



Promotes and enhances a vital aging community

504 WEST STARIN ROAD
P.O.BOX 178
WHITEWATER WI 53190
262-473-0535 Fax 262-473-0537
Email: dweberpal@ci.whitewater.wi.us
Deb Weberpal, CPRP, Senior Coordinator
Rose Ellestad, Senior Aide
Romelle Koch, Volunteer Editor
June 2009 Volume IX Issue 6



SENIOR DAY OUT

Thursday June 18, 11 am—4 pm
The Grounds at Mulberry Glen

A free, lively and entertaining day out for older adults. Enjoy senior resource booths, crafts, food,

Wii Bowling, Bingo, and free massages. The Steve Meisner Band will be performing for your dancing and listening pleasure from 1:00—4:00 pm Educational participatory programs include: Tai Chi with Sam Gnatzig of the Whitewater Aquatic and Fitness Center -11:00 am, Belly Dance with Sandy Anderson, performer and grandmother—11:30, Enhance Your Balance with Senior Center Director Deb Weberpal—12:00, a Line Dance performance by the Dancing Divas from the Janesville Senior Center—12:15, Line Dance lessons—12:30-1:00, and a Fitness Walk with Deb Weberpal at 1:30. Parking is available in the St Patrick's and Sentry parking lots. This event is sponsored by a committee of adult providers including: Mulberry Glen, Seniors in the Park, Walgreens, Alzheimer's Association, Odyssey Health, The Glen, and Hospice Advantage.



ANNUAL SENIOR FORUM

Monday, June 1 12:00 pm

Make Whitewater a quality community for older adults to live in. Join us and give your input on programs and services provided to older adults by the city. This is your chance to impact the programming and services we offer for the next year. Agenda items include: Approving funds to purchase the van, update on Accreditation, and the new van. The entire agenda is posted on the bulletin board at the Community Building or is online at the city website: www.ci.whitewater.wi.us, Parks and Recreation, Seniors in the Park. Lunch will be served. Please call if you will be attending. Please RSVP!

THE BARRIER WALL IN THE HOLY LAND

Wednesday June 24, 12:30 pm

This talk will give you a glimpse into how "The Wall" is affecting the daily life of families who live in the Holy Land but whose cities are now enclosed by cement walls and electric fences. Recent photos from Bethlehem, Hebron and Ramallah will be shown to demonstrate how their lives have been changed.

WHAT'S INSIDE

- **Pages 2-4**
Classes & Activities
- **Page 5**
Nutrition Site and Volunteers
- **Page 6**
Resources & Services
- **Page 7**
FYI, Donations, Coordinator's Comments
- **Page 8-9**
Van, Coach, and Extended Trips

Volunteers are needed to staff a Seniors in the Park table at the Senior Day Out on Thursday June 18. Two hour shifts from 10 am - 4:30 pm. Sign up with a friend!

Special Events and Classes

BOCCE

Thursdays 10:00 am

Beginning June 11, we will be playing Bocce, a simple lawn game consisting of rolling balls to be closest to the original ball thrown. Open bocce will be played (no court). Two to eight people can play. Instruction will be given on the 11th. Try out this fun and challenging sport.

COMPUTER SAVY



My Pictures

June 9 & 11
9:30 am

Bring in your pictures on a disc or flash drive and learn how to edit and manipulate your photos.

Instructor: Lyle Hunter

Cost: \$5.00; Register by June 4.

Advanced Word

June 30 & July 2
9:30 am

Topics will include: text boxes; inserting clip art or pictures; columns; numbering and bullets; and juggling multiple documents.

Instructor: Lyle Hunter

Cost: \$5.00; Register by June 4.

INTERNET ACCESS

The computer lab is available for public use during operating hours except when a computer class is in session.

NAME OUR NEWSLETTER

It's time our newsletter had a name. Pick up a form at the reception desk and submit your idea or ideas. Deadline for the contest is July 15. We will vote in August and by September our newsletter will be named! The winning submission will receive a \$10 Chamber Check.

WATERCOLOR CLASS

June 11– August 27

You will finish 3 paintings in two classes each. Learn how to use salt, Saran Wrap and credit cards to achieve different effects. We will explore values and perspective. Tracings and value references will be provided. Sandy Greco will facilitate the group which will be offered on the 2nd and 4th Thursday of the month beginning in June.

Instructor: Sandy Greco

Cost: \$20 for 6 sessions.

Reservation and payment due by June 8.

CREATIVE WRITING SEMINAR



**Saturdays June 20– August 1
10:00 am**

Are you an expressive person looking for a creative outlet? Learn how to get your ideas and thoughts on paper. Creative writing techniques include work with journaling, free writes, word association games, similes and metaphors. Plenty of examples from writers across the spectrum will motivate and inspire you to get started. Bring a notebook and pen. Facilitator is Lynn Greene, creative writing graduate and journalist.

Registration and payment deadline: June 11

MINDWORKS

Monday June 8, 11:00 am

If you or a loved one is concerned about memory loss, then please come to a brief, informative presentation on MindWorks, a new memory enhancement program of Lutheran Social Services. You will learn about a program that offers strategies to help maintain a health brain in a fun, healthy, an supportive atmosphere. MindWorks is for people with mild/early memory loss. It will also be held at Cross Pointe Community Church on Tuesday May 19 at 2:00 or 6:30 pm for Questions? Please contact Joelle, program facilitator, at 920-728-0864.



OUR HOUSE SENIOR LIVING MOVIES

Special thanks to Our House Senior Living for sponsoring the monthly movie. Popcorn and a beverage will be served. IN the summer, one movie every month will be an intergenerational movie. Grandchildren are welcome.

“Hotel for Dogs”

Tuesday, June 23, 12:30 pm

Rated: PG 100 minutes

Animals are strictly forbidden at Andi and Bruce's foster home. But for Friday, the adorable dog they secretly care for, they're ready to risk everything. They finally find an ideal shelter, a huge abandoned hotel. In what has become an incredible paradise for dogs, Friday is soon joined by all kinds of furry friends, so many in fact that their barks alert the neighbors. Andi and Bruce will have to call on all their friends and all their imagination to stop the hotel's secret from being discovered.

“Slumdog Millionaire”

Tuesday, June 30, 12:30 pm

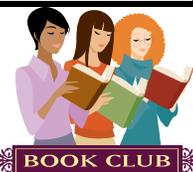
Rated: R 2 hr.

Jamal Malik an 18 year-old orphan from the slums of Mumbai, is just one question away from winning a staggering 20 million rupees on India's "Who Wants To Be A Millionaire?" when the police arrest him on suspicion of cheating. Jamal tells the story of his life in the slum where he and his brother grew up. Each chapter of his story reveals where he learned the answers to the show's seemingly impossible quizzes. But why is he, with no apparent desire for riches, really on the game show?
Rated R for some violence, disturbing images and language.

BOOK CLUB

Monday June 1, 10:30 am

The Book Club will discuss the book *Free Food for Millionaires* by Min Jin Lee. The book for July is *Rasputin's Daughter* by Robert Alexander. Alexander's novel tells of the last week of Rasputin's life, a time when, Maria says, she learned everything she knows about her father. Through Maria's recollections, history's mad monk emerges in a deftly drawn portrait, one in which saintliness and debauchery become almost impossible to distinguish. With sorrow and amazement, Maria recalls her father's astonishing inner contradictions. She describes not only her father's mysterious wisdom and uncanny clairvoyance, but also his naïve inability to comprehend the venomous political intrigues that surround him.



BINGO!

Bingo is played at 10:00 a.m. in the Starin Park Community Building.

June 2: Culver's Bingo

June 16: Our House Senior Living

June 23: City Bingo



Weekly Bingo Sponsors:

Culver's Our House Senior Living

City Bingo Sponsors:

Topper's Pizza	Floral Villa	Subway
Associated Bank	Robin's Nest	Rosa's Pizza
Commercial Bank	Sweet Spot	Sentry
Bergey Jewelry	Pizza Hut	Karina's
McCullough's	Jimmy John's	Taco Bell
Rocky Rococo	Cousin's Subs	Jessica's
Café Pueblo Pedro	Mirage Hair Studio	
Winchester True Value	Culligan Soft Water	
Cozumel Mexican Rest	All Care Heating	
Rick's Eastside Pub	Eastsider/Westsider	
First Citizen's State Bank	Dale's Bootery	
Fort Community Credit Union	Genoa Pizza	

Remember to thank our sponsors when you visit them.



Wii BOWLING

Mondays 11:00 am

Stop in and try out this fascinating game. No need to lift a heavy ball, and you can even do it seated. If there is enough interest, we will start a bowling league.

CERAMICS

Learn how to clean greenware and prepare it to be fired in the kiln. Learn painting and glazing techniques. Prices are based on the size of the project ranging from \$.50 to \$20. Drop-in as often as you like, Tuesdays 6:30–8 pm, Wednesdays 6:30–8 pm and Thursdays 1–3:00 pm.

ACTIVITIES AT A GLANCE

Bid Euchre—Mondays 1:00

Bocce—Thursdays 10:00 am beginning June 11

Book Club—First Monday 10:30. Books available at Starin Park

Canasta—First, third and fifth Mondays 1:30

Ceramics—Tuesday and Wednesday 6:30-8:00 pm, Thursdays 1-3 at Armory

Chess—Wednesdays 1:00

Dominoes—First Tuesday 11:30

Golf League—Mondays 8:30 tee time

Potluck—First Tuesday 11:00. Bring a dish to pass

Senior Forum—First Monday at noon

Sheepshead—Tuesdays 1:00 pm

Texas Hold 'em Poker—First/Third Wed 1:00

Wii Bowling/Sports—Mondays 11:00

POTLUCK AND DOMINOES

Tuesday June 2, 11:00 am

Bring your favorite dish to pass and enjoy fellowship and conversation.

After the meal, enjoy a friendly game of Dominoes.



CHESS

Wednesdays 1:00

Stimulate your brain and enjoy a pleasurable afternoon with a new challenge. All skill levels are welcome.

LGBT DISCUSSION GROUP

1st & 3rd Thursdays 2:30-4:00 pm

LGTB (Lesbian, Gay, Bisexual and Transgender) senior adults meet at the Madison Senior Center, 330 W. Mifflin St., Madison. Join in friendly conversation with an appointed leader who guides discussions that are informal, open dialogues. Participants determine the topics based on group members' current interests, and, occasionally, treats and soda appear. LGBT persons and their friends and families are invited and are welcome. For more information call the Madison Senior Center at 608-266-6581

WALK THE TRIANGLE

In an effort to promote the health of our community's growing senior population Downtown Whitewater, Inc. is sponsoring the **Senior Triangle Walk for Health Program** weekdays from 8 to 11 AM. This will provide a great opportunity for seniors throughout the community to meet, enjoy each others company and exercise together. And, yes shop downtown, especially at a discount during these hours, at participating downtown businesses.

Sign up at the Starin Park Community Building or any participating business downtown to receive your Senior Triangle Walk Shopping Pass. Deposit your Shopping Pass at a participating business to win monthly prizes.

Cut loose and walk the hypotenuse!



GRADUATION CARDS

Do you need Graduation cards?

Check out our supply of cards. We have a great selection of everyday and special

greeting cards, including Birthday, Sympathy, Baby, Christening, Get Well, Thinking of You and Friendship at low prices.

Volunteers

VOLUNTEER OPPORTUNITIES

See Deb for more information if you are interested in any of the following opportunities. Signup sheets are also available at the Community Building for fundraiser help and donations.

- **VAN DRIVERS** Once or twice a month. Training provided and background check required.
- **Staff our table at the Senior Day Out** At Mulberry Glen on Thursday June 18. Shifts are 2—2 1/2 hours. Help us promote Seniors in the Park. Sign up at the reception desk.
- **Big Read Coordinator** Be the Seniors in the Park Liaison working with the local library and Young Auditorium to plan events for the Big Read in 2010. Assist in coordinating events at Seniors in the Park.
- **Volunteer Coordinator** Assist in finding volunteers, developing volunteer opportunities, training, recordkeeping and recognition. See Deb for position description.
- **Investment Club Facilitator**-Help develop, implement and facilitate the club which will discuss and learn about investments and the market.
- **Publicity**—Assist with publicity to include writing and distributing press releases and radio PSA's. Also making posters/ flyers and distributing.

VAN DRIVER TRAINING

Thursday June 25, 9:00 am

A training will be held to prepare van drivers for the CDL test at Nelson Bus Company on Willis Ray Road. Drivers can meet at the Community Building at 8:45 or at Nelson Bus at 9:00. Please sign up for the training by Monday June 22.

Check out the display case for inexpensive, new items to spice up your wardrobe. Items are not priced. Make us an offer and it is yours! We also have inexpensive greeting cards for sale. Stop in and see!

Nutrition Site Page 5

BIRTHDAY DAY

Wednesday, June 17, 11:30 am

If you have a birthday in May, come and celebrate with us at the meal site. Sign up for the meal by noon a day in advance.



HAPPY JUNE BIRTHDAYS TO:

11—Doris McQuillin 22—Steve Ridenour
13—Fred Kraege 24—Lois Zipp
16—Anne Prince

NOTES FROM THE KITCHEN

Summer is here. Get out of your hot kitchen and savor cool salads with us. Stop in and try out one of our new menus. The food is great and the camaraderie is even better! If any participant needs a special request, let Sue know, and we will try to accommodate you.

Nutrition Site meals are served at 11:30 Monday through Friday. Anyone 60 and over is welcome to attend the meal. To reserve a meal, call 262-473-0536 by noon a day in advance (call Friday for a Monday meal) or call Walworth County at 1-800-365-1587 and leave your name, phone and the meal site you would like to attend. It's that simple. Enjoy a meal and with us.

~Sue



REMINDER: The Nutrition Site meals are available for a very reasonable donation. To continue with these minimal amounts, **cancellations** must be called in no later than 8 am the day of your reservation or the night before. Please call the Nutrition office at 262-741-3333 and leaving your message.. Walworth County gets charged for meals ordered. Please help out the Nutrition program by canceling in advance.

IMPORTANT NUMBERS & WEB SITES

- Alzheimer's Assistance, Southeastern WI Chapter, 1-800-272-3900 or www.alzheimers-sewi.org
- Walworth County Benefit Specialist, contact Julie Juranek, 262-741-3200 or 1-800-365-1587
- Walworth Co. Dept of Health & Human Services, Dept on Aging, 1-800-365-1587
- Information and Referral, (County Aging Services), 262-741-3423
- Coalition of Wis. Aging Groups/Elder Law Center, 608-224-0606 or www.cwag.org
- Retired Senior Volunteer Program (RSVP), contact Patti O'Brien, 262-472-9632
- Social Security Administration, 1-800-772-1213
- Southeastern WI, Area Agency on Aging is now GWAAR, Greater Wisconsin Agency on Aging Resources, Inc., 262-821-4444 or 608-224-6300, www.gwaar.org
- Walworth County Chapter of AARP, contact Nancy Schultz 608-883-2044

ARE YOU ELIGIBLE FOR MEDICARE?

Walworth County Senior/Elderly Benefit Specialist Program will host Medicare Workshops at Walworth County Health & Human Services, Hwy. NN, Elkhorn at either 1-2:30 pm or 6-7:30 pm on Thursday, June 11 and Wednesdays August 12, October 14, and December 9. If you have questions on Medicare, call the Specialist, 262-741-3200 or 1-900-365-1587.

PAPER SHREDDER

We have a shredder available to use. Please call in advance.



THERAPEUTIC MASSAGE

Monday, June 8, 1:00 pm

Massage can increase range of motion and decrease pain. Sharon Baker specializes in massage for seniors. She will be at the Community Building on the second Monday of the month offering half hour massages for \$25 (please note price increase but is still a discount from her regular price). This is a table massage. Appointments must be made in advance by calling 262-473-0535.



CHAIR MASSAGE

Thursday June 25, 10:30 am

Sharon is now offering chair massage in addition to table massage. Please make an appointment in advance by calling 262-473-0535.

FOOT CLINIC

Tuesday, June 2, 12:00 pm

Sharon Holz, R.N. provides our foot clinic on the first Tuesday of the month. You will get a foot soak, have your nails clipped, filed and cleaned, corns and calluses filed, and your foot massaged. Please bring a towel. No appointment is necessary. Cost is \$10.00.



BLOOD PRESSURE SCREENING

Tuesday, June 23, 10:30 am

A free blood pressure screening is provided by the Whitewater Family Practice at the Community Building.



WHITEWATER GRIEF SUPPORT GROUP

2:00 pm 3rd Tuesday

This group meets at Fairhaven in the Lower Level Conference Room. New members are always welcome. Call 920-674-6255 with questions.



SPRING/SUMMER THERMOSTATS

As a city facility, the thermostats in the Community Building are set at a general comfortable temperature. Some may find this warm, and for others, it may be cool. Please dress appropriately or bring a sweater. We try to keep the building comfortable, but not everyone has the same internal thermostat.

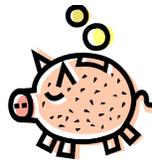
DONATIONS, GIFTS AND MEMORIALS

“No man can become rich without himself enriching others.” Andrew Carnegie

You can make Seniors in the Park a recipient of a gift any time of the year. We appreciate your generosity and support of our programs.

THANK YOU TO:

- **Veda Fearn** for a donation to the computer lab.
- **Steve Ridenour** for donating a disposable camera for the van.
- **Bea Jacobs** for donating books for the library.



FUNDS FOR FRIENDS

We received \$68.66 in May for our Funds for Friends project. Keep up the great work collecting those Sentry receipts with Funds for Friends stickers. Remember to collect them at both the Elkhorn and Whitewater Sentry stores.

Coordinator's Comments

In May, we lost two active, former participants of Seniors in the Park. Tom Barnes sent me an email about these ladies and I'd like to share it with you.

Hi Deb: I just saw the obituaries of Millie Stelter and Dorothy Schroedl. These ladies were very active with the Seniors for years, and among the first people I met when I came to town back in the late 80's. Dorothy was one of the card organizers, along with hubby Tony, and really made the effort to keep things running smooth, even if it meant sending me to the casino when they were running low on cards (damn the bad luck!). Over the years Dorothy was involved in many senior functions and had an engaging personality that got many others involved. Millie was another card, and I really enjoyed her laughter and easy going ways. Millie was always willing to try things, and had a sense of humor that kept things in perspective. I know there are a lot of stories about each of these ladies, but the thing I remember most is that they volunteered to benefit others, not just themselves, and that spirit is what makes these types of programs special. They will be missed...

Thanks Tom for the special memories of these two lovely ladies. People are what make Seniors in the Park special. It wouldn't exist with out YOU! What you bring to us to share is so important. Your talents, your laughter, your kindness and creativity. You make things happen! Thank you all.

The State Accreditation Peer Review Team will be here on Thursday, June 4 from 9:00 am—1:30 pm. They will be reviewing our practices, policies, procedures, and facility. I am looking forward to the review and beginning to work on the goals and objectives that the Accreditation committee formulated.

Deb



NOTE: Remember to turn in your questionnaire from the May newsletter.

Seniors in the Park serves adults of the Whitewater area who are 55 or better. Other adults are welcome to participate on a space available basis.

JANESVILLE SHOPPING

We are taking the summer off as ridership has been down. If you are interested and enough people want to go let us know and we will find a van driver.



LUNCH BUNCH

Thursday, May 14, 10:30 am

Enjoy Clausen's Barn at Old World Wisconsin. Lunch is on your own.

Departure: 10:30 am.

FISH FRY FRIDAYS

Friday, June 19, 4:30 pm

Enjoy the fish fry at the Lake House Inn in Edgerton. \$9.50 for fish or half fish/chicken. This will be Henry Malo's last van trip driving for the fish fry. Come along and give him a great send off! Depart at 4:30.

Cost for the trip is \$5.00

CIVIL WAR MUSEUM

Tuesday June 23, 8:30 am



The Civil War Museum in Kenosha, is like no other museum in the country. No current museum explores this war as seen and experienced on the home front nor the

connections between the home front and the battle front. Through state-of-the-art museum technology, life-size dioramas, and interactive engaging exhibits, visitors travel back in history to the social, political and economic influences that contributed to the Civil War. Lunch will be on your own at Frank's, a unique and old-fashioned diner. Stop at O&H Bakery for the best kringle anywhere.

Cost: \$20-\$25 (more info when you sign up)

Reservation and Payment due by June 11

MISSISSIPPI RIVER FALL EXPLORER

October 5-7, 2009

Begin the trip with a scenic and explorative cruise down the Mississippi River from Prairie du Chien to Lansing IA. You'll see Effigy Mounds National Monument, majestic Pike's Peak bluff, and the mouth of the Wisconsin River, just at the early explorers did. Your Captain shares tales of steamboat wrecks, early explorers, and Native American wars. That evening enjoy dinner along with entertainment by the "Footnotes" a traditional Scandinavian band. Other tour highlights include the Laura Ingalls Wilder Park and Museum, the Seed Savers Exchange, the Vesterheim Norwegian American Museum, the famed Billy Brothers collection of carved wooden clocks, the Decorah Fish Hatchery, and Pikes' Peak State Park, one of the most beautiful overlooks on the entire Mississippi River. Trip includes 5 meals, baggage handling, driver gratuity, lodging and transportation. Call for a detailed itinerary.

Cost: \$399 per person double

\$465 per person single

Reservations and final payment due by 8/31/09

SMOKEY MOUNTAIN SHOW TRIP & THE BILTMORE ESTATE

Sept 27-Oct 3 \$619 per person dble

Call for a detailed itinerary.

FIRESIDE 2009

Wed Aug. 5—The Witnesses; Jesus & Followers.

RSVP/Payment deadline: Tues June 30.

Escort: Marie Hathaway

Wed Oct. 28—The Sound of Music

RSVP/Payment deadline: Wed., Sept. 23

Wed Dec 16—Fireside Christmas

RSVP/Payment deadline: Thurs., Oct. 29

Cost: \$62.00

Payable to: The Fort Atkinson Senior Center.

Arrive at the Fireside at 10:30 am. Lunch is at

11:15 and Show at 1:30. Transportation is on your own.

Coach Trips



WINE AND CULINARY TOUR

Wednesday July 15

Experience the Valentino Vineyards with a tour of the vineyards, learning about the wine making process, and enjoy a sampling. (The owners name is Rudolph!). Then it's off to the scrumptious Long Grove Confectionery for a tour. See how they make chocolates and view their fabulous chocolate sculptures. Delight in the outlet store after the tour. The rest of the day will be spent in Historic Long Grove. Our group will be treated to a tour and tasting at the Olive Tap (olive oil), a snack and beverage at the Apple Haus and we will receive discount shopping coupons. This picturesque village offers some of the most extensive and select retail establishments in the Chicago area, most of which are located in landmark historic buildings. There are eclectic art galleries, a mosaic of gourmet specialty shops, and a myriad of fine and casual dining opportunities. Enjoy a day of food and fun!

Cost: \$42 RSVP/Payment deadline: June 18

Make checks out to City of Whitewater

Depart: Fort K-Mart 7:30 am
Starin Park 8:00 am

Return: Starin Park 6:00 pm
Fort K-Mart 6:30 pm

Note: Lunch is on your own. There will be a lot of walking on this trip.



OLD FASHIONED GARDENS

Wednesday, June 3

Depart: Starin Park, 8:15 am
Fort K-Mart, 8:40 am

Return: Fort K-Mart, 4:40 pm
Whitewater, 5:00 pm

Extended Trips Page 9

ALBUQUERQUE BALLOON FIESTA

October 2-6, 2009 \$1589 pp/dble

Imagine a blue sky filled with a kaleidoscope of dazzling colors and shapes. Witness the morning mass ascension and the Balloon Glow, an event that's guaranteed to set the night sky ablaze. Trip also includes a guided tour of Albuquerque with Old Town, Los Alamos and Bandelier National Monument, and an historic walking tour of Santa Fe. Trip includes professional Tour Manager, free home pickup (in Walworth Co), 3 meals, round trip airfare from Chicago and \$25 in Mayflower money. Call for complete itinerary.

Final payment due June 18.

CAPE COD

September 13-19 \$1949 pp/dble

Tour highlights include: 6 nights in Hyannis, Cape Cod Central Railroad, Hyannis Harbor Cruise, Plimith Plantation, Plymouth Rock, Mayflower II, Martha's Vineyard Tour, Newport's Ocean Dr, Breakers Mansion tour, Heritage Plantation, Sandwich, New England Lobster Dinner. Includes: Airfare transfers, 9 meals, sightseeing and admissions, tour director and baggage handling. \$550 single supplement. Call for a complete itinerary. Final payment due June 22.

EMERGENCY FORMS

Emergency forms must be completed to travel with us. They can be filled out when you register for a trip or the day of. You will need doctor/emergency contact numbers and a list of your medications.



Motorcoaches lead every other travel mode in passenger fuel efficiency, averaging more than 206.6 passenger miles per gallon, highest of 14 modes studied.

Seniors in the Park
PO Box 178
Whitewater WI 53190

Member:

Wis. Association of Senior Ctrs.
Wis. Parks & Recreation Assoc.
Intern'l Council on Active Aging

Seniors in the Park
504 W Starin Rd
PO Box 178
Whitewater WI 53190
Phone 262-473-0535
Fax 262-473-0537

Nutrition Site 262-473-0536
Mon-Thurs 8:30 am—3:30 pm
Deb Weberpal, CPRP, Senior Coordinator
dweberpal@ci.whitewater.wi.us

For General City information see the city
website at www.ci.whitewater.wi.us

Seniors in the Park is a division of
Whitewater Parks and Recreation
Matt Amundson, CPRP, Director
Michelle Dujardin, Recreation &
Community Events Coordinator

NEWSLETTER SUBSCRIPTION
OR PICK-UP SITES

To have the Seniors in the Park Newsletter mailed to your home for one year, send \$5 with this coupon. To receive the newsletter **FREE**, go online to www.ci.whitewater.wi.us. Click on Departments, Parks and Recreation, Seniors in the Park to print a copy of the newsletter. The newsletter is available for pick up at the Community Building, Municipal Building, the Mercy Aquatic Center, Discover Whitewater, and the Irvin L. Young Memorial Library.

Name _____

Address _____

E-Mail _____

**SENIORS IN THE PARK PROMOTES AND
ENHANCES A VITAL AGING COMMUNITY**

Seniors in the Park Activity Calendar –June 2009

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:30 Golf 9:30 Stretch/Flex 10:30 Book Club 11:00 Wii Bowl 12:00 Annual Senior Forum w/ lunch 1:00 Bid Euchre 1:30 Canasta	2 10:00 Culvers Bingo 11:00 Potluck 11:30 Dominos 12:00 Foot Clinic 1:00 Sheepshead 6:30 Ceramics (A)	3 8:15 Garden Trip departs 1:00 Texas Hold 'em Poker 1:00 Chess 6:30 Ceramics (A)	4 1:00 Ceramics (A) 9:00 – 1:30 Accreditation Peer Review	5
8 8:30 Golf 11:00 Mindworks Presentation 11:00 Wii Bowl 1:00 Therapeutic Massage 1:00 Bid Euchre	9 9:30 My Pictures 1:00 Sheepshead 6:30 Ceramicd (A)	10 1:00 Chess 6:30 Ceramics (A)	11 9:30 My Pictures 10:00 Bocce Starts 10:30 Lunch Bunch to Clausen's Barn 1:00 Summer Painting 1:00 Ceramics (A)	12 
15 8:30 Golf 11:00 Wii Bowl 1:00 Bid Euchre 1:30 Canasta	16 10:00 Our House Senior Living Bingo 1:00 Sheepshead 6:30 Ceramics (A)	17 11:30 Birthday Day 1:00 Texas Hold 'em Poker 1:00 Chess 6:30 Ceramics (A)	18 10:00 Bocce 11 – 4 Senior Day Out at Mulberry Glen 1:00 Ceramics (A) Wine Tour Deadline	19 4:30 Fish Fry
				20 9:00 - 4 Sketching Workshop 10:00 Creative Writing Seminar
22 8:30 Golf 11:00 Wii Bowl 1:00 Bid Euchre	23 8:30 Civil War Museum departs 10:00 City Bingo 10:30 Blood Pressure 12:30 Our House Senior Living Movie “Hotel for Dogs” 1:00 Sheepshead 6:30 Ceramics	24 1:00 Chess 6:30 Ceramics (A) 10:30 Janesville Shopping 12:30 Barrier Wall Presentation	25 9:00 Van Driver Training at Nelson Bus 10:00 Bocce 10:30 Chair Massage 1:00 Summer Painting 1:00 Ceramics (A)	26
				27 10:00 Creative Writing Seminar
29 8:30 Golf 11:00 Wii Bowl 1:00 Bid Euchre 1:30 Canasta	30 9:30 Advanced Word Class 1:00 Sheepshead 12:30 Our House Senior Living Movie “Slumdog Millionaire” 6:30 Ceramics		*Activities take place at the Starin Park Community Building unless otherwise noted. (A)=Downtown Amory (L)=Cravath Lakefront	

Walworth County Nutrition Menu – June 2009

Monday	Tuesday	Wednesday	Thursday	Friday
1 Salisbury Steak Potatoes O'Brien Harvard Beets Wheat Bread Gingered Pears	2 Fiesta Pasta Bake Corn Green Beans Ranchero Potato Roll Banana	3 Oriental Beef and Savory Brown Rice Carrots and Chives Multi-Grain Bread Pineapple Tidbits	4 Oven Fried Chicken Patty Mashed Potatoes and Gravy Spinach Wheat Roll Chilled Peaches	5 Turkey Pasta Salad with Shell Rigate Lettuce and Tomato Mandarin Oranges Wheat Bread Strawberry Mousse
8 BBQ Riblet on a Sliced Wheat Bun Diced Red Potatoes Parslied Cauliflower Mixed Fruit	9 Beef Barley Soup Parslied Carrots Peas and Onions Wheat Bread Cantaloupe	10 Oven Fried Chicken (Drumsticks) Mashed Potatoes and Gravy Mixed Vegetables Wheat Bread Fruit Jell-O	11 Sante Fe Ham Salad Lettuce and Tomato Creamy Broccoli Salad Ry Krisp Crackers Chilled Apricots	12 Mostaccioli (Pasta) and Meat Sauce Italian Mixed Vegetables French Bread Ranger Cookie
15 Chopped Steak with Mushroom Sauce Mashed Potatoes Brussels Sprouts Wheat Bread Fruit Cup	16 Chicken Salad Romaine Lettuce Garnish Herbed Tomato Wedges Multi-Grain Bread Chilled Pears	17 Birthday Day Diced Pork/Rosemary Sauce Garlic Mashed Potatoes California Blend Vegetables Marble Rye Bread Cake	18 All Beef Hot Dog on a Hot Dog Bun Oven Brownd Potatoes Parslied Carrots Banana	19 Potato Crust Fish Filet Peas and Onions Corn Wheat Bread Fresh Melon
22 Beef Tips Burgundy Mashed Potatoes Broccoli Wheat Bread Mandarin Oranges	23 Barbecued Country Pork Au Gratin Potatoes Parslied Cauliflower Multi-Grain Dinner Roll Chilled Peaches	24 Chicken Tarragon Peas Cole Slaw Baking Powder Biscuit Hot Glazed Apples	25 Tuna Salad Supreme with Lettuce and Tomato American Potato Salad Rye Bread Fruit Cup	26 Sicilian Meatball Soup Potatoes Italiano Italian Green Beans Wheat Bread Iced Sugar Cookie
29 Chicken Breast ala Orange Savory Brown Rice Green Beans & Onions Multi-Grain Roll Chilled Apricots	30 Italian Beef Sandwich on a Sliced Wheat Bun California Blend Vegetables Stewed Tomatoes Vanilla Pudding		Call 473-0536 by noon a day in advance to reserve your meal or call Walworth Co. at (262) 741-3333 or 1-800-365-1587, ext. 3333. You may reserve a meal by calling your meal site coordinator <u>before 12:00 p.m. one (1) business day in advance.</u> Cancellations must be made no later than <u>8:00 a.m.</u> the day of your reservation. Call the Nutrition Program office and leave a message.	