



The Park Bench

Seniors in the Park Newsletter
November 2009 Volume IX Issue 11

Seniors in the Park promotes and enhances a vital aging community

ONE STOP SHOP

Saturday November 21, 9:00am -2:00 pm

Downtown Armory



Find unique and fun gifts, beautiful jewelry and items for your kitchen, bath and home at our fall fundraiser. Home-party consultants and crafters will be on hand to assist you in shopping for those hard-to-find-for people or yourself. There will also be a bake sale, a BBQ lunch, and a raffle of items donated by each vender. **Independent consultants** include: Gold Canyon Candles, Pampered Chef, Usborne Books, Lia Sophia jewelry, Tastefully Simple, Shaklee, Tupperware, Discovery Toys, Simply Fun (kids games), Mary Kay Cosmetics, Party Lite, Scentsy Wickless Candles, Butterfly World (boutique items), Watkins, L'Bri (facial care), and Wild Tree (natural herb blends/oils/sauces). **Crafters** include: Drews Designs Jewelry, Sew What Creations (embroidery), Pendant Designs by Kristin, Nina's Goats (soaps), Bead Dame Designs, Soy Candles, Love Me So Jewelry, Wood crafts and Country Items & Cookie Mixes.

Volunteer to work or bake for the event. See page 6

ACCREDITATION CELEBRATION

Tuesday November 17, 2:00 pm

It's time to toot our horn and celebrate this wonderful accomplishment. There will be a short program at 2:30 pm recognizing the committee and their efforts, the "official" presentation of the plaque by the Wisconsin Association of Senior Centers, and a few words by invited local and state officials. We will be serving cake and giving away small mementos of the day. Please let us know if you will be attending.

HOLIDAY DINNER

Wednesday, December 9, 12:00 pm

Whitewater Country Club



The holiday season is about friends and family. Celebrate with your Seniors in the Park "family." The meal will consist of Turkey or Pork Loin, mashed potatoes, carrots, beverage and dessert. Mr. D will provide holiday and listening music. He is back entertaining again after a ten year hiatus. Most of you will remember him from the Fireside. Tickets for the dinner must be purchased by Monday November 30. Cost of the dinner and entertainment is \$12.00 or for volunteers \$10.00. Share some holiday spirit with friends, great food and fantastic entertainment.

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FALL BACK

Daylight Savings Time ends November 1. Turn your clocks back one hour.



Classes and Activities



COMPUTER SAVVY

My Pictures

November 16 & 18, 9:30 am

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

Instructor: Lyle Hunter

Cost: \$6.00; Register by Thursday Nov. 12.

INTERNET ACCESS

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

FACEBOOK

Seniors in the Park is now on Facebook.
Become a fan!!



MEDICARE PART D OPEN ENROLLMENT

Thursday December 3
By Appointment

The Open Enrollment Period for Medicare Part D is November 15 thru December 31 of each year. You can review the 2010 Medicare Part D plans on the www.medicare.gov website. If you can not use the website and don't have a friend or family member to assist you, a representative from the Elderly Benefits Specialist Program of the Walworth County Aging and Disability Resource Center will be here on Thursday, December 3rd conducting free 45-minute Medicare Part D assessments to assist you in determining your appropriate Part D plan for 2010. Call 262-473-0535 to reserve your appointment. Remember to bring your current plan and prescription information. Space is limited.

GIFT CERTIFICATES

They make great gifts for that hard to buy for person. Certificates can be used toward trips, classes or event fees and can be obtained at the Seniors in the Park office.

ART IN THE PARK: Experimental Fun with Watercolor



Thursday, November 5, 1:00 pm
At Studio 84, 121 W Center St.

Experience a watercolor class at Studio 84. They will supply fun stuff and lots of encouragement of the imagination. Needed supplies are watercolor paints, paper, and brushes, if you have favorites.

Cost: \$10, payable at Studio 84

They do have watercolor paints, paper, and brushes, if needed, for an additional \$10 material fee which will help cover their expenses.

FUNDAMENTALS OF INVESTING



November 9, 1:00 pm

Discussion, information and education on investing and investments. Learn terminology and about differing types of investments. Great for beginning investors or those wanting to learn more about how to manage what you have. This will be a monthly meeting on the second Monday of the month.

Please call if you will be attending.

Facilitated by Jacob Gerlach

LGBT DISCUSSION GROUP

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

LGBTB (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

LUNCH AND LEARN: I Gotta Go!!!

November 18, 12:00 pm

Incontinence has several forms from the “When I walk in the door I have to go” to “I have to go every hour”. Join Dr. Dhillon, Ob/Gyn & Incontinence Specialist at Fort Healthcare, for information on the different types of incontinence and the proper treatment of each. Find out how diet and your lifestyle affect your bladder.

Register for the program by Monday, Nov. 16.

LISTENING TO MUSIC- UWW FALL LECTURE SERIES

Thursday November 19, 2:00 pm

All sessions will include a little lecturing, a little listening, and a little live performance.

Facilitators: Drs. George and Jane Riegel Ferencz, UW-Whitewater Music Department. Thanks to the UWW Continuing Education Department for arranging for and funding the series. Please call if you will be attending.

“What Was That?” Listening to Modern and Contemporary Concert Music. In the final session, we’ll help demystify the often-confusing, sometimes-cacophonous, world of modern and contemporary music.



SENIOR FORUM

Monday, November Noon

All seniors of the Whitewater area are invited to attend and give their input on activities and services that are or need to be offered in Whitewater. Anyone living in the Whitewater school district or who is a regular participant in activities and is at least 55 is welcome to attend and share their ideas. An agenda is posted on the bulletin board at least 3 days prior to the meeting. The meeting minutes can also be found at the city website www.ci.whitewater.wi.us. Items on the agenda include: One Stop Shop, Holiday Dinner and coffee corner.

BOOK CLUB

Monday November 2, 10:30 am

The Book Club will discuss *Maisie Dobbs* by Jacqueline Winspear.

The book for December is: *In Sunlight in a Beautiful Garden* by Kathleen Casmbor.

A bittersweet romance set against the backdrop of the Johnstown, Pennsylvania, flood -- a tragedy that cost some 2,200 lives when the South Fork Dam burst on Memorial Day weekend, 1889. The dam was the site of a gentlemen's club that attracted some of the wealthiest industrialists of the day, and served as a summertime idyll for the families of the rich. *In Sunlight, in a Beautiful Garden* imagines the lives that were lived, lost and irreparably changed by a tragedy that could have been averted.



STRETCH AND FLEX

Mondays & Thursdays at 9:30 am

Maintaining or improving your strength helps with activities of daily living including going up and down stairs, getting out of a chair and lifting a grandchild. Flexibility allows you to turn and look for other cars or people when backing your car, bending to retrieve a dropped item or putting on your shoes.

Try out this fun exercise program. Warm up and cool down with gentle movements and tai chi. Work with weights and bands to increase your strength and range of motion. Improve your outlook for the day with laughter and fellowship. All exercises are done standing or seated. Mary Zordell, retired Whitewater High School Physical Education teacher, leads the group. Class will run through May, and the **cost is \$1.00 per class**. Most equipment is provided.



The Stretch and Flex class is collecting canned food and paper shopping bags for the Food Pantry. The collection box is by the reception desk. Thanks!!

Classes and Activities



OUR HOUSE SENIOR LIVING MOVIES

Special thanks to Our House Senior Living for sponsoring the monthly movie. Popcorn and a beverage will be served.

“Seven Pounds”

Tuesday, November 10, 12:30

Rated: PG-13 123 min.

After causing an accident claiming the lives of seven people, an IRS Agent embarks on an extraordinary journey of redemption, forever changing the lives of seven strangers.

“The Soloist”

Tuesday, November 24, 12:30 pm

The true story of a Los Angeles journalist who befriends a homeless Julliard-trained musician while looking for a news article for his paper.



BOWLING

**Wednesdays, 9:00 am,
Hawk Bowl**

The Wednesday Bowling League meets at 9:00. Bowling begins at 9:30. You must be 55 years of age and want to have a good time. This is a recreational league. For more information, call Betty Lemke at 473-7248.



CHESS

Wednesdays 1:00

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

POTLUCK AND DOMINOES

Tuesday August 3, 11:00 am

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

After the meal, enjoy a friendly game of Dominoes.

ACTIVITIES AT A GLANCE

Art in the park—Thursdays 1:00 pm

Bid Euchre—Mondays 1:00

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

Bowling—Wednesdays 9:00 am, Hawk Bowl

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

Fundamentals of Investing: Second Monday 1:00

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

Senior Forum—First Monday at noon

Sheepshead—Tuesdays 1:00 pm

Stretch & Flex—Mon & Thurs. 9:30 am

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

Wii Bowling/Sports—Mondays 11:00 am

BINGO!

Tuesdays, 10:00 am

Nov. 3: Culver’s Bingo

Nov. 10: Our House Senior Living

Nov. 24: City Bingo

← New Date

Weekly Bingo Sponsors:

Culver’s Our House Senior Living

City Bingo Sponsors:

Topper’s Pizza Novak’s Subway

McCullough’s Robin’s Nest Pizza Hut

Commercial Bank Genoa Pizza Sentry

Bergey Jewelry Rosa’s Pizza Beer Here*

Dale’s Bootery Rocky Rococo Taco Bell

Day N Nite Café Dental Perfection

Winchester True Value Eastsider/Westsider

Dalee Water Conditioning

Fort Com. Credit Union

First Citizen’s State Bank

Binning and Dickens Insurance

Mirage Hair Studio*

Remember to thank our sponsors when you visit them.

*New sponsors

**The Nutrition Program will be at
Brookdale on Friday November 13**



FAIRHAVEN LECTURE SERIES

It's the Economy \$tupid

Mondays, 3:00 pm

Fellowship Hall, Fairhaven

This series will look at various aspects of our global, US, and local economies, from macro- and micro-economic perspectives, as seen through the eyes of trained economists, historians and political scientists.

- Nov. 2** The Stimulus Package, Bailouts and How They Relate to Globalization
John Dominguez, Dept. of Economics
- Nov. 9** The Local Economic Impact of the Stimulus Package
Bud Gayhart, College of Business & Economics
- Nov. 16** An Armchair Economist's Dusty Crystal Ball: Seeing the Economic Future and Other Reckless Prognostications
Jeff Heinrich, Dept. of Economics



THERMOSTATS

As a city facility, the thermostats in the Community Building are set at 69 degrees. Some may find this warm and for others it may be cool. Please dress appropriately or bring a sweater. We try keep the building comfortable, but not everyone has the same internal thermostat.

LEAF & YARD WASTE COLLECTION

Weeks of November 2 and November 9, 2009

The City of Whitewater Department of Public Works will conduct a leaf and yard waste collection the week November 2nd and November 9th. Please place your bagged yard wastes on the curb during this time.

Yard waste must be bagged in clear or transparent bags only. Yard waste will not be collected if placed in non-transparent or black bags.

Biobags are available at City Hall Finance Department or the City Garage at no cost.

Brush will not be collected as part of the yard waste collection. Residents requesting brush collection may call 473-0542 to make an appointment for pickup on Tuesdays.

A reminder that leaves, yard waste, and brush can be disposed of at the compost site during operating hours. Saturday compost hours are 8am – 2pm. The compost site will remain open on Saturdays as long as weather permits.

NOTICE: It is against city ordinance to deposit any yard waste debris on city streets or right of ways other than City of Whitewater designated days.

If you have any questions, please feel free to call the Street/Parks Dept. at 473-0542.

PAPER SHREDDER

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

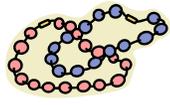
NEWSLETTER ADVERTISING

Advertising is accepted in our newsletter.

<u>Ad Size</u>	<u>Dimensions</u>	<u>Rate</u>
Business Card	3½" X 2¼"	\$15.00
Quarter Page	3½" X 4"	\$30.00
Half Page (vert.)	3½" X 9"	\$60.00
Half Page (horiz.)	7 ½" X 4½"	\$60.00
Full Page	7 ½" X 9½"	\$120.00

Seniors in the Park does not endorse advertisers. Contact Deb Weberpal for procedural and invoicing information.

DISPLAY CASE SALES



Donate your nearly new jewelry, purses or scarves, and we will sell them to benefit Seniors in the Park. All items must be in new condition, be appropriate for fall/winter use, and receive staff approval before being left to put in the display case for sale. Items in the case for more than one year will be donated.



NOTES FROM THE KITCHEN

We are now serving a meal once a month at Brookdale. The next date is **Friday, November 13**. Seniors in the Park is also interested in using the new

bus once a week to transport people to Starin Park on Tuesdays for the meal. Some Tuesdays feature Bingo and movies. Anyone who is interested in this service should contact me or Deb Weberpal.

Nutrition Site meals are served at 11:30, Monday through Friday. Anyone 60 and over is welcome to attend the meal. The suggested donation is \$2.50. 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

MEAL SITE CANCELLATIONS

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 leave your message. The County gets charged for meals ordered. Please help out the Nutrition Program by canceling in advance.



BIRTHDAY DAY

Wednesday, Nov. 18, 11:30 am

Celebrate your November birthday with us at the meal site on Wednesday, November 18. Sign up for the meal by noon a day in advance.

Happy November Birthdays to:

23—Jan Schmeling 28—Janet Hintz
28—Janice Batten

BAD WEATHER CLOSINGS

In the case of inclement weather, Seniors in the Park and/or the meal site may close. For closings and meal cancellations, please check radio stations 107.3 WSJY, 940 WFAW, 106.5 WKCH or 104.5 WSLD, Whitewater cable 98, or the Whitewater Banner. Nutrition site closings will also be on Milwaukee Channels 4 and 12.



Volunteers

VOLUNTEER OPPORTUNITIES

See Deb for more information if you are interested in any of the following opportunities. Sign up sheets are available at the reception desk or just give us a call.

- **One Stop Shop Bake Sale November 21**—Sign up to donate baked goods. Good sellers include: brownies, quick breads, pies, cookies and candy.
- **One Stop Shop Assistance November 21**—Sign up to help at the bake sale, serve lunch or be a door hostess.
- **Historian/Archivist**—Assist in maintaining newspaper articles, photos and other historical information on Seniors in the Park.
- **Van Drivers** Once or twice a month. Training provided and background check required.
- **Volunteer Coordinator** Assist in finding volunteers, developing volunteer opportunities, training, recordkeeping and recognition. See Deb for position description.

Thank You...

- **Bea Jacobs and Lois Zipp**—magazines
- **Robert Petersen**—Books for the library
- **Jeanette Kruchoski and Betty Sweno**—candy.
- October Binog donors: Floral Villa, Mirage Hair Studio, Winchester True Value Hardware, and Taco Bell.

RESOURCE MATERIALS AVAILABLE

Books, pamphlets and a DVD are available to check out at the reception desk. Subjects include caregiving, choosing a nursing home, women's health and fitness, staying safe in your home, aging in stride, planning for the needs of an elderly parent, and having a family conversation about elderly driving.

SERVICES AT A GLANCE

- **Blood Pressure Screening-Tuesday, Nov. 24, 11:00 am** Provided free by the Whitewater Family Practice
- **Foot Clinic –Tuesday, Nov. 3, 12:00 pm**
- Please bring a towel. No appointment is necessary. Cost is \$10.00.
- **Therapeutic Table Massage-Monday, Nov. 9, 1:00 pm** Sharon Baker, half-hour massages for \$25. Appointments must be made in advance by calling 262-473-0535.

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
- Aging and Disability Center of Walworth Co. (ADRC), 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



GREETING CARDS

Thanksgiving and Christmas cards are now available. Check out our supply of cards. We have a great selection of everyday and special greeting cards at low prices.

Oktoberfest



GLOBAL GALA



FLU SHOTS



IF THE "WEATHER OUTSIDE IS FRIGHTFUL!"

Van trips are dependent on weather, road conditions, and the discretion of the driver. Safety of our passengers is most important.

FISH FRY FRIDAYS

Friday, November 20, 4:00 pm

Enjoy the fish fry at Fireside, Fort Atkinson. \$12.95. Depart at 4:00. Cost for the trip is \$4.00. Meal is on your own. Reservations a must!
RSVP by Wednesday, November 18.



LUNCH BUNCH

Thursday, November 12, 10:30 am

November's Lunch Bunch will eat at the Italian House in Janesville. Lunch is on your own.

Departure: 10:30 am. Cost: \$5

RSVP by Tuesday, November 10.

Driver: Steve Ridenour

Coordinator's Comments

The holidays are quickly approaching and grandma and grandpa are always hard to buy for. We have some great, useful ideas for gifts!

- A Seniors in the Park Gift Certificate for the amount of your choosing. These can be used for trips or classes. Available at the Starin Park Community Building.
- A Stretch and Flex exercise card—\$16
- Foot Care Gift Certificates—\$10 Available at the Starin Park Community Building.
- Downtown Whitewater Savings Books - \$10 available at many downtown establishments.
- Give a gift certificate for a massage. There are several people in town with this service.
- Make a donation to a local cause in the person's name Be creative and thoughtful in your gifting and make someone smile.

~Deb

The Fireside

FIRESIDE 2009

Wednesday, Dec 16—Fireside Christmas:
Miracle on 34th Street
Trip is full. Waiting list only

FIRESIDE 2010

Wednesday, Feb. 17—Fabulous 50's & 60's
RSVP/Payment deadline: Fri., Jan. 15
Wednesday, April 14—Joseph & The Amazing
Technicolor Dreamcoat
RSVP/Payment deadline: Wed., Mar. 10
Wednesday, June 2—Cinderella
RSVP/Payment deadline: Mon., May 3
Wednesday, Aug. 4—Ring of Fire
RSVP/Payment deadline: Fri., July 2
Wednesday, Oct. 20—To Be Announced
RSVP/Payment deadline: Fri., Sept. 17
Tuesday, December 21—The Child
RSVP/Payment deadline: Fri., Nov. 5
Cost: \$67.00 (2010)
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. The slightly higher cost in 2010 will help us ensure that shows will not be cancelled due to not meeting minimum numbers of people.

FORT ATKINSON TRIPS

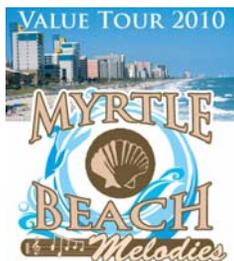
Let them know you are with Seniors in the
Park.

Oberamergau—2010

Florida—April 2010

Portugal—March 2010

For detailed itineraries on any of the extended trips call 262-473-0535, email dweberpal@ci.whitewater.wi.us, go to the city website at www.ci.whitewater.wi.us, Parks and Recreation, Seniors in the Park or stop in to the Community Building.



MYRTLE BEACH MELODIES

April 10-17, 2010

Enjoy a variety of fabulous entertainment as you experience three World-Class shows and savor the culinary delights of the east coast. Also included is a tour of Wilmington, North Carolina, including a riverboat luncheon. Return trip is on the scenic Blue Ridge Parkway through the Pisgah National Forest. Trip includes: all hotels with 3 nights at ocean front hotel on the Grand Strand, 12 meals, including dinner at Crabby Mike's, baggage handling, deluxe motor coach transportation with escort and complimentary local pickup.

Cost: \$1029 per person double
\$1358 per person single

Reservations due by January 7

Final payment due March 4

Only 12 seats available, so sign up soon!!

A promotional DVD is available to watch.

Mayflower Tours

ARIZONA SPRING TRAINING

March 10-21, 2010

Revel in the beauty of the Southwest on this incredible journey through Arizona and New Mexico. Also enjoy Chicago Cubs Spring training. Trip includes: all hotels, tours per the itinerary, 17 meals, baggage handling, deluxe motor coach transportation with escort.

Cost: \$1599 per person double
\$2278 per person single

Reservations due by December 10

Final payment due February 5

Mayflower Tours



GULF COAST GETAWAY

February 14-20, 2010

Welcome to the playground of the south. Experience Mardi Gras in Biloxi, Mississippi, tour Beauvoir-home of Jefferson Davis, watch the Mardi Gras parade which passes in front of your hotel, as well as several optional trips (\$10—\$35), including New Orleans, Brett Favre country, NASA SteniSphere, Bellingrath Gardens, and Sights & Ships in Mobile AL. Trip includes: all hotels with 4 nights at the fabulous Beau Rivage in Biloxi, Mississippi, six meals, baggage handling, deluxe motor coach transportation with escort, movies, games and fun.

Cost: \$665 per person double
\$865 per person single

Final payment due December 10.

Badger Tour and Travel



NEW ORLEANS AND CAJUN COUNTRY BY RAIL

April 25-May 2, 2010

Treasure the premier city of the south. Enjoy an Amtrak train experience on your way to Cajun Country. Highlights of the trip include: French Quarter walking tour, Café du Monde, Court of Two Sisters and New Orleans School of Cooking dinners, Bellingrath Gardens, Shrimp boat and bayou cruises, 2 antebellum mansion visits, Natchez area tour, Vermillionville, Jean Lafitte Cultural Center, and Mulate's Farewell Dinner. Tour includes 11 meals, professional tour director, baggage handling, Amtrak and motorcoach transportation and sightseeing per the itinerary.

Cost: \$1599 pp/double
\$2099 pp/single

Reservations due January 27

Final payment due February 15

Premier World Discovery

Seniors in the Park
PO Box 178
Whitewater WI 53190



Accredited by
the Wisconsin
Assoc. of Senior
Centers

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—4:30 pm

Deb Weberpal, CPRP

Senior Coordinator

dweberpal@ci.whitewater.wi.us

Rose Ellestad, Senior Aide

Romelle Koch, Volunteer Editor

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, then Seniors in the Park to print a copy of the newsletter or go to www.whitewaterbanner.com. The newsletter is available for pick up at the Starin Park Community Building, Municipal Building, the Whitewater Aquatic and Fitness Center, 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 –November 2009

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30 Stretch/Flex 10:30 Book Club 11:00 Wii Bowl 1:00 Bid Euchre 1:30 Canasta	3 10:00 Culvers Bingo 11:00 Potluck 11:30 Dominos 12:00 Foot Clinic 1:00 Sheepshead 6:30 Ceramics (A)	4 9:00 Bowling (HB) 1:00 Texas Hold 'em Poker 1:00 Chess 6:30 Ceramics (A)	5 9:30 Stretch/Flex 1:00 Art in the Park at Studio 84 1:00 Ceramics (A)	6 
9 9:30 Stretch/Flex 11:00 Wii Bowl 12:00 Senior Forum 1:00 Therapeutic Massage 1:00 Fundamentals of Investing 1:00 Bid Euchre	10 10:00 Our House Senior Living Bingo 12:30 Our House Senior Living Movie "Seven Pounds" 1:00 Sheepshead 6:30 Ceramics (A)	11 9:00 Bowling (HB) 1:00 Chess 6:30 Ceramics (A)	12 9:30 Stretch/Flex 10:30 Lunch Bunch to Italian House 1:00 Art in the Park 1:00 Ceramics (A)	13 Nutrition Site At Brookdale
16 9:30 Stretch/Flex 9:30 My Pictures 11:00 Wii Bowl 1:00 Bid Euchre 1:30 Canasta	17 1:00 Sheepshead 6:30 Ceramics (A) 2:00 Accreditation Party 	18 9:00 Bowling (HB) 9:30 My Pictures 11:30 Birthday Day 12:00 I Gotta Go! 1:00 Texas Hold 'em Poker 1:00 Chess 6:30 Ceramics (A)	19 9:30 Stretch/Flex 1:00 Art in the Park 1:00 Ceramics (A) 2:00 UWW Music Lecture Series	20 2-4 One Stop Shop Set-up 4:00 Fireside Fish Fry 9:00 – 2:00 One Stop Shop Fundraiser
23 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre	24 10:00 City Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie "The Soloist" 1:00 Sheepshead 6:30 Ceramics	25 9:00 Bowling (HB) 1:00 Chess 6:30 Ceramics (A)	26 CLOSED Happy Thanksgiving 	27 CLOSED
30 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre 1:30 Canasta Deadline to purchase ticket for Holiday Dinner			*Activities take place at the Starin Park Community Building unless otherwise noted. (A)=Downtown Amory (L)=Cravath Lakefront (HB)=Hawk Bowl	

Walworth County Nutrition Menu – November 2009

Monday	Tuesday	Wednesday	Thursday	Friday
2 Country Meatloaf Patty Mashed Potatoess/Gravy Stewed Tomatoes Wheat Roll Apricots	3 Potato Crusted Fish Filet Delmonico Potatoes Carrots Rye Bread Lemon Pudding	4 Chicken Gumbo Rice Pilaf Pea Salad Bran Muffin Bread Mandarin Oranges	5 Macaroni, Ham and Cheese Italian Green Beans Warm Cinnamon Apples French Bread Whole Banana	6 Veal Marsala Mashed Potatoes and Gravy Mixed Vegetables Multi-Grain Bread Fresh Melon
9 Sloppy Joes on a Hamburger Bun Seasoned Red Potatoes Mixed Vegetables Chocolate Chip Cookies	10 Cabbage and White Bean Soup with Chicken and Andouille Sausage Au Gratin Potatoes Peas Ry Krisp Crackers Apricots	11 Ring Bologna Parslied Potatoes Red Cabbage Rye Bread Mixed Fruit Jell-O	12 Meatloaf and Gravy Mashed potatoes Harvard Beets Multi-Grain Dinner Roll Pineapple Tidbits	13 Pork Pot Roast (Diced) Mashed Potatoes /Gravy Parslied Carrots Wheat Bread Apple Pie
16 Roast Turkey & Gravy Baked Sweet Potatoes Brussels Sprouts Wheat Bread Mandarin Oranges	17 Chopped Pork Steak with Mushroom Gravy Mashed potatoes Spinach Multi-Grain Bread Ranger Cookie	18 Birthday Day Beef Noodle Soup Peas and Onions Carrot Raisin Salad Rye Bread Cake	19 Oven Roasted Chicken (Drumsticks) Garlic Mashed Potatoes Broccoli Wheat Bread Fresh Melon	20 Spaghetti and Meatballs Italian Mixed Vegetables Garlic Bread Peach Applesauce
23 Smothered Chicken With Artichoke Sauce Au Gratin Potatoes Green Beans Wheat Bread Chocolate Pudding	24 Beef Stew with Potatoes, Onions and Carrots Peas Baking Powder Biscuit Mandarin Orange Cup	25 Country Style Roast Pork With Basil Dijon Sauce Scalloped Potatoes Mixed Vegetables Rye Bread Pumpkin Bar	26 <p style="text-align: center;">Happy Thanksgiving Meal Sites Closed</p>	27 <p style="text-align: center;">Meal Sites Closed</p>
30 Swedish Meatballls Over Egg Noodles Spinach Wheat Bread Fruit Cup			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.	