



The Park Bench

Seniors in the Park Newsletter
January 2010 Volume X Issue 1

Seniors in the Park promotes and enhances a vital aging community



WATERCOLOR CLASSES WITH TOM JEWELL

Thursdays 1:00 – 4:00 PM

Jan 7 – 28 Session 1

This session of watercolor classes will focus on a six-step process for painting a successful watercolor. Tom will demonstrate how he makes his paintings successful. Individual help and suggestion, as well as critiques of your work.

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 4 week session, payable to the instructor

Registration Deadline: Tuesday January 5

ZUMBA® GOLD & CHI GONG

Wednesdays beginning Jan 13, 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.

First class on January 13 is free!

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

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

Registration Deadline: Monday, January 11

GOLF SWING CLASS

Mondays Feb. 1-15, 6-7:30 pm

All of you die-hard golfers out there know that the season is quickly approaching. Come to this informative three-week session for some "spring training," golfing-style. Dress for activity as we will learn and do golf-specific stretching and strengthening exercises to get your body in shape for the upcoming season. The concept and benefits of video swing analysis will be introduced during the class, but is not included in the price of the class. Tips for indoor and outdoor work on specific swing mechanics will be provided while you hit balls at our indoor golf cage. Bring your clubs.

Instructors: Brian Meitner, Fort Healthcare, Certified Athletic Trainer, US Golf Teacher Fed. certif.

Jason Gatlin, Fort Healthcare, PT, Certified Strength Conditioning Specialist,

\$20/person, payable to instructor Registration deadline January 20



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Classes and Activities



FACILITATED MEDITATION

2nd and 4th Wednesdays

Jan 13 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

NVR2LATE

Friday January 15, 6:30 pm

Would you like to meet some new, interesting people? Join this newly formed group called NVR2LATE, because it's never too late to make new friendships. This group is for adult single men and women 50 and older. We'll get together for beverages and snacks and talk about future possible activities. Please call if you will be attending.

Location: Starin Park Community Building

LIFE AFTER LOSS GRIEF SUPPORT GROUP

Thursdays beginning January 14

2:00 – 3:30 pm

Join this six-week group for an opportunity to share, learn and grow with one another. This group is for those who have experienced the death of a loved one. Educational segments will include discussion of normal grief reactions, role changes and resources, coping skills, grief expression, unresolved issues and special days. Facilitated by Angela Schubkegel, MSED/Bereavement Coordinator.

Call Rainbow Hospice to register or ask questions at 920-674-6255.

WATERCOLOR CLASSES WITH TOM JEWELL

Thursdays 1:00 – 4:00 PM

Feb 4 – 25, 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:

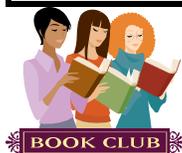
- Watercolor palette (paints) of your choice
- Watercolor paper or pad of your choice (paper available at the center also)
- Brushes of your choice
- Subject matter of your choice
- Cheap plastic table covering

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

Reservations due by Monday, February 1

HOLIDAY CLOSINGS

Seniors in the Park will be closed Friday, January 1. Thursday, December 31, the building will close at 11:00 am.



BOOK CLUB

Monday, January 4, 10:30 am

The Book Club will discuss *Grace* by Richard Paul Evans. The book for February is **ISLANDS** by Anne Rivers Siddons.

Anny Butler has never had a real family until she meets and marries Lewis Aiken, an exuberant surgeon fifteen years older than Anny. This family, the Scrubs, not a traditional family, is a group of Charleston childhood friends who are inseparable. Instantly upon meeting them, Anny knew she had found home and family. They vowed to find a place where they can live together by the sea, and even though bad things begin to happen—a hurricane, a fire, deaths—the remaining Scrubs cling together. They are watched over and bolstered by Camilla Curry, always the healer. It is the first time Anny has felt this kind of love and support

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.

“Julie & Julia”

Tuesday, January 12, 12:30

Rated: PG-13 2 hr. 3 min.

A culinary legend provides a frustrated office worker with a new recipe for life in the true stories of how Julia Child's (Meryl Streep) life and cookbook inspired fledgling writer Julie Powell (Amy Adams) to whip up 524 recipes in 365 days. Julia Child and Julie Powell - both of whom wrote memoirs - find their lives intertwined. Though separated by time and space, both women are at loose ends until they discover that with the right combination of passion, fearlessness, and butter, anything is possible.

“Public Enemies”

Tuesday, January 26, 12:30 pm

Rated: R 140 min.

This sprawling historical crime drama follows the efforts of top FBI agent Melvin Purvis in capturing notorious bank robber John Dillinger (Johnny Depp), who was virtually unstoppable at the height of his criminal career; no jail could hold him, and his exploits endeared him to the common people while making headlines across the country. The FBI was just coming into formation, and Hoover was determined to bust Dillinger and his crew by whatever means necessary, and after embarking on a frantic series of chases and shoot-outs, the agent's only hope for busting Dillinger's gang was a cunning plan which included hiring Western ex-lawmen as official agents.

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

Classes and Activities

COFFEE AND IDEAS

Thursday January 7, 10:30 am

Monday, January 18, 10:30 am

YOU are what makes Seniors in the Park tick and I need your input and ideas. Stop in for coffee and a discussion of "What do YOU Want to Do?" Hike, canoe, travel, learn, the sky is the limit. Please stop in for coffee, treats and an enlightening discussion on the endless possibilities that can be offered here. Seniors in the park is only as good as YOU make it. Please let us know if you can attend so we have enough coffee and treats.

SENIOR FORUM CHALLENGE

Monday, January 4, 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. Items on the agenda include: Year end financials, spring and summer programming, partnering in the community, Chili Cook-Off participation, the Easter Bunny Lunch, and funding of the van's annual expenses. Thanks to the regular participants at the meetings: Doris Wutke, Dorothy Poehler, Jean Nielson, Marion Malo, Sharron McCarthy, Vivian McQuoid, and Adele Gergen.

INTERNET ACCESS

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

BINGO!

Tuesdays, 10:00 am

Jan. 5: Culver's Bingo

Jan. 12: Our House Senior Living

Jan. 26: 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*

Remember to thank our sponsors when you visit them.

*New sponsors

TALKING POLITICS IN THE PARK – UW-W LECTURE SERIES

Wednesdays 2:00 – 3:30

Feb 10 - Politics in Wisconsin

Republicans, Democrats, Progressives and interest groups. This session will look at the development and current status of political parties in Wisconsin, including the relationship of political interest groups in the Wisconsin political system.

Feb 24 - Elections in Wisconsin

This session will look at election law, election issues and a few select elections in Wisconsin, including the upcoming race for governor now that Governor Doyle has announced he will not run for a third term.

March 10—Justice in Wisconsin.

March 31—Current Political Issues of Wisconsin

Presenter: John F Kozlowicz, Professor Emeritus, Political Science

BELLY DANCE CLASS

Fridays 3:00 pm

Janesville Senior Center

Belly dance is a celebration of all that is feminine. Originally women danced for women as a celebration of their femininity and daily life. It is known in the Middle East as *raks sharqi*, literally, "Dance of the East" or "oriental dance". Why Bellydance? Aside from the joy inherent in learning a beautiful dance art, a wide variety of benefits include:

- Satisfaction from achieving new levels of physical mastery
- Strengthening, reshaping and renewed acceptance of one's body
- Greater freedom and range of self expression
- Relief from back pain
- Strengthening of the core and postural muscles
- Fun Fun Fun!

Free Trial Class Friday, January 15, at 3:00 pm. Six week class begins Friday, January 22, 3:00 pm. Learn basic moves and choreography for a dance.

Cost: \$30.00 Coin hip scarves for \$8.00

Register by calling 608-755-3040

Instructor: Deb Weberpal

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

SERVICES AT A GLANCE

- **Blood Pressure Screening-Tuesday, Jan. 26, 11:00 am.** Provided free by the Whitewater Family Practice
- **Foot Clinic No Foot Clinic in January.**
- **Therapeutic Table Massage-Monday, Jan. 11, 1:00 pm.** Sharon Baker, half-hour massages for \$25. Appointments must be made in advance by calling 262-473-0535.

PAPER SHREDDER

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

IMPORTANT NUMBERS & WEB SITES

- Alzheimer's Assistance, Southeastern WI Chapter, 1-800-272-3900 or www.alzheimers-sewi.org
- Walworth County Benefit Specialist, contact Julie Juranek, 262-741-3200 or 1-800-365-1587
- 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 Jim Davis, 262-642-5694

GREETING CARDS

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



NOTES FROM THE KITCHEN

It's a new year. Stop in for a healthy meal, good conversation and fun.

Nutrition Site meals are served at 11:30, Monday through Friday.

Anyone 60 and over is welcome to attend the meal. The suggested donation is \$2.50. To reserve a meal, call 262-473-0536 by noon a day in advance (call Friday for a Monday meal) or call Walworth County at 1-800-365-1587 and leave your name, phone and the meal site you would like to attend. It's that simple. Enjoy a meal and with us.

~Sue

MEAL SITE CANCELLATIONS

Cancellations must be called in no later than 8 am the day of your reservation or the night before. Please call the Nutrition office at 262-741-3333 and leave your message. The County gets charged for meals ordered. Please help out the Nutrition Program by canceling in advance.



BIRTHDAY DAY

Wednesday, Jan. 20, 11:30 am

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

Happy January Birthdays to:

3—Theresa Raupp 16—Betty Heth
12—Virginia Hare 22—Myrtle Schultz

The Nutrition Program will be at Brookdale on Friday, January 15.



Holiday Party at the Nutrition Site

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.
- **Volunteer Coordinator** Assist in finding volunteers, developing volunteer opportunities, training, recordkeeping and recognition. See Deb for position description.
- **Take down Christmas decorations**—Tuesday afternoon, January 5, from 1:00—3:00.
- **Facilitator for Mid Life Women's Support Group**—Meet monthly in the evening at a local venue. Help plan and facilitate meetings.
- **Monthly Movies**—Help set up, project, and put the movie equipment away twice a month on the second and fourth Tuesdays. Training provided.
- **Input and Leadership Opportunities** on Page 4. Check it out!

Freeze Fest Chili Cook-Off Saturday February 20



We would like to participate in the Chili Cook-off at Freeze Fest. It is held in a heated tent at the Lakefront. Volunteers are needed to help setup and decorate our table at 11:30 am and serve from noon—3:00 pm. We will cook the chili on Thursday, February 18 at 1:00 pm. Sign up at the reception desk if you are interested in helping.



Thank You...

Mary Nimm for creating our beautiful Christmas wreath.

Sharron McCarthy for donating jewelry for the showcase

VOLUNTEER OPPORTUNITY

Meeting of the Minds Training

Thursday January 28; 9:00 a.m. - 4:00 p.m.

Madison Senior Center,

330 W. Mifflin St., Madison.

Empower people with mild memory loss by offering them this engaging new program through the Alzheimer's & Dementia Alliance of WI (ADAW). Learn how to help people with dementia maintain memory and cognitive functioning by harnessing the brain's ability to learn and connect in new ways. Meeting of Minds is an economical, portable and popular program for people with mild memory loss. It easily travels from senior center, to community center, to nutrition site, to wherever people over 50 gather, making it cost-effective and easily administered in even small communities. Upon completion of the training you will be able to offer a session of 8-15 weeks of the program in our community. Facilitator: Jody Curley, Family Support Specialist, developer of Meeting of Minds. The cost of the training will be covered by Seniors in the Park. Enrollment is limited, so register early — the deadline is January 20, 2010. Contact Deb at Seniors in the Park or Jody Curley at jody.curley@alzisc.org or 608.661.8427.

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.

COMING IN FEBRUARY

Lunch and Learn returns

February 20— Freeze Fest and Chili Cook-Off

February 22, 12:30—Card Modeling

February 10, 2:00—Talking Politics in the

Park—UWW Lecture Series (see page 4)

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, White-water cable 98, or the Whitewater Banner. Nutrition site closings will also be on Milwaukee Channels 4 and 12.



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.

CELL PHONE RECYCLING

The holidays are over and many people received cell phones as a gift. Please donate your old cell phone to Seniors in the Park. Besides keeping cell phones out of landfills, it raises money for programs and activities. Seniors in the Park also accepts small electronics for recycling. These electronics will include laptops, cameras, mp3 players and video game consoles.

Bring old cell phones and small electronics to drop-off sites at the Starin Park Community Building, Irvin L. Young Library and the Municipal Building.

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

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

EMERGENCY FORMS

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

IF THE "WEATHER OUTSIDE IS FRIGHTFUL!"

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

LUNCH BUNCH

Thursday, January 14, 10:30 am

January's Lunch Bunch will eat at the Fuzzy Pig outside of Whitewater. Lunch is on your own.

Departure: 10:30 am. Cost: \$2

RSVP by Tuesday, January 12.

Driver: Steve Ridenour



The Fireside

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.

Extended Trips



GAMBLING GET AWAY

February 9-10, 2010

Chip-In Casino, Escanaba, MI

The Chip-In is located near Esvanabe in the Upper Peninsula of Michigan. The hotel no features two toweres of rooms with thn indoor pooland sauna. transportation, hotel accommodations, \$40 free credits, meal vouchers and free breakfast at Casino Resort (also known as Island Resort).

Cost: \$80 Reservation/payment deadline

Wednesday, January 20, 2010. Make checks out to Fort Senior Center.

NEW ORLEANS AND CAJUN

COUNTRY BY RAIL

April 25-May 2, 2010

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

Cost: \$1599 pp/double

\$2099 pp/single

Reservations due January 27

Final payment due February 15

Premier World Discovery

EMERGENCY FORMS

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

Coach Trip Page 9



DEAD SEA SCROLLS EXHIBIT

Tuesday March 30

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. 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

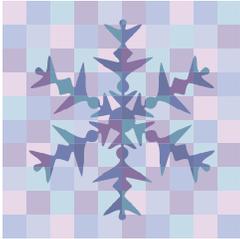
NEWSLETTER ADVERTISING

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 –January 2010

Monday	Tuesday	Wednesday	Thursday	Friday
4 9:30 Stretch/Flex 10:30 Book Club 11:00 Wii Bowl 12:00 Senior Forum 1:00 Bid Euchre 1:30 Canasta	5 10:00 Culvers Bingo 11:00 Potluck 11:30 Dominos 1:00 Sheepshead 1:00 Take down Decorations 6:30 Ceramics (A)	6 9:00 Bowling (HB) 1:00 Texas Hold 'em Poker 6:30 Ceramics (A)	7 9:30 Stretch/Flex 10:30 Coffee and Ideas 1:00 Ceramics (A) 1:00 Watercolor Class	8
11 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Therapeutic Massage 1:00 Bid Euchre	12 10:00 Our House Senior Living Bingo 12:30 Our House Senior Living Movie "Julie & Julia" 1:00 Sheepshead 6:30 Ceramics (A)	13 9:00 Bowling (HB) 10:30 Zumba® Gold Free Trial 3:00 Meditation 6:30 Ceramics (A)	14 9:30 Stretch/Flex 10:30 Lunch Bunch 1:00 Ceramics (A) 1:00 Watercolor Class 2:00 Grief Support Group	15 Nutrition Site At Brookdale 16 6:30 Nvr2Late
18 9:30 Stretch/Flex 10:30 Coffee and Ideas 11:00 Wii Bowl 1:00 Bid Euchre 1:30 Canasta	19 1:00 Sheepshead 6:30 Ceramics (A)	20 9:00 Bowling (HB) 10:30 Zumba® Gold 11:30 Birthday Day 1:00 Texas Hold 'em Poker 6:30 Ceramics (A)	21 9:30 Stretch/Flex 1:00 Ceramics (A) 1:00 Watercolor Class 2:00 Grief Support Group	22 
25 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre RSVP due for Golf Swing Class	26 10:00 City Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie "Public Enemies" 1:00 Sheepshead 6:30 Ceramics (A)	27 9:00 Bowling (HB) 10:30 Zumba® Gold 3:00 Meditation 6:30 Ceramics (A)	28 9:30 Stretch/Flex 1:00 Ceramics (A) 1:00 Watercolor Class 2:00 Grief Support Group	29



*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 – January 2010

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.</p>	<p>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.</p>			<p>1 New Year's Holiday Senior Lunch Centers will be closed.</p>
<p>4 Smothered Chicken with Artichoke Sauce Au Gratin Potatoes Green Beans Wheat Bread Chocolate Pudding</p>	<p>5 Beef Stew with Potatoes, Onions, and Carrots Peas Baking Powder Biscuit Mandarin Orange Cup</p>	<p>6 Country Style Roast Pork with Basil Dijon Sauce Scalloped Potatoes Mixed Vegetables Rye Bread Pumpkin Bar</p>	<p>7 Chopped Steak and Gravy Mashed Potatoes Stewed Tomatoes Multi-Grain Dinner Roll Chilled Pears</p>	<p>8 BBQ Riblet with Sweet Baby Ray's on a Hamburger Bun Diced White Potatoes Broccoli Apricots</p>
<p>11 Swedish Meatballs over Egg Noodles Spinach Wheat Bread Fruit Cup</p>	<p>12 Ham & Corn Chowder Mixed Vegetables Salad Greens Multi-grain Bread Hot Spiced Pears</p>	<p>13 Chicken Supreme Mashed Potatoes & Gravy Broccoli Baking Powder Biscuit Fruit Jell-O</p>	<p>14 Salisbury Steak Au Gratin Potatoes Corn Wheat Roll Pineapple Tidbits</p>	<p>15 Potato Crusted Fish Filet Baked Squash Scandinavian Mix Veg Rye Bread Lemon Bar</p>
<p>18 Cowboy Pork Chili Macaroni Creamy Broccoli Salad Corn Bread Chunky Applesauce</p>	<p>19 Spaghetti & Meatballs Peas & Carrots Garlic Bread Melon</p>	<p>20 Birthday Day Slow Roasted Beef/Gravy Mashed Potatoes Brussels Sprouts Multi-grain Bread Marble Cake</p>	<p>21 Teriyaki Turkey Burger Roasted Potatoes with Peppers & Onions Asian Slaw Hot Fruit Bake</p>	<p>22 Chicken Breast Parmesan Penne Pasta with Marinara Spinach French Bread Chilled Peaches</p>
<p>25 Country Meatloaf Patty Mashed Potatoes/Gravy Stewed Tomatoes Wheat Roll Apricots</p>	<p>26 Potato Crusted Fish Filet Delmonico Potatoes Carrots Rye Bread Lemon Pudding</p>	<p>27 Chicken Gumbo Rice Pilaf Pea Salad Bran Muffin Bread Mandarin Oranges</p>	<p>28 Macaroni, Ham & Cheese Italian Green Beans Warm Cinnamon Apples French Bread Whole Banana</p>	<p>29 Veal Marsala Mashed Potatoes & Gravy Mixed Vegetables Multi-Grain Bread Fresh Melon</p>

Seniors in the Park
PO Box 178
Whitewater WI 53190



Accredited by
the Wisconsin
Assoc. of Senior
Centers

Member:

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

Seniors in the Park

504 W Starin Rd

PO Box 178

Whitewater WI 53190

Phone 262-473-0535

Fax 262-473-0537

Nutrition Site 262-473-0536

Mon-Thurs 8:30 am—4:30 pm

Deb Weberpal, CPRP

Senior Coordinator

dweberpal@ci.whitewater.wi.us

Rose Ellestad, Senior Aide

Romelle Koch, Volunteer Editor

For General City information see the
city website at

www.ci.whitewater.wi.us

Seniors in the Park is a division of

Whitewater Parks and Recreation

Matt Amundson, CPRP, Director

Michelle Dujardin, Recreation &

Community Events Coordinator

NEWSLETTER SUBSCRIPTION
OR PICK-UP SITES

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

Name _____

Address _____

E-Mail _____

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