



# The Park Bench

February 2021

Seniors in the Park Newsletter

## DEVIL'S LAKE VIRTUAL TOUR

This will be a unique, virtual exploration of the most popular Wisconsin State Park - Devil's Lake - a place with an interesting geological and historical story to tell. Participants are guided on a virtual hike of Devil's Lake with videos, photos, and live commentary by staff of the UW Geology Department. As part of this adventure, there will be a scavenger hunt activity and an opportunity to share memories you have of visiting this iconic park.

Date and time to be determined. Call to sign up and we will contact you when it is available.



Volume XXI Issue 2

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## 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. If Packers are in the playoffs, this event will be rescheduled to Sunday, February 21.

## 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. All talks are recorded and posted in the On Demand section of the Virtual Center in our kiosk.

**January 27** More People for whom UW-W Buildings & Facilities are Named

**February 3** 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.

## LEARN THE BASICS OF FIRST AID AND CPR

These classes are not for certification but for your knowledge.

**CPR—Tuesday, February 9 1:00– 3:00 pm**

Since we are all spending so much additional time at home, perhaps with a loved one, do you worry about what to do in case of a cardiac emergency? It can happen at any time to you or your spouse. This 2 hour class will provide you with a hands on approach as to what to do while you wait for the first responders. We will discuss what to look for, how you can help yourselves or others and how to do Hands Only CPR.

Fee: \$5 members; \$7 non-members

Deadline: Thursday, February 4



**First Aid - Tuesdays, February 23 & March 2 1:00 – 3:00 pm**

Are you prepared for a medical emergency as you are house-bound? You can help yourself and others while waiting for advanced medical help to arrive. This class will go over things such as Shock, Breathing Emergencies, Seizures, Fainting, Stroke, Bleeding, Burns, and Frostbite. The more prepared you are, the better off you and others will be.

Fee: \$5 members; \$7 non-members

Deadline: Thursday, February 18

## SCHOLARLY SCOOP

**Friday, February 5, 10:30 am**

As of press time, I had not received the topic. Watch the Monday Musings or the Whitewater Banner for more information. Or call to sign up and I'll let you know what the topic is.

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.



## 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.

Dates: February 1-25

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 Friday, January 29**



## 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.

Dates: February 1-25

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 Friday, January 29**

## CORE, ROLLING & FITNESS EQUIPMENT

If you need hand weights, weighted bar, resistance tube, yoga block, strap, roller or ball, you can pick any of these items up during our open hours.

## VIRTUAL YOGA

**Tuesdays, Mar. 2—Apr. 27, 10—11:00 am  
Thursdays, Mar. 4—Apr. 29, 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: \$45 members; \$55 non-members

Thursday fee: \$45 members; \$55 non-members

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

**Registration Payment/Deadline: Friday, February 26**



## ROLL AWAY STRESS

**Wednesdays, 3:00—4:00 pm  
March 3—April 28**

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: \$25 members; \$35 nonmembers

Deadline to register is February 25. Register online at the kiosk.



## SNOWSHOEING

**Thursday, February 11, 1:00 pm  
Tuesday, February 23, 1:00 pm**

Join Bonnie Wagner and trek at Willow

Brook Golf Course on Hwy. 89. Meet in the parking lot. 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.



## WATERCOLOR-BASICS AND BEYOND

Thursdays, February 4—25, 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: February 1, 2021

Register by calling, emailing or going on line to the kiosk.



### “Mulan”

(Drama/Adventure/Family)

Tuesday, February 9, 1:00 pm  
PG-13; 1 hour, 55 minutes (2020)

Mulan is a legendary folk heroine from the Chinese Dynasties, 4th to 6th century AD. According to their legend, Mulan takes her aged father's place in conscription for the army by disguising herself as a man, as the Huns invade China. Pushing herself to her limits and braving the war, Mulan digs deep to find her true inherited strength. This is the Live action/actors adaptation of the 1998 animated version. It's not your typical Disney movie with more care given to historical authenticity and Chinese culture of the time.

### “21 Bridges”

(Action/Police/Crime/Thriller)

Tuesday, February 23, 1:00 pm  
Rated R (Violence, language)  
1 hour, 39 minutes (2019)

An embattled NYPD detective (Chadwick Boseman) is thrust into a citywide manhunt for a pair of cop killers after uncovering a massive conspiracy that links his fellow officers to a criminal empire. He then must decide who he is hunting and who is actually hunting him. During the manhunt, Manhattan is completely locked down for the first time in its history, with no exit or entry to the island, including all 21 bridges. This cops and robbers “ride-along” will leave you breathless!!

## FREE AGING MASTERY PROGRAM

March 11—April 15

We are excited to announce a new opportunity for local seniors. We will be offering

**The Aging Mastery Program**, on-line via zoom. Join us for a series of virtual classes, lively discussion, and the chance to share your insights with others.

This **FREE** program, which normally costs \$30 for the materials, is designed to help you to engage in wellness activities that include: Creativity and Learning, Connections and Community, Finances and Future Planning, Health and Well-Being, Gratitude and Mindfulness, and Legacy and Purpose.

To sign up, call or email Seniors In the Park. You will receive an Aging and Mastery Starter Kit. The kit includes the Aging Mastery Playbook, Activity Cards, Exercise DVDs, a note pad and a magnet. The class size is limited to 20 people from all centers in Jefferson County. (yes, we are involved and you can sign up!) This program is being offered by the National Council on Aging, the Greater Wisconsin Agency on Aging Resources, the Aging and Disability Resource Center of Jefferson County and the South-Central Area Health Education Center.



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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

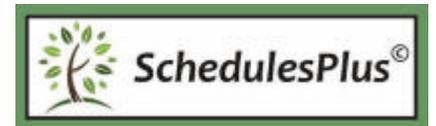
**Bookmark/save this registration link:**

<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, February 1, 11:00 am

The Book Club will discuss *Blossom Sisters* by Fern Michaels.

February is Black History Month and March is National Women's History Month, so we will be reading Michelle Obama's *Becoming*.

In her memoir, a work of deep reflection and mesmerizing storytelling, Michelle Obama invites readers into her world, chronicling the experiences that have shaped her—from her childhood on the South Side of Chicago to her years as an executive balancing the demands of motherhood and work, to her time spent at the world's most famous address. With unerring honesty and lively wit, she describes her triumphs and her disappointments, both public and private, telling her full story as she has lived it—in her own words and on her own terms. Warm, wise, and revelatory, *Becoming* is the deeply personal reckoning of a woman of soul and substance who has steadily defied expectations—and whose story inspires us to do the same.



## PUZZLE AND BOOK LOAN

Tuesday, February 2 10-11:00 am

Thursday February 18, 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.



## BOOK DONATIONS

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

## NATIONAL WEAR RED DAY

Friday, February 5

Heart disease is the leading cause of death in Wisconsin. According to Wisconsin's

Department of Health Services, heart disease refers to conditions that affect the heart functioning and blood flow to it. The most common type of heart disease is coronary artery disease (or coronary heart disease). This occurs when the arteries that supply blood to the heart harden and narrow, resulting in less blood flow to the heart, and is the usual cause of heart attacks. Together we can help change the outcomes for individuals in our community. All community partners can help by spreading awareness and providing resources that aid in the prevention of heart disease.

National Wear Red Day is to help raise awareness of heart disease, in particular among women. Heart disease is often generally associated with men, but cardiovascular disease is the **number one killer of women**. Every year, nearly 500,000 American women die from heart disease and stroke.



Thank You. 

Donations to the Dementia Friendly Community Initiative in memory of Dan Wolfe:

- Sandra Swantz
- Joanne Verbraken
- Lyn Wolfe
- Bruce Dix
- Teri & Jeff Somers
- Tom & Sue Pollock
- Linda Geske

Thanks also to those that donated in his memory through the Whitewater Community Foundation.

- Everyone who has donated puzzles and books. The puzzlers and readers are appreciative.
- **Jackie Amundson** for donating the book *Coming of Age in El Salvador* by Jim Winship.

## MORE THAN A VILLAGE EXHIBIT

February 1—February 28,  
Cultural Arts Center,  
402 W Main St

The Whitewater Arts Alliance will be presenting a gallery exhibition of work created by Mark Lawrence McPhail. The gallery will be open Fridays-Sundays, 2:00 pm – 4:00 pm. In accordance with our COVID-19 safety precautions, Fridays the gallery is open for high-risk individuals only (those 65 years or older or with pre-existing conditions), and all are welcome on Saturdays and Sundays. “More than a Village” is a photographic exhibition that documents the work of the Akola Project (formerly the Uganda American Partnership Organization--UAPO). During 2009, Mark served on the Board of the UAPO and traveled with the organization to Northern Uganda, where he worked with a local refugee community on several development projects. He documented the experience during his visit through explanatory photographs of the work being done and portraits of the people served by the organization.



## FAIRHAVEN LECTURE SERIES: NO PASSPORT NEEDED: FROM THE WORLD, YESTERDAY AND TODAY

Traveling came to an abrupt halt in 2020, but virtual journeys through time and across the world can take place through the experiences of others. Stay safe at home this spring, while exploring our world through the experiences of our fellow global citizens.

Spring 2021 lectures will be held virtually via WebEx and will be recorded and posted to our website and YouTube channel. Links to each lecture can be found on our website. Videos of lectures can be accessed for free any time after they are posted on line. Please check our website and follow us on social media for more information and updates. For videos of past series, visit [ww.edu/ce/fairhaven](http://ww.edu/ce/fairhaven). Any other questions, please contact Karl Borne at [bornek@uww.edu](mailto:bornek@uww.edu) or 262-472-1003.



- Feb. 8** Patagonia: Building Resilience through Nature-based Tourism  
*Andrea Ednie, assoc. prof. and chair., Kinesiology*
- Feb. 15** Exiled Child: Territory, Community and Politics in Louis VIV's France  
*James Coons, asst. prof., History*
- Feb. 22** COVID-19 and My Semester at Sea Experience: or Why I am in Love with Cities I Have Never Seen?  
*Sue Wildermuth, prof., Communications*
- Mar. 1** A Heartland Visa to Revive and Internationalize the Midwest  
*Jonathan Burkham, assoc. prof., Geology, Geography and Environmental Studies*

## FROM THE COORDINATOR

We are open and plan on staying that way! Someone came in with a rumor of us closing. I assume they saw the article reminding people we could close at any time, because of covid, and thought the program was closing. Even though this may happen due to the variant of covid, we are currently open.

January saw the Dementia Friendly Initiative and Accreditation committees start meeting again. Virtually, but it was great to have discussions and get the ball rolling on both.

A few more months and vaccines should be widely available. I can't wait to be open fully again. It will probably be in the summer. The 40th Anniversary of the opening of Seniors in the Park is June 28. Hopefully, we can have a huge celebration, even if it is outdoors, somewhere near that date. Help is needed to plan what you want or send in your ideas.

Take care! January was a rough month for everyone. Be kind. Help your neighbor. A kinder, gentler world begins at home and in our community.

*Deb*



# Extended Travel & Info

9

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 db1

**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 Molnomah 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>

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**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

<https://gateway.gocollette.com/link/1048816>

**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 February 10, the topic is Oscar Event - Movie & Film Trivia**

## 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

The Aging and Disability Resource Center of Dodge County invites you to participate in their new six-week book club, February 25—April 1, for caregivers. This book club will be virtual.

*God Knows Caregiving Can Pull You Apart - 12 ways to keep it all together.*

Written by a caregiver and a part-time chaplain for “the exhausted reader”, is designed for quick reading in stolen moments.

Register by calling 920-386-3580

(register early and receive a free book).

## DEMENTIA FRIENDLY COMMUNITY INITIATIVE (DFCI)

**Monday, February 8 at 1:30 pm**

With a vaccine on the horizon, we need to begin planning how to reopen the respite site, planning for education and training in the community, outreach, assisting caregivers and revisiting 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

**Rescheduled!**

**Wednesday, March 10; 6—7:00 pm**

**Monday, March 15; 1—2:00 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 and interact..

People with dementia need to be understood and supported. Let's make Whitewater more inclusive!

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



## MOM'S GONE MISSING

**Wednesday, February 24 10 am or 6:30 pm**

Author Susan Marshall discusses her book “Mom’s Gone Missing”. She shares her story of a daughter’s experience with her father’s decade-long Alzheimer’s journey and mother’s lightning fast dementia decline. Register for the virtual program at <https://www.fortlibrary.org/missing/> or call 920-563-7790.

## INTIMACY AND RELATIONSHIP CHANGES

**Wednesday, February 10, 2021; 12:00pm—1:00pm.**

This presentation will focus on reasons and possible triggers for “sexually inappropriate behaviors” in persons with dementia and provide practical strategies, interventions and resources for caregivers experiencing this very common experience, yet rarely openly talked about topic . Register at the link below:

[https://dhs.wi.zoom.us/j/8216051240172?pwd=WN\\_313TCKvcSkCPFMw0YBNk3g](https://dhs.wi.zoom.us/j/8216051240172?pwd=WN_313TCKvcSkCPFMw0YBNk3g)

## 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.

## 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.



Whitewater Dementia Friendly, Whitewater Parks and Recreation, the Whitewater Aquatic & Fitness Center and the City of Whitewater are on Facebook. Please friend us.

# SHOP SMALL &

Support your community



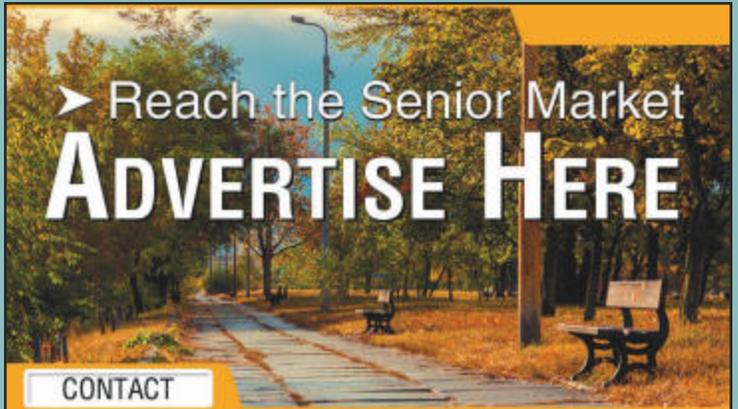
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# Activity Calendar

♥ February 2021 ♥

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<b>1</b> 8:00 Pickleball (A) 9:00 FUNctional Fitness-(V) 10:15 Core & More -Virtual 11:00 Book Club (B) 11:00 Warblers (A) 12:30 Pickleball (A) 1:00 Mah Jongg	<b>2</b> 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 10:00 Puzzle Exchange & Book Loan 12:30 Sheepshead	<b>3</b> 8:00 Pickleball (A) 9:00 FUNctional Fitness (V) 10:15 Core & More-V 10:30 Tai Chi (A) 12:30 Pickleball (A) <b>1:00 Haney History (B)</b> 3:00 Roll Away Stress (V)	<b>4</b> 8:30—3:00 Toenail Clinic 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 1:00 Watercolor (B)	<b>5</b> 8:00 Pickleball (A) <b>10:30 Scholarly Scoop (B)</b> 12:30 Pickleball (A)  <b>Wear Red Day</b> 
<b>8</b> 8:00 Pickleball (A) 9:00 FUNctional Fitness (V) 10:15 Core & More(V) 11:00 Warblers (A) 12:30 Pickleball (A) 1:00 Mah Jongg <b>1:00 DFCI Meeting -Virtual</b>	<b>9</b> 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 12:30 Sheepshead 1:00 Movie: "Mulan" <b>1:00 CPR Class</b>	<b>10</b> 8:00 Pickleball (A) 9:00 FUNctional Fitness (V) 10:15 Core & More-V 10:30 Tai Chi (A) 12:30 Pickleball (A) <b>2:00 Travel Previews</b> 3:00 Roll Away Stress (V)	<b>11</b> 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 1:00 Watercolor (B) <b>1:00 SnowShoe</b>	<b>12</b> 8:00 Pickleball (A) 12:30 Pickleball (A)
<b>15</b> 8:00 Pickleball (A) 9:00 FUNctional Fitness-(V) 9:30 Pegs & Jokers 10:15 Core & More (V) 11:00 Warblers (A) 12:30 Pickleball (A) 1:00 Mah Jongg	<b>16</b> 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 12:30 Sheepshead	<b>17</b> 8:00 Pickleball (A) 9:00 FUNctional Fitness (V)  10:15 Core & More-V 10:30 Tai Chi (A) 12:30 Pickleball (A) 3:00 Roll Away Stress (V)	<b>18</b> 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 10:00 Puzzle Exchange & Book Loan 1:00 Watercolor (B)	<b>19</b> <b>CLOSED</b>
<b>22</b> 8:00 Pickleball (A) 9:00 FUNctional Fitness-(V) 10:15 Core & More (V) 11:00 Warblers (A) 12:30 Pickleball (A) 1:00 Mah Jongg	<b>23</b> 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 12:30 Sheepshead 1:00 Movie: "21 Bridges" <b>1:00 SnowShoe</b> <b>1:00 First Aid Class</b>	<b>24</b> 8:00 Pickleball (A) 9:00 FUNctional Fitness (V) 10:15 Core & More-V 10:30 Tai Chi (A) 12:30 Pickleball (A) 3:00 Roll Away Stress (V)	<b>25</b> 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 1:00 Watercolor (B)	<b>21</b> <b>1:00 Cabin Fever Party (rescheduled?)</b>
<b>26</b> 8:00 Pickleball (A) 12:30 Pickleball (A)				



Activities take place at the Starin Park Community Building unless otherwise noted.

V=Virtual

A=Downtown Armory

146 W North St

B=In person &Virtual

**February Hours:**

Monday: 9—3

Tuesday 9—3

Wednesday: 12:30-3

Thursday: 9—3

Friday: Open as needed for activities

## 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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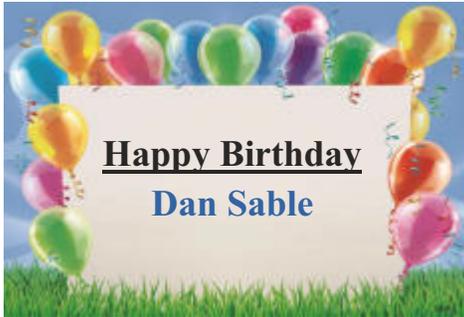
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## PARK BENCH ONLINE!



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

going to the following link [ourseniorcenter.com](https://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.



Photo by Scott Weberpal

## JOYFUL TOES

**Thursday, February 4**

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, March 4**



## FESTIVAL FOOD DELIVERY AVAILABLE IN WHITEWATER

Residents in the City of Whitewater are now eligible to have groceries delivered directly to their doorstep from Festival Foods in Fort Atkinson or Janesville within two hours.

Festival Foods contracts with Instacart, allowing for a personalized home delivery service. Residents can visit the Instacart website, <https://www.instacart.com/store/festival-foods/storefront> or download the app to their smartphone. Enter the zip code of 53190, create an account with an email address and you can shop the virtual aisles of the store as if shopping it in person. Options for delivery of 2 hours, 5 hours or a window of your choice are available. A nominal delivery fee may be applied to some orders and residents have the opportunity to tip the delivery driver if they wish.

## 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.



## 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

## 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.



## MASKS & THE HARD OF HEARING

For the roughly 48 million Americans with hearing loss, communication is challenging enough under the best of circumstances. The global coronavirus pandemic has created additional unexpected obstacles.

Many hard-of-hearing individuals rely on lip-reading to communicate with others. With the CDC recommending people wear face masks to help slow the spread of COVID-19, it's extremely difficult for these individuals to follow conversations. Even those who are well-versed in American Sign Language are having trouble, as facial expressions play a key role in communicating. Furthermore, those who have some degree of hearing ability and don't need to read lips still struggle to understand the muffled speech that masks create. And for people who wear hearing aids, simply putting on a face mask can be difficult; the most popular styles have loops that circle the ears, but these can easily dislodge hearing devices. The best face mask for hearing aid wearers is the type that is tied around the back of the head.

Six-foot social distancing requirements further exacerbate the problem. Old-school methods, such as writing down questions on a pad of paper and passing them back and forth, are no longer permitted. Another barrier involves interpreters. With most hospitals refusing to allow visitors, people who have relied on interpreters to communicate with medical staff suddenly find themselves alone.

Medical experts recommend certain strategies for the hearing impaired, such as downloading speech-to-text apps for their smartphones and leaving home with a written script prepared in advance.

One solution might involve the very source of the problem: face masks. Some manufacturers have introduced transparent see-through masks that offer full-face visibility via a protective plastic panel and have even gone so far as to include anti-fogging properties that prevent heat and moisture from fogging up the covering.

If you're struggling to communicate due to COVID-19 restrictions, contact an audiologist at Fort HealthCare Audiology at 920.563.6667 to schedule a hearing evaluation or complimentary hearing screening.

## 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

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.