



The Park Bench

Seniors in the Park Newsletter
February 2010 Volume X Issue 2

Seniors in the Park promotes and enhances a vital aging community



FREEZE FEST & CHILI COOK-OFF

Saturday February 20
Cravath Lakefront Park

Plunge into winter at Freeze Fest and sample some wonderful chili. The chili with the most votes wins a fabulous prize courtesy of Downtown Whitewater. Come on down, sample our chili, and vote for Seniors in the Park! Enjoy many other events that day. The Kiwanis Pancake Breakfast begins at 6:30 am at the Armory. Watch wild and crazy people “freezin’ for a reason” as they plunge in the water to raise money for Special Olympics. Family entertainment at the Lakefront center begins at 11:00 am and features the Whitewater Police Department teaching safety and handing out children’s kits, Bucky the Clown will create spectacular balloon animals, and Home Depot will have “building” projects.

See page 7 for assistance and donations needed for the Chili Cook-off.



AARP TAX ASSISTANCE

AARP is offering free service/help to low income and moderate income taxpayers with special attention to those age 60 and older with quality assistance in filing their personal income taxes. Appointments are available at the Starin Park Community Building on Thursdays from 9:00 am-noon, beginning February 4 and 9:00 am – 3:00 pm beginning February 25. Call 262-473-0535 to set up an appointment. Donations for this service are accepted and support programming at Seniors in the Park.

You must bring:

- Photo ID
- Social Security cards for taxpayer, spouse and dependents
- Copy of 2008 tax returns
- Proof of 2009 Income (W-2, Pension or IRA-1099R, Dividends-1099 DIV, Interest-1099 INT, Stock/mutual fund-1099B, SSA-1099, 1099-Misc, Social Security--SSA-1099, SSI income for 2009)
- Blank check for electronic refund deposit

If you are filing Wisconsin Homestead Credit, you will need either a 2009 real estate tax bill **OR** Certificate of Rent form signed by your landlord. 2009 taxes do not have to be paid to file Homestead Credit.

IMPORTANT NOTE: Preparers will not prepare tax returns for people who are married but file separately or people who became divorced in 2009, nor will they prepare schedules for business (Schedule C), rental income, moving expense forms, forms for nondeductible IRAs and child investment income tax.

WHAT'S INSIDE

- **Pages 2-5**
Classes and Activities
- **Page 5**
Nutrition Site
- **Page 6**
Resources and Services
- **Page 7**
Opportunities, Thank You
- **Page 8**
Van Trips
- **Page 9**
Extended and Coach Trips

COST RICA TRIP PREVIEW

Tuesday
Feb. 16
1:00 pm



Classes and Activities



CARD MODELING

Monday, February 22, 12:30 pm

Over the years Dick Enstad has built over 100 paper models of airplanes, tanks, cars, castles, birds, ships, etc. Although the hobby was popular in Europe for a long time, it appeared in the U.S. during WWII when metal and wood were scarce for toys. They even had a cardboard version of a Lionel train in 1944. The models often appeared in connection with breakfast food; either printed on the box or available by sending in a box top and a few coins. Now, they can be purchased by mail or downloaded on your computer. Dick has models on display in the showcase.

HEALING THE LAND

Monday March 15, 12:30 pm

Penny and Gary Shackelford will discuss their efforts to restore their property in Rock County, near Milton, to native prairies, woodland and wetlands. Gary is an avid photographer and will show many beautiful photos of the landscape, birds, and flowers.

Reservations for the presentation are due by Thursday, March 11.

NVR2LATE

Friday, February 12, 4:30 & 6:00 pm

Socialize with other singles 50 and over. It's a great way to make new friends and connections here in Whitewater.

The February group night will consist of a fish fry and game night. Those who wish to go out for fish fry first can sign up for the van trip (page 8) or meet us at Squiddy's in Palmyra for the 4:30 reservation. The group will return to the Community Building for a short organizational talk at 6:00 pm. Please bring your ideas for outings or social activities the group may be interested in doing. Afterward, the group will play Farkle or board games. Thanks to the people who stayed last month and gave input on direction for the group and my apologies to those who had to leave.

LUNCH & LEARN:

Revisoning the Depot Museum

Monday, February 8, Noon

The Depot Museum will soon be undergoing extensive interior restoration paid for by a DOT Transportation Enhancement Grant with 20% matching funds provided by the City of Whitewater and those raised by the Whitewater Historical Society. The Depot Museum collections will be temporarily removed from the building during restoration providing the Society with an unprecedented opportunity to rethink how they will be reinstalled post-restoration. During this program you will learn more about the restoration work to be done and plans for the Society's interpretation of Whitewater history in the restored space. The Society welcomes your ideas and suggestions! Participants are welcome to bring a lunch, eat at the meal site (reservations by noon Friday Feb. 5) or just come, listen and learn.

Speaker: Ellen Penwell, President, Whitewater Historical Society

Register by Thursday February 4

ZUMBA® GOLD

Wednesdays, 10:30 am

Put a little cha-cha-cha in your day with Zumba® Gold. It is movement to Latin or other fun music and can be done standing or seated. Cool down and stretch with chi gong.

Instructor: Cyndee Leibbrand, Certified Zumba® and Chi Gong instructor

Cost: \$3.00 per class (Payable to the instructor)

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.





FACILITATED MEDITATION

2nd and 4th Wednesdays

Feb. 10 thru March 24, 3:00 pm

Regular meditation can improve longevity and quality of life. A variety of meditation methods will be explored, all done while seated in a chair.

Benefits of meditation:

- It lowers oxygen consumption.
- It increases blood flow and slows the heart rate.
- Leads to a deeper level of relaxation.
- Good for people with high blood pressure as it brings the B.P. to normal.
- Decreases muscle tension (any pain due to tension) and headaches.
- Builds self-confidence.
- It increases serotonin production which influences mood and behavior. Low levels of serotonin are associated with depression, obesity, insomnia and headaches.
- Enhances the immune system. Research has revealed that meditation increases activity of 'natural-killer cells', which kill bacteria and cancer cells.
- Reduces activity of viruses and emotional distress.

Facilitator: Charlotte Soto

Cost: \$3.00 per class (Payable to the instructor)

Deadline: Two days prior to each class

STRETCH AND FLEX

Mondays & Thursdays at 9:30 am

Maintain and improve your strength and flexibility with 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.

“The Proposal”

Tuesday, February 9, 12:30

Rated: PG-13 108 min.

For three years, Andrew Paxton has slaved as the assistant to Margaret Tate, hard-driving editor at a New York publisher. When Margaret, a Canadian, faces deportation for an expired visa, she hatches a scheme to marry Andrew - he agrees if she'll promise a promotion. A skeptical INS agent vows to test the couple about each other the next Monday. Andrew had plans to fly home that weekend for his grandma's 90th, so Margaret goes with him to Sitka, Alaska, where Mom, Dad, and Grams await. Family dynamics take over with tensions between Dad and Andrew, an ex-girlfriend, Andrew's dislike of Margaret, and the INS ready to charge Andrew with fraud.

“The Boy in the Striped Pajamas”

Tuesday, February 23, 12:30 pm

Rated: PG-13 94 min.

The film tells the story of Bruno, an eight-year-old German boy who leads a rather comfortable life in Berlin during World War II. His father is a high ranking Nazi SS officer, but things change when the family has to move due to his father's new post. In his innocence, Bruno sees the nearby concentration camp as a "farm" and wonders why its inhabitants are always wearing striped pajamas. Eventually Bruno becomes friends with a Jewish boy his own age who lives on the other side of the gate.

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!!



BOOK CLUB

Monday, February 1, 10:30 am

The Book Club will discuss *Islands* by Anne Rivers Siddons. The book for March is **Enriques' Journey** by Sonia Nazario.

An astonishing true story recounting the odyssey of a Honduran boy who braves unimaginable hardship and peril to reach his mother in the United States.

When Enrique is five years old, his mother, Lourdes, too poor to feed her children, leaves Honduras to work in the United States. She sends money back home to Enrique so he can eat better and go to school past the third grade. Lourdes promises him she will return quickly, but years pass.

After eleven years, Enrique decides to go find his mother. He sets off alone with little more than a slip of paper bearing her North Carolina telephone number. Without money, he makes the dangerous and illegal trek through hostile and unknown Mexico, clinging to the sides and tops of freight trains. He pushes forward using his wit, courage, and hope—and the kindness of strangers.

ACTIVITIES AT A GLANCE

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

Dominoes—First Tuesday 11:30

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

Zumba® Gold—Wednesdays 10:45 am

WATERCOLOR CLASSES WITH TOM JEWELL

Thursdays 1:00 – 4:00 PM

Feb. 18-Mar. 11, Session 2

Advanced watercolor techniques is a continuation of Session 1 or for those watercolor artists who have a working knowledge of painting with watercolor.

Learn advanced watercolor techniques to achieve more dramatic painting results.

Materials needed:

- Watercolor palette (paints) of your choice
- Watercolor paper or pad of your choice (paper available at the center also)
- Brushes of your choice
- Subject matter of your choice
- Cheap plastic table covering

Cost: \$40.00 for each 4 week session, payable to instructor

Reservations due by Thursday, Feb. 11

BINGO!

Tuesdays, 10:00 am

Feb. 2: Culver's Bingo

Feb. 9: Our House Senior Living

Feb. 23: 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 Perfections
Winchester True Value		Eastsider/Westsider
Fort Com. Credit Union		Tincher Realty
Dalee Water Condition.		Eastside Laundry
Binning & Dickens Ins.		Mirage Hair Studio
First Citizens State Bank		Jessica's Restaurant
*The Sweet Spot		

Remember to thank our sponsors when you visit them.

*New sponsors

TELL ME A STORY
FAIRHAVEN LECTURE SERIES

Mondays, 3:00 pm

Fairhaven Lecture Hall

Feb. 1—Beer, Guillotines and Sunrises: Musical Storytelling in the Late Romantic period.

Mike Allsen, Department of Music

Feb. 8—Putting the Bayeux Tapestry in its Place
Chris Henige, Department of Art

Feb. 15—Competitive Speaking Examples from the UW-Whitewater Forensic Team

Jeanine Fassl, Department of Communication

Feb. 22—Narrative in Music from Around the World
Alena Holmes, Department of Music

Mar. 1—What Costumes Say to an Audience
Marshall Anderson, Department of Theatre/ Dance



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.

SENIOR FORUM CHALLENGE

Monday, February 1, Noon

We need involvement from more people at this monthly meeting. Help us decide what the best form of internal governance is needed here. Most centers have elected councils/boards that address issues on programming and aging, both at the center and in the community. Become involved! We are looking for some leaders to step forward and assist with the many wonderful ideas generated by the accreditation committee. 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.



NOTES FROM THE KITCHEN

Sweet thoughts, red hearts and a whisper of spring is around the corner. Stop in and have one of our hearty soups and stew. Anyone 60 and over is welcome to attend the meal. Nutrition Site meals are served at 11:30, Monday through Friday. 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 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, Feb. 10, 11:30 am

Celebrate your February birthday with us. Sign up for the meal by noon a day in advance.



Happy FEBRUARY Birthdays to:

- | | |
|-------------------|--------------|
| 4—Ila Webb | 21—Marie Roe |
| 11—Emily Saunders | 22—Gene Lee |
| 29—Madeleine Isch | |

The Nutrition Program will be at Brookdale on Friday, February 12.

DONATIONS, GIFTS AND MEMORIALS

“No man can become rich without himself enriching others.” Andrew Carnegie
You can make Seniors in the Park a recipient of a gift any time of the year. We appreciate your generosity and support of our programs.

SERVICES AT A GLANCE

- **Blood Pressure Screening-Tuesday, Feb. 23, 11:00 am.** Provided free by the Whitewater Family Practice
- **Foot Clinic -Tuesday, Feb. 2, 12:00 noon** Please bring a towel. No appointment is necessary. Cost is \$10.00.
- **Therapeutic Table Massage-Monday, Feb. 8, 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
- **Ageing 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
- **GWAAR, Greater Wisconsin Agency on Aging Resources, Inc.**, 262-821-4444 or 608-224-6300, www.gwaar.org
- **Walworth County Chapter of AARP**, contact Jim Davis, 262-642-5694

2010 CENSUS CAUTIONS

With the U.S. Census process beginning, the Better Business Bureau (BBB) advises people to be cooperative, but cautious, so as not to become a victim of fraud or identity theft. The big question is - how do you tell the difference between a U.S. Census worker and a con artist? If a U.S. Census worker knocks on your door, they will have a badge, a handheld device, a Census Bureau canvas bag and a confidentiality notice. Ask to see their identification and their badge before answering their questions. However, you should never invite anyone you don't know into your home. Census workers are currently only knocking on doors to verify address information. Do not give your Social Security number, credit card or banking information to anyone, even if they claim they need it for the U.S. Census. **Remember, no matter what they ask, you really only need to tell them how many people live at your address.** While the Census Bureau might ask for basic financial information, such as a salary range, **you don't have to answer anything at all about your financial situation.** The Census Bureau will not ask for Social Security, bank account or credit card numbers, nor will employees solicit donations. Any one asking for that information is **not** with the Census Bureau. Eventually, Census workers may contact you by telephone, mail or in person at home. However, the Census Bureau will not contact you by E-mail, so be on the lookout for E-mail scams impersonating the Census. Never click on a link or open any attachments in an E-mail that are supposedly from the U.S. Census Bureau. For more advice on avoiding identity theft and fraud, visit www.bbb.org



GREETING CARDS

Check out our supply of greeting cards. We have a great selection of Valentine's Day cards, as well as everyday and special greeting cards at low prices.

INTERNET ACCESS

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

Opportunities



BECOME A SUPER SECRET AGENT

Saturday, February 20

Be a super secret agent and help set up or serve our super secret recipe chili at the chili cook-off at Cravath Lakefront. Help is needed to set-up and decorate from 10:30-noon. Serving shift is from noon-3:00 pm. Help promote Seniors in the Park and our wonderful programming. Sign up at the reception desk and we'll give you more secret information you will need to know for the day.

MAKE A DIFFERENCE

Make a difference by improving the programs and services offered at Seniors in the Park. Contact Deb with questions or your interest.

Individual Opportunities

- **Reflections**—Reflecting on where we've been helps us go forward. Maintain and update our historical information and photos. Time commitment is your schedule and training is provided.
- **Movie Director**—Choose and project two movies a month on the second and fourth Tuesdays. Can be as simple as you want or add your own flair with movie backgrounds or interesting facts. Training provided.
- **Van Drivers** Once or twice a month. Training provided and background check required.

Individual or Team Opportunities

- Developing a volunteer base is crucial to our existence. Certain items need to be in place before people can be recruited. Update our volunteer applications and training manual.
- **Experience Coordinator**—Provide people with quality travel experiences by planning and escorting day trips. Support and training provided. A travel brochure can also be produced, if desired.

CALLING ALL COOKS

Thursday February 18



We are participating in the Chili Cook-off at Freeze Fest. It is held in a heated tent at the Lakefront. Make up a batch of your favorite chili, and we will have a "Chili Dump." Bring it to the Community Building by 4:00 pm Thursday, February 18. Please sign up by Thursday Feb 11 if you will be making a donation.

COOK-OFF DONATIONS NEEDED

Items are needed for the Chili cook-off to complete our "presentation." Donations of sour cream, Fritos, hot sauce, and shredded cheddar cheese (or blocks as we can shred) would be greatly appreciated. Please call with the item you would like to donate so we don't have duplicates.

RETIRED SENIOR VOLUNTEER PROGRAM (RSVP)

Looking for something meaningful to do in retirement? If you are, contact RSVP. They have an array of volunteer jobs just waiting for that special someone, who just might be you! Give them a call at 472-9632 and talk to Patti. If you are not an RSVP Volunteer and you volunteer here at Seniors in the Park, Deb has forms available to fill out to join RSVP.

Thank You . . .



Joyce Van de Bunt—\$200 cash donation

Anita Bishop—book for the library

Eleanor Reeb—cash donation

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



**RED SKELTON:
A TRIBUTE
PRERFORMANCE**

**Thursday April 1, 3:00 show
Stoughton Opera House**

It's not an April Fool's Joke! America's favorite comedian comes to life with a tribute performance by Tom Mullica, a favorite of Branson audiences. Tom's voice and movements are incredibly like Skelton's, who was given permission by Skelton himself to use his material. Join Freddy the Freeloader, Clem Kadiddlehopper and many more memorable characters.

Cost: \$30.00

Reservation/payment due February 25

Trip departs: 1:30; Return approx: 6:00 pm

BRANSON ON THE ROAD
Thursday, April 15, 3:00 pm show

Stoughton Opera House

Branson on the Road is the kind of show most people thought was long gone in this day of over-produced music and special effects. In the same tradition as the traveling road shows during the glory days of the Grand Ole Opry, the Louisiana Hayride and the first Branson shows, this show keeps you tapping, laughing and smiling. Special guest: Maggie Mae of Maggie Mae's Café and Country Music in Oxford, WI.

Cost: \$30.00

Reservation/payment due March 11

Trip departs: 1:30; Return approx: 6:00 pm

LUNCH BUNCH-Think Spring!
Thursday, February 11, 10:30 am

Eat at Luke's Custard and Deli in Janesville, where they roast the turkey on site daily and serve fabulous custard. Afterward, take a warm and colorful walk through the greenhouse at K&W Greenery. Let's think spring!

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

RSVP by Tuesday, February 9.

FULL SPEED AHEAD AFTER 50

Wednesday March 24

A positive and fun event that focuses on active and healthy lifestyles for everyone age 50 and older. Registration forms are available at the Community Building or online at <http://communityevents.mononaterrace.com>. Those who attended last year will receive reservation forms in the mail mid-February. Afternoon sessions fill up quickly, so send yours in today!

Cost for day is \$18 and includes lunch (send in with your registration)

Van transportation \$10.00

Van registration/payment due by March 1.

Van Departs: 7:15 am Returns approx 4:45

FISH FRY

Friday, February 12

We are headed to the fabulous fish fry at Squiddy's in Palmyra. The fish fry is on your own. The NVR2LATE group meets after the fish fry for a short meeting and game night.

Departure: 4:00 pm. Cost: \$4

RSVP by Tuesday, February 9.

**The
FireSide**

FIRESIDE 2010

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.

Extended Trips

NATURAL WONDERS OF COSTA RICA

October 13-21, 2010, 9 days
TRIP PREVIEW TUESDAY
FEBRUARY 16 AT 1:00 PM

Tour Highlights:

- Paos Volcano National Park
- Coffee Plantation Tour
- Cano Negro Jungle Cruise
- Arenal Volcano National Park
- Selvatura Park
- Monteverde Cloud Forest
- Butterfly Farm
- Hummingbird Gallery
- Carara Biological Reserve
- Orchid Garden Tour
- Sarchi Artesian Village
- Farewell Dinner and Folklore Show



Cost includes:

- Professional Naturalist Tour Director
- 2 nights-All Inclusive Eco-Resort in rainforest
- 2 nights-Paos Volcano area (La Fortuna)
- 2 nights at hotel-Monteverde Cloud Forest
- Airfare
- Sightseeing/admissions per itinerary
- 18 meals (8B –3L –7D)
- Hotel Transfers
- Baggage Handling
- International Air Departure Taxes

Cost: \$2399

\$500 deposit due by March 13

Detailed itinerary is available online at www.ci.whitewater.wi.us, Department, Seniors in the Park, at the Starin Park Community Building or by calling 262-473-0535.

Premier World Discovery

**Learn more about this fabulous trip
at a preview on Tuesday Feb 16.
Please register for preview by
Thurs. Feb 11**

Coach Trip

Page 9

DEAD SEA SCROLLS EXHIBIT

Tuesday March 30
Milwaukee Public Museum



Dead Sea Scrolls and the Bible: Ancient Artifacts, Timeless Treasures brings together

archaeological objects and manuscripts to tell a story 2,000 years in the making. Witness actual Dead Sea Scrolls and other early biblical artifacts to learn how transmission of these early writings has shaped the beliefs of Judaism and Christianity and influenced aspects of Islam. The exhibit also tracks the discovery of the first Scrolls and subsequent realization of their extraordinary significance.

Also view the planetarium show “Secrets of the Dead Sea”. We will start the day viewing the beautiful “Jung at Heart Spring Show” at the exhibition dome at the Mitchell park conservatory. Lunch will be on your own in the Museum Cafeteria.

Cost: \$54.00

RSVP/Payment due Tuesday March 2

Checks made out to City of Whitewater

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

Return (approx) Starin Park 5:30 pm;
Fort K-Mart 6:00 pm

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	7½” X 9½”	\$120.00

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

Seniors in the Park Activity Calendar –February 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30 Stretch/Flex 10:30 Book Club 11:00 Wii Bowl 12:00 Senior Forum 1:00 Bid Euchre 1:30 Canasta	2 10:00 Culvers Bingo 11:00 Potluck 11:30 Dominos 12:00 Foot Clinic 1:00 Sheepshead 6:30 Ceramics (A)	3 9:00 Bowling (HB) 10:30 Zumba® Gold 1:00 Texas Hold 'em Poker 6:30 Ceramics (A)	4 9:00 – 12 AARP Tax Assistance 9:30 Stretch/Flex 1:00 Ceramics (A) 2:00 Grief Support Group	5 
8 9:30 Stretch/Flex 11:00 Wii Bowl 12:00 Lunch & Learn “The Depot” 1:00 Therapeutic Massage 1:00 Bid Euchre	9 10:00 Our House Senior Living Bingo 12:30 Our House Senior Living Movie “The Proposal” 1:00 Sheepshead 6:30 Ceramics (A)	10 9:00 Bowling (HB) 10:30 Zumba® Gold 11:30 Birthday Day 3:00 Meditation 6:30 Ceramics (A)	11 9:00 – 12 AARP Tax Assistance 9:30 Stretch/Flex 10:30 Lunch Bunch 1:00 Ceramics (A) 1:00 Watercolor Class 2:00 Grief Support Group	12 11:30 Nutrition Site - Brookdale 4:30 Fish Fry 6:00 NVR2LATE <hr/> 14 Gulf Coast Trip Departs
15 9:30 Stretch/Flex 11:00 Wii Bowl 12:30 Healing the Land 1:00 Bid Euchre 1:30 Canasta	16 1:00 Costa Rica Trip Preview 1:00 Sheepshead 6:30 Ceramics (A)	17 9:00 Bowling (HB) 10:30 Zumba® Gold 1:00 Texas Hold 'em Poker 6:30 Ceramics (A)	18 9:00 – 12 AARP Tax Assistance 9:30 Stretch/Flex 1:00 Ceramics (A) 1:00 Advanced Watercolor Techniques 2:00 Grief Support Group	19 <hr/> 20 Freeze Fest & Chili Cook-off <hr/> Gulf Coast Trip returns
22 9:30 Stretch/Flex 11:00 Wii Bowl 12:30 Card Modeling 1:00 Bid Euchre	23 10:00 City Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie “The Boy in the Striped Pajamas” 1:00 Sheepshead 6:30 Ceramics (A)	24 9:00 Bowling (HB) 10:30 Zumba® Gold 3:00 Meditation 6:30 Ceramics (A)	25 9:00 – 3 AARP Tax Assistance 9:30 Stretch/Flex 1:00 Ceramics (A) 1:00 Advanced Watercolor Techniques <p style="text-align: center;">RSVP due Red Skelton Show</p>	26
  			*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 – February 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1 Sloppy Joes on a Hamburger Bun Seasoned Red Potatoes Mixed Vegetables Chocolate Chip Cookies	2 Cabbage, White Bean, Chicken & Sausage Soup Au Gratin Potatoes Peas Ry Krisp Crackers Apricots	3 Ring Bologna Parslied Potatoes Red Cabbage Rye Bread Mixed Fruit Jell-O	4 Meatloaf and Gravy Mashed Potatoes Harvard Beets Multi-Grain Dinner Roll Pineapple Tidbits	5 Pork Pot Roast (Diced) Mashed Potatoes/Gravy Parslied Carrots Wheat Bread Apple Pie
8 Roast Turkey and Gravy Baked Sweet Potatoes Brussels Sprouts Wheat Bread Mandarin Oranges	9 Chopped Pork Steak with Mushroom Gravy Mashed Potatoes Spinach Multi-Grain Bread Ranger Cookie	10 Birthday Day Beef Noodle Soup Peas and Onions Carrot Raisin Salad Rye Bread Cake	11 Oven Roasted Chicken (Drumsticks) Garlic Mashed Potatoes Broccoli Wheat Bread Fresh Melon	12 Spaghetti and Meatballs Italian Mixed Vegetables Garlic Bread Peach Applesauce
15 Smothered Chicken with Artichoke Sauce Au Gratin Potatoes Green Beans Wheat Bread Chocolate Pudding	16 Beef Stew with Potatoes, Onions and Carrots Peas Baking Powder Biscuit Mandarin Orange Cup	17 Country Style Roast Pork with Basil Dijon Sauce Scalloped Potatoes Mixed Vegetables Rye Bread Pumpkin Bar	18 Chopped steak and Gravy Mashed Potatoes Stewed Tomatoes Multi-Grain Dinner Roll Chilled Pears	19 BBQ Riblet with Sweet Baby Ray's on a Hamburger Bun Diced White Potatoes Broccoli Apricots
22 Swedish Meatballs over Egg Noodles Spinach Wheat Bread Fruit Cup	23 Ham and Corn Chowder Mixed Vegetables Salad Greens Multi-Grain bread Hot Spiced Pears	24 Chicken Supreme Mashed Potatoes & Gravy Broccoli Baking Powder Biscuit Fruit Jell-O	25 Salisbury Steak Au Gratin Potatoes Corn Wheat Roll Pineapple Tidbits	26 Potato Crusted Fish Filet Baked Squash Scandinavian Vegies Rye Bread Lemon Bar



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 before 12:00 p.m. one (1) business day in advance. Cancellations must be made no later than 8:00 a.m. the day of your reservation. Call the Nutrition Program office and leave a message.

Seniors in the Park
PO Box 178
Whitewater WI 53190



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the Wisconsin
Assoc. of Senior
Centers

Member:

Wis. Association of Senior Ctrs.
Wis. Parks & Recreation Assoc.
National Council on Aging
Nat'l Institute of Senior Centers

Seniors in the Park

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PO Box 178

Whitewater WI 53190

Phone 262-473-0535

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Mon-Thurs 8:30 am—4:30 pm

Deb Weberpal, CPRP

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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**

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Name _____

Address _____

E-Mail _____

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