



The Park Bench

March 2021

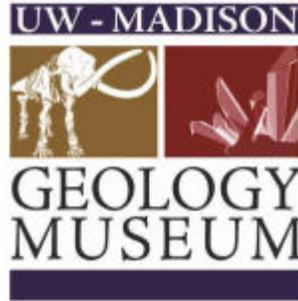
Seniors in the Park Newsletter

FOSSIL SAFARI

Wednesday, March 3 at Noon

Join the UW-Madison Geology Museum in a time-traveling safari to ancient Wisconsin! You will get to see what Wisconsin looked like 450 million years ago when it was covered by a shallow, tropical sea. You'll learn about the rocks we can see in southern Wisconsin, the fossils that are found in them, and what those creatures would have looked like when they were alive.

Register for this virtual program by Monday, March 1. You can also watch the program here with Zoom on our TV or check out a tablet (you need internet) to watch at home.



Volume XXI Issue 3

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LOUISA ANSWERS THE CALL

Tuesday March 23, 1:00 pm

March is Women's History Month, and Jill Fuller will be with us, virtually, to talk about Louisa May Alcott. Before she became famous as the author of *Little Women*, Louisa May Alcott left Concord, Massachusetts to serve as a nurse in the Civil War. In this presentation, we will explore this pivotal experience in her life and how it ultimately led to her famous novel.

Jill Fuller is a librarian, writer and historian. She

is a member of the Louisa May Alcott Society and the co-host of *Let Genius Burn*, an upcoming podcast on Louisa May Alcott's life. You can find her at www.jillfuller.com or on Instagram @jill.full.

Sign up for the virtual presentation or to watch the presentation here on our zoom.

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



40TH ANNIVERSARY OF SENIORS IN THE PARK

Every month I will be sharing some blasts from the past as we get closer to our 40th Anniversary. I will also be sharing updates of some of the plans to celebrate as they come together. Your ideas are still welcome! The celebration is being moved to August 22-28. We will host the Concert in the Park on Tuesday, August 24. Hoping to have a picnic or a Brat Fry that week. If people are interested, we should have something in the 4th of July Parade.

The official opening of the program was June 28, 1981. Emily Saunders was the first coordinator of the program.



Preparations are underway for the open house at the Community Building in Starin Park this Sunday, June 28 from 2:00—5:00 p.m. Plans were discussed recently by City Recreation Director Steve Barritt, Mrs. Emily Saunders, Seniors in the Park coordinator; and Mrs. Barb Pennington, recreation department secretary.

Refreshments will be served and entertainment provided throughout the open house, which is to be hosted by the Seniors in the Park. Everybody is welcome and Mrs. Saunders encouraged all interested citizens to view the facility, which is nearly complete, both inside and out.

THE ARTICLE STATES:

Preparations are underway for the open house at the Community Building in Starin Park this Sunday, June 28, 1981 from 2:00—5:00 pm. Plans were discussed recently by City Recreation Director Steve Barritt, Mrs. Emily Saunders, Seniors in the Park Coordinator and Mrs. Barb Pennington, Recreation Department secretary. Refreshments will be served and entertainment provided throughout the open house, which is to be hosted by the Seniors in the Park. Everybody is welcome and Mrs. Saunders encouraged all interested citizens to view the facility, which is nearly complete, both inside and out.



Photo of the Starin Park Community Building before the addition after the fire. This was the main entrance, which is currently the doorway into the Library/Game Room



WELCOME DEBBIE!

Hi Seniors in the Park family! Just a little introduction here. My name is Debbie Andrus and I'm so pleased to serve you as your new front desk receptionist. My husband and I both come from the East Troy area and moved to Whitewater in 1987. We have 5 children, 7 grandchildren, 2 cats and a dog. We just celebrated our 40th wedding anniversary. I enjoy cooking, gardening, and watching YouTube gardening videos. I'm learning how to "Winter Sow" and

hope to have lots of plants come spring. I spend as much time as possible with our grandkids and on Sundays I play guitar and sing at my local church. I worked over 15 years as a receptionist for Arrow Financial/Sallie Mae and Asset Recovery Solutions and am so happy to share my experience with you.

FROM THE COORDINATOR: CONFUSION & FRONT DESK CHECK-IN



As you can see, there may be some confusion now with two of us, with the same name at the center. The funny thing is we have the same middle name, too! Debbie has been answering the phone with her full name and I'm still saying Deb. Been answering the phone this way for 27 years and it's hard to teach an old dog new tricks.

Please remember when you come in, to check in with Debbie at the front desk and introduce yourself, as she will now be maintaining the attendance records. It's going to be interesting for her with people wearing masks. Thanks all for registering in advance, but we still need you to stop and check-in at the desk, so we know who is attending. There's still an occasional person who doesn't pre-register or forgets. We appreciate your help in maintaining appropriate distancing in our activities with lower numbers and pre-registering.

Thanks everyone for your help in making this process work. I'm hoping we'll all have our vaccinations soon and can start increasing numbers here at the center.

Spring is around the corner!
Deb

ST. PATRICK'S DAY FUN

Tuesday, March 16, 2:00-3:00 pm

Drive up to get your celebration package for St. Patrick's Day. There will be sweet treats, games, bangles and more! We'll help you celebrate St. Patrick's Day in style! Call or email to reserve your St. Patrick's Day treats by Wednesday, March 10. If you missed our Holiday drive up, there were rave reviews of the cookies from the SweetSpot Bakehouse. Don't miss this again!



VIRTUAL DEMENTIA FRIENDS

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.



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: March 1-31

Fee: \$10.00 Member; \$15 Non-member

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

Deadline is Friday, February 26



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: **March 3-31**

Fee: \$9.00 Member

\$14.00 Non-member

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

Deadline is Friday, February 26

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.

No internet or Zoom? Starting in March, if you have had your vaccine, I am allowing 2—3 people to join the Core and Rolling classes in person. Just know I do not wear a mask during class.

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

Tuesday, March 2 1:00 pm

Tuesday, March 9 1:00 pm

Join Bonnie Wagner and trek at Willow Brook Golf Course or Natureland Park.. If you don't have snowshoes, we may have some for you to try. Thanks to Bonnie for sharing.

Register by Monday, March 1 or March 8. Let us know if you have snowshoes or not. Snowshoes on a first to register/request basis. All hikes are weather and snow dependent.



HIKING AND WALKING GROUPS

I'm planning for spring and summer now. Is anyone interested in a walking or hiking group? Focusing on outdoor activities again this summer. We could also hold some fitness classes outside for something different. What do you want to do outside this summer???

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Attorney David J. Nommensen
Attorney Julie H. Nommensen

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WATERCOLOR CLASS - BASICS & BEYOND



**Thursdays April 8—29
1:00—3:00 pm**

Please join Rita Carpenter for some watercolor fun! Topics that will be covered include negative painting and atmospheric perspective... we will paint landscape and flowers. Time to think spring!

Fee: \$50.00.

Deadline is April 1, 2021

Sign up to be in-person or virtual at <https://schedulesplus.com/wwtr/kiosk/>, call 262-473-0535, or email dweberpal@whitewater-wi.gov

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.



“Let Him Go”

(Crime/Drama/Thriller)

Tuesday, March 9, 1 pm

Rated R (Violence); 1 hour, 53 minutes (2020)

A retired sheriff (Kevin Costner) and his wife (Diane Lane) learn, after the death of their son, that their grandson has been adopted by a family living in a compound in the Dakotas, away from law enforcement and modern amenities.

With no other recourse, they embark on a mission to get the boy back, no matter what the cost.

“News of the World”

(Action/Adventure/Drama/Western)

Tuesday, March 30, 1 pm

Rated PG-13; 1 hour, 58 minutes (2020)

Five years after the Civil War, a veteran captain (Tom Hanks) now moves from town to town as a storyteller, sharing the news from the around the globe. On the plains of Texas he crosses paths with a 10-year-old girl (Helena Zengel) taken in by the Kiowa people and raised as one of their own. He agrees to deliver her, against her will, to her aunt and uncle, as the law stipulates. They travel hundreds of miles on a journey in search of a place that either can call home. Film nominations include Best Picture, Best Actor, Best Young Actress, Best Original Music, Best Screenplay (Critics Choice/Golden Globes/AARP Movies for Grownups).

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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 have two tablets. Call or email with questions.



BADGER TALKS LIVE!

Badger Talks is pleased to present a LIVE series of talks on topics that intend to inspire, delight, and pleasantly distract in a time we are all needing positive experiences. Tune in to hear UW– Madison faculty and staff experts on a variety of interesting and engaging topics. Go to <https://badgertalks.wisc.edu/badger-talks-live/> for more information or how to log on. Past talks are also available to watch.

CONFRONTING AGEISM PODCAST

When Ashton Applewhite speaks on the subject of ageism, people listen - she is the author of *This Chair Rocks: A Manifesto Against Ageism*, (which you can check out at Starin Park and is one of my favorite books) and her TED talk, Let's End Ageism, has over 1.6 million views. Be sure to tune in at www.rethinkaging.co

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 and now check out On-Demand classes and presentations in the Virtual Center.

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
- Scholarly Scoops

Call or email if you need assistance with the kiosk.

AGING CONNECTED: CLOSING THE TECHNOLOGY GAP

Senior Planet announced the launch of Aging Connected, their new national campaign dedicated to closing the technology adoption gap for older adults. With generous support from the Humana



Foundation, they have a goal of bringing one million seniors online with high-speed internet by 2022.

By connecting and coordinating the efforts of technology companies, nonprofit senior services providers, and public sector agencies, we aim to increase broadband connectivity among older adults and help seniors maximize the benefit of technology use for health, social engagement, and other essential outcomes.

Visit Aging Connected at <https://agingconnected.org/>, enter your zip code, answer a few questions about your household income and situation, and receive a customized list of low-cost broadband options and internet devices.

Visit Senior Planet at <https://seniorplanet.org/> to find free classes and events aimed to help anyone age 60 and older who is new to the internet learn the basics of home internet access, how to choose a computer, staying safe online, and much more.

If you'd like to learn more about this initiative and help get friends and family online, visit agingconnected.org to find out more and use our low-cost internet search tool.

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



BOOK WORMS

Monday, March 1, 11:00 am

The Book Club will discuss *Becoming* by Michelle Obama. The March book

is *A Spool of Blue Thread* by Anne Tyler.

"It was a beautiful, breezy, yellow-and-green afternoon." This is how Abby Whitshank always begins the story of how she fell in love with Red that day in July 1959. The Whitshanks are one of those families that radiate togetherness: an indefinable, enviable kind of specialness. But they are also like all families, in that the stories they tell themselves reveal only part of the picture. Abby and Red and their four grown children have accumulated not only tender moments, laughter, and celebrations, but also jealousies, disappointments, and carefully guarded secrets. From Red's father and mother, newly-arrived in Baltimore in the 1920s, to Abby and Red's grandchildren carrying the family legacy boisterously into the twenty-first century, here are four generations of Whitshanks, their lives unfolding in and around the sprawling, lovingly worn Baltimore house that has always been their anchor.

PUZZLE AND BOOK LOAN

Friday, March 5, 10:00-11:00 am

Thursday March 18, 10:00-11:00 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!

BUNNY BASKETS

The Parks and Recreation Department is once again offering baskets to be delivered to your grandkids.

Let us hop onto your front porch and leave a special basket. Bunny baskets will feature fun Easter crafts, treats, recipes, and something for the entire family. Basket styles will vary. Delivery will take place on Thursday, April 1st 9am-4pm. To register visit:

<http://www.wwparks.org>

Code Number: 2025.00



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. Any other questions, please contact Karl Borne at bornek@uww.edu or 262-472-1003.



- Mar. 1** A Heartland Visa to Revive and Internationalize the Midwest
Jonathan Burkham, assoc. prof., Geology, Geography and Environmental Studies
- Mar. 15** The Sights and Peculiarities of Thailand
Carol Scovotti, Prof., Marketing
- Mar. 22** Some Backyard Changes: How Latin America Has Changed and Changed the US in the Past 20 Years
Nick Lovett, asst. prof., Economics
- Mar. 29** Jamaica: Mi Soon Come!
Any Stevens, prof. and chair., Special Education
- Apr. 5** Displacement, Nostalgia and Hmong Homeland Politics: Hidden

TRAVEL PREVIEWS

Wednesday April 28 1:00 pm for Greece, Thailand and Music of the Mountains. Call or email for the registration link by Thursday, April 22.

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.



MUSIC OF THE MOUNTAINS

October 3 - 10, 2021

See four live shows and tour the fabulous Biltmore Estate, tour the Titanic Museum, ride the Ober Gatlinburg Aerial Tram, tour the Great Smokey Mountains National Park with a local guide, narrated tour of Nashville, tour the Ryman Auditorium, dinner at the Opry Backstage Grill and a show at the Grand Ole Opry. \$2199 pp/dbl. Itinerary available by calling or going online to <https://www.whitewater-wi.gov/273/Seniors-In-the-Park>
Mayflower Tours and Cruises



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 **Seats still available!**



AMAZING THAILAND

This tour is being moved to March, 2022. 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



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>



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 2nd 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 March 10, the topic is Planning Your Garden

MARCH VIRTUAL MEMORY CAFÉ

“Let’s Celebrate St Patrick’s Day”

March 12, 2021

10:00-12:00 pm

Register by contacting: Teena at 608-843-3544 or teena.monk-gerber@alzswisc.org to receive your zoom link and information. Hosted by the Alzheimer's and Dementia Alliance of Wisconsin.

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 website. If the link doesn't take you to the correct page, click on Family Caregiver Support, then Virtual Events for Caregivers.

VIRTUAL DEMENTIA FRIENDS

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. From telling friends about the program to visiting someone you know living with dementia, every action counts. According to statistics, over 200 people could be living in Whitewater with dementia.

This community informational session, lasting one hour, is interactive and for anyone wanting to understand about dementia. You can also schedule a session for your church group, scouts, 4-H, women's or men's groups or just around your kitchen table with friends (in the fall). Contact us to schedule a session.



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

DEMENTIA FRIENDLY COMMUNITY INITIATIVE (DFCI)

Monday, March 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.



INCONTINENCE MANAGEMENT

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

As of press time no info on the presentation. Register at the link below:

https://dhs.wi.zoom.us/webinar/register/8216051240172/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, www.whitewater-wi.gov, click on Departments, then Seniors in the Park or 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
- ⇒ Whitewater Aquatic & Fitness Center
- ⇒ City of Whitewater are on Facebook. Please friend us



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Activity Calendar

March 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
1 8:00 Pickleball (A) 9:00 FUNctional Fitness-(V) 11:00 Book Club (B) 11:00 Warblers (A) 12:30 Pickleball (A) 1:00 Mah Jongg	2 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 12:30 Sheepshead 1:00 SnowShoe 1:00 First Aid—B	3 8:00 Pickleball (A) 9:00 FUNctional Fitness (V) 10:15 Core & More-B 10:30 Tai Chi (A) 12:00 Fossil Safari -B 12:30 Pickleball (A) 3:00 Roll Away Stress-B	4 8:30—3:00 Joyful Toes 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 1:00 Watercolor (B)	5 10:00 Puzzle Exchange & Book Loan
8 8:00 Pickleball (A) 9:00 FUNctional Fitness (V) 10:15 Core & More-B 11:00 Warblers (A) 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 DFCI Meeting -Virtual	9 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 12:30 Sheepshead 1:00 Movie: "Let Him Go" 1:00 SnowShoe	10 8:00 Pickleball (A) 9:00 FUNctional Fitness (V) 10:15 Core & More-B 10:30 Tai Chi (A) 12:30 Pickleball (A) 3:00 Roll Away Stress—B 6:00 Dementia Friends-V	11 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 1:00 Watercolor (B)	12 8:00 Pickleball (A) 12:30 Pickleball (A) CLOSED
15 8:00 Pickleball (A) 9:00 FUNctional Fitness-(V) 9:30 Pegs & Jokers 10:15 Core & More-B 11:00 Warblers (A) 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Dementia Friends-V	16 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 12:30 Sheepshead 2:00 –3:00 St. Patrick's Day Giveaways	17 St. Patrick's Day 8:00 Pickleball (A) 9:00 FUNctional Fitness (V) 10:15 Core & More-B 10:30 Tai Chi (A) 12:30 Pickleball (A) 3:00 Roll Away Stress-B	18 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 10:00 Puzzle Exchange & Book Loan 1:00 Watercolor (B)	19 8:00 Pickleball (A) 12:30 Pickleball (A) 20 
22 8:00 Pickleball (A) 9:00 FUNctional Fitness-(V) 10:15 Core & More-B 11:00 Warblers (A) 12:30 Pickleball (A) 1:00 Mah Jongg	23 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 12:30 Sheepshead 1:00 Louisa May Alcott -B	24 8:00 Pickleball (A) 9:00 FUNctional Fitness (V) 10:15 Core & More-B 10:30 Tai Chi (A) 12:30 Pickleball (A) 3:00 Roll Away Stress-B	25 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 1:00 Watercolor (B)	26 8:00 Pickleball (A) 12:30 Pickleball (A)
29 8:00 Pickleball (A) 9:00 FUNctional Fitness-(V) 10:15 Core & More-B 11:00 Warblers (A) 12:30 Pickleball (A) 1:00 Mah Jongg	30 9:00 Pickleball (A) 10:00 Yoga with Brienne (V) 12:30 Sheepshead 1:00 Movie: "News of the World"	31 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-B	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	

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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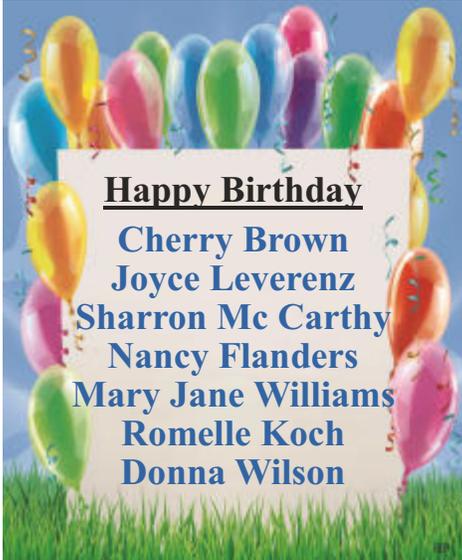
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MEMBERSHIP

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.

NUTRITION SITE POSITION OPEN

Lisa has retired from the position and the Walworth County Nutrition program is looking for a new meal site worker who will coordinate the program in Whitewater. This position is responsible for completing the duties necessary for providing lunch service to seniors and other eligible participants, supervising volunteers, and creating a clean and orderly dining area. For more information go to this link <https://agency.governmentjobs.com/walworthco/default.cfm?> For those not receiving the online version you can email Deb for the link.

JOYFUL TOES

Thursday, March 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, April 1



ACTIVITES 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

Go to wwparks.org to register

COMMUNITY FITNESS CHALLENGE
MARCH 1 - 31, 2021
BE ACTIVE WISCONSIN COMMUNITY CHALLENGE

1. COMPETE AS ONE TEAM WITH YOUR CITY
2. ACHIEVE THE MOST ACTIVE MINUTES
3. WIN THE TITLE OF "FITTEST COMMUNITY"

REGISTER IN YOUR CITY - RECEIVE A T-SHIRT
POST PICTURES ON SOCIAL MEDIA USING THE HASHTAG #BEACTIVEWI

HEARING LOSS: SEPARATING FACTS FROM FICTION

Myth Exposed: *The most common cause of hearing loss is advancing age.*

The truth is that exposure to *loud noise* is the number one cause of hearing loss, with 26 million people in the U.S., between ages 20–69, having hearing loss. Statistics trend toward younger Americans, whose hearing loss risk is on the rise. Upwards of 50% of people aged 12–35 years could be exposed to unsafe noise levels from personal audio devices.

Myth Exposed: *Only people with serious hearing loss need hearing devices.*

The need for hearing amplification is dependent on your lifestyle, your degree of hearing loss and your need for a more sophisticated level of hearing. If you are a teacher, for example, refined hearing is necessary to understand the nuances of communication. Therefore, you may not be able to tolerate even a mild level of hearing loss. On the other hand, if you live alone or in a rural area and seldom socialize, your tolerance level for moderate hearing loss may be higher.

Myth Exposed: *If I had a hearing loss, my family doctor would have told me.*

Not always. Studies show that only 37% of physicians routinely screen for hearing loss during a physical.

Myth Exposed: *Hearing devices will make me look "older."*

It is not the hearing devices that make one look older; it is the fact that you cannot hear, understand and communicate normally with others that make you look older.

Myth Exposed: *Hearing devices aren't worth the expense.*

Research conducted by the Better Hearing Institute concluded that 9 out of 10 people indicate that the quality of their life has improved with hearing devices. Overall satisfaction with one-year-old hearing devices is now 78%, close to satisfaction ratings for most consumer electronics.

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

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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.



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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

Front Desk

Debbie Andrus

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*



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.