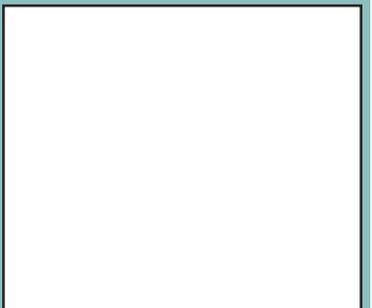
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WHITEWATER ARTS ALLIANCE

July: Annual Fran Achen Photography Competition Information at:
www.whitewaterarts.org/fran-achen-2020
 Hours for seniors: Fridays 2—4 pm

Tentative Savory Sounds Schedule

July 16, 23 & Aug 20

All Concerts outside at Whitewater Arts Center 11:30 a.m. -12:45 p.m.

In case of rain, concerts will be livestreamed.

This Modern Love and Other Letters

You will be able to watch this amazing show from the comfort of your parking spot!

Please email denneymp02@uww.edu to reserve a spot on July 10-11th and July 17-18th at 7 p.m.

SENIORS IN THE PARK COMMUNICATION

Most of our communication is through email. Please check your **junk/spam** mail and add: wwtr@schedulesplus.com to your safe sender list. SchedulesPlus is the software program we use at the center for checking in, registering you for classes and events, and taking payments.



TRY THESE SIMPLE, FUN HEARING EXERCISES

Those with hearing loss can stave off boredom while sharpening their hearing and listening skills with the following exercises.

Exercise #1: Filter noise at home. Sound filtering involves focusing on the essential while filtering out unnecessary background noise. This allows you to follow conversations more easily in noisy, crowded settings. To do this exercise, invite a friend over and prepare several sources of noise: e.g., music, TV, a laptop computer. Begin a conversation with your friend and turn on one of the devices. Practice focusing on their words rather than the competing distraction. Repeat with other devices until you can focus your attention on the conversation.

Exercise #2: Identify and locate sounds. Many people with impaired hearing have difficulty because they are unable to locate the source of a sound. To become better at this, go someplace where it's busy and noisy, such as a park. Find a comfortable spot to sit, close your eyes, and try to focus on specific sounds in order to determine the source of the noise: e.g., a laughing child, or a nearby bird. Ask yourself some questions: how big is the object making the noise? Or how does it make me feel? These mental exercises will help you figure out where sounds are coming from and improve your mental focus.

Exercise #3: Brain games. A sharp, clear mind improves all your senses—not just your hearing. Mental exercises can help you learn to distinguish sounds better. There are endless choices; crossword and jigsaw puzzles, memory games, chess or Scrabble. Or concentrate on a specific activity, such as drawing a picture. The more you work out your brain, the better your hearing will be.

Call Fort HealthCare Audiology at 920-563-6667 to schedule a hearing evaluation or complimentary hearing screening.

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Seniors in the Park

PO Box 178
Whitewater WI 53190



*Accredited by the
Wisconsin Assoc.
of Senior Centers*

MEMBER:

Wis. Association of Senior Centers.
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National Council on Aging
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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

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Websites: schedulesplus.com/wwtr
www.wwparks.org
www.whitewater-wi.gov

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



SOME MORE COVID HUMOR

A tad off color, but fun.

Treat your Mask like Underwear

1. Do not touch or adjust (especially in public)
2. Do not borrow or lend
3. Make sure fit is tight but comfortable
4. Make sure it is clean (at least daily)
5. Wear the right side out
6. If it is stained, throw it away
7. If it is damp, change it
8. Don't go commando! (without...)



Sorry men, but it's the truth!

AVOID MEN

M—Mouth
E—Eyes
N—Nose

Instead follow WOMEN

W—Wash your hands
O—Obey physical distancing
M—Mask up
E—Exercise and eat well
N—No unnecessary traveling