



The Park Bench

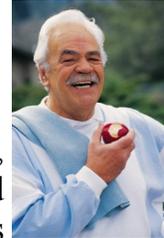
Seniors in the Park Newsletter
October 2010 Volume X Issue 10

Seniors in the Park promotes and enhances a vital aging community

LIVING WELL WORKSHOP

Thursdays, 1:00-2:30 pm

Six weeks beginning October 7



The Living Well Workshop was developed at Stanford University, and has been offered at hundreds of locations throughout the United States. It helps participants with ongoing health conditions, such as arthritis, diabetes, high blood pressure, anxiety, heart disease, anxiety and others to:

- *Find better ways of dealing with pain and fatigue*
- *Discover easy exercises to help improve or maintain strength and energy*
- *Learn the appropriate use of medications*
- *Improve nutrition*
- *Talk effectively with family, friends, and health professionals*
- *Understand new treatment choices*
- *Feel better about life*

Taught by specially trained volunteer leaders, some who have health conditions themselves, the program covers a new topic each week and provides opportunities for interaction and group problem solving. The CDSMP leaders are really more like coaches, and the answer to someone's question is usually in the room.

For more information on the Living Well Workshop, call the Walworth County Health and Human Services Dept. at 262-741-3333.

Cost: \$20 book fee (refundable)

RSVP by September 30 to Walworth County **OR** Seniors in the Park.

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GLOBAL GALA

Thursday October 14

6:00 pm Dessert

7:00 pm International Entertainment

Delight in an evening of entertainment by the International Student Association from UW-Whitewater. They dance, sing, and share their culture with audience interaction and video. The Gala begins with desserts and time to meet the students from 6-7 pm. Tickets can be purchased in advance for \$4.00 at the Starin Park Community Building and may be available at the door, if it is not sold out.

Rides are available to the event for \$1.00. Please contact us by October 7.



SEASON TO SEASON WITH THE NETSILIK INUIT

**Wednesdays, 1:00 pm
beginning October 27**

A look at the, almost extinct, old traditional ways of the Alaskan Inuit. A film team lived with the Netsiliks group and filmed them for a year. Twenty films were condensed out of thousands of feet of film with not one word of narration outside of the people speaking to one another. The instructor will provide the narration.

Oct. 27 Fishing at the Stone Weir

Nov. 3 Caribou Hunt

Nov. 10 Winter Sea Ice Camp

Presenter: Terry Tutton, Phys. Anthropologist
Please RSVP in advance.



CAR CLEANING & INSPECTION

**Saturday October 16, 10:00 am
Whitewater High School**

All seniors are welcome to have their vehicle inspected for free at the Whitewater High School Shop on the west side of the school. No repairs will be made during the inspection.

You will be informed of any problems and referred to your own mechanic. The National Honor Society will be cleaning the interior of the cars. Inspections and cleaning will last approximately 20 minutes. Snacks will be available.

Please call for an appointment by
Wednesday, October 13.

FLU SHOTS

October 25, 1:00 – 3:00 pm

There is no fee for flu shots if Medicare Part B is your primary insurance. Other covered insurances include: PFFS type MEDICARE Advantage Plans, Aetna, SummaCare, Today's Health, and Today's Options. If you do not have insurance, the cost is \$30 for a flu shot and \$40 for a pneumonia shot. This walk-in service is provided by Maxim Health Care.

To receive a flu shot you must:

Not have an allergy to chicken eggs or egg products.

Not have an allergy to Thimerosal.

Not have a cold, fever or acute illness.

Not have a history of Guillain-Barre Syndrome or an active neurological disorder.



CHRONIC WOUNDS AND HEALING

October 18, 12:30 pm

Do you, or does someone you love, have a wound that just won't heal? Have you spoken with your doctor and tried various treatments, yet the wound persists? Are you a diabetic or do you have poor blood circulation? Have you received radiation for the treatment of cancer? These things can lead to chronic wounds. Registered nurse and chronic wound specialist, Mary Carvalho of Fort HealthCare's Wound & Edema Center in Johnson Creek will be here to speak about chronic wounds and healing. Topics will include what chronic means, types of wounds, treatment options, hyperbaric medicine, and a chance to answer your questions.

**All activities are held at the Starin Park
Community Building unless stated otherwise**

COMPUTER SAVY



Asked and Answered

October 18 or 19; 9:30 am

One hour, on-on-one help sessions on topics of your choosing. Bring your own laptop, if you wish, with either VISTA or XP or use the XP computers at the Senior Center. Internet, E-mail, Word, Excel, Pictures or general topics can be raised. Please state what type of assistance you need when registering.

Instructor: Lyle Hunter

Cost: \$5.00; Register by October 13

Internet

October 25 & 26, 9:30 am

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

Instructor: Lyle Hunter

Cost: \$8.00, Register by October 20

UW-W CONTINUING EDUCATION LECTURE SERIES

Cold War Stories: A Half-Century of Soviet-American Tension

1:00 pm Wednesdays

Oct. 6: Cuba and the Missiles of October:
The Brink of Nuclear War

Oct. 13: Presidents Meet Premiers: Soviet
-American Cold War Summits

Oct. 20: The Cold War's Endgame:
Collapse of the USSR

Presenter: Dr. Richard Haney, Professor
Emeritus

FACEBOOK

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

BOOK CLUB

Monday, October 4, 10:30 am

The Book Club will discuss *A Long Way Gone* by Ishmael Beah. The book for November is *Dreams of the Day* by Mary Doria Russell.

Dreamers of the Day is narrated from the afterlife by Agnes Shanklin, a forty-year-old schoolteacher from Ohio who has lived an unremarkable life. After the death of her entire family in the flu epidemic in 1918, she inherits a little money and decides to visit Egypt and the Holy Land where her sister had once been a missionary. In 1921, she arrives at the Semiramis Hotel in Cairo, where the Peace Conference is creating the Middle East countries Iraq, Syria, Lebanon, Israel, and Jordan. She meets Lawrence of Arabia, who knew her sister, which leads to her also meeting Winston Churchill and Gertrude Bell. They're willing to discuss their thoughts with this unassuming American woman. Agnes is also courted by the charismatic German spy Karl Weilbacher. Her little story becomes the adventure of a lifetime. "*Dreamers of the Day* is at once a fascinating and romantic travelogue and a spiritually challenging journey of self-discovery, especially in Jerusalem where Agnes experiences the "clash of cultures in the ancient city."



BOOK CLUB

OUR HOUSE SENIOR LIVING MOVIES

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

"Our Family Wedding"

Tuesday, Oct. 12 12:30 pm

Rated: PG13 1 hr. 43 min.

When college students Marcus and Lucia make a surprise engagement announcement, their feuding fathers threaten to turn a dream wedding into a battle royal. Throw in eccentric relatives and clashing cultures, and you've got a recipe for laugh-out-loud lunacy and nonstop fun!

"Letters to Juliet"

Tuesday, Oct. 26 12:30 pm

Rated: PG 1 hr. 45 min.

An American girl on vacation in Italy finds an unanswered "letter to Juliet" -- one of thousands of missives left at the fictional lover's Verona courtyard, which are typically answered by the "secretaries of Juliet" -- and she goes on a quest to find the lovers referenced in the letter.

BINGO!

Tuesdays, 10:00 am

- October 5: Culver's Bingo
- October 12: Our House Senior Living
10:30 Lifeline presentation with snacks
- October 26: City Bingo

Weekly Bingo Sponsors:

Culver's Our House Senior Living

City Bingo Sponsors:

- | | | |
|---------------------------|----------------------|-----------|
| Topper's Pizza | Robin's Nest | Subway |
| McCullough's | Genoa Pizza | Pizza Hut |
| Commercial Bank | Rosa's Pizza | Sentry |
| Bergey Jewelry | Rocky Rococo | Beer Here |
| Tincher Realty | The Sweet Spot | Taco Bell |
| Day N Nite Café | Dental Perfections | |
| Winchester True Value | Eastsider/Westsider | |
| Fort Com. Credit Union | Mirage Hair Studio | |
| Binning & Dickens Ins | Eastside Laundry | |
| First Citizens State Bank | Jessica's Restaurant | |
| Dalee Water Conditioning | Floral Villa | |

Remember to thank our sponsors when

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**—Wednesday 6:00 pm, Thursdays 3:00 at Downtown Armory
- Dominoes**—First Tuesday 11:45
- Painting Group**—Thursday 1:00 pm
- Potluck**—First Tuesday 11:00
- Senior Forum**—First Monday at noon
- Sheepshead**—Tuesdays 1:00 pm
- Stretch, Flex & Glide**—Mon & Thurs. 9:30 am; \$1.00 per class
- Texas Hold 'em Poker**—First/Third Wednesday 1:00 pm
- Wii Bowling**—Mondays 11:00 am

OKTOBERFEST

Thursday Oct 7, 11:00 am

Listen or dance to the music of Gerry Hartman. He plays all your favorites on the keyboard. Savor a meal of ring bologna, parslid potatoes, red cabbage, rye bread, and warm cinnamon apples. Cost: \$2.50 donation Reserve by October 4.



BIRTHDAY DAY

Wednesday, October 13 11:30 am

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



Happy October Birthdays to:

28—Kay Salzwedel 30—Betty Lawrence

NOTES FROM THE KITCHEN

The winter menu cycle has begun. Soups are back along with other comforting winter meals. Enjoy the music of Lawrence Welk on Tuesdays from 10:30—11:30. We've added another day at Brookdale please see box below. Anyone 60 and over is welcome to attend. Nutrition Site meals are served at 11:30 am, 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 8:00 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.

The Nutrition Program will be at Brookdale on the first, second and fourth Fridays of every month. October dates are October 1, 8 and 22.

You can register for Parks and Recreation classes online at <http://activenet9.active.com/whitewater> or call in your registration to 473-0101. Both require a credit card. Forms can be mailed in or dropped off at the Municipal Building. Pick up a brochure for more information on the following classes. Remember there is a **late fee of \$10** for registering after a deadline.



PANTRY RAID

Saturday Oct 16, 11:30—1:00

Learn how to “Raid” your own pantry and change how and what you eat into a healthier way of eating. Also discussed the 90/10 rule of healthy eating and how to keep your energy level up.

Fee: \$15.00 RSVP/payment by Oct 7

SUGAR BLUES

Saturday Nov. 13, 11:30—1:00

Learn the 8 primary causes of sugar cravings, how it effects your body and how to alleviate those cravings with healthy alternatives.

Fee: \$15.00 RSVP/payment by Nov 3

BODY THERAPY WORKSHOP

Saturday October 30, 11:30—1:00 pm

Cravath Lakefront Center

The workshop will teach you about body therapy and how it can help improve the quality of your life. Use self massage techniques, Thai Yoga techniques, and foam rollers to enhance mobility & flexibility in the bones and muscles creating an overall improvement in body alignment and stability. Please bring a mat. Great introduction to the Body Therapy class that is being offered.

Fee: \$20.00 RSVP/payment due October 19

OTHER CLASSES OF NOTE

- Body Therapy Class: Nov 9—Dec 14
- Gentle Yoga Stretch: Thurs. 9:45 am
Oct 14—Nov 11 & Nov 18—Dec 23
- Restorative Yoga: Tues. 9:45 am
Oct 12—Nov 9 & Nov 16—Dec 21

FAIRHAVEN LECTURE SERIES:

THE LIFE AND TIMES

Mondays 3:00 pm

Fairhaven Lecture Hall

Examine the biography as a literary form. Look at the life and times of some of history's most famous, infamous, and barely famous figures, and even take a biographical look at the life of a famous city. We'll take a closer look at people and places that have changed the world, altered the course of human events, and brought us to where we are today. Unable to attend? Download podcasts at: <http://www.uww.edu/conteduc/fairhaven>

Oct 4: Muhammad: The Last Prophet of Islam

Molly Patterson, Asst. Prof. History

Oct 11: Bert the Miner: Herbert Hoover,

Forgotten Progressive and Humanitarian

Richard Haney, Prof. Emeritus, History

Oct 18: Travels with Charlie: A Trip with

Charles Darwin

Daryle Waechter-Brulla, Assoc. Prof.

Biology

Oct 25: Take This Stand: Rod Serling and the

Politics of the Twilight Zone

Mark Boulton, Assist. Prof. History

HOLLY DAYS

December 3-5

Seniors in the Park is participating in Holly Days. Friday night before the parade there will be opportunities for storytelling (inside). Saturday Dec 4, we will be providing gift wrapping downtown for a donation. See page 9 for opportunities to help out.



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

ONE STOP SHOP

**Saturday November 20
9:00am -2:00 pm
Downtown Armory**



Find unique and fun gifts, beautiful jewelry and items for your kitchen, bath and home at our fall fundraiser. Home-party consultants and crafters will be on hand to assist you in shopping for those hard-to-find-for people or yourself. There will also be a bake sale, a BBQ lunch and a raffle of items donated by each vender.

Volunteers are needed see page 9.

DEAD PEOPLE DO TELL TALES

Wednesday, November 17, 1:00

Learn about Forensic Anthropology as it is applied to prehistoric peoples.

Presenter: Terry Tutton, Physical Anthropologist.

Please RSVP By Wednesday November 10



WATERCOLOR CLASS

**Thursdays beginning
November 11, 1:00-4:00**

This class is designed for the artist to roll up their sleeves and paint. Individual instruction will be provided to improve and advance current skill levels with the focus on main watercolor methods and techniques. Stop in or call for class outline and materials needed.

Instructor: Tom Jewell

Cost: \$40.00 Four week session

Please RSVP By Thursday Nov 4

GHANA PRESENTATION

Monday Dec 13, 1:00

Photos and stories from Deb's trip to Africa

Please RSVP By Wednesday Dec 8

HOLIDAY DINNER

Wednesday, Dec. 15

Holiday dinner at the Whitewater Country Club with entertainment and door prizes. Tickets available November 1. Last date to purchase tickets is December 2.

SALUTE TO VETERANS

Tuesday, November 9



Tour Fort McCoy, including a stop at the commemorative area, Museum, WWII barracks and static equipment; along with some good old story telling just for the fun of it. Then it's off to Ginny's Cupboard in Sparta for lunch. It will consist of choice of homemade soups, shredded homemade hot beef on homemade bread with shredded cheese, chips, pickle, cookie and choice of coffee or soda. Next stop is Burnstad's to see Deborah at Candy Creations, demonstrating candy making techniques, and sample 44 flavors of fudge and purchase some to take home. Our final stop will be Humbird Cheese with over 100 varieties to sample and buy.

Cost: \$48 (Veterans get \$2 off)

Reservation/payment due: October 12

Checks made out to Fort Senior Center

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

Return: Fort K-Mart 5:45 pm; Starin Park 6:15 pm

BARN QUILT TOUR

Depart: Fort K-Mart 7:00 am

Starin Park 7:30 am

Return: Starin Park 4:30 pm

Fort K-Mart 5:00 pm

CHIP-IN CASINO

October 18-19



Checks made out to Fort Atkinson Sr. Ctr.

Depart: Fort K-Mart 7:30 am

Return October 19 approx 7:30 pm

The Fireside

FIRESIDE 2010

Wednesday, Dec. 21—The Child; Story of the First Christmas

Cost: \$67.00

RSVP/Payment deadline: Thurs., Nov. 4

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.

DEVIL'S LAKE HIKE

Tuesday October 12

Hike around the Lake and see the gorgeous fall colors. It is fairly level and approximately 2 miles. Bring a sack lunch. A stop may be made at Wollersheim Winery.

Cost \$10.00

Reservation/payment due by October 4

Depart: 9:00 am Return: 3:30 pm (approx)

Minimum: 7 people

LUNCH BUNCH

Thursday, October 14

Travel to Eagle Springs Pub for lunch. Departure: 10:30 am. Cost: \$5

RSVP by Tuesday, October 12

Nov: Ray's Restaurant & The Cheese Chalet—Edgerton

Dec: Millies

Please share your ideas on restaurants to go to in 2011.



GURNEY OUTLET MALL

Friday October 22

Get in some early holiday shopping at this great outlet store in Gurney, IL.

Cost \$8.00

Reservation/payment due by October 14

Depart 8:30 am; Return: 5:00 pm (approx)

Minimum: 7 people

JANESVILLE SHOPPING

Wednesday, October 6, 9:00 am

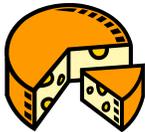


We have revamped our Janesville shopping trip to be a morning trip. Get picked up at your home, shop in Janesville, and be home for lunch.

Departure: 9:00 am. Cost: \$5

RSVP by Monday, September 4

Next shopping date will be Wed. November 10



CHOCOLATE AND CHEESE

Tuesday Nov. 16, 9:00 am

Visit the fabulous Swiss Colony Outlet Store. Purchase cheese and have lunch on your own at Baumgartners, famous for their limburger cheese sandwich. Spend time on the square in Monroe visiting their unique shops.

Cost: \$16.00 (Lunch is on your own)

Departure: 9:00 am.

WHERE TO NEXT???



I am in the process of planning van, coach and extended trips for next year. Where would you like to go and how much are you willing to spend? Give me a call, email or stop in and let me know what your thoughts are. It makes my planning easier and you get to travel to your favorite destination

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

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

30th ANNIVERSARY

The 30th anniversary of Seniors in the Park will be in June of 2011. Help plan a special event to celebrate the occasion. A meeting will be held on Monday October 11 at 1:00 pm to discuss ideas for the celebration. Please call if you will be attending or call and give me your ideas if you cannot attend.



DUTCH WATERWAYS IN SPRING

April 16-24, 2011

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.

Cost of other decks and single supplement available. Main Deck \$3238 pp/dbl

Deposit of \$400 due by October 10

Checks payable to Mayflower Tours

First Time Traveler and Referral Rewards available.



PALM SPRINGS

March 25—April 5, 2011

Enjoy Palm Springs, where the desert blooms and has been a favorite getaway destination for celebrities and sun seekers alike for more than 100 years. Highlights include Palm Springs Follies, a narrated tour of Palm Springs to learn about its Native American heritage and drive through celebrity neighborhoods and hear stories that go with them, the air museum which is one of the nation's largest collections of WWII aircraft, the Living Desert & Botanical Gardens, the Painted Desert, and more! Detailed itinerary available at the Community Building and online or call for details.

This is a Mayflower Value Tour.

Cost \$1399 dbl; \$1978 sgl.

For detailed itineraries on any of the extended trips, our newsletter and other activity information call 262-473-0535, email dweberpal@ci.whitewater.wi.us, go to the city website at www.ci.whitewater.wi.us, (Departments, Seniors in the Park), stop in to the Community Building or friend us on Facebook.

RECYCLING ELECTRONICS



It is now illegal to dispose of some electronics in the trash, and they must be recycled. Seniors in the Park recycles cell phones, digital cameras, lap tops, game systems, ipods, cordless phones and any accessories as a fundraiser. Any of the above items can be brought to the Starin Park Community Building Monday – Thursday 9 am – 4 pm and the Irvin L Young Library.

For more information on the new recycling law go to <http://dnr.wi.gov/org/aw/wm/ecycle/index.htm>

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. In 2010, Sentry has donated **\$516.01** to-date to Seniors in the Park.

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 fall/winter 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.

PAPER SHREDDER

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

GRIEF SUPPORT GROUP

Tuesday, October 19, 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

- **Foot Clinic-Tuesday Oct. 5 at 12:00 noon.** Please bring a towel. No appointment is necessary. Cost is \$10.00.
- **Blood Pressure Screening-Tuesday, Oct 26, 11:00 am.** Provided free by Country Nurses
- **Therapeutic Table Massage-Monday, Oct. 11, 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, 1-800-365-1587
- **Aging and Disability Resource Center of Walworth Co. (ADRC)**, 1-800-365-1587
- **Information and Referral**, (County Aging Services), 262-741-3423
- **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
- **Social Security Administration**, 1-800-772-



GREETING CARDS

New greeting cards have arrived!! Check them out. We have Halloween cards in addition to a great selection 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.

Cable TV Show Production—Help is needed!! Assist with taping the interviews and arranging the set. Training provided.

BBQ for One Stop Shop, Thursday November 18, 1:00 pm—Help cook the barbeque, package, and clean up.

One Stop Shop Bake Sale November 19—Help price and set up the bake sale 2:00 pm – 3:30 pm.

One Stop Shop Bake Sale November 20—Sign up to donate baked goods. Good sellers include: brownies, quick breads, pies and cookies.

One Stop Shop Assistance November 20—Sign up to help at the bake sale, sell raffle tickets or serve lunch. **Shifts available.**

Holly Days December 3-4—Read stories before the parade. Provide gift wrapping on Saturday. Both events indoors.

Sixth Grade Essay Contest Committee—This group will assist in getting information to schools, collecting essays, reading and judging essays, finding and awarding prizes, and assisting with an event to recognize the winners.

30th Anniversary Committee—Next June is our 30th Anniversary. Help plan a special event to celebrate!

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

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

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.

**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

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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 –October 2010

Monday	Tuesday	Wednesday	Thursday	Friday
*Activities take place at the Starin Park Community Building unless otherwise noted. (A) = Downtown Amory (L) = Cravath Lakefront (HB) = Hawk Bowl				1 11:30 Nutrition Site - Brookdale
4 9:30 Stretch/Flex 10:30 Book Club 11:00 Wii Bowl 12:00 Senior Forum 1:00 Bid Euchre 1:00 Therapeutic Massage 1:30 Canasta	5 10:00 Culvers Bingo 11:00 Potluck 11:45 Dominos 12:00 Foot Clinic 1:00 Sheepshead	6 9:00 Bowling (HB) 9:00 Janesville Shopping 1:00 Cold War Stories 1:00 Texas Hold 'em Poker 1:00 Chess 6:00 Ceramics (A)	7 9:30 Stretch/Flex 11:00 Oktoberfest 1:00 Living Well with Chronic Conditions 1:00 Open Painting 3:00 Ceramics (A)	8 11:30 Nutrition Site - Brookdale
11 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 30th Anniversary Mtg 1:00 Bid Euchre 1:00 Therapeutic Massage Salute to Veterans Deadline	12 9:00 Devil's Lake Hike departs 10:00 Our House Senior Living Bingo 10:30 Lifeline Presentation 12:30 Our House Senior Living Movie "Our Family Wedding" 1:00 Sheepshead	13 9:00 Bowling (HB) 9:30 Tai Chi 1:00 Cold War Stories 1:00 Chess 1:00 Texas Hold 'em Poker 6:00 Ceramics (A)	14 9:30 Stretch/Flex 10:30 Lunch Bunch 1:00 Living Well with Chronic Conditions 3:00 Ceramics (A) 6:00 Global Gala	15 16 10:00 Car Inspections and Cleaning at Whitewater HS
18 9:30 Stretch/Flex 9:30 Asked & Answered 11:00 Wii Bowl 12:30 Wounds and Healing Presentation 1:00 Bid Euchre 1:30 Canasta	19 9:30 Asked & Answered 1:00 Sheepshead 2:00 Grief support Group	20 9:00 Bowling (HB) 9:30 Tai Chi 1:00 Cold War Stories 1:00 Chess 6:00 Ceramics (A)	21 9:30 Stretch/Flex 1:00 Living Well with Chronic Conditions 1:00 Open Painting 3:00 Ceramics (A)	22 8:30 Gurney Outlet Mall trip depart
25 9:30 Stretch/Flex 9:30 Internet 11:00 Wii Bowl 1:00 Bid Euchre 1-3:00 Flu Shots	26 9:30 Internet 10:00 City Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie "Letters to Juliet" 1:00 Sheepshead	27 9:00 Bowling (HB) 9:30 Tai Chi 1:00 Season to Season with Inuit 1:00 Chess 6:00 Ceramics (A)	28 9:30 Stretch/Flex 1:00 Living Well with Chronic Conditions 1:00 Open Painting 3:00 Ceramics (A)	

Walworth County Nutrition Menu – October 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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 262-473-0536 before 12:00 p.m. one business day in advance. 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 8:00 a.m. the day of your reservation by calling the Nutrition office.</p>				<p>1 AT BROOKDALE Italian Baked Chicken Mashed Potatoes Green Beans Wheat Bread Fresh Melon</p>
<p>4 Sloppy Joes on a Hamburger Bun Seasoned Red Potatoes Mixed Vegetables Chocolate Chip Cookie</p>	<p>5 Cabbage, White Bean, Chicken & Sausage Soup Au Gratin Potatoes Peas Whole Wheat Crackers Apricots</p>	<p>6 Meatloaf and Gravy Mashed Potatoes Harvard Beets Multi-Grain Dinner Roll Pineapple Tidbits</p>	<p>7 OKTOBERFEST Ring Bologna Parslied Potatoes Red Cabbage Rye Bread Warm Cinnamon Apples</p>	<p>8 AT BROOKDALE Pork Pot Roast (diced) Mashed Potatoes/Gravy Parslied Carrots Wheat Bread Apple Pie</p>
<p>11 Roast Turkey and Gravy Baked Sweet Potatoes Brussels Sprouts Wheat Bread Mandarin Oranges</p>	<p>12 Pork Steak Madeira Mushroom Gravy Mashed Potatoes Spinach Multi-Grain Bread Ranger Cookie</p>	<p>13 BIRTHDAY DAY Beef Minestrone Soup Peas and Onions Carrot Raisin Salad Ry Krisp Crackers Cake</p>	<p>14 Spaghetti and Meatballs Italian Mixed Vegetables Garlic Bread Peach Applesauce</p>	<p>15 Oven Roasted Chicken Garlic Mashed Potatoes California Blend Vegies Wheat Bread Fresh Melon</p>
<p>18 Smothered Chicken Divan Au Gratin Potatoes Broccoli Wheat Bread Chocolate Pudding</p>	<p>19 Beef Stew with Potatoes, Onions and Carrots Peas Baking Powder Biscuit Mandarin Orange Jell-O</p>	<p>20 Boiled Ham Dinner with Potatoes, Carrots, Cabbage and White Beans Corn Bread Pumpkin Bar</p>	<p>21 Chopped Steak and Gravy Mashed Potatoes Creole Tomatoes Multi-Grain Dinner Roll Chilled Pears</p>	<p>22 AT BROOKDALE BBQ Riblet on a Hamburger Bun Diced White Potatoes Mixed Salad Greens Warm Cinnamon Apples</p>
<p>25 Salisbury Steak Au Gratin Potatoes Corn Wheat Roll Pineapple Tidbits</p>	<p>26 Split Pea Soup Mixed Vegetables Tuna Salad Multi-Grain Bread Hot Spiced Pears</p>	<p>27 Chicken Coq au Vin/Vegies Mashed Potatoes and Gravy Broccoli Whole Wheat Bread Chilled Peaches</p>	<p>28 Swedish Meatballs over Egg Noodles Spinach Wheat Bread Banana</p>	<p>29 Potato Crusted Fish Filet Sweet Potato Puffs Scandinavian Mix Vegies Rye Bread Lemon Bar</p>

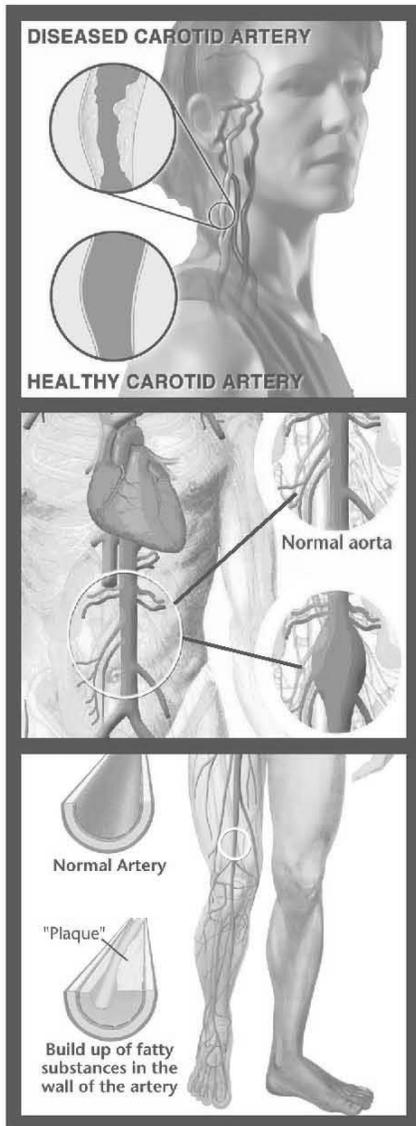
4 facts YOU need to know about stroke prevention

- 80% of stroke victims had no apparent warning signs.
- Ultrasound screenings can help you avoid a stroke.
- Stroke is a leading cause of death and permanent disability.
- Screenings are fast, painless, affordable and convenient.

A stroke screening is coming to your neighborhood:

Where: Whitewater - Starin Park Community Building
When: Friday, November 12, 2010
Pre-registration is required. Call 1-800-690-6313

We Can Help You Avoid a Stroke



Trusted by Hospitals Nationwide

Life Line Screening has screened over 6 million participants and has partnered with hospitals across the country. Why? Because the ultrasound screenings that we offer can help save your life.

1 Stroke/Carotid Artery Screening

Ultrasound evaluation of the carotid arteries that screens for buildup of fatty plaque – the leading cause of strokes.

2 Heart Rhythm Screening (Atrial Fibrillation)

A quick and easy test using EKG electrodes placed on the arms and legs to identify the presence or absence of an irregular heartbeat at the time of the screening.

3 Abdominal Aortic Aneurysm Screening

Ultrasound is used to screen for the presence of an aneurysm in the abdominal aorta that could lead to a ruptured aortic artery.

4 Peripheral Arterial Disease Screening

Evaluates for peripheral arterial disease (plaque buildup) in the lower extremities. It is 4-5 times more likely you will die from heart disease if you have peripheral arterial disease.

5 Osteoporosis Risk Assessment

An ultrasound measurement of the heel bone to determine abnormal bone mass density. Osteoporosis is painless and silent in its early stages.

**Stroke, Vascular Disease & Heart Rhythm Package;
all 4 tests for only \$149**

**Add an osteoporosis screening for \$10 more;
all 5 tests for \$159 (\$86 savings!)**

Life Line Screening uses only advanced colorflow ultrasound technology and experienced highly skilled technologists. Screening results are provided to you within 21 days after physician review.

Life Line Screening is dedicated to providing the highest quality imaging technology at an affordable rate. Our mission is to make people aware of an undetected health problem and encourage them to seek follow-up care with their physician. Life Line Screening offers a convenient, affordable, confidential and accurate way for men and women to monitor their health. If a significant finding is noted through the screening process, you will take the report to your physician who can then order further testing and give consideration for treatment.

Appropriate modification of stroke risk factors (including high blood pressure, smoking, heart disease, diabetes and poor diet) is also necessary for stroke prevention. Our screenings cannot detect all forms of stroke. All tests are for screening purposes only. You should consult with your personal physician regarding your screening results.

Insurance Note: Life Line Screening does not participate in the Medicare program and the cost of our screening services is not covered or reimbursable by Medicare. Life Line Screening does not file insurance claims and the cost of our screening services is your responsibility.

Screenings in Kansas are performed by Life Line Screening of America, LLC on behalf of Life Line Screening Physicians, P.A.

Screenings in California are provided by Life Line Mobile Screening.

In some states, including Texas, physician authorization is required. A Life Line Screening affiliated physician will provide authorization for you if you qualify. If a potentially life-threatening condition is discovered you will promptly receive results after physician review.

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www.lifelinescreening.com/community-partners



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