



# The Park Bench

January 2021

Seniors in the Park Newsletter

## NEW YEAR'S EVE FUN

Thursday December 31, 1:00 pm

Grab some snacks and your favorite beverage and settle in for some trivia and then play Scattergories online with Zoom. We'll have fun and a few laughs along the way, as well as being creative with words. Call with your name and email or go online to sign up.



Volume XXI Issue 1

## WHAT'S INSIDE



## CABIN FEVER PARTY

Sunday, January 31 1:00—3:00 pm

We can't be in person this year, so we'll have fun with a trivia contest and other virtual games we can play together on Zoom. Settle into your cozy home with snacks and a beverage and join in with others having

fun and looking forward to the end of winter (and the pandemic). Call with your name and email or go online to sign up.

2-4, 6-7.....Activities

8 .....Safe Holidays

5, 11, 13....Support Our Sponsors & Meals

9 ...Extended Travel & Info

10 .....Dementia & Support

11, 14-15 .....Information

12 .....Calendar

13 .....Food Resources

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

## HISTORY IN YOUR BACK YARD

Wednesdays, 1:00 pm

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



**January 6** The Ku Klux Klan in Whitewater in the 1920's

**January 13** Who Were They? The People for whom UW-W Buildings are Named

**January 20** More People for whom UW-W Buildings and Facilities are Named

**January 27** Remember Where You Were ... When ...?!?

Pre-registration required to view the presentation in-person, virtually or check out a tablet.

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

**40th**  
**Anniversary**  
**Seniors in the Park**  
**June 2021**

## 40<sup>TH</sup> ANNIVERSARY OF SENIORS IN THE PARK

June 2021 is the 40<sup>th</sup> Anniversary of the opening of the Seniors in the Park program. I would love for people to share any memories of years ago here at the center. Volunteers are also needed to plan some type(s) of celebrations. If you are interested in helping in any way, please let Deb know. Thanks!



## REBRANDING

As part of the Accreditation process, which was pushed into 2021, we were looking at rebranding the center with a new logo, catch phrase and possibly a new name, all to be unveiled along with our 40<sup>th</sup> Anniversary. We will be having community focus groups to discuss this both virtually and in-person. If you would be interested in being part of this process or participating in a focus group, please email [dweberpal@whitewater-wi.gov](mailto:dweberpal@whitewater-wi.gov) or call 262-473-0535. Help and input are always greatly appreciated.

## SCHOLARLY SCOOP

Friday, January 8 10:30 am

Dr. Paul House, Associate Professor, Department of Chemistry will present “Technologies for Trapping Atmospheric Carbon Dioxide”.

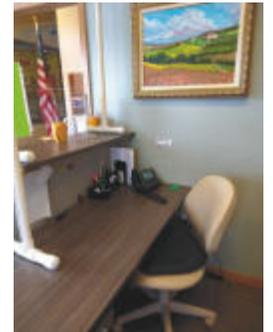


Carbon neutral is an important concept in how a business, organization, country, etc... is affecting the amount of carbon dioxide in the atmosphere, the major cause of climate change. But carbon neutral just means the concentration of carbon dioxide is not increasing; it would be good to have ways to actually take carbon dioxide out of the atmosphere. This talk will look at developing technologies for trapping and storing carbon dioxide.

Please register for this virtual program by calling, emailing or going online <https://schedulesplus.com/wwtr/kiosk/>. You can view the virtual presentation at the center if you are unable to zoom or check out a tablet. They should be ready for loan by January.

## FRONT DESK POSITION

Seniors in the Park is looking for a positive, energetic individual to fill the part-time (up to 15 hours per week) Senior Center Receptionist (Front Desk) position. The Senior Center Receptionist is responsible for performing routine to moderately difficult administrative support activities, which contribute to efficient office and Senior Center operations requiring an understanding of department and City programs and procedures.



For more information and how to complete the online application, please go to: <https://agency.governmentjobs.com/whitewaterwi/default.cfm>

## MEMBERSHIP

Due to being shut down for several months in 2020, we will be extending your membership through April of 2021. Membership will be due May 1. Thank you all for bearing with us through this unusual time.



## VIRTUAL “FUN”CTIONAL FITNESS

**Mondays and Wednesdays  
9:00-10:00 am**

Experience a dynamic routine to promote coordination, balance, strength and flexibility. All levels of ability are welcome.

Session 1: January 4-27

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

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

**Deadline is Thursday, December 31**



## VIRTUAL CORE AND MORE

**Mondays & Wednesdays  
10:15—11:00 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.

Session 1: January 4-27

Fee: \$8.00 Member  
\$13.00 Non-member

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

**Deadline is Thursday, December 31**

## CORE, ROLLING & FITNESS EQUIPMENT

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

## VIRTUAL YOGA

**Tuesdays, Jan 5—Feb 23 10—11:00 am**

**Thursdays, Jan 7—Feb 25 10—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 fee: \$40 members \$50 non-members

Thursday fee: \$40 members \$50 non-members

Register & pay online at <https://schedulesplus.com/wwtr/kiosk/>.

**Registration Payment/Deadline: Monday January 4**



## ROLL AWAY STRESS

**Wednesdays, 11:15 am—12:00 pm**

**January 6 –February 24**

Using soft, foam rollers you will find those spots of tension and roll them away. Participation is limited to those who have had experience rolling with Deb previously. Rollers are available to check out.

Fee: \$28 members; \$38 nonmembers

Deadline to register is January 4. Register online at the kiosk.



## SNOWSHOEING

**Thursday, January 14, 1:00 pm**

**Tuesday, February 2 at 1:00 pm**

Join Bonnie Wagner and trek at

Natureland Park. If you don't have snowshoes, we may have some for you to try. Thanks to Bonnie for sharing.

Register by Monday, January 11 or Friday, January 29. Let us know if you have snowshoes or not. Snowshoes on a first to register/request basis. All hikes are weather and snow dependent.



## ADVERTISER OF THE MONTH

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## WATERCOLOR—BASICS AND BEYOND

Thursdays, January 7—26 1:00—3:00 pm



Please join Rita Carpenter for some watercolor fun! Wisconsin is the theme..... we will paint rural landscapes, lakes/ rivers, wild flowers of Wisconsin and rocks. Classes will be in person or Zoom.

Going to miss a week? All classes will be recorded so you won't miss anything!

Fee: \$50.00

Deadline: January 4, 2021

Register by calling, emailing or going on line to the kiosk. (info on page 6)

## T-SHIRT NECKLACE CLASS

January 19, 2021, 1:00 pm

Make one or both of these fun, unique necklaces. Please have one t-shirt for every scarf that you would like to make. Generally larger sizes are best; color of your choice. They can be plain, or colorful logos work, too. Have sewing or sharper scissors. This class is virtual. Sign up at the kiosk. (info on page 6)

Fee: \$5.00 members

\$8.00 non-members



### “The King of Staten Island” (Comedy/Drama)

Tuesday, January 12, 1:00 PM  
Rated R (Language, Sex, Drugs)  
2 hours, 16 minutes (2020)

A semi-biographical film of Pete Davidson, a member of the ensemble of “Saturday Night Live.” At age 24, he still hasn't come to grips with the passing of his firefighter father, a victim of 9/11. Also stars Marisa Tomei, Bill Burr, Steve Buscemi and Machine Gun Kelly.

### “Seraphim Falls”

(Western/Action/Thriller/Chase)  
Tuesday, January 26, 1:00 PM  
Rated R (Violence, extreme action)  
1 hour, 55 minutes (2007)

Now for something totally different—a two-fisted, good old Western!

Five years after the end of the Civil War, a former Confederate colonel (Liam Neeson), seeking vengeance for a wartime atrocity, leads a posse into the snowy mountains of Oregon on a relentless hunt for the Union officer (Pierce Brosnan) he holds responsible. Breathtaking scenery, exciting stunts and superb acting. They just don't make movies like this anymore!

## ACTIVITIES AT A GLANCE

**Core and More** (virtual)— Mon & Wed. 10:15 am  
**‘FUN’ctional Fitness** (virtual)— Mon & Wed. 9:00 am  
**Yoga** (virtual)— Tuesday or Thursday 10:00 am  
**Tai Chi**—Wednesdays, 10:30 am at Armory Gym  
**Pickleball**—Monday, Wednesday & Friday 8:00 am – 10 am and 12:30 – 2:30 pm, Tuesday and Thursday 9 – 11 am pm at Downtown Armory Gym  
**Book Club**—First Monday 11:00. Books available at Starin Park  
**Pegs and Jokers** – Third Monday at 9:30 am  
**Mah Jongg** - Mondays, 1:00 pm  
**Sheepshead**—Tuesdays 12:30 pm  
**Warblers**—Mondays, 11:00 am Armory Gym

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emailed to you at

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



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Attorney David J. Nommensen  
Attorney Julie H. Nommensen

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

## TABLET LOAN PROGRAM

Tablets are here! Often people have access to WIFI, but can't afford the technology to use it. We are starting a tablet loan program. You may check out a tablet, that has zoom preloaded, and take it home to watch one of our presentations or take a class. You must be a member of Seniors in the Park and abide by our lending rules. We will be getting two tablets to begin with. Call or email with questions.



## LEARN TO ZOOM!

The document for downloading Zoom is now available! Call or email and I will email to you. YouTube directions on how to zoom on your specific technology will be uploaded to our On Demand section of our kiosk soon. For those of you still concerned with security, Zoom has done some serious upgrades to their security and now requires passwords or a waiting room to approve people to enter the meeting. I hope you can join us!



## REGISTRATION KIOSK AND ON-DEMAND INFORMATION

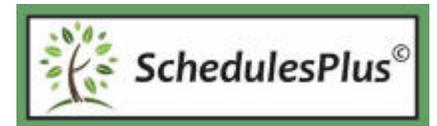
**Bookmark/save this registration link:**

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

The kiosk is your go-to place to register, join your activity, presentation or class and now check out On-Demand classes and presentations.

### On-Demand Classes & Presentations uploaded to-date:

- Yoga classes
- Wisconsin History Stories
- How to Protect your Stuff from Long Term Care Costs
- Autumn Watercolor
- Funfit and Core classes



### Coming Soon:

Scholarly Scoops

**On-Demand:** It is also a place where you can go to watch recorded presentations and classes. Missed the History lecture series? It will be here. Want to take an Art Class? It will be available for a fee. Did you take an art class and want to review what you learned? It will be free for you. Taking a fitness or yoga class but have to miss one? There will be recorded classes online for you for free. Hoping also to add Zoom tutorials. This area will evolve and we'll keep you up-to-date through these weekly emails.

The cool part is that once you register for a virtual class, you can now go to the kiosk, sign in, click on MY Calendar and a button will be there to take you directly to the class/activity. No searching for a link in an email. You can also register up until a half hour before the first class or the session, and, if you want, save classes to your calendar for a reminder. This works for all virtual classes. I can share a YouTube tutorial or send a 'how to' document, if you need it.

**The same features (signup and calendar) work for in-person activities and appointments.** You don't go into the Virtual Center, but choose one of the other 'buttons'. You can sign up for lecture presentations, toenail appointments or activities you will be attending, like Mah Jongg or Sheephead.

**Register/Log In Issues:** The biggest issue people run into is logging in/registering. When it asks for phone number and birth day & month (no year), please enter only numbers. No dashes, slashes, spaces or hyphens. If you participate here, you should be in our system. Give Deb a call, if you need assistance

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

## BOOK WORMS

Monday, January 4, 11:00 am

The Book Club will discuss *The Great Alone* by Kristin Hannah. The book for January is *Blossom Sisters* by Fernn Michaels.



Fern Michaels explores the enduring bonds of family as one man loses everything--only to find the freedom to create a bold new life. . . Gus Hollister owes all his success to his feisty grandmother, Rose, and he knows it. But now, Gus stands to lose everything--his home, his car, and his business. Worse, he's alienated his beloved grandma.

Discussion is in person, by phone or virtual. Please let us know when registering which you prefer. Books available for pickup at the Center.

## PUZZLE AND BOOK LOAN

Tuesday, January 5, 10-11:00 am

Friday, January 22, 10-11:00 am

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. Tables will be inside the building, adequately spaced. If you prefer to drive up, please call, and we will have items ready for curbside pick up.



We received two anonymous donations and may use them to purchase some new puzzles.

## BOOK DONATIONS

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

## CAREGIVERS TOGETHER

During National Family Caregiver Month, in November, Caregiver Action Network (CAN) elevated the voices of family caregivers across the country. This year's theme, *Caregiving in Crisis*, has focused on addressing the new realities family caregivers face with their loved ones during these uncertain times. CAN collected videos of caregivers providing advice to others, sharing their greatest challenges, and their greatest joys. These are caregivers who have found new hope by volunteering their services across the country and caregivers who share their story of caring for our nation's veterans. There are tips, tricks, and tears to share- all to help other caregivers feel less alone and more prepared to face the challenges of caregiving. **Please see video here:** <https://vimeo.com/485672774>

Please share and amplify the voices of Caregivers.Together, we will support caregivers and share their stories with policy makers, researchers, the media, and other to make life better, healthier, and financially more secure for family caregivers.

## HOLIDAY OFFICE HOURS

Office will be closed:

Friday January 1

## MIND OVER MATTER

The Wisconsin Institute for Healthy Aging (WIHA) program, Mind Over Matter: Healthy Bowels, Healthy Bladder (MOM), is a researched and proven program designed to give women the tools they need to take control of bladder and bowel leakage. Join a MOM workshop and learn strategies for preventing or lessening symptoms including information-sharing, group activities, simple exercises, and dietary changes. With practice, these new skills are proven to help you avoid or reduce leakage so you can keep doing the things that matter most to you.

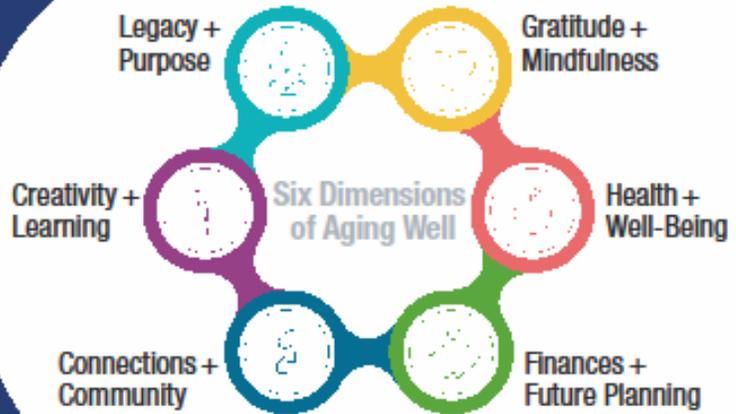
If you would like to learn more about MOM please go to <https://wihealthyaging.org/mind-over-matter>.



## Aging Mastery Starter Kit Classes!

We are proud to partner with the National Council on Aging (NCOA) to offer you the **Aging Mastery® Starter Kit**.

The Starter Kit will inspire you to take steps toward positive aging across six dimensions and help you build your own playbook for aging well. Each dimension has specific guideposts, or actions, that you are encouraged to incorporate your daily life.



### The Starter Kit contains:

*Aging Mastery Playbook*



Activity Cards

Exercise DVDs



Notepad

Magnet



Join us for a series of virtual classes, lively discussions, and the chance to share your insights on aging with others.

**Interested? Contact us for a Starter Kit and info on the virtual class.**

**5 week session begins  
Thursday, January 28 from  
12:30—2:30**

**Contact Deb for registration information**

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

## 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.**



## 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 Sunsphere

and much more! \$1659 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.



## PACIFIC NORTHWEST & CALIFORNIA

**August 8—15, 2021**

Tour highlights of Seattle, Mount St. Helens, Columbia River Gorge and Moltnomah Falls, Rogue River cruise, the Avenue of Giants in the Redwood Forest and San Francisco. \$2999 pp/dbl.

Includes air, transfers, all excursions. For more info go to

<https://gateway.gocollette.com/link/963399>

Collette



**Virtual Travel Preview on Wednesday, February 10 at 2:00 pm**

**Register by Monday, February 8**

## TUSCANY AND THE ITALIAN RIVIERA

**April 23-31 2022**

From the rolling hills of Tuscany to the sun-soaked coast of the Italian Riviera, a romantic rendezvous with Italia awaits.

Discover regal Turin, surrounded by alpine peaks. Revel in a 2-night stay on the stunning Riviera. Spend a day exploring the Cinque Terre's rugged coastline. Relax with a 3-night stay in a Tuscan estate and savor the sprawling vineyards and charming medieval hill towns of the region. Enjoy an interactive pasta-making demonstration. Visit Lucca, encircled by a stunning set of 16th century walls. Explore the iconic sites of Florence and the medieval charm of San Gimignano. Throughout your journey, discover a land rich in history, culture, and cuisine. 9 days, 11 meals. Airfare included out of Milwaukee. Collette Tours



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**Virtual Travel Preview on Wednesday, February 10 at 2:00 pm**

**Register by Monday, February 8**

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

## LAKESHORE VIRTUAL MEMORY CAFES

A virtual Memory Café is a place where persons with MCI (Mild Cognitive Impairment), can join with their care partners to socialize and have fun with other people going through similar things. Make connections and create new friendships in the comfort of your home. The Cafés are held on the 2<sup>nd</sup> Wednesday of the month from 1-2 pm.

To register, please contact the ADRC of Walworth County by phone: (262) 741-3273 or email:

walcoADRC@co.walworth.wi.us.

**On January 13, the topic is 'Explore the 60's'.**

## 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 [wisconsincaregiver.org](http://wisconsincaregiver.org) website. If the link doesn't take you to the correct page, click on Family Caregiver Support, then Virtual Events for Caregivers.

## VIRTUAL DEMENTIA BOOK CLUB

Join Heather Janes, Jefferson Co. ADRC to read and discuss *Loving Someone Who Has Dementia: How to Find Hope While Coping with Stress and Grief* by Pauline Boss, PhD. This book is ideal for anyone currently providing care for someone with dementia, however anyone is welcome to attend! Spaces will be limited, register early

To Register Call: 920-675-4035 by January 25th. If you require assistance finding a copy of the book, please inform the Dementia Care Specialist when you call in to register.

## DEMENTIA FRIENDLY COMMUNITY INITIATIVE (DFCI) **WE NEED YOU!**

**Monday, January 11 at 1:30 pm**

The committee will begin meeting virtually again in January. With a vaccine on the horizon, we need to begin planning how to reopen the respite site.

We also need to make plans for education and training in the community, outreach, assisting caregivers and will revisit our goals. If you are interested in helping in any way or joining us, please call the center at 262-473-0535. Your caring, compassion, knowledge and skills are needed.



## VIRTUAL DEMENTIA FRIENDS

**Monday, Feb. 15 1—2:00 pm**

**Wednesday, Feb. 10 6—7:30 pm**

*Changing the way people Think, Act and Talk about Dementia!*

Dementia Friends is a campaign to tackle the stigma and lack of understanding around dementia. The Dementia Friends session helps you learn about dementia and the small ways you can help. They need to be understood and supported. Let's make Whitewater more inclusive!

**Call, email, or go online to register.**

## ISOLATION CAREGIVING & MENTAL HEALTH

**Wednesday, January 13, 2021 from 12:00pm—1:00pm.**

Beginning in 2021, the Dementia Care Specialist Program and the WI Department of Health Services are offering free, virtual, 2<sup>nd</sup> Wednesday of the month trainings.

The first presentation is Isolation, Caregiving, and Mental Health: Paths Toward Well-Being. Participants will gain perspectives and tools for coping well, even in tough times. Realistic options for mental health for all involved will be named and discussed. The presenter for this program will be Ted Bowman, educator, author, and consultant who specializes in change and transition.

Register at the link below:

[https://dhs.wi.zoom.us/webinar/register/8216051240172/WN\\_313TCKvcSkCPFMw0YBNk3g](https://dhs.wi.zoom.us/webinar/register/8216051240172/WN_313TCKvcSkCPFMw0YBNk3g)

Upcoming topics of discussion:

February- Intimacy and Relationship Changes

March – Incontinence Management

April- Care Transitions

May- Building a Support Network

## 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.



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](http://wwparks.org), [www.whitewater-wi.gov](http://www.whitewater-wi.gov), click on Departments, then Seniors in the Park or [ourseniorcenter.com/find/seniors-in-the-park](http://ourseniorcenter.com/find/seniors-in-the-park).

Newsletters are also available outside the Starin Park Community Building on the post by the stairs.



# SHOP SMALL &

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# Activity Calendar

## January 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<b>Activities take place at the Starin Park Community Building unless otherwise noted.</b> <b>V=Virtual</b> <b>A=Downtown Armory</b> <b>146 W North St</b> <b>B=In person &amp;Virtual</b>		<b>January Hours:</b> Monday: 9—3 Tuesday 9—3 Wednesday:12:30-3 Thursday: 9—3 Friday: Open as needed for activities	<b>31</b> 9:00 Pickleball (A) <b>1:00 New Year's Eve Fun!</b> 	<b>1 CLOSED</b> 
<b>4</b> 9:00 FUNctional Fitness-(V) 8:00 Pickleball (A) 10:15 Core & More -Virtual 11:00 Book Worms (B) 11:00 Warblers (A) 12:30 Pickleball (A) 1:00 Mah Jongg	<b>5</b> 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 10:00 Puzzle Exchange & Book Loan 12:30 Sheepshead	<b>6</b> 9:00 FUNctional Fitness (V) 8:00 Pickleball (A) 10:15 Core & More-V 10:30 Tai Chi (A) 11:15 Roll Away Stress (V) 12:30 Pickleball (A) <b>1:00 Haney History (B)</b>	<b>7</b> 8:30—3:00 Toenail Clinic 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 1:00 Watercolor (B)	<b>8</b> 8:00 Pickleball (A) <b>10:30 Scholarly Scoop (B)</b> 12:30 Pickleball (A)
<b>11</b> 9:00 FUNctional Fitness (V) 8:00 Pickleball (A) 10:15 Core & More -Virtual 11:00 Warblers (A) 12:30 Pickleball (A) 1:00 Mah Jongg 1:30 DFCI Meeting -Virtual	<b>12</b> 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 12:30 Sheepshead 1:00 Movie: "The King of Staten Island"	<b>13</b> 9:00 FUNctional Fitness (V) 8:00 Pickleball (A) 10:15 Core & More-V 10:30 Tai Chi (A) 11:15 Roll Away Stress (V) 12:30 Pickleball (A) 1:00 Haney History (B)	<b>14</b> 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 1:00 Watercolor (B) <b>1:00 SnowShoe @ Natureland Park</b>	<b>15</b> 8:00 Pickleball (A) 12:30 Pickleball (A)
<b>18</b> 9:00 FUNctional Fitness-(V) 8:00 Pickleball (A) 9:30 Pegs & Jokers 10:15 Core & More (V) 11:00 Warblers (A) 12:30 Pickleball (A) 1:00 Mah Jongg	<b>19</b> 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 12:30 Sheepshead <b>1:00 T-Shirt Necklace Class (V)</b>	<b>20</b> 9:00 FUNctional Fitness (V) 8:00 Pickleball (A) 10:15 Core & More-V 10:30 Tai Chi (A) 11:15 Roll Away Stress (V) 12:30 Pickleball (A) 1:00 Haney History (B)	<b>21</b> 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 1:00 Watercolor (B)	<b>22</b> 8:00 Pickleball (A) 10:00 Puzzle Exchange & Book Loan 12:30 Pickleball (A)
<b>25</b> 9:00 FUNctional Fitness-(V) 8:00 Pickleball (A) 10:15 Core & More (V) 11:00 Warblers (A) 12:30 Pickleball (A) 1:00 Mah Jongg	<b>26</b> 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 12:30 Sheepshead 1:00 Movie: "Seraphim Falls"	<b>27</b> 9:00 FUNctional Fitness (V) 8:00 Pickleball (A) 10:15 Core & More-V 10:30 Tai Chi (A) 11:15 Roll Away Stress (V) 12:30 Pickleball (A) 1:00 Haney History (B)	<b>28</b> 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 1:00 Watercolor (B)	<b>29</b> 8:00 Pickleball (A) 12:30 Pickleball (A)
				<b>31</b> <b>1:00 Cabin Fever Party (V)</b>

## 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-12:00 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.

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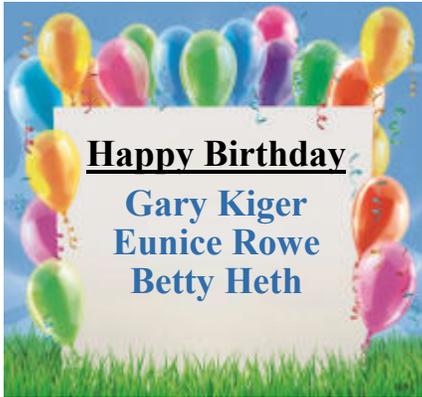
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## Happy Birthday

Gary Kiger  
Eunice Rowe  
Betty Heth

## PARK BENCH ONLINE!



You can now get your copy of *The Park Bench* online by

clicking on or going to the following link

[ourseniorcenter.com](http://ourseniorcenter.com). Enter Seniors in the Park and our zip code 53190. You can also check out our supporting advertisers here, too!

## 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](mailto:dweberpal@whitewater-wi.gov), and, I will add you to the email list.

## TOENAIL CLINIC

Thursday, January 7

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.

Next Clinic: Thursday, February 4



## SCAMS!

Some of our surrounding areas are receiving what appear to be scam calls from someone posing as an ADRC staff. The scammer is calling individuals stating that they work for the ADRC, they have a gift for you, and then asking the individual for their name and Medicare number...PLEASE know that the ADRC will never call you and ask for this information. If you receive a call like this, please contact your local law enforcement. Please know that this can happen here and be aware and cautious with any information you provide over the phone.



## ONE-DAY UNIVERSITY

Watch live or recorded lectures by over 200 remarkable professors chosen from 150 top-tier schools. New talks posted daily. Interact with professors during live streams and an opportunity for small group discussions. Go to [onedayu.com](http://onedayu.com). You can see available lectures, and there is a free trial period. After that \$7.95 per month.

## COOKIE AND COCOA DISTRIBUTION



L—R: Bobbie and Nancy Flanders pick up their treats, a sample of what we gave out, and Parks and Recreation Staff ready to hand out treats.

## WINTER IS HERE: ALLERGIES, COVID & THE FLU

While many people dread the coming of winter, allergy sufferers often breathe a sigh of relief, confident their seasonal allergies will go away once cold weather sets in. This isn't always the case—especially for those who suffer from mold and dander allergies.

Pollen counts do indeed drop in the winter months, but indoor allergens such as mold and dust mites are often increasing, leading to allergy symptoms for those stuck inside during the coldest months of the year. Closing windows and turning on the heat can spread dust, mold spores and insect parts through the air, triggering allergic reactions.

It is often difficult to differentiate between allergies and other seasonal illnesses like the common cold and the flu. And with COVID-19 continuing to surge this winter, distinguishing between the illnesses may be a challenge. Generally speaking, cold and virus symptoms should disappear within 10 days, while allergies linger for weeks or months.

Allergy symptoms include coughs, itchy eyes and nose, sneezing, runny nose, watery eyes and dark spots under the eyes. The flu is often accompanied by fever, aches and pains—rarely seen with colds and allergies. And COVID-19 has its own set of unique symptoms, including a dry cough, breathing difficulties, fever and loss of smell and taste. Specific to COVID, pay close attention to upper respiratory symptoms, noting when they begin and whether they worsen. The CDC has put together a [coronavirus self-checker](#) to help you evaluate symptoms at home and seek care if necessary.

Sudden chest pain or pressure; confusion; a change in consciousness or inability to stay awake; and lack of oxygen (signs include bluish lips or gasping for air) require prompt medical attention.

Call Fort HealthCare Audiology at 920.563.6667 to schedule a hearing evaluation or complimentary hearing screening.

## AARP FRIENDLY VOICES: CONNECTING PEOPLE TO PEOPLE

We may be isolated, but we don't have to be alone. Sometimes, just hearing a friendly voice on the other end of the line can help in challenging times. Trained AARP Friendly Voice volunteers will provide a call to say hello.

**Two ways to request a call for you or a loved one:**

Call us directly at **1-888-281-0145**, leave your information, and we will call you back. You can also check out the website and use the registration form online at:

<https://aarpcommunityconnections.org/friendly-voices/>



## 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, unless there is scheduled programming.

## SENIORS IN THE PARK COMMUNICATION

Most of our communication is through email. Please check your junk/spam mail and add: [wwtr@schedulesplus.com](mailto: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.



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# Seniors in the Park

PO Box 178  
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## 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](http://schedulesplus.com/wwtr)

[www.wwparks.org](http://www.wwparks.org)

[www.whitewater-wi.gov](http://www.whitewater-wi.gov)

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



## PROJECT RECOVERY



Social isolation presented a challenge for many aging individuals prior to COVID.

Project Recovery is a community-based program designed to meet the emotional needs of the community. We are here for support, offering an open ear to process your emotions and discuss challenges. Although we are called counselors, much of what we do is listen, talk and build connection. The service is free and anonymous, with no obligation to anyone.

If you have been emotionally impacted by Covid –19 or just need someone to talk to, you can connect by dialing 2-1-1 on any telephone. \*\*\*Callers must ask for “Project Recovery” by name in order to be properly routed to us!

Counselors can help with Compassionate and nonjudgmental emotional support, Organizing and prioritizing tasks, Information and resource referral, Problem solving, Coping Skills, Better understanding of your current situation and reactions, Stress management, and Developing plans to address unmet needs.

Project Recovery is a service made possible by through partnerships between FEMA, Wisconsin Department of Health Services, WISCAP and your local Community Action Agency.