



The Park Bench

September 2020

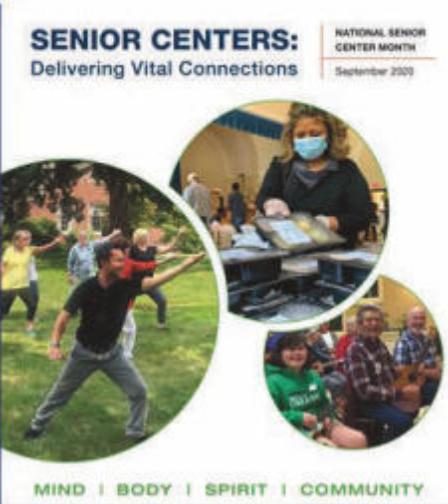
Seniors in the Park Newsletter

SEPTEMBER IS SENIOR CENTER MONTH—CONNECTIONS

Volume XX Issue 9

National Institute of Senior Centers

Senior Center Voice



The theme this year is “Senior Centers: Delivering Vital Connections: Mind, Body Spirit, Community”. The theme was chosen to highlight how senior centers deliver vital connections to support older adults aging well.

We do want to stay connected to you and you with each other. Check out all the programs we will be offering in September and October. Many programs will be both virtual and in person.

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. Connections are good for your spirit, mind and the community. I know some people are fine with being alone, but social isolation is comparable to smoking two packs of cigarettes a day! Stay healthy and connect with others. However you can accomplish it, within the parameters of your life, please connect with someone.

Check out the new activities this month including: Boosting your Immunity page 3, Core class is back! (page 3), Free Fitness Try-it Week including Chair Yoga, Step, Barre, Zumba Gold, Funfit, and Core (page 6), and Scholarly Scoop is back (page 6). There is information on Falls Prevention Week (page 2 & back page) and it’s also Hunger Action Month. Hello September! It’s going to be a great month!

WHAT'S INSIDE

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

SEPTEMBER 

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

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 half hour time slot. Masks are required.



SENIORS IN THE PARK

504 W Starin Rd, PO Box 178
Whitewater WI 53190

Phone 262-473-0535
Hours Mon/ Tues/Thurs
9:00 am-3:00 pm
Closed Wed. and Fri.

Senior Coordinator
Deb Weberpal, CPRP
dweberpal@whitewater-wi.gov

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



VIRTUAL DISCUSSIONS, A CLASS OR SHARING

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!



FALLS PREVENTION WEEK

COVID-19 has changed a lot of things, but one has stayed the same: Falling is NOT a normal part of aging. Join us the week of Sept. 21-25 in a nationwide effort to prevent falls. Use the new #FallsFree online CheckUp tool (below) from the National Council on Aging to get a personalized look at your risk factors and how to address them. Then spread the word to friends and family. It's a nice way to reach out and show you care! [Take a Falls Free CheckUp](#) (or go to ncoa.org/fallsfreecheckup)

FALLS FREE CHECKUP

YOU CAN PREVENT FALLS | [ncoa](http://ncoa.org)





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 payment is made.

Session 4: September 2-30

Fee: \$8.00 Member \$13 Non-member

No class Labor Day, September 7

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

Deadline for the September session is August 28.

VIRTUAL CORE AND MORE

Mondays & Wednesdays 8:30 am

Learn how to work your entire core while releasing the neck and shoulders in this 40 minute class. End the class with stretching and more releasing. This class has floor and chair work. A link to Zoom will be sent to you after payment is made.

Session 1: September 14-30

Fee: \$6.00 Member
\$11.00 Non-member

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

Deadline is September 9.

CORE EQUIPMENT

If you need a yoga block, a strap or a ball, you can pick any of these items up starting September 1 during our open hours.



BOOSTING YOUR IMMUNITY

Wednesday, September 30, 11:00 am

With the cold and flu season upon us, there are multiple things you can do to help prevent becoming sick and/or lessening the severity of your symptoms. This program will discuss preventive measures you can take to prepare yourself for the cold and flu season with a focus on boosting your immune system naturally.

Presenter is Tracie Wilson, RDN, CD, Fort Heathcare

Register by Monday September 28, online, email or call for this virtual presentation. A link to the program will be sent on Tuesday, September 29. (Remember to check your junk mail)

VIRTUAL YOGA

Tuesdays, Sept. 1—October 27

**Thursdays, Sept. 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 payment is

made.

Instructor is Brienne Brown, RYT

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.

FREE Try-It Fitness Classes the week of September 21. Check out page 6 for more information on the classes, days and times.



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?

FAQ'S (FREQUENTLY ASKED QUESTIONS)

I have been getting questions about some of the new ways we will be operating. I thought it would be good to answer them here. Often if one person has a question, others do to. Always feel free to ask questions. I can't help you or fix something, if I don't know about it.



I don't have a credit card, what are my options?

Yes, we prefer online with a credit card, but we will still take checks or cash, if necessary. Payment can be made during open hours or by mail.

Do I have to register for every activity?

Yes. Every activity you will be attending, you must register for in advance. It helps us keep numbers manageable for your safety and takes away the need for you to use the check-in tablet (germs!) when you come in. You can call, email, or register online at <https://schedulesplus.com/wwtr/kiosk>

What do I need to do, if I come to an activity?

- ⇒ Wear a mask covering your nose and mouth
- ⇒ Sanitize or wash your hands when entering the building, you may do so as often as needed while in the building. There is now a touchless sanitizer dispenser in the lobby and a hand soap and towel dispenser in the kitchen to use
- ⇒ Practice physical distancing

If a class or activity is a hybrid/blended class (virtual and in-person) how should I register?

When activities are blended, if you can do it virtually, this is preferred. This allows those unable to be virtual to attend the activity in person. I'm trying to make activities accessible to as many people as possible. When you call or email to register for a blended class, please state which you will be doing (virtual or in-person). If you register online, the choice of either is there.

The main entrance is locked, why?

Either the office is closed or it is not open hours. I may be here and can let you in for business. Please knock and give me time to get to the door. I may be in the back room setting up, on the phone, finding my mask, etc. Please practice patience and give me time to get to the door. Thanks!

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-W, Malayna Oswald, would like to learn more about adults age 60+ residing in Walworth, Rock, and Jefferson counties, about their use of technology and certain needs they have regarding technology.

Volunteers (30) are needed for a survey (which takes about 15 minutes to complete). Questions include use of technology, needs around technology, and interest in participating in a technology training program. You can contact Deb for a paper copy of the survey or take the survey online using this secure link: http://uwwhitewater.co1.qualtrics.com/jfe/form/SV_eVvGyXFOzvg3t2Z

Thank you all in advance for your time and participation!

PAYING FOR CLASSES ONLINE

If you pay for a class online with PayPal or with your credit card, please remember or write down the payment. 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.**

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

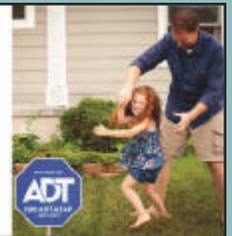
We are a father-daughter team, sharing a passion for helping the elderly and those who care for them

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 | 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

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, emailing, 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 can or would rather Zoom.

PUZZLE AND BOOK LOAN

Wednesday September 2, 10—11 am

Thursday, September 23, 1—2 pm

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.



BOOK DONATIONS

We will take donations of books in good condition and published within the past three years. Thanks!

FREE FITNESS TRY-IT CLASSES

The week of September 21-25 (Virtual)

Check out these free, 30 minute classes that will be offered through Zoom. We are partnering with the Aquatic Center to promote health during Senior Fitness Week. Check out all these great classes!



Chair Yoga: 1:00 pm Tuesday, September 22

Work toward strengthening and stretching the body in a way that is safe and accessible to all. We will begin seated and will have the option to incorporate standing poses. By focusing on correct alignment, breath work, and listening to the body, everyone can experience the benefits of yoga. Instructor: Lorelei

Barre: 11:00 am Thursday, September 24

A ballet inspired fitness class that combines elements of pilates, yoga and aerobics to create a fun and dynamic full body workout. This class is designed to improve posture, flexibility, body strength and balance. No Ballet or dance background needed! Instructor: Lorelei

Fun Fit: 9:00 Tuesday, Sept. 22 and Thursday, Sept. 24

Cardio and strength moves to keep you moving and improving. Instructor: Shirley

Zumba Gold: 11:00 am Friday, Sept. 22

Geared toward beginners, older active adults, and anyone with two left feet, this is a slower and lower impact version of Zumba that is just as fun! Instructor: Lynnette

Core: 8:30 am Monday or Wednesday, Sept 21 or 23 (40 minute class)

Learn how to work your entire core while releasing the neck and shoulders with floor and chair work. End the class with stretching and releasing. Instructor: Deb

‘FUN’ctional Fitness: 9:30 am Monday or Wednesday, Sept 21 or 23 (1 hour class)

Work through the body with cardio and strength on Monday with Linda. Focus on form and alignment during your workout on Wednesday with Deb.

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

MOTORCYCLE RIDES

Thursday, September 10

Ride to Rockton to visit Historic Auto Attractions. It's not just cars, from movies, TV and history, but also displays of Lincoln, Kennedy, and WWII artifacts. Lunch can be at either The Rock, Beloit, Bessie's Diner at the Rock County Airport, or the Shopiere Tap. Depart at 10:00 am. Rain date is Friday September 11.



Saturday, September 26

Enjoy a ride through the rolling hills west of Madison toward the Wisconsin River. We'll stop in a community for lunch, maybe ride the ferry and stop at Wollersheim Winery on the way home. Should be a lovey day with good friends. Depart at 9:30 am.

Helmets are recommended and masks required at stops. A current copy of your motorcycle insurance information is needed.

TOENAIL CLINIC

Thursday, September 3

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, October 1 (filling fast!)



BOOK WORMS

Monday, September 14, 11:00 am

The Book Club will discuss "*The Orchardist*" by Amanda Coplin. The book for September is "*The Nightingale*" by Kristin Hannah. Discussion is in person, by phone or virtual. Please let us know when registering which you prefer. With courage, grace and powerful insight, bestselling author Kristin Hannah captures the epic panorama of WWII and illuminates an intimate part of history seldom seen: the women's war. The Nightingale tells the stories of two sisters, separated by years and experience, by ideals, passion and circumstance, each embarking on her own dangerous path toward survival, love, and freedom in German-occupied, war-torn France—a heartbreakingly beautiful novel that celebrates the resilience of the human spirit and the durability of women. It is a novel for everyone, a novel for a lifetime.



CARD PLAYER & MAH JONGG 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, Sept. 1:30 pm

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

MAH JONGG

Mondays, 1:00 pm

Register to play online, email or call the office to reserve your seat at the table. Your 2020 cards are here! 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.

SHEEPSHEAD

Tuesdays, 12:30 pm

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

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



“Parasite”

(Comedy/Drama/Thriller)
 Tuesday, Sept. 8
 10:00 am or 1:00 pm
 Rated R (Sex/Violence/Profanity);
 2 hours; 12 minutes (2019)

In South Korea, a poor family, the Kims, on 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 and will be shown entirely in English subtitles.

“Little Women”

(Drama/Romance)
 Tuesday, Sept. 22, 10:00 am or 1:00 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).

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

WATERCOLOR—GRAPE LEAVES



September 3 & 10, 1:00—3:30 pm

This two week watercolor class with Rita Carpenter will focus on Karlyn Holman's grape leaves lesson.

Supplies Needed • Wax paper, scissors and salt • gauze - very stringy.... its in roll form • Frozen grape leaves - don't take out of freezer until right

before using • Watercolor paper 140lb cold press .. maybe 15x15 or can be any size • Watercolor paints and brushes, water containers • Fine mist spray bottle • Mr Clean Eraser • Unryu paper for texture or any other collage material • A small piece of acetate • Watercolor pencils & sanding paper

Instructor: Rita Carpenter

Fee: \$15 per class or \$25 fee for both classes

Deadline is Friday, August 28

The class can be in-person or virtual depending on your preference.

Class can also be recorded if you will miss a session. Register at <https://schedulesplus.com/wwtr/kiosk>. If you have not participated at Seniors in the Park previously, you will have to call to register, 262-473-0535.

ACRYLIC TECHNIQUES

Sept. 24 & Oct. 1, 1:00—3:00 pm

Sample the many techniques you can do with acrylics: wash, graffiti, texture, layering, saw dust or sand, palette knife impasto, masking, stippling, dribbling, splattering, sponging, stamping, stenciling, detailing, iridescent medium, and dry brush.



Technique samples

Use 1—3 of these techniques of your choice, in a finished painting at the second class. (canvas needed) A supply list will be provided.

Instructor: Katie Swanson

Fee: \$35

Deadline is September 18

The class can be in-person or virtual depending on your preference.

Class can also be recorded if you will miss a session. Register at

<https://schedulesplus.com/wwtr/kiosk>.

Supply list:

water container, #3 round brush, 1 inch flat brush, 3 colors of acrylic, heavy paper suitable for painting-size 18 x 24 or two smaller ones, a comb, small piece of bubble wrap, handful of saw dust or sand, palette knife or butter knife, masking tape, water dropper, toothbrush, sponge, empty toilet roll, piece of copy paper, scissors, iridescent acrylic medium, ruler and palette.

Canvas needed for second class and an idea for a picture.

Picture using wash, layering & detailing



Extended Travel

9

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.



PREMIER WORLD DISCOVERY TOURS FOR 2021

Watch for information on an **Idaho Adventure** including three resorts in September and **Explore Santa Fe and The Land of Enchantment** with a one hotel stay in October. Both will have ‘NO Risk’ deposits that can be refunded up until final payment, if booked by December 31.



WALKING A LABYRINTH

Tuesday, October 20
1:00 pm or 2:30 pm
Cravath Lakefront Building

This free 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. This workshop is free!

Registration due: Tuesday October 13

Only 4 people per session.

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



What else do you want to do, see or learn in October? Suggestions always welcome!

METTA MEDITATION

Monday, October 12, 1:30 pm

Metta means 'Universal Loving Kindness' and is one of the primary qualities behind nearly every spiritual tradition in the world. Learn to develop and grow Metta for the benefit of yourself and others. Class is virtual and can be accessed by phone, also. You can sit in a chair or on the floor. Join virtual presenter Jim Bayer, a 25 year Taiji instructor and meditator, for a one hour, informational and lovely meditation. It is one of my favorites.

Registration deadline is Thursday, October 8. Call, email or register online at <https://schedulesplus.com/wwtr/kiosk>



WISCONSIN HISTORY STORIES

Wednesdays in October, 1:00 pm

Join Dr. Haney for interesting presentations on Wisconsin. Thanks to the UW-W Continuing Education Department for sponsoring the talks.

October 7 -- Wisconsin's Natural Disasters:
Tornado, Flood, Flu, Fire and Ice

October 14 -- Blackhawk: American Nations and New Settlers

October 21 -- Wisconsin: Immigrant Mecca

October 28 -- Wisconsin: An International Ethnic Melting Pot

Masks are required and you must register for a seat or to view the presentation virtually, by calling, emailing, or going online at <https://schedulesplus.com/wwtr/kiosk> by the Monday prior to the talk you will be attending. There will be a limit of 14 people. No walk-ins.



FAIRHAVEN LECTURE SERIES: EXPLORE ELECTION 2020

Mondays, 3:00 pm Fairhaven (if allowed) Or Live-streamed on Facebook

The 2020 election season will be like no other in U.S. history. An unconventional incumbent president, an international pandemic, and social and economic unrest will be on voters' minds this fall. How will these people and events shape campaign messages? What can we learn from past elections in trying times? What will the results mean for 2021 and beyond? Join us this fall as we take a deep dive in the fall Fairhaven Lecture Series: Election 2020: Candidates, Campaigns, and Crises.

September 21: "A Recap of the 2020 Presidential Nomination Process" presented by Susan Johnson, associate professor, Political Science and assistant dean, College of Letters and Sciences

September 28: "COVID on the Campaign Trail: The Role of COVID-19 in 2020 U.S. Presidential Campaign Communication" presented by Corey Davis, professor, Communication

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

Thank You

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**



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

September 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
	1 10:00 Virtual Yoga with Brienne 12:30 Sheepshead	2 10:00 Drive up Puzzle Exchange and Book Loan 9:30 FUNctional Fitness-Virtual 10:30 Tai Chi—in the park	3 8:30—1:00 Toenail Clinic 10:00 Virtual Yoga with Brienne 1:00 Watercolor Class	4 Office closed
7 Closed 	8 10:00 Movie: "Parasite" 10:00 Virtual Yoga with Brienne 12:30 Sheepshead 1:00 Movie: "Parasite"	9 9:30 FUNctional Fitness-Virtual 10:30 Tai Chi—in the park	10 10:00 Virtual Yoga with Brienne 10:00 Motorcycle ride departs 1:00 Watercolor Class	11 10:30 Scholarly Scoop Office closed at noon
14 8:30 Core & More -Virtual 9:30 FUNctional Fitness-Virtual 11:00 Book Worms 1:00 Mah Jongg 1:30 Canasta	15 10:00 Virtual Yoga with Brienne 12:30 Sheepshead	16 8:30 Core & More -Virtual 9:30 FUNctional Fitness-Virtual 10:30 Tai Chi—in the Park	17 10:00 Virtual Yoga with Brienne Afternoon Volunteer Appreciation	18 Morning Volunteer Appreciation
21 8:30 Core & More -Virtual 9:30 FUNctional Fitness-Virtual 1:00 Mah Jongg Fitness Appreciation Week Falls Prevention Week	22 Fall Arrives 9:00 Try-it Fun Fit with Shirley (V) 10:00 Virtual Yoga with Brienne 10:00 Movie: "Little Women" 12:30 Sheepshead 1:00 Movie: "Little Women" 1:00 Try-it Chair Yoga (V)	23 8:30 Core & More -Virtual 9:30 FUNctional Fitness-Virtual 10:30 Tai Chi—in the Park 1:00 Drive up Puzzle Exchange and Book Loan	24 9:00 Try-it Fun Fit with Shirley (V) 10:00 Virtual Yoga with Brienne 11:00 Try-it Barre Class (V) 1:00 Acrylic Technique	25 11:00 Try-it Zumba Gold (V) 26 9:30 Motorcycle ride departs
28 8:30 Core & More -Virtual 9:30 FUNctional Fitness-Virtual 1:00 Mah Jongg 1:30 Canasta	29 10:00 Virtual Yoga with Brienne 12:30 Sheepshead	30 8:30 Core & More -Virtual 9:30 FUNctional Fitness-Virtual 10:30 Tai Chi—in the Park 11:00 Boosting Immunity (V)	Registration deadline @ noon for fitness and core classes	

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, 708-822-0539. Meals only delivered in the city. Currently delivering three meals on Mondays and two on 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. 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

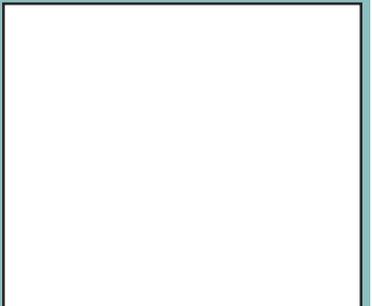
CALL NOW! 1.877.801.5055
WWW.24-7MED.COM

DON'T SHOP. AD. PAW. PT.

SPREAD THE WORD

A Thriving, Vibrant
Community Matters

SUPPORT OUR ADVERTISERS



CAREGIVER SUPPORT GROUPS

Access to support groups is by phone or online.

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.

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!



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.



MEDICARE OPEN ENROLLMENT

Medicare Part D Drug Plans and Medicare Advantage Plans can be changed during Open Enrollment, October 15-December 7. Please be aware that the ADRC Medicare Specialist and/or volunteers might be reaching out by phone to you to see if you would like their assistance again this year. They will mail you a packet requesting information regarding your medications, to be returned by October 1. After October 15, they will mail you a three plan comparison, to help you make a decision. You can visit www.medicare.gov and enroll online or call Walworth county at 262-741-63400 or email medicare@co.walworth.wi.us for assistance.

SCAM ALERTS!

Covid—19 and other scams are frequent and these people are persistent and sound real. Please do not give out any information over the phone if someone calls you, including Medicare numbers.

Contact Tracing Scams: contact Tracing is finding people who may have been exposed by an infected person. A contract Tracer will not ask you for any personal information. They will also not send you a link to download. These are often viruses so they can get at your personal information. For more information on staying safe: <https://www.consumer.ftc.gov/blog/2020/05/covid-19-contact-tracing-text-message-scams>

Medicare Durable Equipment: People are calling to get your Medicare number and offering to give you equipment free. Never give out any information over the phone, if someone calls you. Go to <https://www.smpresource.org/>. The Senior Medicare Patrol exists to keep you informed of fraud and you can also report fraud to them, if you suspect fraudulent charges to your Medicare.

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



HAVE YOU BEEN COUNTED?

So far, more than 62,508 Walworth County households have responded to the 2020 Census (60.7%). For those who have not yet responded – there’s still time to respond at 2020census.gov – your response matters!

Walworth County has a long way to go to reach 100% – we still need more than 40,505 households to complete the 2020 Census. Responding to the 2020 Census in this time of social distancing makes a difference for the well-being of your neighbors and your community. Your response helps to funnel much needed federal funds to your local community for health care, emergency response, schools, education programs, roads, and many other public services over the next 10 years.

That said, it has never been easier to respond on your own, whether online, over the phone (844-330-2020) or by mail—all without having to meet a census taker. To learn more, visit 2020census.gov.

HEARING PROTECTION TIPS FOR FALL



As the leaves begin to change, we encourage you to consider changing your hearing healthcare habits,

too. Several autumn activities can cause noise-induced hearing loss without proper hearing protection, but you may not even be aware of the risks. People of all ages should take extra precautions to protect their ears from damage during fun fall activities. Prolonged exposure to the sounds of leaf blowers, power tools, motorized vehicles, and hunting with firearms can all lead to irreversible hearing damage. Fortunately, there are steps you can take to keep your ears safe and prevent permanent hearing loss.

Leave the leaf blowing to the professionals.

Leaf blowers become a necessity once fall is in full swing, but they represent an extreme noise hazard and are better left to the professionals. The sound produced by some leaf blowers at close range can cause permanent hearing damage in fewer than 15 minutes. Even the quietest leaf blowers available will gradually damage your ears, so always wear quality or custom earplugs during yard work.

Talk to your audiologist about hearing protection.

Your audiologist can help you find a solution for protecting your hearing that fits your lifestyle. Options for protecting your hearing without compromising your performance are available for a wide range of activities. From specialty musician’s plugs that let you hear the notes risk-free to hunter’s plugs that enhance ambient noise while protecting your hearing from gunshots and explosions, a solution exists for all activities and lifestyles.

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

SENIORS IN THE PARK COMMUNICATION

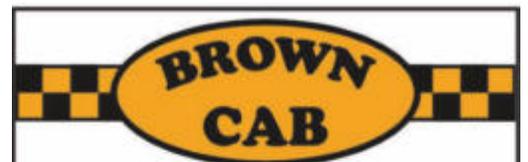
Most of our communication is through email. Please check your junk/spam mail and add: wwtr@schedulesplus.com to your safe sender list. SchedulesPlus is the software program we use at the center for checking in, registering you for classes and events, and taking payments.



OFFICE HOURS

Most days the office will be open 9:00 am – 3:00 pm. Doors are open Monday, Tuesday and Thursday. Knock and wait on Wednesday and Friday to be let in.

Monthly Supporter



Serving Whitewater!

Call 920-563-6304

ANYONE CAN RIDE!

Anywhere in town for \$3.25.

Seniors and persons with disabilities only pay \$2.25!

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/ Tues/Thurs-Thurs
9:00 am-3:00 pm
Closed Wed. and Fri.

Senior Coordinator

Deb Weberpal, CPRP
dweberpal@whitewater-wi.gov

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*



FALLS FREE CHECKUP

YOU CAN PREVENT FALLS | ncoa

Know your risk of falls and
take action! Explore our
#FallsFree CheckUp tool today.

ncoa.org/FallsFreeCheckUp

ncoa
National Council on Aging



FALLS FREE CHECKUP

YOU CAN PREVENT FALLS | ncoa

Join us on Wednesday,
Sept. 23 at 6:30 p.m. ET
to watch experts discuss falls
prevention during COVID-19

facebook.com/NCOAging

ncoa
National Council on Aging

