



The Park Bench

August 2020

Seniors in the Park Newsletter

Opening August 10!!

Volume XX Issue 8

CLASSIC CAR SHOW

Wednesday, August 26, 10:00 —11:30 am

Rain date: Thursday, August 27

Bring a classic car to Starin Park for the morning for



people to enjoy seeing. People will be able to wander and look at cars, which will be parked so people can physically distance. Wearing a mask is encouraged. Call 262-473-0535 if you will be bringing a car, or email dweberpal@whitewater-wi.gov. Thanks for sharing your vehicle!

WALKING A LABYRINTH

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

Cravath Lakefront Building

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.

With low numbers we will be able to physically distance. Masks are required.

WHAT'S INSIDE

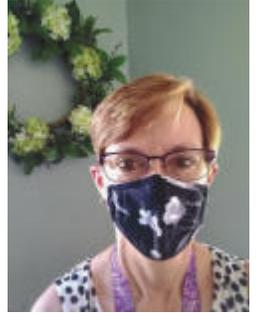
- 2.....*From the Coordinator*
- 3-4, 6-8.....*Activities*
- 7.....*Volunteers & Thanks*
- 5, 11, 13....*Support Our Sponsors & Meals*
- 9*Extended Travel*
- 10-11*Information*
- 12.....*Calendar*
- 14.....*Community*
- 15.....*Survey*
- Back*ADDRESS, Phone Numbers and Staff Info*

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

2 Coordinator's Comments

We will be doing a soft opening beginning Monday, August 10, and will be open Monday, Tuesday and Thursday only, 9 am—3 pm. 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.

You will be required to wear a mask when in the building, wash or sanitize your hands when entering, and practice physical distancing. There will be limits on number of people in the building at one time. We will keep areas sanitized to the best of our ability. 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 all activities and classes, so we can keep numbers at an appropriate level for physical distancing. I know this is new but walk-ins for classes and activities will no longer be allowed. Registration can be by phone, email, or online. Large group classes/activities will not meet until we are able to do so.



The City is looking into better HVAC filters for the building and a portable air cleaner. Ceiling fans will be on and we'll open windows when the weather allows.

The large wood poker tables have been moved into the main room to allow for space needed to distance.

Newsletters are available around town at the Municipal Building main entrance lobby, Fairhaven, Brookdale, Blackhawk, Downtown Whitewater, Jessica's, Casey's Westside, and here at the center

outside on a post or inside when we are open.

The most important is that most of our communication with you, 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.



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.

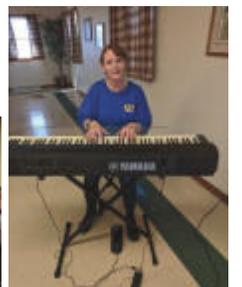
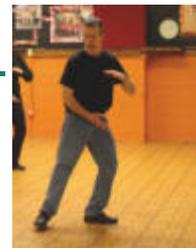
You can see what classes are available, register, and pay for classes with a credit card (scroll down at payment) or use PayPal, online at <https://schedulesplus.com/wwtr/kiosk/> Like most other businesses, this will be our preferred method of payment going forward, so we have less or no contact with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

Stay well, take care, and I hope to see you as soon as is possible! ~Deb

VOLUNTEER APPRECIATION

Thursday, September 17 or Friday, September 18

Unfortunately, our "Laugh Your Socks Off" event had to be cancelled. Our volunteers make so much happen here and Patrea and I truly miss you all. Please register for a time to come to the center for me to say thanks and give you a token of our appreciation. I will be sending out an email to all our volunteers with a link to the registration, or you can call the office to set up a time to stop in either Thursday afternoon or Friday morning. We will be allowing 5– 10 people per time slot. Masks are required.





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 3: August 4—27 Fee: \$9.00 per session

Session 4: September 2-30 Fee: \$8.00 per session

Register, pay online or add money to your prepay at <https://schedulesplus.com/wwtr/kiosk/> or call to use your prepay.

Deadline to register for the August session is July 30. Deadline for the September session is August 28.

VIRTUAL YOGA

Tuesdays, August 4-25; September 1—October 27

Thursdays, August 6-27; September 3—October 29
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

August Fee: Members: \$20.00 Fee: Non-members: \$30.00

September/October Tuesday or Thursday fee: \$45 members \$55 non-members

Register and pay online at <https://schedulesplus.com/wwtr/kiosk/> If you were in the March/April session, and have not previously used the funds, please call the center to register and use the funds.

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

Registration Payment/Deadline: Thursday, August 27 for September/October classes



WHITEWATER SENIOR CYCLISTS

Enjoy a “virtual group ride.” Not online, but during the first week of August, 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 August 7 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.

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

TECHNOLOGY—WHAT DO YOU NEED?

Please call or email the office with what you need to help you get online for virtual presentations and classes. It's difficult for me to know what you need to make this happen, if I don't hear from you. I'm working with cable TV to get some tech trainings filmed and out there for you to learn. What other resources do you have for learning? Can't afford internet? See below.

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.



**Do you want
Internet at home,
but have
limited income?**

Call 1-877-947-4321 or go to
www.EveryoneOn.org Type in your zip
code, click on the "Find Offers" button.
They will provide you with low cost options
for your area, depending on your income.

You will need to answer a few
questions about your household financial
situation so the internet services you're
eligible for can be located.

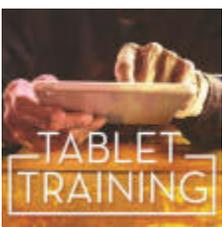
A free service from EveryoneOn
a national nonprofit

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!

American Wholesale Furniture



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

Your Local **ASHLEY** & *Best Craft* Furniture Showroom
FURNITURE INDUSTRIES, INC.

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

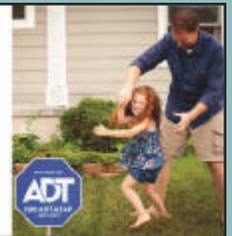
We are a father-daughter team, sharing a passion for helping the elderly and those who care for them

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

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary • Flood Detection
- Fire Safety • Carbon Monoxide



ADT Authorized Provider

SafeStreets

1-855-225-4251

SPREAD THE WORD

A Thriving, Vibrant Community Matters



SUPPORT OUR ADVERTISERS



Serving Whitewater!

Call 920-563-6304

ANYONE CAN RIDE!

Anywhere in town for \$3.25.
Seniors and persons with disabilities only pay \$2.25!

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

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

Thrive Locally

➤ Reach the Senior Market

ADVERTISE HERE

CONTACT

Duane Budelier to place an ad today!
dbudelier@4LPi.com or (800) 950-9952 x2525

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



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

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



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

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

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.

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 can be in-person 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.



“The Farewell” (Comedy/Drama)

Tuesday, August 25 10:00 am or 1:00 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.

Masks are required and you must register for a seat either by calling or going online at <https://schedulesplus.com/wwtr/kiosk>. There will be a limit of 10—12 people per movie time slot. No walk-ins.

PUZZLE AND BOOK LOAN

Tuesday, August 4, 9:30—10:30
Thursday, August 20, 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.



MOTORCYCLE RIDES

We are going to try a couple of rides in August. It was good to see so many of your at the Fairhaven 'Parade'.

Wednesday August 5

Ride to Harford to visit the Wisconsin Auto Museum and have lunch at the Mine Shaft. Depart at 10:00 am. Rain date is Thursday August 6.

Tuesday, August 18

Ride to Potosi for lunch and enjoy the beautiful scenery along the way. Maybe stop for ice cream on the way back at the Yellowstone Lake Dairy Restaurant. It was a hit last year! Depart at 9:00 am. Rain date is Wednesday, August 19.

Helmets are recommended. A current copy of your motorcycle insurance information is needed. Please bring in a copy, scan and email, or bring to the office in advance. We will not be able to make copies on the rain date of August 6.



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.



In person play starts back on **Monday, August 10 at 1:00 pm**. You will need to wear a mask and sanitize hands. You can wear gloves, if you want. Please sign up online at <https://schedulesplus.com/wwtr/kiosk>. We no longer are allowing walk-ins, so you must register, if you will be attending. This allows us to implement physical distancing. Thanks so much!

CARD PLAYER REMINDERS

You will need to wear a mask and sanitize hands. You can wear gloves, if you want. Only one



person will operate the card shuffler (Canasta). Bring your own beverage and snacks, no sharing. Please call, email, or sign up online at <https://schedulesplus.com/wwtr/kiosk>. We no longer are allowing walk-ins so you must register, if you will be attending. This allows us to implement physical distancing. Thanks so much!

CANASTA

Mondays, August 17 & 31, 1:30 pm

Register to play canasta online or call the office to reserve your seat at the table. Please note the time change.

SHEEPSHEAD

Tuesdays beginning August 11 12:30 pm

Register to play canasta online or call the office to reserve your seat at the table. Please note the time change.

The Health Markets logo is at the top, with the text "Health | Medicare | Small Group | Life | Supplemental" below it. A photo of Jean Linos is on the left, with her name and title "Local Licensed Agent" to the right. Contact information includes phone numbers P 262-458-2880 and C 706-232-3431, and email addresses Jlinos@HealthMarkets.com and www.HealthMarkets.com/Jlinos. At the bottom, it says "CHAIRMAN'S CLUB SILVER MEMBER".

Welcome Back!

TOENAIL CLINIC

Thursday, August 6 (full)

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. Masks are required unless you are medically unable to do so.

Next Clinic: Thursday, September 3 (possibly morning only)



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 September book is "*The Orchardist*" by Amanda Coplin."

At the turn of the twentieth century, in a rural stretch of the Pacific Northwest in the foothills of the Cascade Mountains, a solitary orchardist named Talmadge carefully tends the grove of fruit trees he has cultivated for nearly half a century. Everything he is and has known is tied to this patch of earth.

One day, while in town to sell his fruit at the market, two girls, barefoot and dirty, steal some apples. Later, they appear on his homestead, cautious yet curious about the man who gave them no chase. Feral, scared, and very pregnant, Jane and her sister Della take up on Talmadge's land and indulge in his deep reservoir of compassion. Yet just as the girls begin to trust him, brutal men with guns arrive in the orchard, and the shattering tragedy that follows sets Talmadge on an irrevocable course not only to save and protect them, putting himself between the girls and the world, but to reconcile the ghosts of his own troubled past.

October book: "*The Nightingale*" by Kristin Hannah



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.

SCHOLARLY SCOOP

Friday September 11, 10:30 am

"**The 1918-1919 Spanish Flu in Retrospect: Lessons Learned and Forgotten**" will be the presentation by Karl Brown, Associate Professor, UW-W History Department. The 1918-19 "Spanish" influenza pandemic killed between 30 and 100 million people worldwide. Some governments responded with quarantines, travel restrictions, and various other measures familiar to us from recent history; others adapted too late or too little, with calamitous effects for their people. This timely lecture will explain the 1918-19 crisis and compare it to the current COVID19 pandemic.

Masks are required and you must register for a seat either by calling or going online at <https://schedulesplus.com/wwtr/kiosk>. There will be a limit of 10—12 people. A Zoom link will be sent to anyone who would rather, or can, Zoom.



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.

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.



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.

MUSICAL MYRTLE BEACH—VALUE TOUR

April 11—18, 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 Sun-sphere, and much more! \$1659 pp dbl

Virtual travel presentation available. Contact the office.



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 pick up, 11 meals, air transfers and tours per the itinerary and a local guide. \$3699 pp/dbl

Virtual travel presentation available. Contact the office.

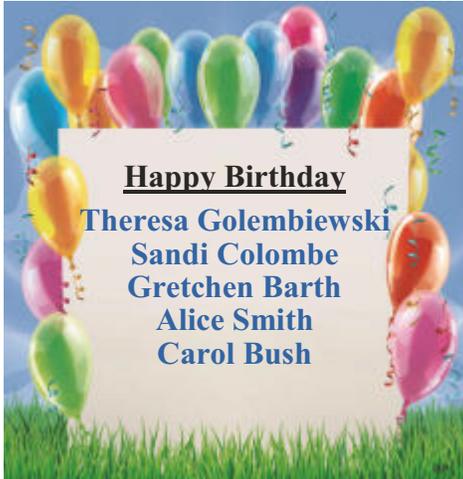


SURVEY



SURVEY FOR RE-OPENING SENIORS IN THE PARK

If you completed the survey on paper but didn't get it here, please still send it in or drop it off. Your input is very important!



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.

ACTIVITY REGISTRATION 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.

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!

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

PLEASE TAKE A MOMENT.....

To look at the advertisers in our newsletter. They make it possible! Please try to support them. Thanks so much to those that are still advertising in these difficult times.

- Fairhaven Senior Services
- American Wholesale Furniture—Fort Atkinson
- First Citizens Bank
- My Choice Family Care
- Tincher Realty
- Nommensen Law Offices
- Health Markets—Jean Linos
- Hard Rock
- Brown Cab
- Aumann's Service
- Visiting Angels



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.

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!

REMINDERS

If you change your email, phone number or address, please remember to let us know. There are times we need to contact you with cancellations or other information. Thanks for your help



FREE
AD DESIGN
WITH PURCHASE
OF THIS SPACE.
- 800-950-9952 -

Thrive
Locally

Reach the Senior Market
ADVERTISE HERE

CONTACT

Duane Budelier to place
an ad today! dbudelier@4LPi.com
or (800) 950-9952 x2525

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

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

FIRST CITIZENS STATE BANK

SINCE 1863

Trust Services: • Administer your Will
• Administer your Trust • Invest your Funds • Pay your Bills

Serving Whitewater, Palmyra & East Troy

Member FDIC www.firstcitizensww.com

Activity Calendar

August 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
3 9:30 FUNctional Fitness-Virtual Senior Cyclists Ride Week	4 9:30-10:30 Drive up Puzzle Exchange and Book Loan 10:00 Virtual Yoga with Brienne	5 10:00 Motorcycle ride departs 9:30 FUNctional Fitness-Virtual 10:30 Tai Chi—in the park	6 8:30—2:00 Toenail Clinic 10:00 Virtual Yoga with Brienne 1:00 Watercolor Class	7 Office closed
10 We Are Open 9:30 FUNctional Fitness-Virtual 11:00 Book Worms 1:00 Mah Jongg	11 10:00 Virtual Yoga with Brienne 12:30 Sheepshead	12 9:30 FUNctional Fitness-Virtual 10:30 Tai Chi—in the park	13 10:00 Virtual Yoga with Brienne 1:00 Watercolor Class	14 Office closed
17 9:30 FUNctional Fitness-Virtual 1:00 Mah Jongg 1:30 Canasta	18 9:00 Motorcycle ride departs 10:00 Virtual Yoga with Brienne 12:30 Sheepshead 1:00 Labyrinth Walk (Cravath) 2:30 Labyrinth Walk (Cravath)	19 9:30 FUNctional Fitness-Virtual 10:30 Tai Chi—in the Park	20 9:30-10:30 Drive up Puzzle Exchange and Book Loan 10:00 Virtual Yoga with Brienne 1:00 Watercolor Class	21 Office closed
24 9:30 FUNctional Fitness-Virtual 1:00 Mah Jongg	25 10:00 Virtual Yoga with Brienne 10:00 Movie: "The Farewell" 12:30 Sheepshead 1:00 Movie: "The Farewell"	26 9:30 FUNctional Fitness-Virtual 10-11:30 Car Show in the Parking Lot 10:30 Tai Chi—in the park	27 10:00 Virtual Yoga with Brienne 1:00 Watercolor Class Registration deadline @ 2 pm for Yoga & Fitness classes	28 Office closed
31 9:30 FUNctional Fitness-Virtual 1:00 Mah Jongg 1:30 Canasta				

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 Marguerite Willman, 708-822-5610. 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.

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

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

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

WE'RE HIRING AD SALES EXECUTIVES

- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT
careers@4LPi.com • www.4LPi.com/careers

PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM

\$29.95/MO PLUS SPECIAL OFFER
BILLED QUARTERLY

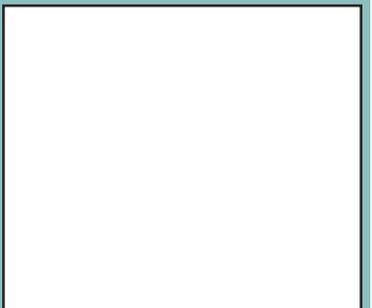
CALL NOW! 1.877.801.5055
WWW.24-7MED.COM

DON'T SHOP. AD. PAW. PT.

SPREAD THE WORD

A Thriving, Vibrant Community Matters

SUPPORT OUR ADVERTISERS



SAVORY SOUNDS

August 20

Outside at Whitewater Arts Center 11:30 a.m.—12:45 p.m. Music is Ken Longquist and Friends. Lunches available by pre-order with the Sweet Spot
In case of rain, concerts will be livestreamed.

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.



OFFICE HOURS

Most days the office will be open 9:00 am – 3:00 pm.

HOW MOISTURE AFFECTS HEARING AIDS



One of the greatest enemies of your hearing aids is moisture. While hearing aids are built to withstand the rugged environment of your ear, they are still high-level pieces of technology that can malfunction if not properly cared for. Be sure to keep your hearing aids out of moist or damp environments. Below are signs moisture has infiltrated your hearing aids:

- Sound cuts out when there are loud noises.
- Sound fades in regular listening environments.
- You hear a lot of static.
- Sounds are distorted or unclear.
- Your hearing aid stops working completely, even temporarily.

There are several things you can do at home to try to remedy moisture in your hearing aids. If you have behind-the-ear devices, look in the earmold tubing. If you see moisture droplets, you can purchase an earmold puffer to blow the moisture out. You can also have your earmolds fitted with a moisture-dispersing tube. If you have in-the-ear hearing aids, you can purchase a drying device or dehumidifier. This is a small investment to protect your valuable health care technology. If your hearing aids are still malfunctioning after trying these methods, contact your audiologist as soon as possible.

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

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

America's Choice in Homecare.
VisitingAngels.
LIVING ASSISTANCE SERVICES



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

Monthly Supporters

Re-opening Participant Survey

Didn't have a chance to fill it out last month? Please get it to the center ASAP! Thanks! Return to Seniors in the Park, PO Box 178, Whitewater WI 53190, scan and email to dweber-pal@whitewater-wi.gov or call to schedule a drop-off time.

1. Will you comply with new protocols and guidelines, that will be in place, when the center reopens? Comments can be made below or on the back.

Wearing a mask?	Yes	No
Hand washing/sanitizing after sign-in?	Yes	No
Sanitizing supplies/space such as chairs & tables when finished?	Yes	No
Maintaining physical distancing?	Yes	No

2. When are you likely to return? Check a maximum of 3
 - A. For the first available activity _____
 - B. When my usual activity restarts _____ Which activity? _____
 - C. When indoor active classes start _____
Circle which ones: FUNctional Fitness Yoga Pickleball Core Warblers
 - D. August _____ September _____ After September _____ When Vaccine available _____

3. How often are you likely to come when we re-open? Once a week twice a week more often

4. Will you register for a motorcoach or van day trip in 2020? Yes No Motorcoach Van
If yes, circle one: September October November December
Will you register for extended travel in 2021? Yes No
If yes, I would register for: US Canada Central/South American Europe

5. Do you have a smart phone Yes No
6. Do you have internet at your residence Yes No
7. Would you use Zoom for virtual programs? Yes No Unsure
8. Will you resume volunteering? Yes No Unsure N/A
9. Please list any concerns you have about returning to Seniors in the Park or other comments:

Name: (Optional, needed for prize drawing) _____

Seniors in the Park

PO Box 178
Whitewater WI 53190



Accredited by the
Wisconsin Assoc.
of Senior Centers

MEMBER:

Wis. Association of Senior Centers.
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 9:00 am-3:00 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
www.wwparks.org
www.whitewater-wi.gov

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



SEPTEMBER IS SENIOR CENTER MONTH—CONNECTIONS

The theme this year is Senior Centers: Delivering Vital Connections. We do want to stay connected to you and with each other. Watch for more programs, both virtual and in person, in September.

It is fun to listen to the socializing that takes place before the fitness class on Zoom. Our classes and activities have always been first and foremost, a way for people to meet and socialize. It is what everyone misses the most.

Every day, try to connect with someone. Make a phone call, take a walk and say 'Hi' to neighbors from the sidewalk. Don't be socially isolated, as it is comparable to smoking two packs of cigarettes a day! To stay healthy, we need connection with others. However you can accomplish it, within the parameters of your life, please connect with someone.

National Institute of
Senior Centers

Senior Center Voice

SENIOR CENTERS:
Delivering Vital Connections.

NATIONAL SENIOR
CENTER MONTH
September 2020



MIND | BODY | SPIRIT | COMMUNITY