



The Park Bench

Seniors in the Park Newsletter
September 2009 Volume IX Issue 9

Seniors in the Park promotes and enhances a vital aging community

SOCK HOP

Saturday September 19, 6:00 pm-10:00 pm
Downtown Armory



Take off your penny loafers and saddle shoes, roll down your socks, and hike up your Poodle Skirt - We are going back in time with a Sock Hop! Stroll on down to the Armory for dancing to the best of the 50's and early 60's, games, contests, prizes, and ice cream sundaes. Even if you don't dance there will be activities and great music. Come in your poodle skirt or wear your favorite jeans and white t-shirt and don't forget the socks!

Advance tickets are available at the Community or Municipal Building for \$8.00 through September 17. Tickets at the door will be \$10.00



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.

September 24: "What Am I Listening For?" Listening to Classical Music 101.

The first session will provide some useful terminology and a user-friendly survey of technical matters, to help enrich your listening experience

Next session: **October 8: What Am I Listening To? Musical Style for Listeners**

ACCREDITATION TO BE AWARDED

We receive our official accreditation on September 17 at the Fall Conference of the Wisconsin Association of Senior Centers. Accreditation is beneficial in many ways. It provides direction for current and future programs. We now have a five year plan which is reviewed monthly at the Senior Forum. It highlights our quality programs and services. It identifies areas to expanded or strengthened. It assists us to become more efficient and organized and brings clarity to center operations. It demonstrates accountability to sponsors and funding sources. We have already accomplished several of the new goals and will continue to work toward attaining the others. Special thanks go out to the accreditation committee which is listed on page 9.

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The Starin
Park
Community
Building will
be closed
Monday,
September 7 in
observance of
Labor Day

Classes and Activities



COMPUTER SAVVY

Asked and Answered

Sept. 21 & 23, 9:30 or 11 am

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

Instructor: Lyle Hunter

Cost: \$5.00; Register by September 17.

System Utilities

September 15 & 17, 9:30 am

Learn how to Defrag, use Automatic update, and Cleanup of: Explorer, Temporary Files, Explorer History and Explorer Cookies

Instructor: Lyle Hunter

Cost: \$6.00; Register by September 11.



FUNDAMENTALS OF INVESTING - HOW TO AVOID CATASTROPHE

Begins September 14, 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

FALLS PREVENTION AND BALANCE WORKSHOP

September 29, 1:00 pm

Jessica Johnson, PT & David Anderson, PT from Mercy Whitewater Sports Medicine & Rehabilitation will provide a lecture and interactive discussion about balance and risk for falls. Participants will learn strategies for reducing the risk for falling and participate in fun activities related to improving balance without even leaving their seats. Participants of all abilities are welcome.

ART IN THE PARK

Thursdays, 12:30 pm



A guest artist will teach the first Thursday of the month. The rest of the month meet with other painters and practice the new skill or do your own painting.

Guest artist September 3 and 10 will be Jack Zellner. Jack's philosophy is you are never too old to draw or paint and taught Art and Design at UW-Stout. His class will focus on quick painting techniques showing how to paint a tonal landscape in one or two settings. Demonstrations will show how to layout a tonal palette, compose a landscape with emphasis on either the ground or the sky and how to visually show atmospheric depth in a painting. Any media is welcome; water color, oil, acrylic or pencil. Canvas or paper size will be small, no larger than 6 inches by 12 inches. Come ready to paint and have a good time.

Cost: \$10 (includes both classes)

*NOTE-the class time is earlier and runs over two weeks.

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

NEW COFFEE OPPORTUNITY

The week of September 21 we will be trying out a new coffee system that will provide coffee for everyone through out the day. Please give feedback on this new system. As with our present system there will be a charge for the coffee. As a city entity we must cover our expenses. A cup of coffee will cost either 25 or 50 cents depending on our costs. We have also purchased new, larger coffee cups.



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.

Sept 14 Prospects or Economic Revitalization in Urban and Underserved communities

Richard McGregory, Academic Support Services

Sept 21 What Happened to the Greatest Companies on Earth?

Nikki Mandell, Dept of History

Sept 28 Why Prices are Good, Trade is the Same as Technology, and Other Fun Things in Economics

David Welsch, Dept of Economics



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.

LUNCH AND LEARN: Fit, Function and Footwear

September 23, 12:00 pm



Shoes that don't fit can cause a variety of problems from blisters, corns and calluses, to foot, leg and back pain. Proper fit and support in your shoes can make a difference. Dale's Bootery will talk about proper shoe fit for seniors, the importance of proper support in footwear and will touch on diabetes and the foot. They will also demonstrate various shoes. Bob Herold, Certified Pedorthist, and owner of Dale's Bootery and Don Koehnke, Certified Pedorthist and Orthopedic Shoemaker, will present.

BOWLING

Wednesdays, 9:00 am,

Hawk Bowl

The Wednesday Bowling League meets at 9:00. Bowling begins at 9:30 beginning September 9. 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.

OKTOBERFEST

Thursday October 1, 11:00

Listen or dance to the music of Gerry Hartman. He plays both the keyboard and the accordion.



Savor a German menu of Bratwurst, German Potato Salad, Red Cabbage & Apples, Pumpernickel Bread, and Milchreis (Cinnamon Rice Pudding). Reservations need to be made by Thursday September 24.

INTERNATIONAL EVENING

Thursday October 15 (tentative)

6:00 pm

Enjoy an evening of desserts, chocolate, and entertainment by UWW International Students. Watch next month's newsletter for final details. The students arrive the end of August and plans will be made then.



OUR HOUSE SENIOR LIVING MOVIES

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

“Leatherheads”

Tuesday, September 15, 12:30 pm

Rated: PG-13 1 hr. 54 min.

George Clooney stars as Dodge Connolly, a fading football hero who's desperately in need of cash to keep his team afloat. He entices college football star/war hero Carter Rutherford to join the team. Carter agrees, but reporter Lexie Littleton thinks there's something not quite on the up-and-up. And just to make things really messy, both Carter and Dodge find themselves falling for the beautiful reporter.

“Nights in Rodanthe”

Tuesday, September 22, 12:30 pm

Rated: PG-13 97 minutes

Adrienne Willis, a woman with her life in chaos, retreats to the tiny coastal town of Rodanthe, to tend to a friend's inn for the weekend. The only guest at the inn, Dr. Paul Flanner is not on a weekend escape but is there to face his own crisis of conscience. A major storm is forecast for the weekend and with the storm closing in, the two turn to each other for comfort and set in motion a life-changing romance that will resonate throughout the rest of their lives.



BOOK CLUB

Monday September 14, 10:30 am

The Book Club will discuss *The Divide* by Nicholas Evans. The book for October is *Audition—A Memoir* by **Barbara Walters**.

And now, at last, the most important woman in the history of television journalism gives us that “whole package,” in her inspiring and riveting memoir. After more than forty years of interviewing heads of state, world leaders, movie stars, criminals, murderers, inspirational figures, and celebrities of all kinds, Barbara Walters has turned her gift for examination onto herself to reveal the forces that shaped her extraordinary life.

ACTIVITIES AT A GLANCE

Art in the park—Thursdays 1:00 pm
Bid Euchre—Mondays 1:00
Bocce—Thursdays 10:00 am
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
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
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

Sept 1: Culver's Bingo

Sept 15: Our House Senior Living

Sept 22: 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	Pizza Hut
Commercial Bank	Sweet Spot	Sentry
Bergey Jewelry	Rosa's Pizza	Karina's
McCullough's	Jimmy John's	Taco Bell
Rocky Rococo	Cousin's Subs	Jessica's
Eastsider/Westsider	Mirage Hair Studio	
Winchester True Value	Culligan Soft Water	
Cozumel Mexican Rest	All Care Heating	
Rick's Eastside Pub	Dale's Bootery	
First Citizen's State Bank	Genoa Pizza	
Fort Community Credit Union		

Remember to thank our sponsors when you visit them.



Senior Centers: Make a Connection



SENIOR CENTER MONTH

September is Senior Center Month and the theme this year is “Make a Connection”. Take the time to connect with your mind, body and spirit during the beautiful month of September. There are many activities and interesting people of all ages at the Starin Park Community Building. When it comes to finding tools for staying healthy and involved or information about benefits, senior centers are the place to start. Stop in and make a new connection at Seniors in the Park.

CONGRATULATIONS

The votes are in and Romelle Koch submitted the winning name of “Park Bench” for our newsletter. She will be presented with a \$10 Chamber Check for her inventive title.

GREETING CARDS

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

MEDICARE PART D

Medicare beneficiaries that have a Medicare Part D Plan will need to start watching your mail for notices sent out by CMS (Center for Medicare & Medicaid Services). People who currently receive the “extra help” and do not pay a plan premium and small co-pays need to pay special attention.

In September, CMS will be sending out a letter on GREY paper. This letter will state that the beneficiary no longer automatically qualifies for the “extra help” in 2010. You will be able to apply again with a Low Income Subsidy Application. This form is available from Social Security, or on the internet at ssa.gov. Applications are also available at the Aging and Disability Resource Center for Walworth County at (262)-741-3400.

In September, Social Security will randomly be selecting and sending out an “Income and Resources Summary” sheet to beneficiaries who, in the past, have filled out the “extra help” form. If you do receive this letter, which will be on white paper, you will need to return the form within 30 days or your extra help may be terminated.

In October there will be an ORANGE letter going out to beneficiaries that continue to qualify for the “extra help” in 2010. Keep this letter and no action is required on your part.

If your 2009 plan is terminating or going over the State of Wisconsin “bench mark” in 2010, CMS will reassign “extra help” beneficiaries to a new plan, if CMS has always automatically enrolled you in your Medicare Part D plans. In late October CMS will be sending out a letter on BLUE paper reassigning beneficiaries to a new plan that will be effective January 1, 2010. This letter will contain your new ID number that beneficiaries need to take to your local pharmacy.

For all Medicare beneficiaries the Medicare & You 2010 handbook will be mailed out by October 31st.

If you have questions contact Julie Juranek, Elderly Benefit Specialist, at the Aging & Disability Resource Center for Walworth County at (262) 741-3400 or 1-800-365-1587.

STUDIO 84: A CREATIVE PLACE TO BE

Looking for something different to do? Do you enjoy creating art? Or maybe have been curious about trying too? Studio 84 is the place to do both. They offer a variety of visual arts classes including drawing, watercolor, sculpture and acrylic painting. They also provide an open studio in which you can choose the medium and receive individualized instructions depending on your skill level.

Studio 84 is a non profit community art studio in Whitewater. Their motto is "A creative focus on the abilities through the arts." The staff at Studio 84 works with all ages and abilities, including people with disabilities both cognitive and physical.

You can check online for a current schedule at www.studio849inc.org. Call them at 262-812-7560. Or stop in at 121 W. Center St. Whitewater, Wisconsin (across from Novak's restaurant).

WHITEWATER'S NEW ART GALLERY: DEEPER INSIGHTGALLERY

Deeper Insight Gallery exhibits works by area professional and amateur artists from a variety of artistic backgrounds—photographs, painting, weaving, jewelry, wall sculpture, drawing/stamping, and stitchery. The gallery is in association with the Wisconsin Community Mental Health Counseling Center located at 143 W. Main Street. We invite you to stop in whenever the office/gallery is open and take a look. The works are often changing just like all life experiences. If you are interested in purchasing or exhibiting art at our gallery, or would like a personal tour, contact Suzanne Popke at intsim@idcnet.com or 262-490-6067.

Flu Shots
Monday October 19
1:00—4:00 PM

LGBT DISCUSSION GROUP

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

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

TASTE VOLUNTEERS NEEDED

September 11 & 12

Check IDs at the gate and put on wristbands. You will be under a tent and working as a team with someone else. If you can help, contact Michelle Dujardin at 262-473-0121 or mdujardin@ci.whitewater.wi.us.

TASTE OF WHITEWATER
 September 11th & 12th - Cravath Lakefront
www.tasteofwhitewater.com
 - Local Food - Live Music -
 - Family Entertainment -
 - Arts & Crafts -

Volunteers

VOLUNTEER OPPORTUNITIES

See Deb for more information if you are interested in any of the following opportunities.

- **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.
- **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.
- **Publicity**—Assist with publicity to include writing and distributing press releases and radio PSA's. Also making posters/flyers and distributing.
- **Taste Volunteers**—September 11 & 12 Check IDs at the gate and put on wristbands. You will be under a tent and working as a team. If you can help, contact Michelle Dujardin at 262-473-0121 or mdujardin@ci.whitewater.wi.us

LIVING WELL WITH CHRONIC CONDITIONS TRAINING

September 23—Oct 1

This program helps people with chronic health issues to build confidence in their ability to manage their health and to maintain active and fulfilling lives. Subjects covered include techniques to deal with problems such as fatigue, pain and isolation; appropriate exercise for maintaining and improving strength, flexibility and endurance; appropriate use of medications; communicating effectively with family, friends and health professionals; nutrition; and making informed treatment decisions.

This is an opportunity to become a facilitator for this for this unique and important workshop. The training is free and will be held at the Walworth County Department of Health and Human Services. Please contact Patti Pagel at 262-249-4618 if you are interested in becoming a facilitator.

Nutrition Site Page 7

BIRTHDAY DAY

Wednesday, Sept. 9, 11:30 am

If you have a birthday in September, come and celebrate with us at the meal site on Wednesday, September 9. Sign up for the meal by noon a day in advance.



Happy September Birthdays to:

6— Wilson King 27—Art Moyer
15—Carla Anderson 28—Doris Wutke
21—Bea Jacobs

NOTES FROM THE KITCHEN

Fall is in the air and we are looking forward to the plentiful fruits and vegetable it brings. We are now serving a meal once a month at Brookdale. The next date is **Friday September 11**. 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. 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. Suggested donation is \$2.50.



~Sue

REMINDER: The Nutrition Site meals are available for a very reasonable donation (\$2.50 suggested). 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.

SERVICES AT A GLANCE

- **Blood Pressure Screening-Tuesday, Sept. 22, 10:30 am** Provided free by the Whitewater Family Practice
- **Foot Clinic –Tuesday, Sept 1, 12:00 pm**
- Please bring a towel. No appointment is necessary. Cost is \$10.00.
- **Therapeutic Table Massage-Monday, Sept. 14, 1:00 pm** Sharon Baker, half hour massages for \$25 Appointments must be made in advance by calling 262-473-0535.
- **Chair Massage-Thursday Sept 24, 10:30 am** Sharon Baker, half hour massages for \$25 Appointments must be made in advance by calling 262-473-0535.
- **Whitewater Grief Support Group-2:00 pm 3rd Tuesday** This group meets at Fairhaven in the Lower Level Conference Room. Call 920-674-6255 with questions.

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

FRAUD PREVENTION WORKSHOP

September 22, 9:30 am

Peoples Bank, Elkhorn

Scam artists are looking to prey upon anyone with a trusting attitude and a healthy bank account. To arm you with information to fight back, Walworth County AARP Chapter will host a Fraud Prevention Workshop. Learn about current scams in Wisconsin, how to protect yourself from becoming a victim, how to deal with unwanted solicitations, how to check out investment products/brokers and much, much more. This event is free and open to everyone.

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.

FACEBOOK

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

Coordinator's Comments

September is a busy month.

- We are up and running with our full complement of classes.
- It's Senior Center month. Celebrate the connections you make at Seniors in the Park through art, movement, technology, friends and generations. Encourage others to stop in and check us out.
- Active Aging Week is the 21st—27th and we are kicking off the week with a SOCK HOP!
- September is Fall Prevention Month and there is a Falls Prevention Workshop on the 29th.
- We're trying out a new coffee system so fresh coffee is available to everyone throughout the day.
- The UWW Lecture Series is back with a musical theme.
- We will officially be receiving State Accreditation on Thursday September 17.

It's going to be a wild and wooly month. Join in the fun!

~Deb



Thank You



- To everyone who donated food or worked at the Little League tournament including: Rose Ellestad, Gretchen Barth Marion Malo, Sandi Colombe, Dorothy Poehler, Doris Wutke, Mandy Tews, Annie Stinson, Mary Jo Eakle, Char Perkins, Betty Heth, Dan Sable, Bruce Parker, Bill & Colleen Endisch, Sharron McCarthy, Eric & Lois Zipp, Nora Neumeister, and Bea Jacobs.
- To the Accreditation Committee for their hard work and the time: Heidi Stewart, Fairhaven; Jan Schmeling, Sue Mealy, Anne Prince, Walworth County; Mike Obinger, Fairhaven; Linda Loomer, Stu Charland, First Citizen's Bank; Jim Stewart, City Council; Karen Barak, UW-W Recreation; Gretchen Barth, Mary Keeney, Arlene Trewyn, Mary Lou Rossini, and Matt Amundson, Parks and Recreation Director.

Coach Trip Page 9

CHICAGO'S ETHNIC SALAD BOWL

Wed. October 14

Experience Chicago's global diversity. Tour Old St Patrick Church, Chicago's oddest church and survivor of the Great Chicago Fire. Visit the Jane Addams Hull House, an historic mansion and see a film about the life of Jane Addams and her revolutionary ideas which helped immigrants gain a new life in the new world. Tour a magnificent Byzantine style Ukrainian church in the heart of the Ukrainian village. Enjoy a special tour of China Town. Have time to shop here and savor the flavors of delicious Chinese specialties at your included lunch.

Cost for the trip is \$75.00.

RSVP/payment due by September 17

Depart Fort K-Mart 7 am Starin Pk 7:30 am

Return Starin Pk 6:30 Fort K-Mart 7 pm

Minimum—35 people.

Encourage your friends to sign up. We don't want to have to cancel this unique trip.

FIRESIDE 2009

Wednesday, Oct. 28—The Sound of Music

RSVP/Payment deadline: Wed., Sept. 23

Wednesday, 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.

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.

WOODCARVERS SHOW**Saturday September 12**

Experience the talent of woodcarvers from all across the stateline area. Enjoy chain carving demonstrations and the exquisite and intricate detail of the carvings of 35 vendors and exhibitors. Exhibitors will also be available to answer questions, give advice, and demonstrate their talent. Refreshments will be available at the show. Admission is free.

Depart at 12:30 pm. Return approx 4:00 pm

Cost for the trip is \$5.00.

RSVP/payment due by Thursday September 3

Minimum-5, Maximum-14

WOODFIELD MALL**Friday, October 23**

Woodfield Mall has many unique stores in addition to major outlets. 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

COUNTRY GENTLEMEN SHOW**Saturday October 10**

Take a nostalgic trip back to Grandpa's Attic with the Country Gentleman featuring the quartet Lunch Break

Cost: \$22 includes transportation and reserved seating

RSVP/payment due by September 24

Depart 1:00 pm Return approx 5:30 pm

Minimum-6, Maximum-14

FISH FRY FRIDAYS**Friday, September 18, 4:30 pm**

Enjoy the fish fry at the Janesville Armory. Fry is all-you-can-eat for \$12.

Depart at 4:30. Cost for the trip is \$5.00.

WINE AND CULINARY**TOUR****Friday September 25**

Start the day at the scrumptious Long Grove Confectionery outlet store. The rest of the day will be spent in Historic Long Grove. There are eclectic art galleries, a mosaic of gourmet specialty shops, and a myriad of fine and casual dining opportunities. Our group will be treated to a tour and tasting at the Olive Tap (olive oil) and a snack and beverage at the Apple Haus. Experience the Valentino Vineyards with a tour of the vineyards, learning about the wine making process, and enjoy a sampling of their premier wines. Enjoy a day of food and fun

Cost: \$34 Note: Lunch is on your own

RSVP/Payment due by: Thursday Sept. 11

Depart: Starin Park 8:30 am

Return: Starin Park 6:00 pm

Minimum-10, Maximum-14

**CEDARBURG ARTS FESTIVAL****Friday October 9**

Relish Historic Cedarburg and its plethora of artisans. Visit the Wisconsin Museum of Quilts and Fiber Arts and have time to spend in the various quaint shops and artist studios in Cedarburg. Lunch is on your own.

Cost for the trip is \$17.00.

RSVP/payment due by September 24

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

Minimum-7, Maximum-14

LUNCH BUNCH**Thursday, September 10, 10:30 am**

September's Lunch Bunch will eat at Benny's in Delavan. We will also visit the Apple Barn, where there have wines, apples, cider, crafts & specialty foods. Lunch is on your own.

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

RSVP by Tuesday, September 8.



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.



MISSISSIPPI RIVER FALLS EXPLORER

October 5-7, 2009

Cost: \$399 per person double
\$465 per person single

Reservations and payment due by August 27.

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

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

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.



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



FORT ATKINSON TRIPS

Let them know you are with Seniors in the Park.

Oberammergau—2010

Florida—April 2010

Portugal—March 2010

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

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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 –September 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</p>	<p>1 10:00 Culvers Bingo 11:00 Potluck 11:30 Dominos 12:00 Foot Clinic 1:00 Sheepshead 6:30 Ceramics (A)</p>	<p>2 1:00 Texas Hold 'em Poker 1:00 Chess 6:30 Ceramics (A)</p>	<p>3 10:00 Bocce 12:30 Art in the Park Artist 1:00 Ceramics (A)</p>	<p>4</p> 
<p>7</p> <p>CLOSED Labor Day</p>	<p>8 1:00 Sheepshead 6:30 Ceramics (A)</p>	<p>9 9:00 Bowling 11:30 Birthday Day 1:00 Chess 6:30 Ceramics (A)</p>	<p>10 8:30 Golf 9:30 Stretch/Flex 10:00 Bocce 10:30 Lunch Bunch- Benny's & Apple Barn, Delavan 12:30 Art in the Park Artist 1:00 Ceramics (A)</p>	<p>11-12 Taste of Whitewater (L)</p> <hr/> <p>12 12:30 pm Woodcarver Trip departs</p>
<p>14 8:30 Golf 9:30 Stretch/Flex 10:30 Book Club 11:00 Wii Bowl 12:00 Senior Forum 1:00 Therapeutic Massage 1:00 Fundamentals of Investing 1:00 Bid Euchre 1:30 Canasta</p>	<p>15 9:30 System Utilities 10:00 Our House Senior Living Bingo 12:30 Our House Senior Living Movie "Leatherheads" 1:00 Sheepshead 6:30 Ceramics (A)</p>	<p>16 9:00 Bowling 12:00 Lunch and Learn: Fit, Function, Footwear 1:00 Texas Hold 'em Poker 1:00 Chess 6:30 Ceramics (A)</p>	<p>17 9:30 System Utilities 9:30 Stretch/Flex 10:00 Bocce 1:00 Art in the Park 1:00 Ceramics (A)</p>	<p>18 4:30 Fish Fry- The Armory, Janesville</p> <hr/> <p>19 SOCK HOP 6-10 pm Armory</p>
<p>21 8:30 Golf 9:30 Stretch/Flex 9:30 or 11 Asked & Answered 11:00 Wii Bowl 1:00 Bid Euchre 1:30 Canasta</p>	<p>22 10:00 City Bingo 10:30 Blood Pressure 12:30 Our House Senior Living Movie "Nights in Rodanthe" 1:00 Sheepshead 6:30 Ceramics</p>	<p>23 9:00 Bowling 9:30 or 11 Asked & Answered 12:00 Lunch and Learn: Fit, Function, & Foot Care 1:00 Chess 6:30 Ceramics (A)</p>	<p>24 9:30 Stretch/Flex 10:00 Bocce 10:30 Chair Massage 1:00 Art in the Park 1:00 Ceramics (A) 2:00 UWW Lecture Series – Listening to Music</p>	<p>25 8:30 am Wine and Culinary Tour departs</p>
<p>28 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre</p>	<p>29 1:00 Falls Prevention Workshop 1:00 Sheepshead 6:30 Ceramics</p>	<p>30 9:00 Bowling 1:00 Chess 6:30 Ceramics (A)</p>	<p>1 11:00 Oktoberfest Celebration</p>	

Walworth County Nutrition Menu – September 2009

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Beef Barley Soup Parslied Carrots Peas and Onions Wheat Bread Cantaloupe	2 Oven Fried Chicken (Drumsticks) Mashed Potatoes and Gravy Mixed Vegetables Wheat Bread Fruit Jell-O	3 Ham Salad Lettuce and Tomato Creamy Broccoli Salad Ry Krisp Crackers Chilled Apricots	4 Mostaccioli and Meat Sauce Italian Mixed Vegetables French Bread Ranger Cookie
7 Labor Day Senior Lunch Centers will be closed.	8 Chicken Salad Romaine Lettuce Garnish Herbed Tomato Wedges Multi-Grain Bread Chilled Pears	9 Birthday Day Diced Pork in Rosemary Sauce Garlic Mashed Potatoes California Blend Vegetables Marble Rye Bread Cake	10 All Beef Hot Dog on a Hot Dog Bun Oven Browned Potatoes Parslied Carrots Banana	11 Potato Crusted Fish Filet Peas and Onions Corn Wheat Bread Fresh Melon
14 Beef Tips Burgundy Mashed Potatoes Broccoli Wheat Bread Mandarin Oranges	15 Barbecued Country Pork Au Gratin Potatoes Parslied Cauliflower Multi-Grain Dinner Roll Chilled Peaches	16 Chicken Tarragon Peas Cole Slaw Baking Powder Biscuit Hot Glazed Apples	17 Tuna Salad Supreme with Lettuce and Tomato American Potato Salad Rye Bread Fruit Cup	18 Sicilian Meatball Soup Potatoes Italiano Italian Green Beans Wheat Bread Iced Sugar Cookie
21 Chicken Breast ala Orange Savory Brown Rice Green Beans & Onions Multi-Grain Roll Chilled Apricots	22 Italian Beef Sandwich on a Sliced Wheat Bun California Blend Vegetables Stewed Tomatoes Vanilla Pudding	23 Kielbasa Scalloped Potatoes Spinach Rye Bread Chilled Peaches	24 Turkey and Gravy Baked Sweet Potatoes Broccoli Multi-Grain Bread Cherry Crisp	25 Meatloaf and Gravy Mashed Potatoes Harvard Beets Rye Bread Applesauce
28 Pork Tips Marsala Mashed Potatoes Parslied Carrots Marble Rye Bread Chocolate Chip Oatmeal Bar	29 Spaghetti and Meatballs Mixed Green Salad Garlic Bread Chilled Pears	30 BLT Chicken Salad Mixed Salad Greens with Tomato Wedges Mandarin Oranges Ry Krisp Crackers Marble Cake	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.	