



The Park Bench

Seniors in the Park Newsletter
October 2009 Volume IX Issue 10

Seniors in the Park promotes and enhances a vital aging community



AS GOOD AS THE BEST, BETTER THAN THE REST

This was the theme of one of the speakers at the Wisconsin Association of Seniors Centers Conference where Seniors in the Park received State Accreditation. It seems appropriate as we join 22 other centers in the state who are accredited. This puts us in the top 25% of centers in the state! We are in a good place having achieved accreditation but part of the process is to map out the next five years and address areas which need improvement. Accreditation is just the beginning. It will assist us to keep improving and growing. Watch for future opportunities to become involved in this evolving process and assisting Whitewater to become a great place to retire to and age in place.

FLU CLINIC

Monday October 19, 1:00-4:00 pm

There is no fee for flu shots if Medicare Part B is your primary insurance. If you do not have Medicare Part B, the cost is \$30 for a flu shot and \$40 for a pneumonia shot. This walk-in service is provided by Maxim Health Care.

To receive a flu shot you must:

- Not have an allergy to chicken eggs or egg products.
- Not have an allergy to Thimerosal.
- Not have cold, fever or acute illness.
- Not have a history of Guillain-Barre Syndrome or an active neurological disorder.
- Not have had an adverse reaction to another vaccine.

GLOBAL GALA

Thursday October 15

6:00 pm Dessert 7:00 pm International Entertainment

Delight in an evening of entertainment by the International Student Association from UW-Whitewater. Performances to date include Chinese, Southeast Asian, African, & Indian dance and magic tricks from Peru. The gala begins with desserts of chocolate or pumpkin served from 6:00-7:00 pm. Tickets can be purchased in advance for \$4.00 and may be available at the door, if it is not sold out. Come socialize with your friends and enjoy delightful entertainment.



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**DID YOU KNOW?
Lack of proper hand washing is the number one source of infections.**

Classes and Activities

FRAUD PREVENTION

Thurs., October 22, 12:30 am

Scam artists are looking to prey upon anyone with a trusting attitude and a healthy bank account. Judith Joslin-Crary, trained AARP Fraud Fighter, will arm you with information to fight back. Learn about current scams in Wisconsin, how to protect yourself from becoming a victim, what to do if something does happen, how to deal with unwanted solicitations, how to be a wiser and safer consumer and much, much more.

Please register for the presentation by Tuesday October 20.



COMPUTER SAVVY

Asked and Answered

October 19 or 21, 9:30 or 11 am

One hour, on-on-one help sessions on topics of your chosin. Bring your own laptop, if you wish, with either VISTA or XP or use the XP computers a the Senior Center. Internet, E-mail, Word, Excel, Pictures or general topics can be raised. You must register for a day and time.

Instructor: Lyle Hunter

Cost: \$5.00; Register by October 15

Internet

October 27 & 29, 9:30 am

Class content: Websites; Searching the web; Email and accessing your email from a remote computer; address book, attachments, travel or any other topics requested by the class.

Instructor: Lyle Hunter

Cost: \$6.00; Register by October 26.

Continuing Facebook

Friday October 16 & 23, 11:00 am

If you are already on Facebook and would like some assistance, sign up for this class! You must be able to access your email from our computers. If you want to learn how to upload photos, bring a CD with pictures on it.

Instuctor: Allia Nelson

Cost: \$5.00 per class; Register by the Wednesday prior to class.

ART IN THE PARK: Compose for Eye Appealing Results

Thursday, October 1, 1:00 pm

Guest artist is Tom Jewel



Achieve a more successful and striking visual result in your finished paintings by creating well thought out compositions. Be ready to take notes, no materials are needed.

Cost: \$10

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

October 12, 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.

Facilitated by Jacob Gerlach

The Nutrition Program will be at Brookdale on Friday October 2 and closed Friday October 9



LUNCH AND LEARN: Nourish Your Noggin

October 21, 12:00 pm

Nourish your noggin is for anyone who is interested in learning about age-related memory changes, techniques to keep your memory sharp and overall brain wellness. Wendy Betley, from the Alzheimer's Association, will discuss memory and answer your questions. You are welcome to bring your lunch, eat at the meal site or just enjoy the presentation.

Register for the program by Monday Oct. 19

LISTENING TO MUSIC- UWW FALL LECTURE SERIES

Thursdays 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.

October 8: What Am I Listening To? Musical Style for Listeners. Ever wonder why the music of Bach and Handel sounds similar, while Beethoven and Brahms are different? In this session we'll explore the characteristic styles of historical periods, focusing on strategies for listeners and concert-goers.

October 29: America's Contributions (or "Why Is Everything on This Concert by Dead European Composers?") A survey of America's rich musical heritage and its creators. Your facilitators will also describe their own research, spotlighting a pair of "classically-trained" musicians whose work ranged far beyond the concert hall.

Nov. 19: What was That? Listening to Modern and Contemporary Concert Music.

Demystify the often confusing, sometimes cacophonous world of modern and contemporary music.

BOOK CLUB

Monday October 5, 10:30 am

The Book Club will discuss *Audition—A Memoir* by Barbara Walters. The book for November is *Maisie Dobbs* by **Jacqueline Winspear**.

Maisie Dobbs isn't just any young housemaid. Through her own natural intelligence—and the patronage of her benevolent employers—she works her way into college at Cambridge. When World War I breaks out, Maisie goes to the front as a nurse. It is there that she learns that coincidences are meaningful and the truth elusive. After the War, Maisie sets up on her own as a private investigator. But her very first assignment, seemingly an ordinary infidelity case, soon reveals a much deeper, darker web of secrets, which will force Maisie to revisit the horrors of the Great War and the love she left behind.



STRETCH AND FLEX

Mondays & Thursdays at 9:30 am

Beginning Thursday, Sept. 10

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. Strength is more important to your overall health and weight loss than even cardiovascular exercise.

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.





OUR HOUSE SENIOR LIVING MOVIES

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

“Gran Torino”

Tuesday, October 20, 12:30 pm

Rated: R 2 hr. 10 min.

Walt Kowalski (Clint Eastwood), a widower who holds onto his prejudices despite the changes in his Michigan neighborhood and the world around him, is a grumpy, tough-minded, unhappy old man, who can't get along with either his kids or his neighbors. When his neighbor Thao, a young Hmong teenager, tries to steal his prize possession, a 1972 Gran Torino, Kowalski sets out to reform the youth. Drawn against his will into the life of Thao's family, Kowalski is soon taking steps to protect them from the gangs that infest their neighborhood. Rated R for language and violence.

“Earth”

Tuesday, October 27, 12:30 pm

Rated: G 1 hr. 30 min.

The story of three animal families and their amazing journeys across the planet we all call home. The film combines rare action, unimaginable scale and impossible locations by capturing the most intimate moments of our planet's wildest and most elusive creatures.



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.

BONNIE GRAHAM, AUTHOR

Monday Oct. 12, 7:00 PM

ILY Public Library

Bonnie will read from and sign her book, It Was Quite a Ride, Moving Through the Twentieth Century.

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

Oct. 6: Culver's Bingo

Oct. 20: Our House Senior Living

Oct. 27: City Bingo

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*		

Remember to thank our sponsors when you visit them.

*New sponsors



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.

Oct. 5 The Spillover Benefit of Student Housing on Property Values & Tax Revenues in Whitewater

Russ Kashian, Dept. of Economics

Oct. 12 Commercial Ban Reform in China

Nancy Tao, Dept. of Economics

Oct. 19 What's New in Monetary Policy: Moving Into a New Universe

Stuart Glosser, Dept. of Economics

Oct. 26 How Politics Drives Economic Policy Making

Susan Johnson, Political Science

Prairie Tillers Mural Public Art Project

Sunday October 4, 2-4 p.m.

Mural Park, 100 W. Whitewater St.

Celebrate the 5th Anniversary of the Prairie Tillers Mural Public Art project. OK, it's not a park yet, but plans are drawn up and hopes are high for construction in 2010. Plans include a decorative pavement circle, benches, lighting, stonework and prairie plantings.

Activities for the Celebration: Sidewalk chalk drawing, Landscaping with pots & dried flowers, Flower pot painting, and Cupcake decorating.

AGING AND DISABILITY RESOURCE CENTER (ADRC) OPEN HOUSE

Friday October 2, 1—3 pm

W4051 Co. Rd. NN

Health and Human Service Center, Elkhorn

The ADRC is a one-stop shop resource for information about programs, services, and options available to older adults and adults with disabilities. Information and assistance is available to persons of all incomes. Services are provided free of charge.

DIABETIC SHOE PROGRAM



Dales' Bootery had a fantastic program on footwear last month. They left information on the Therapeutic Shoe Program for Diabetics on Medicare and their pedorthic services. This information will be available at the reception desk with the resource materials.

MANAGE THE FLU

Did you know that lack of proper hand washing is the NUMBER ONE source of infections!

Preventative Measures:

- Wash your hands often. Use soap & water, wash for 20 seconds. (Sing the song Twinkle, twinkle, little star)
- Use an alcohol based hand sanitizer and rub it in until it dries.
- Do not cough or sneeze into your hands. Use your upper sleeve (cough into your elbow). If you use a tissue, dispose of it immediately.
- Above all, DO NOT put your fingers in your eyes, nose or mouth.

Other measures:

- Keep a distance of 6 feet between yourself and someone who may be ill.
- Stay home when ill
- Get your seasonal flu shot.

RSVP VOLUNTEER APPRECIATION

Friday October 9, 9:30 am

Monte Carlo Room, Elkhorn

If you are an RSVP volunteer you are invited to the annual appreciation celebration. Call Patti O'Brien at 262-472-9362 to make a reservation by Friday October 2.

DISPLAY CASE JEWELRY SALE

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.



NOTES FROM THE KITCHEN

Fall has arrived and the trees are changing colors. The new fall menu is out and some of the new items include: Old fashioned cabbage and

white bean soup, teriyaki turkey burger, , chicken gumbo, and beef stew.

We are now serving a meal once a month at Brookdale. The next date is **Friday October 2**. 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 leaving your message. Walworth County gets charged for meals ordered. Please help out the Nutrition program by canceling in advance.

BIRTHDAY DAY

Wednesday, Oct. 7, 11:30 am



Celebrate your October birthday with us at the meal site on Wednesday, October 14. Sign up for the meal by noon a day in advance.

Happy October Birthdays to:

28—Kay Salzwedel 30—Betty Lawrence

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.

- **Global Gala Desserts October 15**—Sign up to bring in a pumpkin or chocolate dessert and get a ticket to attend the event.
- **One Stop Shop Bake Sale November 21**—Sign up to donate baked goods. Good sellers include: brownies, quick breads, pies and cookies
- **One Stop Shop Assistance November 21**—Sign up to help at the bake sale, sell raffle tickets or serve lunch.
- **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.
- **Publicity**—Assist with publicity to include writing and distributing press releases and radio PSA's. Also making posters/flyers and distributing.

Thanks to **Char Perkins** who volunteered to be the Big Read Coordinator for Seniors in the Park.

STARIN PARK PLAYGROUND

Starin Park is getting new playground equipment and the Parks and Recreation Department needs help with installation of the equipment. No expertise is needed, just an interest in assisting as instruction will be provided. To sign-up for a shift or shift(s), contact Parks & Recreation Director Matt Amundson at (262) 473-0122 or via email at mamundson@ci.whitewater.wi.us

Thursday, October 29 9:00-11:30 AM

Thursday, October 29 12:30-3:00 PM

Friday, October 30 9:00-11:30 AM

Friday, October 30 12:30-3:00PM (if needed)

SERVICES AT A GLANCE

- **Blood Pressure Screening-Tuesday, Oct. 27, 11:00 am** Provided free by the Whitewater Family Practice
- **Foot Clinic –Tuesday, Oct. 6, 12:00 pm**
- Please bring a towel. No appointment is necessary. Cost is \$10.00.
- **Therapeutic Table Massage-Monday, Oct. 12, 1:00 pm** Sharon Baker, half hour massages for \$25 Appointments must be made in advance by calling 262-473-0535.
- **Chair Massage-Thursday Oct. 22, 10:30 am** 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

FACEBOOK

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

BENEFIT SPECIALISTS HELP CUT THROUGH THE RED TAPE

Persons with disabilities and those over age 60 find answers to their questions about public or private benefits when they meet with the Benefit Specialist in Walworth County. Help topics include Medicare, prescriptions, Social Security, Disability benefits, Medical Assistance, Food Share, housing, pensions and other legal or benefit problems. Call 262-741-3200 or 800-365-1587. The program is funded by State Benefit Assistance and the Federal Older Americans Act.

Cost: Free, but donations are accepted.

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.

Thank You

- To **Betty Sweno**—Donated floral arrangements for Bingo and The One Stop Shop fundraiser
- To **Marion Malo**—Books for the Library and an onion slicer
- To **Helen Brady**—Playing cards
- To **Richard Marshall**—TV converter
- To **Jerry Nell**—Training for and passing the licensing exams for the new van



GREETING CARDS

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



WOODFIELD MALL

Friday, October 23

Enjoy a fun filled day of shopping at the Woodfield Mall where you'll find the finest collection of department stores and specialty shops. Everyone will receive a large, heavy-duty Woodfield shopping bag and a discount booklet. You can also take the complimentary shuttle to IKEA. Enjoy a day of shopping with friends before the holidays.

Departure: 8:30 am. Cost: \$15

RSVP/payment due by Thursday October 8

Minimum 8 people Maximum 14

Driver: Deb Weberpal

FISH FRY FRIDAYS

Friday, October 16, 3:30 pm

Enjoy the fish fry at Donny's Girl, Pipersville. Early Bird Plate: 4 pcs. Fish or 2 pcs. Fish & 2 pcs. Chicken (includes all sides)—\$9.50. Family Style fish & chicken—\$10.50. Baked cod—\$11.50. Perch—\$13.95. Depart at 3:30.

Cost for the trip is \$6.00. Meal is on your own.

RSVP by Wednesday, October 14.



LUNCH BUNCH

Thursday, October 8, 10:30 am

October's Lunch Bunch will eat at Highway Harry's in Johnson Creek. A stop at the Outlet Mall will be up to the group. Lunch is on your own.

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

RSVP by Tuesday, September 6.

Driver: Steve Ridenour

CEDARBURG ARTS FESTIVAL

Friday October 9

Depart at 9:00 am. Return approx 5:30 pm

Coach Trip

CHICAGO'S ETHNIC SALAD BOWL

Wed. October 14

Depart Starin Park 7:30 am

Return Starin Park 6pm

FIRESIDE 2009

Wednesday, Dec 16—Fireside Christmas:

Miracle on 34th Street

Cost \$62.00

RSVP/Payment deadline: Thurs., Oct. 29

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.

TRIP PREVIEWS FOR

EXTENDED TRIPS

Tuesday Oct 27, 1:00 pm

Kim from Mayflower Tours will be here to preview the Myrtle Beach Melodies and the Arizona Spring Training tours. Mayflower is also offering discounts on their **Oberammergau** trips in May with half off airfare for your partner. Mayflower has home pick up in Walworth County and a hotel within walking distance to the Passion Play in Oberammergau. Stop in and check out these great tours. Please call by Thursday October 22 if you will be attending.

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.

CHIP-IN CASINO

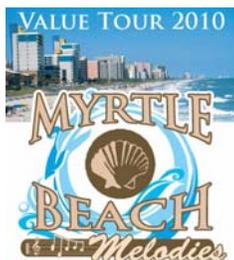
November 4-5

\$40 in free credits. Meal discounts and free breakfast at Chip-In.

Cost \$89 pp dbl \$123 pp sgl

Reservations/payment due by October 1

Make checks out to Fort Atkinson Senior Center.



MYRTLE BEACH MELODIES

April 10-17, 2010

**Trip Preview
October 27, 1:00 pm**

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

FORT ATKINSON TRIPS

Let them know you are with Seniors in the Park.

Oberamergau—2010

Florida—April 2010

Portugal—March 2010

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



ARIZONA SPRING TRAINING

March 10-21, 2010

**Trip Preview
October 27, 1:00 pm**

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



NEW ORLEANS AND CAJUN COUNTRY BY RAIL

April 25, 2010

9 Days \$1649 pp dbl

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—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, Parks and Recreation, 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 –October 2009



Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Activities take place at the Starin Park Community Building unless otherwise noted. (A)=Downtown Amory (L)=Cravath Lakefront (HB)=Hawk Bowl</p> <p><i>Volunteers are needed at the One Stop Shop November 21.</i></p>			<p>1 9:30 Stretch/Flex 11:00 Oktoberfest Celebration 1:00 Art in the Park Artist 1:00 Ceramics (A) Chip Inn Casino Due</p>	<p>2</p>
<p>5 9:30 Stretch/Flex 10:30 Book Club 11:00 Wii Bowl 12:00 Senior Forum 1:00 Bid Euchre 1:30 Canasta</p>	<p>6 10:00 Culvers Bingo 11:00 Potluck 11:30 Dominos 12:00 Foot Clinic 1:00 Sheepshead 6:30 Ceramics (A)</p>	<p>7 9:00 Bowling (HB) 11:30 Birthday Day 1:00 Texas Hold 'em Poker 1:00 Chess 6:30 Ceramics (A)</p>	<p>8 9:30 Stretch/Flex 10:30 Lunch Bunch 1:00 Art in the Park 1:00 Ceramics (A) 2:00 UWW Music Lecture Series</p>	<p>9 9:00 Cedarburg Trip Departs</p>
<p>12 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Therapeutic Massage 1:00 Fundamentals of Investing 1:00 Bid Euchre 1:30 Canasta</p>	<p>13 1:00 Sheepshead 6:30 Ceramics (A)</p>	<p>14 9:00 Bowling (HB) 1:00 Chess 6:30 Ceramics (A)</p>	<p>15 9:30 Stretch/Flex 1:00 Art in the Park 1:00 Ceramics (A) 6:00 Global Gala</p>	<p>16 11:00 Continuing Facebook 3:30 Fish Fry-Donny's Girl, Watertown</p>
<p>19 9:30 Stretch/Flex 9:30/11:30 Asked & Answered 11:00 Wii Bowl 1:00 Bid Euchre 1 – 4 Flu Shots 1:30 Canasta</p>	<p>20 10:00 Our House Senior Living Bingo 12:30 Our House Senior Living Movie "Gran Torino" 1:00 Sheepshead 6:30 Ceramics (A)</p>	<p>21 9:00 Bowling (HB) 9:30/11:30 Asked & Answered 12:00 Nourish Your Noggin 1:00 Texas Hold 'em Poker 1:00 Chess 6:30 Ceramics (A)</p>	<p>22 9:30 Stretch/Flex 10:30 Chair Massage 12:30 AARP Fraud Presentation 1:00 Art in the Park 1:00 Ceramics (A)</p>	<p>23 11:00 Continuing Facebook 8:30 am Woodfield Mall trip departs</p>
<p>26 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre</p>	<p>27 9:30 Internet 10:00 City Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie "Earth" 1:00 Myrtle Beach & Spring Training Trip Previews 1:00 Sheepshead 6:30 Ceramics</p>	<p>28 9:00 Bowling (HB) 1:00 Chess 6:30 Ceramics (A)</p> <p>Volunteer to install Playground Equipment 9:00 am or 12:30pm</p>	<p>29 9:30 Internet 9:30 Stretch/Flex 1:00 Art in the Park 1:00 Ceramics (A) 2:00 UWW Music Lecture Series</p> <p>Volunteer to install Playground Equipment 9:00 am or 12:30pm</p>	<p>30</p> <p>31 Happy Halloween </p>

Walworth County Nutrition Menu – October 2009

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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.</p>			<p>1 Meatloaf and Gravy Mashed potatoes Harvard Beets Multi-Grain Dinner Roll Pineapple Tidbits</p>	<p>2 Pork Pot Roast (Diced) Mashed Potatoes /Gravy Parslied Carrots Wheat Bread Apple Pie</p>
<p>5 Roast Turkey & Gravy Baked Sweet Potatoes Brussels Sprouts Wheat Bread Mandarin Oranges</p>	<p>6 Chopped Pork Steak with Mushroom Gravy Mashed potatoes Spinach Multi-Grain Bread Ranger Cookie</p>	<p>7 Birthday Day Beef Noodle Soup Peas and Onions Carrot Raisin Salad Rye Bread Cake</p>	<p>8 Oven Roasted Chicken (Drumsticks) Garlic Mashed Potatoes Broccoli Wheat Bread Fresh Melon</p>	<p>9 Senior Lunch Centers Will be Closed</p>
<p>12 Smothered Chicken With Artichoke Sauce Au Gratin Potatoes Green Beans Wheat Bread Chocolate Pudding</p>	<p>13 Beef Stew with Potatoes, Onions and Carrots Peas Baking Powder Biscuit Mandarin Orange Cup</p>	<p>14 Country Style Roast Pork With Basil Dijon Sauce Scalloped Potatoes Mixed Vegetables Rye Bread Pumpkin Bar</p>	<p>15 Chopped Steak and Gravy Mashed Potatoes Stewed Tomatoes Multi-Grained Dinner Roll Chilled Pears</p>	<p>16 BBQ Riblet with Sweet Baby Ray's on a Hamburger Bun Diced White Potatoes Broccoli Apricots</p>
<p>19 Swedish Meatballls Over Egg Noodles Spinach Wheat Bread Fruit Cup</p>	<p>20 Ham and Corn Chowder Mixed Vegetables Salad Greens Multi-Grain bread Hot Spiced Pears</p>	<p>21 Chicken Supreme Mashed Potatoes and Gravy Broccoli Baking Powder Biscuit Fruit Jell-O</p>	<p>22 Salisbury Steak Au Gratin Potatoes Corn Wheat Roll Pineapple Tidbits</p>	<p>23 Potato Crusted Fish Fillet Baked Squash Scandinavian Mixed Vegies Rye Bread Lemon Bar</p>
<p>26 Cowboy Pork Chili Macaroni Creamy Broccoli Salad Corn Bread Chunky Applesauce</p>	<p>27 Spaghetti and Meatballs Peas and Carrots Garlic Bread Melon</p>	<p>28 Slow Roasted Beef and Gravy Mashed Potatoes Brussel Sprouts Multi-Grain Bread Marble Cake</p>	<p>29 Teriyaki Turkey Burger on Whole Wheat Bun Roasted Potatoes with Peppers and Onions Asian Slaw Hot Fruit Bake</p>	<p>30 Chicken Breast Parmesan Penne Pasta w/ Marinara Spinach French Bread Chilled Peaches</p>