



The Park Bench

Seniors in the Park Newsletter
June 2010 Volume X Issue 6

Seniors in the Park promotes and enhances a vital aging community

FIBROMYALGIA AND RELATED DISORDERS

Chronic Fatigue Syndrome, Sleep Disturbances and Chronic Pain Syndrome
Wednesday, June 2, 12:30 pm

These are conditions that more and more people are becoming aware of either because family members and friends have been affected, or because they have been affected themselves. What are these conditions? What can I do for relief? Where do I go from here? These questions will be addressed, as well as other questions that arise during the presentation.

Presenter: Sherry Day, Registered Nurse with BrightStar
Please RSVP by Thursday, May 27.



SENIOR DAY OUT

Thursday, June 10 10 am-3 pm
Mulberry Glen

Enjoy Senior Resource booths, craft booths, live music and food. Steve Meisner will once again perform at 1:00 pm.

BLOOD PRESSURE AND HAND MASSAGE

Tuesday, June 22 11:00 am

Sign up to get your blood pressure taken and experience a wonderful hand massage, all FOR FREE! BrightStar Certified Nursing Assistants and Nurse will take good care of you and you will walk away with your questions answered and a smile on your face. ☺

Please RSVP by Tuesday, June 15.

FAIR MEADOWS TOUR

Thursday June 17

You loved their presentation in March. Now is your chance to see first hand the restoration efforts. There will be walking on this trip.

Cost: \$3.00 (Minimum 8)

Departure 8:30 am, Ret approx 12:30 pm

RSVP/Payment due by Thursday June 10.

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“The Stroll”

The Hokey Pokey



Volunteer Appreciation

Classes and Activities

OUR HOUSE SENIOR LIVING MOVIES



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

“Sherlock Holmes”

Tuesday, June 8, 12:30 pm

Rated: PG 13 2 hr. 9 min.

Robert Downey Jr. and Jude Law put memorable imprints on Holmes and Watson in this bold new re-imagining that makes the legendary sleuth a daring man of action as well as a peerless man of intellect. Baffling clues, astonishing Holmesian deductions, nimble repartee, catch-your-breath scenes of one slam bam thing after another – director Guy Ritchie helms the excitement, reintroducing the great detective to the world. Meet the new Sherlock Holmes!

“It’s Complicated”

Tuesday, June 22, 12:30 pm

Rated: R 120 min.

Meryl Streep and Alec Baldwin star in this romantic comedy. Jane and Jake Adler (Streep & Baldwin) have been divorced for 10 years, and their three children are young adults. Jane is unattached, lives in a fabulous house and runs a bakery/restaurant in Santa Barbara. Jake has married a lithe-bodied, much younger woman. But at their son's college graduation, Jane and Jake fall into bed together and get into a torrid, adulterous affair. Then Jane begins to date an architect (Steve Martin) and must make some decisions.



BE A “KETTLE TREKKER”

Challenge yourself to hike the 26.2 miles of the Ice Age national Scenic Trail in Walworth and Jefferson Counties. Segments are 1.6 to 5 miles long. Record your progress and receive a Kettle Trekker patch and certificate. For more information, pick up a brochure at Seniors in the Park. Questions about the program? Call 262-728-8450.

BINGO!

Tuesdays, 10:00 am

May 4: Culver’s Bingo
May 11: Our House Senior Living
May 25: 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.

ACTIVITIES AT A GLANCE

Bid Euchre—Mondays 1:00

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

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

Golf—Mondays 8:30 am Oak Ridge Golf Course, Milton

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 Wednesday 1:00

Wii Bowling/Sports—Mondays 11:00 am

**SUMMER HOURS ARE
9:00 AM TO 4:00 PM.**

COMPUTER SAVY

Beginning Computer

Tues & Thurs June 8 & 10

Learn computer basics, navigating in Windows, saving and retrieving files, and other items as requested by the class.

Cost \$6.00

RSVP due by Monday June 7



Excel

Tues & Thurs June 22 & 24

Learn how to navigate a spreadsheet. There are many uses for Excel including mailing lists.

Cost: \$6.00

RSVP due by Monday June 21



BOOK CLUB

Monday, June 7, 10:30 am

The Book Club will discuss *The Testament* by John Grisham. The book for July is *Yellow Raft in Blue Water* by Michael Dorris.

Michael Dorris has crafted a fierce saga of three generations of Indian women, beset by hardships and torn by angry secrets, yet inextricably joined by the bonds of kinship. Starting in the present day and moving backward, the novel is told in the voices of the three women: fifteen-year-old part-black Rayona; her American Indian mother, Christine, consumed by tenderness and resentment toward those she loves; and the fierce and mysterious Ida, mother and grandmother whose haunting secrets, betrayals, and dreams echo through the years, braiding together the strands of the shared past.



THE PARK BENCH TELEVISION SHOW IS ON THE AIR

Currently the show features information about Seniors in the Park. The next show will feature Jim Winship, UWW, speaking on Digital Storytelling. The show airs on Cable 98 or Digital 990 on Tuesday, Thursday, and Friday at 6:00 pm.

NOTES FROM THE KITCHEN

To welcome summer we will be serving **ice cream sundaes on Monday June 21**. Get out of the heat and let us cook for you. 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, June 23, 11:30 am

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



Happy June Birthdays to:

11—Doris McQuillen 22—Steve Ridenour
13—Fred Kraege 24—Lois Zipp

**The Nutrition Program will be at
Brookdale on Friday, June 11.**

SENIOR FORUM

Monday, June 7, Noon

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.

Community Events

FREE LAKEFRONT CONCERTS AND FAMILY FUN NIGHTS

Thursdays 7:00 pm

- June 17 Family Fun Night—Dr. Noize. Interactive show, music and bookz that inspire noisy kids and adventurous adults
- June 24 Concert—Organ Grinders. Four piece American Blues Band
- July 8 Concert—The Dang-It's. Country Music

CRAVATH LAKEFRONT CONCESSIONS & BOAT RENTALS

June 17-August 22



The Cravath Lakefront will be a destination this summer you will not want to miss. Paddleboats, kayaks, and fishing poles will all be available to rent, along with a concession stand that will offer something for all. Rental fees for kayaks, and/or paddleboats are \$3.00 for 30 minutes or \$5.00 for 60 minutes.

Hours: Thursdays & Fridays 4-10 pm
Saturdays & Sundays 2-8 pm

DISCOUNTED ATTRACTION TICKETS

Tickets to these attractions are available for purchase at the Municipal Center, 1st floor, Finance window, between the hours of 8:00 am-4:30 pm, Monday through Friday. Tickets will be available May 24-August 31. Payment can be made by credit card, cash or check.

Milwaukee County Zoo
Mt. Olympus (Wisconsin Dells)
Noah's Ark (Wisconsin Dells)
Six Flags Great America & Hurricane Harbor

JULY 4TH CELEBRATION

July 1—4

The Whitewater Area 4th of July has a full line-up of activities and entertainment for the 2010 Festival held at the Cravath Lakefront Park. National recording artist "Heidi Newfield" will perform Saturday evening. Heidi is an award winning American Country Music talent. In addition to Heidi Newfield, performers include The Blue Olives, Pipe Circus, Steve Miesner, Saddlebrook, Shelly Faith, Hours Left, the Minnieska Ski team, WHS dance crew and more.



On Sunday, July 4th, join us for our incredible Parade, organized by the Lions Club. This year we are fortunate to have the University of WI-Madison Marching Band in addition to all the local talent right here in our "Banner City." The 2010 Honorary Parade Marshal, Jim Stewart, will be enjoying the festivities including 2 nights of Fireworks on the lake, classic car show, midway, beer garden, Taste of Whitewater food court and **free** high caliber music and entertainment on the main stage. Please visit us at ww4th.com.

Support the Shop Whitewater Program

The benefits of spending more of our dollars locally can't be underestimated. The *2008 Retail Coach Study* of the Whitewater Market Area showed that over \$400 million "leaks" out of our community and is spent in other retail markets each year, most notably to Janesville. National studies, too, have shown that for every \$100 spent in independently owned stores, \$68 returns back to the community through payroll taxes, payroll and other expenditures. If that same \$100 is spent in a national chain, only \$43 stays locally. If it is spent on-line, nothing comes home!

EAST GATE PARK DEDICATION

The Parks and Recreation Department would like to extend an invitation to the dedication of East Gate Park on Thursday, June 3rd at 4:30 PM. East Gate Park is a 2-acre neighborhood park located at 1271 E Jakes Way in the Pine Bluff subdivision. The dedication will include a small ceremony and a chance to showcase the newly installed playground at the park.



DUTCH WATERWAYS IN SPRING

April 16-24, 2011

Trip Preview June 16 10:00



Cruise the historic canals of Holland aboard the exclusively chartered and comfortable MS Rigoletto. Experience the Netherlands ablaze with spring colors and tulips. See picture postcard historic towns and villages with local people dressed in traditional costumes, fascinating windmills and open air museums that stand as living monuments of the past. See the medieval harbor town which was headquarters for the Dutch East India Company. Kampen has one of the best preserved old town centers and well preserved mansions of Dutch sea captains. Visit Kinderdijk a UNESCO World Heritage Site. Tour includes: 21 meals, free round trip airport transfers, Guaranteed Share program for single travelers. Detailed itinerary available at the Starin Park Community Building or online at www.ci.whitewater.wi.us, Departments, Seniors in the Park. Cost of other decks and single supplement available.

Main Deck \$3038 pp/dbl (by June 19)

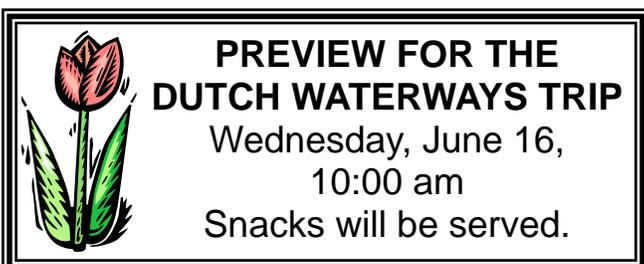
Main Deck \$3238 pp/dbl (after June 19)

Deposit of \$400 due by October 10

Checks payable to Mayflower Tours

Optional Passenger Protection is available.

First Time Traveler and Referral Rewards available.



APOSTLE ISLAND APPLE FEST

October 2-5, 2010

The Bayfield Apple Festival is among the Top Ten Autumn Festivals in North America. Enjoy the Arts and Crafts Fair, over 46 Orchards and food booths selling apples, apple desserts and delicacies, and the Apple Fest Grand parade. Take the Madeline Island Ferry with spectacular views of Lake Superior and the 22 Apostle Islands. Join a local guide for a fascinating island tour. End the day with a fabulous dinner at the Old Rittenhouse Inn.



Tour includes 7 meals (3B, 2L, 2D), transportation, tour guide and excursions per the itinerary. Detailed itinerary available at the Starin Park Community Building or online at www.ci.whitewater.wi.us, Departments, Seniors in the Park.

Cost \$699 double, \$939 single

Deposit of \$50 with reservation.

Only 8 seats available!

Final payment due August 19.

Checks payable to Badger Tour and Travel.

Optional Passenger Protection is available.

NATURAL WONDERS OF COSTA RICA

October 13-21, 2010, 9 days

Tour Highlights:

Paos Volcano National Park, Coffee Plantation Tour, Cano Negro Jungle Cruise and Wildlife Refuge, Arenal Volcano National Park, Monteverde Cloud Forest, Sarchi Artesian Village, and 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, and 18 meals (8B,3L,7D),

Cost: \$2399—\$500 deposit upon registration

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

BECKMAN MILL AND HISTORIC AUTO MUSEUM

Tuesday, August 17

Beckman Mill is an authentically restored 1868 grist mill in Beloit. Have a guided tour of the working mill, visit the museum, vintage garden. Blacksmith shop, and gift shop. Short flight of stairs in the Mill.



For the better part of 10 years Wayne Lensing built up a collection exceeding 70 special interest autos. These famous autos are now housed in a magnificent building and run as a museum in Roscoe, Illinois. Each display is artistically designed with graphic illustrations and historical information. Historic Auto Attractions is not only home to famous cars, but also a wide array of movie memorabilia. Some of those pieces include Marilyn Monroe's nightgown, a sweater worn by Hollywood legend James Dean, and an outfit worn by Elvis Presley. In addition, a large section of the museum is dedicated to John F. Kennedy, along with the "Day in Dallas" display. Historic Auto Attractions is truly one man's passion for automobiles and history that is a must see for everyone! Lunch will be on your own.

Cost \$22.00 (65+) \$24.00 (under 65 yrs)

RSVP/payment due Wednesday August 4

Depart: 8:30 am Return: 4:00 pm

LUNCH BUNCH

Thursday, June 10

Travel to Burlington to Cotton Pickers for lunch.

Afterwards we will visit the Gooseberries store.

Departure: 10:15 am. Cost: \$5

RSVP by Tuesday, June 8.

July: Sammy's on the Square—Walworth

RED SKELTON: A TRIBUTE PRERFORMANCE

August 26, 3:00 show

Stoughton Opera House

Cost: \$30.00—2 seats left!

Reservation/payment due July 22.

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

BLUE SPRING LAKE HIKE

Wednesday June 23

This hike is 3.9 miles and is the beginning of the "Kettle Trekker" hiking program.

Cost: \$3.00 (Minimum 5)

Departure 8:30 am, Ret approx 10:30 am

RSVP/Payment due by Thursday June 17.

MINNEISKA SKI SHOW

Saturday June 19

Scenic Ridge Campground

Enjoy the fabulous ski show put on the Minneiska Ski Team on Whitewater Lake. Please bring a lawn chair. (Walking on uneven ground/beach)

Cost: \$3.00

Reservation/payment due Tuesday June 15.

Trip departs: 5:45; Return approx: 8:00 pm

ROCK AQUA JAYS PERFORMANCE

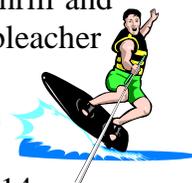
Wednesday, July 21

This award winning team is sure to thrill and delight you. We will have reserved bleacher seating or bring your own lawn chair.

Cost: \$7.00 includes transportation and donation to the group.

RSVP/Payment due Wednesday July 14.

Depart 5:45 pm from Starin Park. Will do pickups at apartment buildings.



JANESVILLE SHOPPING

Wednesday, June 30, 10:30 am

Join us for a fun day in Janesville. Stops determined by those on the trip.

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

WISCONSIN STATE FAIR

Thursday, August 5,

Enjoy the State Fair and the famous cream puffs! There is ample shade around the exhibition buildings and lots of great food. Check out this fun event without having to drive or park!

Cost: \$18 (60+); \$21 (under 60)

Reservation/payment due July 27.

Trip departs: 8:30 am; Return approx: 4:30 pm

FISH FRY—SPINNAKERS

Friday, June 18

Departure: 3:30 pm. Cost: \$5

RSVP by Tuesday June 15

CHICAGO CULINARY TOUR

Wednesday August 11



Experience the culinary delights of Chicago. Enjoy a gourmet luncheon prepared by graduate chefs at a premier culinary school. Learn about the fascinating curriculum and how the school is educating students in every aspect of food. Visit an Italian Bakery and also a Delicatessen in Little Italy. Hear their stories of the families and businesses. Visit the Shop of Spices, who supply the nation's top chefs and learn the histories and mysteries of spices. Discover the fascinating history of chocolate, one of our favorite foods! Taste and learn how to use oils and vinegars. Visit the Grand Grocery Emporium. Detailed itinerary available at the Starin Park Community Building or online at www.ci.whitewater.wi.us, Departments, Seniors in the Park.



Cost: \$77.00

Reservations/payment due by July 8.

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

Return Starin: 7:00 pm; Fort K-Mart: 7:30 pm

GERMAN FEST

Friday, July 23



German Fest better known as "Gemutlichkeit" is in its 30th year in Milwaukee. There are 8 stages of continuous entertainment with bands directly from Germany and dance groups in authentic costumes. German food is prepared fresh daily as well as German Fest Beer and imported German wines (soda and juice are also available). You can also shop for a wide variety of German gifts.

Cost: \$33.00, includes transportation/admission

RSVP/Payment due Tuesday June 8.

Make checks out to Fort Atkinson Senior Ctr.

Departure: Starin Park 1:30 pm

Fort Kmart 2:00 pm

Return (approx): Fort K-Mart 8:00 pm

Starin Park 8:30 pm

EAST MEETS WEST

Tuesday June 15

Two seats are available.

Checks made out to City of Whitewater

Depart: Fort K-Mart 7:00 am;

Starin Park 7:30 am

Return (approx) Fort K-Mart: 5:30 pm

Starin: 6:00 pm

CHIP-IN CASINO

October 18-19



The Chip-In Resort is located near Escanaba, Michigan. Receive up to \$65 in credits, discounts on meals and free breakfast. Get a detailed itinerary at the Community Building.

Cost: \$79 per person double (\$109 single, \$74 triple)

Depart: Fort K-Mart 7:30 am

Return October 19 approx 7:30 pm

FUTURE VAN TRIPS

Monday Sept. 13—Geneva Lake Museum of History, Lunch and shopping

Thursday Sept 23—Gays Mills Apple Orchard, lunch and Arena Cheese

Wednesday Nov 3—Monroe; Swiss Colony, Cheese, lunch and the Square

The Fireside

FIRESIDE 2010

Wednesday, Aug. 4—Ring of Fire

RSVP/Payment deadline: Thurs. July 1.

Wednesday October 20—Hairspray

RSVP/Payment deadline: Mon. Sept 13.

Cost: \$67.00

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.

GRIEF SUPPORT GROUP

Tuesday, June 15, 2:00

This group is open to anyone who has experienced a loss. Share and grow with one another. Currently the group will meet monthly. Questions, call Rainbow Hospice, 920-674-6255.

SERVICES AT A GLANCE

- **Blood Pressure Screening-Tuesday, June 22, 11:00 am.** Provided free by BrightStar.
- **Foot Clinic-Tuesday, June 1, 12:00 noon.** Please bring a towel. No appointment is necessary. Cost is \$10.00.
- **Therapeutic Table Massage-Monday, June 14, 1:00 pm.** Sharon Baker, half-hour massages for \$25. Appointments must be made in advance by calling 262-473-0535.



IMPORTANT NUMBERS & WEB SITES

- **Alzheimer's Assistance**, Southeastern WI Chapter, 1-800-272-3900 or www.alzheimers-sewi.org
- **Walworth County Benefit Specialist**, contact Julie Juranek, 262-741-3200 or 1-800-365-1587
- **Aging and Disability Center of Walworth Co.** (ADRC), 1-800-365-1587
- **Information and Referral**, (County Aging Services), 262-741-3423
- **Coalition of Wis. Aging Groups/Elder Law Center**, 608-224-0606 or www.cwag.org
- **Retired Senior Volunteer Program (RSVP)**, contact Patti O'Brien, 262-472-9632
- **Social Security Administration**, 1-800-772-1213
- **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

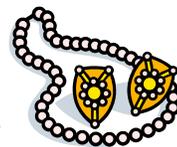
PAPER SHREDDER

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

DISPLAY CASE SALES

Donate your nearly new jewelry, purses or scarves, and we will sell them to benefit Seniors in the Park.

All items must be in new condition, be appropriate for spring/summer use, and receive staff approval before being left to put in the display case for sale. Items in the case for more than 6 months will be donated.



FUNDS FOR FRIENDS

Keep up the great work collecting those Sentry receipts. Make sure you ask for a "**Friends**" sticker when you get your receipt. Remember to collect them at both the Elkhorn and Whitewater Sentry stores.

CELL PHONE RECYCLING

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.



FOOD PANTRY DONATIONS

There is a box in the lobby for donations to the food pantry. Thanks so much for helping those in need

DONATIONS, GIFTS, 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.

GREETING CARDS

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



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. Volunteer as a team for some opportunities.

Volunteers Needed for Senior Day Out—

Shifts:10:00-12:30 and 12:30-3:00. Bring a hat, no tent this year. Help promote Seniors in the Park

Volunteers to Ride to Bus in the July 4th

Parade—Enjoy the parade from a different point of view in air conditioned comfort. Sign up by June 29.

Cable TV Show Production—Be a part of the new cable TV show either behind the scenes or in front of the camera. People are needed to plan shows and help develop digital storytelling segments.

Movie Director—Choose and project two movies a month on the second and fourth Tuesdays, 12 pm—2:30 pm. Can be as simple as you want or add your own flair with movie backgrounds or interesting facts. Training provided.

Experience Coordinator—Provide people with quality travel experiences by planning and escorting day trips. Support and training provided.

Health and Fitness Event Planners—A group is being formed to plan and implement health and fitness opportunities for special events. Events include, but are not limited to: Event at Taste of Whitewater, September 24, and/or Women's Health and Fitness Day, Sept 29.

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.

Van Drivers—Once or twice a month. Training and funding provided for CDL license.

WELCOME NEW VOLUNTEERS

Brigette Thanner—Brigette comes to us with a love of hiking, travel, and crafts. She will be leading the monthly hikes for us and assisting where needed.

Steve Baker—Steve is still currently employed, but is willing to lend a hand when needed in administrative and other areas.

DISPLAY YOUR COLLECTION

We are looking for a new collection to highlight in our display case. Contact Deb to see if you would like to share your collection.

FYI

POLICIES AND PROCEDURES

Confidentiality

Seniors in the Park staff and volunteers do not provide personal information on participants, volunteers or staff to others. Personal information includes: address, home telephone number, health information and/or status. Specific information on the times when participants or volunteers are at the senior center will not be revealed. All participation forms are kept confidential and secured in the Senior Coordinator's office. If a participant asks for personal information on another participant/instructor (phone, address, etc), we will call the participant/instructor and he/she can return the call. We will not give out phone numbers, addresses or other personal information unless it is approved by the person. Seniors in the Park may release medical information to appropriate parties from the Participant card in case of an emergency, such as illness/injury at the senior center or on a trip.

SPRING/SUMMER THERMOSTATS

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



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.
National Council on Aging
Nat'l Institute of Senior Centers

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 9:00 am—4:00 pm
Deb Weberpal, CPRP
Senior Coordinator
dweberpal@ci.whitewater.wi.us
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 or go to www.whitewaterbanner.com and look for the link in the left column. 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 _____

E-Mail _____

Address _____



Seniors in the Park Activity Calendar –June 2010

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:00 Culvers Bingo 11:00 Potluck 11:30 Dominos 12:00 Foot Clinic 1:00 Sheepshead 6:30 Ceramics (A)	2 12:30 Fibromyalgia Presentation 1:00 Chess 1:00 Texas Hold 'em Poker 6:30 Ceramics (A)	3 8:30 Golf 1:00 Ceramics (A) 1:00 TV Show mtg 4:30 East Gate Park Dedication	4
7 8:30 Golf (OR) 9:30 Stretch/Flex 10:30 Book Club 11:00 Wii Bowl 12:00 Senior Forum 1:00 Bid Euchre 1:30 Canasta	8 9:30 Beginning Computer 10:00 Our House Senior Living Bingo 12:30 Our House Senior Living Movie “Sherlock Holmes” 1:00 Sheepshead 6:30 Ceramics (A) RSVP due Germanfest	9 1:00 Chess 6:30 Ceramics (A)	10 9:30 Beginning Computer 9:30 Stretch/Flex 10 – 3 Senior Day Out at Mulberry Glen 10:15 Lunch Bunch to CottonPicker 1:00 Ceramics (A)	11 11:30 Nutrition Site - Brookdale
14 8:30 Golf (OR) 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre 1:00 Therapeutic Massage	15 7:30 East Meets West Trip departs 1:00 Sheepshead 2:00 Grief support Group 6:30 Ceramics (A)	16 10:30 Dutch Waterways Trip Preview 1:00 Chess 1:00 Texas Hold 'em Poker 6:30 Ceramics (A)	17 8:30 Fair Meadows Tour 9:30 Stretch/Flex 1:00 Ceramics (A) 7:00 Family Fun Night –Dr. Noize (L)	18 3:30 Fish Fry at Spinnakers
21 8:30 Golf (OR) 9:30 Stretch/Flex 11:00 Wii Bowl 11:30 Ice Cream Sundaes after lunch 1:00 Bid Euchre 1:30 Canasta	22 9:30 Excel 10:00 City Bingo 11:00 Blood Pressure & Hand Massages 12:30 Our House Senior Living Movie “it’s Complicated” 1:00 Sheepshead 6:30 Ceramics (A)	23 8:30 Blue Springs Hike 11:30 Birthday Day 1:00 Chess 6:30 Ceramics (A)	24 9:30 Excel 9:30 Stretch/Flex 1:00 Ceramics (A) 7:00 Concert in the Park – “Organ Grinders” (L)	
28 8:30 Golf (OR) 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre	29 1:00 Sheepshead 6:30 Ceramics (A)	30 10:30 Janesville Shopping 1:00 Chess 6:30 Ceramics (A)	*Activities take place at the Starin Park Community Building unless otherwise noted. (A)=Downtown Amory (L)=Cravath Lakefront (OR)=Oak Ridge Golf Course, Milton	

Walworth County Nutrition Menu – June 2010

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Fiesta Pasta Bake Corn and Black Beans Green Beans Potato Roll Banana	2 Kielbasa Scalloped Potatoes Spinach Rye Bread Chilled Peaches	3 Oven Fried Chicken Patty Mashed Potatoes Brussels Sprouts Wheat Roll Fruit Cup	4 Turkey Pasta Salad with Shell Rigate Lettuce and Tomato Mandarin Oranges Wheat Bread Strawberry Mousse
7 BBQ Riblet on a Sliced Wheat Bun Diced Red Potatoes Parslied Cauliflower Mixed Fruit	8 Beef Barley Soup Parslied Carrots Peas and Onions Wheat Bread Cantaloupe	9 Oven Fried Chicken Mashed Potatoes Mixed Vegetables Wheat Bread Fruit Jell-O	10 Tuna Salad Supreme with Lettuce and Tomato American Potato Salad Rye Bread Chilled Apricots	11 AT BROOKDALE Rigatoni (Pasta) and Meat Sauce Italian Mixed Vegies French Bread Ranger Cookie
14 Chopped Steak with Mushroom Sauce Mashed Potatoes Spinach Wheat Bread Chilled Peaches	15 Chicken Salad Romaine Lettuce Garnish Herbed Tomato Wedges Multi Grain Bread Chilled Pears	16 Ham and Navy Bean Stew Broccoli Corn Bread Hot Fruit Bakes with Oatmeal Crumble	17 All Beef Hot Dog on a Hot Dog Bun Oven Brownd Potatoes Corn Banana	18 Potato Crusted Fish Filet Peas and Onions California Blend Vegies Wheat Bread Fresh Melon
21 Ice Cream Sundaes Beef Bourguignon Mashed Potatoes Broccoli Wheat Bread Chilled Pears	22 Stuffed Cabbage Roll Red Beans and Rice Carrots and Chives Multi Grain Bread Chilled Peaches	23 Birthday Day Summer Medley Chicken Baking Powder Biscuit California Blend Vegies Cole Slaw Hot Glazed Apples	24 Ham and Turkey Club Focaccia Flat Bread Lettuce and Tomato Pea Salad Mandarin Oranges	25 Sicilian Meatball Soup Potatoes Italiano Italian Greens Beans Wheat Bread Iced Sugar Cookie
28 Chicken Breast ala Cran-Raisin Sauce Savory Brown Rice Scandinavian Vegies Multi Grain Roll Chilled Apricots	29 Italian Beef Sandwich on a Sliced Wheat Bun Peas Stewed Tomatoes Vanilla Pudding	30 Savory Ground Pork and Curly Noodle Casserole Carrots Parslied Cauliflower Rye Bread Fruit Jell-O	Persons age 60 or older and their spouse, regardless of age, are eligible to participate. A suggested donation of \$2.50 is requested. Those unable to contribute are still welcome.. You may reserve a meal by calling 26-473-0536 <u>before 12:00 p.m. one (1) business day in advance.</u> If no answer, call the Nutrition Program office at 741-3333 or 1-800-365-1587, Ext. 3333. Cancellations must be made no later than <u>8:00 a.m.</u> the day of your reservation by calling the Nutrition Program office.	