



# The Park Bench

Seniors in the Park Newsletter  
December 2011 Volume XI Issue 12

Seniors in the Park promotes and enhances a vital aging community



## HOLIDAY DINNER

**Wednesday, December 14 Whitewater Country Club**

**Doors open 11:45, Lunch served at 12:15**

Spend the holiday season with friends in the beautiful atmosphere of the Whitewater Country Club. The Gildersleeves will perform special holiday numbers mixed in with everyone singing their favorite songs of the season. Choices for lunch include Turkey and Stuffing or Flank Steak with Mushroom Bordelaise sauce and potato, veggie, dinner rolls, dessert and coffee, hot tea or milk. Tickets for lunch can be purchased at the Community Center. Van rides are available. Let us know when you purchase a ticket.

Ticket Cost: \$13.00-general public; \$11.00-Volunteers with at least 5 hours of service

Purchase deadline: Monday December 5

## NUTRITION SITE HOLIDAY DINNER

**Thursday, December 22**

**Entertainment 11:00, Lunch 11:30**

Relax to the beautiful sounds of the Rock Prairie Dulcimers beginning at 11:00 am. Sing a few of your favorite Christmas carols and there may even be a few surprises. Menu is baked ham with cranberry raisin sauce, scalloped potatoes, mixed vegetables, rye bread, and pumpkin pie.

Cost: \$2.50 donation

RSVP by noon Tuesday, December 20



## THE CIVIL WAR: A SESQUICENTENNIAL OVERVIEW

### Lecture Series

**Wednesdays, 1:00 pm**

**Jan. 11:** The Gathering Storm: A Nation Divided Over Enslavement of People

**Jan. 18:** The Uncivil War: Families Divided

**Jan. 25:** Robert E. Lee Invades the North: Antietam and Gettysburg

**Feb. 1:** Total War and Union Victory: Grant's Siege of Vicksburg, Sherman's "War is Hell" in Georgia, Sheridan's Shenandoah Valley "wasteland" Campaign and Confederate Defeat

Presenter: Dr. Richard Haney, Professor Emeritus UW-W

Please RSVP in advance

This series is sponsored by the UW-W Continuing Education Dept.

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**Best wishes for a happy and safe holiday season!**



# Classes and Activities

## COMPUTER TUTOR

### Asked and Answered Sessions

Lyle is doing one-on-one tutoring. 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 tell us what you want Lyle's assistance with, when registering for your session. December is Lyle's last month to teach until April or May.

Dates December 13, 14, 19 or 20

Time 9:30 am

Cost: \$5.00 per session

Register for class at least 5 days in advance, so Lyle can be prepared to assist you.



## SLOW COOKER CREATIONS

**Thursday, January 12**

Join us for an informational class and tasty treats! We will discuss the do's and don'ts of crock pot cookery, helpful hints in selecting crock pot recipes and, of course, tasting some recipes.

Instructor: Jenny Wehmeier

Fee: \$2.00

RSVP deadline: January 6

## SENIOR FORUM

**Monday, December 5, 12:00 pm**

Agenda items include: OSS recap, storage area, cable TV charges, and year-end purchases: laptop, attendance software, and projection screen. Input is needed for businesses to contact for advertising in the newsletter. Give the Senior Coordinator input on activities, trips and more. Discuss funding and use of monies you helped raise. Help us chart the future of Seniors in the Park. New faces are welcome!

## DE-CLUTTER GROUP

**Second Tuesday**

**Beginning January 10**

**10:30 am**

Join this new group and get handy ideas to de-clutter your home and your life. Bring your ideas and get new ones. This month will be a general discussion on de-cluttering and with specific topics in following months.

Register for this group by Thursday, January 5



## STRETCH & FLEX SOCK-ERCISE DAY!!

**Thursday, December 22, 9:30 am**

Stretch and Flex participants are encouraged to wear Christmas socks, shirts or head gear to class. If you don't own any Christmas clothing, red and/or green will do. The group then celebrates after class at the Sweet Spot. The class will not meet on December 26, 29 and January 2



## CORE AND MORE

**Mondays & Thursdays, 8:45 - 9:15 am**

This half hour class focusing on your core will help you to perform everyday activities safely and with ease. Modifications for all levels of ability will be demonstrated. Must be able to get down on the floor for this class. Bring an exercise mat. The class will not meet on December 26, 29 and January 2

Fee: 10 punch pass for \$30.00 (passes do not expire)

**All Seniors in the Park activities are held at the Starin Park Community Building, 504 W. Starin Rd, unless stated otherwise.**

## BINGO!

Tuesdays, 10:00 am

December 6: Culver's Bingo

December 13: Our House  
Senior Living

December 27: City Bingo

### Weekly Bingo Sponsors:

Culver's

Our House Senior Living

### CITY BINGO SPONSORS:

Topper's Pizza \* Subway

Robin's Nest \* Pizza Hut

McCullough's \* Rick's

Rosa's Pizza \* Fairhaven

Dale's Bootery \* Floral Villa

The Sweet Spot \* Genoa Pizza

Bergey Jewelry \* Taco Bell

Ketterhagen Ford \* Sentry

Jones Dairy \* VOS Sentry

Rocky Rococo Pizza

Commercial Bank

Fort Com. Credit Union

Fort HealthCare

Mirage Hair Studio

Downtown Whitewater

Binning & Dickens Ins.

Jessica's Restaurant

Eastsider/Westsider

Winchester True Value

First Citizens State Bank

Dalee Water Conditioning

Kentucky Fried Chicken

## MEN'S POKER GROUP

Second and Fourth Thursdays,

1:00 pm

Calling all men! Want to play Texas Hold 'em Poker? Even if you don't know how, we will teach you. Enjoy a manly game with the fellas.

## LADIES POKER GROUP

First and Third Thursdays,

1:00 pm

The ladies are moving to Thursday. Come join the fun and laughter.

## OUR HOUSE SENIOR LIVING MOVIES

Special thanks to *Our House Senior Living* for sponsoring the monthly movies. Popcorn and a beverage will be served. Wednesday movies will be shown on the big screen TV.

### "Christmas in the Clouds"

Tuesday, Dec. 13, 12:30 pm

Rated: PG, 1 hr 36 min

A romantic comedy with Christmas Cheer, "Christmas in the Clouds" is set at a tribally owned and operated ski resort in the Southwest. Memorably quirky characters make their way through plot lines full of mistaken identities and frustrated bingo dreams.



### "Captain America"

Tuesday, December 27, 12:30 pm

Rated: PG-13, 2 hr 3 min

(Watching your older grandkids? Bring them along. Please let us know in advance, so we can have adequate food/beverage on hand.)

Horrified by newsreel footage of the Nazis in Europe, Steve Rogers is inspired to enlist in the army. Because of his frailty and sickness, Rogers is rejected but later is offered the opportunity to take part in a special experiment called Operation: Rebirth. After weeks of tests, Rogers is administered the Super-Solider Serum and bombarded by "vita-rays," awakening from the treatment as Captain America. Armed with his indestructible shield and battle savvy, Captain America embarks on a war against evil.



## BOOK CLUB

Monday, December 5, 10:30 am

The Book Club will discuss *Eat, Pray, Love* by Elizabeth Gilbert. The book for January is *Queen of the Big Time* by Adriana Trigiani.



Known and loved around the world for her sweeping Big Stone Gap trilogy and the New York Times bestseller *Lucia, Lucia*, Adriana Trigiani returns to the charm and drama of small-town life.

This heartfelt story of the limits and power of love chronicles the remarkable lives of the Castellucas, an Italian-American family, over the course of three generations.

## SHARE YOUR TIME AND TALENTS

### **Friday, December 2—Holiday Parade**

Ride on the van or march along with it and hand out candy. Meet at Starin Park at 5:00 and depart for the parade no later than 5:15. You will be brought back to Starin Park after the Parade.

**Drivers** are needed occasionally to take persons to the DMV to obtain their voter ID. Please contact Deb if you are interested.

**Wednesday, January 4**—Stop in from 1:30—3:00 and help take down and pack away holiday decorations.

### **Saturday, Feb. 18 Chili Cook-off at Freeze Fest**

9:00–10:15 am: Help check-in chili cook-off participants, decorate judges table, general set-up

11:00 am—12:00 pm: Assist judges and tally scores for winning chili

12:00 –2:00: pm Sell bowls to tasters



## SCARVES, PURSES AND MORE!

We received a generous donation from a store that went out of business in Breckenridge, CO beautiful scarves, 4 skirt/top outfits, pillow covers, water bottle carriers, purses and more. Stop in and check it out! You may find an interesting holiday gift at a very reasonable cost and support Seniors in the Park at the same time. Thanks to Sherry Plucinski and her daughter for thinking of us!

## GIFT CERTIFICATES

Need that different, unique gift for a friend? Your children don't know what to get you because you have everything? Think about a Seniors in the Park gift certificate. They can be used for travel with Seniors in the Park, classes or special events. Certificates are available at the Starin Park Community Building.

## SERVICES AT A GLANCE

- **Foot Clinic**—Tuesday, December 6, 12:00 noon. Please bring a towel. No appointment is necessary. Cost is \$10.00. **(Starting in January \$12.00 paid at the front desk)**
- **Therapeutic Table or Chair Massage by Angie**—Monday, December 12, 1:00 pm. Half-hour massages for \$25. Appointments must be made in advance.
- **Blood Pressure Screening**—  
**Tuesday, December 13, 11:00 am** Provided free by Our House  
**Tuesday, December 27, 11:00 am.** Provided free by Country Nurses.

## GRIEF SUPPORT GROUP

**Tuesday, December 20, 2:00**

This group is open to anyone who has experienced a loss. Share and grow with one another. This will be the last meeting of the group. Anyone interested in another 6 week grief course, please contact Deb. Thanks to Angie Schubkegel for her time spent with everyone in need.

## 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, 94.0 WFAW, 106.5 WKCH or 104.5 WSLD, Whitewater Cable 98 or digital 990, or the Whitewater Banner. Nutrition site closings will also be on Milwaukee Channels 4 and 12.

## WINTER 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 to keep the building comfortable, but not everyone has the same internal thermostat.



For detailed itineraries on any of the extended trips, call 262-473-0535, send an email to [dweberpal@whitewater-wi.gov](mailto:dweberpal@whitewater-wi.gov), go to the city website at [www.whitewater-wi.gov](http://www.whitewater-wi.gov), (Departments, Seniors in the Park) or stop in to the Starin Park Community Building.



## **IMPERIAL CITIES - Prague, Budapest and Vienna**

**November 5-15, 2012**

Spend 3 nights in each of these beautiful cities, Highlights include: Prague, one of the most beautiful cities in the world, Hradcany Castle, Jewish Quarter, Schoenbrunn Palace, Grinzing Evening, Hungarian Horse Show on a horse farm and traditional Hungarian Feast, Matthias church, Fisherman's Bastion, and Renaissance-style dinner, plus much more! No Euros here, so less expensive once you arrive.

Cost: \$3249 pp/double (booked by May 5, 2012; will increase by \$100 after this date), includes airfare/air taxes, 15 meals, all sightseeing per the itinerary and free transportation to O'Hare. For details see above.

## **CIVIL WAR SERIES 1862: THE BATTLES OF SHILOH AND CHICKAMAUGA**

**March 29—April 4, 2012**

This trip is second in a series of five annual tours to Civil War sites. Explore the hallowed grounds of Tennessee with special emphasis on the re-enactment of the Battle of Shiloh. Also, a narrated cruise on Mississippi, Candle lit dinner and Civil War Ball, Carnton Plantation, Buttonwillow Church, Civil War Dinner theatre and much more.

Cost: \$1299 pp/dbl, \$1818 sgl, includes free home or local pickup, 3 dinners, 2 lunches, 4 breakfasts



## **EMERALD COAST TOUR**

**March 2 -9, 2012**

Tour from Atlanta to Destin, Florida on the Emerald Coast and return home through Nashville. Highlights include the Jimmy Carter Library, Mary Mac's Tea Room, Air force Armament Museum, Dolphin Watching cruise and much more.

Cost: \$1099 pp/dbl, \$1648 sgl, includes free home or local pickup, 4 dinners, 5 breakfasts  
\$200 deposit due with reservation or  
\$350 deposit include cancellation insurance.

## **MILWAUKEE PUBLIC MUSEUM: CLEOPATRA EXHIBIT**

**Wednesday, March 14**

*Cleopatra: The Search for the Last Queen of Egypt* features nearly 150 artifacts from Cleopatra's time and helps visitors experience the present-day search for the elusive queen, which extends from the sands of Egypt to the depths of the Bay of Aboukir near Alexandria. View "The Mysteries of Egypt" in the IMAX. Lunch is on your own in the cafeteria or preorder a box lunch for \$12.00  
Fee: \$52.00 (includes transportation, Museum entrance, Imax, & Cleopatra exhibit with audio)

Fee: \$64 includes above and a box lunch  
Checks to: City of Whitewater

RSVP/payment deadline: February 14

Depart: Fort K-Mart: 8:00am

Whitewater 8:30 am

Return (approx): Whitewater 5:30 pm

Fort K-Mart 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 and 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, December 8**

Eat lunch at Cracker Barrel in Janesville.

Departure: 10:30 am.

Cost: \$5.00 RSVP by Tuesday, December 6

In January, plan to join us at Captains in Fort Atkinson

## JANESVILLE SHOPPING

**Wednesday, December 7, 12:30 pm**

Get picked up at your home and shop in Janesville. Participants decide where to shop.

**Departure: 12:30 pm**

Cost: \$5.00 RSVP by Monday, December 5.



## HOLIDAY CHEER

**Thursday, December 1**

Enlighten your senses with a trip through an impressive poinsettia greenhouse, featuring over 2,500 poinsettias in numerous sizes and colors. On the tour, you will learn about the growing process, plus see a demonstration on how poinsettias are painted. Unleash your crafty side as you participate in a hands-on holiday demo at K&W Greenery. During your workshop you will plant an amaryllis into a take-home pot. After your workshop, browse through the unique gift shop – you are sure to find the perfect gift for everyone on your list!

Stop for hot chocolate or coffee on the way home at Charming B's in Milton, featuring local artists, gifts and Patty's Plants.

Cost: \$14.00

Payment deadline: November 28

Van departs at 12:30 pm Return 4:00 (approx)

## HOLIDAY LIGHTS

**Tuesday, Dec. 13, or**

**Thursday, Dec. 15, 6:00 pm**

Travel around Whitewater to look at the festive holiday lights. We will pick you up at your home or apartment.

RSVP by December 7



## FIRESIDE 2012

**Wednesday Feb. 22—Viva Vegas**

**RSVP/Payment deadline January 12**

**Wednesday April 25—9-5 the Musical.**

**RSVP/Payment deadline March 15**

**Wednesday June 6—Legally Blonde the Musical**

**RSVP/Payment deadline April 31**

**Wednesday August 8—The Rock & the Rabbi**

**RSVP/Payment deadline July 2**

**Wednesday Sept. 19—Hello Dolly**

**RSVP/Payment deadline August 9**

Cost: \$66.00

Payable to: The Fort Atkinson Senior Center.

Transportation is on your own. Arrive at 10:30 am.

Lunch is at 11:15 and Show at 1:30.

SENIORS IN THE PARK  
PROMOTES AND ENHANCES  
A VITAL AGING  
COMMUNITY

The Nutrition Program will be at Brookdale on the first, second and fourth Fridays of every month, December 2 and 9.

Anyone 60+ and their spouse 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. **The Nutrition Site will be closed December 23, 26, 30, and January 2**

## MEAL SITE MENU & 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.

## HAPPY DECEMBER BIRTHDAY TO:

- 3—Clara Bastian
- 6—Sue Chapman
- 8—Janet Nell
- 10—Roger Klusmeyer
- 22—John Wickgins



*Want to be on our birthday list? Just let Deb or Sue know your birth date and correct spelling of your name, and you can be in the newsletter, too!*



## GREAT CARDS, LOW PRICES!

We have a great selection of everyday and special greeting cards, including **Christmas**. Most are priced from 85 cents to \$1.25. Stop in and check out our new selection.

## THANK YOU TO . . . .

**The One Stop Shop Volunteers:** Jan Schmeling, Arlene Trewyn, Romelle Koch, Kande Koch, Mark Dorn, Bruce Parker, Jean Bromley, Mary Steele, Sharron McCarthy, Doris Wutke, Janice Batten, Donna Dable, Barb Koch, Peggy Anderson, Alice Smith, Dorothy Poehler, Betty Heth, Preston Schwalenberg, Sarah Kuertgen, Brett Dresen, Lacy Bowar, and Colin Onken

**The One Stop Shop Baker Sale Donors:** Marion Malo, Gert Drost, Bea Jacobs, Jean Bromley, Doris Wutke, Adele Gergen, Dorothy Poehler, Janice Batten, Betty Heth, Sharron McCarthy, Sue Scherer, Helen Brady, Betty Lemke, Jean Nielsen, Jan Schmeling, Eunice Rowe, Char Perkins, Lois Zipp, Marcia James, Mary Steele, Thelma Robbins, Doris McQuillin, and Romelle Koch.

**Thanks to all** and apologies to anyone missed. Names were taken from signup sheets.

**Gretchen Barth**—Cash donation

**Sandi Colombe**—Cash donation

**John Rowe**—Donation of Hanging Packer for One Stop Shop Raffle and Santa Candy Dish for bingo.

**Sherry Plucinski and Amy Hoerter** for the generous donation of new purses, scarves, shoes, and clothing to our showcases for sale.

## DECEMBER OFFICE HOURS

The Seniors in the Park office is open  
9:00 am to 4:00 pm

**OFFICE IS CLOSED:**

**Monday December 26**

**Wednesday December 28**

**Thursday December 29**

**Monday January 2**



### **RECYCLING ELECTRONICS**

People frequently upgrade their cell phones, especially with technology changing almost daily. If you know someone who recently got a new cell phone, tell them about our recycling program. It keeps phones out of landfills and helps us raise money for programs. It is illegal to dispose of some electronics in the trash, and they must be recycled. We recycle 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 Wisconsin recycling law go to <http://dnr.wi.gov/org/aw/wm/ecycle/index.htm>

### **DONATIONS, GIFTS, MEMORIALS**

*“No man can become rich without himself enriching others.”* Andrew Carnegie

You can make Seniors in the Park the recipient of a gift any time of the year. Donations, gifts and memorials are placed in a special “Senior” account where the monies are kept for use as the need arises, whether the need is now or 10 years in the future. We appreciate your generosity and support of our programs.



### **EYE GLASS COLLECTION**

Have you had corrective surgery on your eyes or do you have an extra pair of eye glasses you are no longer using? Why not donate those extra glasses to the Lions Club? We have a collection box on the pamphlet table.



### **HOLIDAY GIFT SUGGESTIONS FOR ELDERS**



- Offer to record (using camcorder or cassette tape player) memories and family stories
- Poem or letter describing how much that person means to you
- Offer to mend
- Photo album or scrapbook of pictures of “favorites” (i.e., people, flowers, animals, food)
- Hand-printed dinner invitation
- Donation to a charity or cause in his/her name
- Seasonal mobiles, pictures and/or bulletin board to hang in loved one’s room
- Gift certificate to favorite restaurant (include a date)
- Pre-addressed and stamped envelopes with note cards and pen
- Suncatcher
- Bird feeder to hang on window and an offer to refill it on a regular basis
- Warm socks
- Slippers with non-skid soles
- Sweaters that can be laundered
- Tupperware™ containers
- Special product from your part of the country
- 2012 calendar that ties into loved one’s interest
- Washable shawl
- Lap quilt

### **DECEMBER PARK BENCH TV SHOW**

The topic of the December show will be the Whitewater Aquatic Center Tenth Anniversary. Staff from the Aquatic Center will be discussing the special events for the anniversary and the myriad of programs they offer there.

The Park Bench airs daily at 6:00 pm and select days at 7:00 pm on cable channel 98, digital 990 or online anytime at [www.Whitewater-wi.gov](http://www.Whitewater-wi.gov) Click on **Multimedia**, then **Seniors-Park Bench** and you'll see all the episodes.



## FAMILY & FRIENDS CPR

Thursday, Feb. 2 or Thursday March 8  
1:00-3:30 pm or 6:00—8:30 pm

Do you know what to do in an emergency? Learn and practice adult, child and infant CPR and automatic external defibrillation (AED) from American Heart Association certified instructors. This is not a certifying course. There is no test and no card is issued. **Volunteers** are encouraged to become familiar with what to do in an emergency. Volunteers unable to afford the class are still welcome.

Fee: \$5.00

RSVP/payment deadline is January 23 for the February classes or February 27 for the March classes

## WHITEWATER ARTS ALLIANCE

**Member Show** is happening now through December 11 at the Cultural Arts Center on Main St. The CAC is open Thursday through -Sun from noon to 5:00 p.m.

**Clothesline Art** will be on display at The Sweet Spot. All art will be available for sale. Stop in and find a unique Christmas gift for someone special.

## ACTIVITIES AT A GLANCE

- Bid Euchre**—Mondays 1:00 pm
- Book Club**—First Monday 10:30. Books available at Starin Park
- Bowling**—Wednesdays, 9:00 am at Hawk Bowl
- Canasta**—First, third and fifth Mondays 1:30 pm
- Chess**—Wednesdays, 1:00 pm Beginners welcome
- Core & More**-Monday and Thursday, 8:45 am; \$30 class pass for 10 classes (does not expire)
- Declutter Group**—Second Tuesday, 10:30 am
- Dominoes**—First Tuesday 11:45 am
- Potluck**—First Tuesday 11:00 am
- 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**—Ladies: 1st/3rd Thursday 1:00 pm; Men: 2nd/4th Thursday 1:00 pm
- Wii Bowling**—Mondays 11:00 am

## HAPPY HOLLY DAYS PARADE

Friday Dec. 2, 6:00 pm

This lighted parade will get you in the mood for the holidays! The route begins on Whitton St and continues on east Main St turning onto Whitewater St and ending at The Cravath Lakefront. There are many events downtown including an open house at the Sweet Spot and Art by Dawn Hunter at Frame Dogs. Remember your small town businesses that support your community this holiday season.



## FREE HAPPY HOUR YOGA & MEDITATION

Fridays Dec 2—March 16, 4:45-5:45 pm  
Cravath Lakefront Center



Join Megan Wycklendt for an hour long class that will help you de-stress! Megan’s class incorporates beginning level yoga and breathing exercises to help you relax and feel great! Please wear comfortable clothing and bring a towel or yoga mat. Call 262.472.1305 for questions or more information.

FEE: FREE

(No class 12/23, 12/30, 1/6, 2/17)

\*\* This class is brought to you by W3, space is on a first come basis and a waiver must be signed to participate. Come early the class with fill fast.

## FREEZE FEST

Saturday, February, 18; 11 am– 4 pm

Winter and Freeze Fest are just around the corner. There will be family entertainment, those crazy and fun Polar Plungers (raising money for Special Olympics), the Kiwanis Pancake Breakfast, horse drawn wagon rides, a snow shoe demonstration and the fabulous Chili Cook-off (which we are sponsoring). Come out for the day or any portion of it! You can raise money for Special Olympics and not plunge. Just be “Too chicken to Plunge”. Go to the Special Olympic website at [www.specialolympicswisconsin.org](http://www.specialolympicswisconsin.org). Click on special events/polar plunge. You can also donate to the Plunge on the site.

# Seniors in the Park Activity Calendar December 2011

Monday

Tuesday

Wednesday

Thursday

Fri/Sat/Sun



**1**  
8:45 Core & More  
9:30 Stretch & Flex  
**12:30 Holiday Cheer**  
    **Trip departs**  
1:00 Chair Yoga  
1:00 Ladies Poker

**2**  
11:30 Nutrition Site  
    at Brookdale

**5**  
8:45 Core & More  
9:30 Stretch & Flex  
10:30 Book Club  
11:00 Wii Bowling  
12:00 Senior Forum  
1:00 Bid Euchre  
1:30 Canasta

**6**  
10:00 Culvers Bingo  
11:00 Pot Luck  
11:45 Dominoes  
12:00 Foot Clinic  
1:00 Sheepshead

**7**  
9:00 Bowling (HB)  
12:30 Janesville  
    Shopping  
1:00 Chess

**8**  
8:45 Core & More  
9:30 Stretch & Flex  
10:30 Lunch Bunch  
1:00 Men's Poker

**9**  
11:30 Nutrition Site  
    at Brookdale

**12**  
8:45 Core & More  
9:30 Stretch & Flex  
11:00 Wii Bowling  
1:00 Bid Euchre  
1:00 Therapeutic  
    Massage

**13**  
9:30 Asked/Answered  
10:00 Our House  
    Senior Living Bingo  
11:00 Blood  
    Pressure  
12:30 Our House  
    Senior Living Movie  
    "Christmas in the  
    Clouds"  
1:00 Sheepshead  
**6:00 Tour of Lights**

**14**  
9:00 Bowling (HB)  
9:30 Asked/Answered  
**12:15 Holiday**  
    **Dinner at**  
    **Country Club**  
1:00 Chess

**15**  
8:45 Core & More  
9:30 Stretch & Flex  
1:00 Ladies Poker  
**6:00 Tour of Lights**

**16**  
11:30 Nutrition Site

**19**  
8:45 Core & More  
9:30 Asked/Answered  
9:30 Stretch & Flex  
11:00 Wii Bowling  
1:00 Bid Euchre  
1:30 Canasta

**20**  
9:30 Asked/Answered  
1:00 Sheepshead  
2:00 Grief  
    Support Group

**21**  
9:00 Bowling (HB)  
1:00 Chess

**22**  
8:45 Core & More  
9:30 Stretch & Flex  
**11:00 Rock Prairie**  
    **Dulcimers**  
**11:30 Holiday meal**  
    **at Nutrition site**  
1:00 Men's Poker

**23**  
**Happy Holidays**  
    **Nutrition Site**  
    **is Closed**

**26**  
**Happy Holidays**  
    **Community**  
    **Building**  
    **is Closed**

**27**  
10:00 City Bingo  
11:00 Blood  
    Pressure  
12:30 Our House  
    Senior Living Movie  
    "Captain America"  
1:00 Sheepshead

**28**  
1:00 Chess  
  
**OFFICE IS**  
    **CLOSED**

**29**  
  
**OFFICE IS**  
    **CLOSED**

**30**  
**Happy Holidays**  
    **Nutrition Site**  
    **is Closed**

# Walworth County Nutrition Menu—December 2011

| <b>Monday</b>  | <b>Tuesday</b>  | <b>Wednesday</b>  | <b>Thursday</b>   | <b>Friday</b>   |
|--|---|---|---|---|
| <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. To reserve a meal call 262-473-0536 before 12:00 p.m. <u>one business day in advance</u> or 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 office.</p> <p><b>5</b><br/>Salisbury Steak<br/>Au Gratin Potatoes<br/>Mixed Vegetables<br/>Wheat Roll<br/>Apricots</p> | <p><b>6</b><br/>Garden Vegetable Soup<br/>Squash Medley<br/>Tuna Salad on Multi-Grain Bread<br/>Hot Spiced Pears</p>                  | <p><b>7</b><br/>Chicken Coq Au Vin with Vegetables<br/>Mashed Potatoes and Gravy<br/>Broccoli<br/>Whole Wheat Bread<br/>Chilled Peaches</p> | <p><b>1</b><br/>Chopped Steak and Gravy<br/>Mashed Potatoes<br/>Creole Tomatoes<br/>Multi-Grain Dinner Roll<br/>Blueberry Yogurt</p>              | <p><b>2 AT BROOKDALE</b><br/>BBQ Riblet with Sweet Baby Ray's on a Bun<br/>Diced White Potatoes<br/>Mixed Salad Greens<br/>Warm Cinnamon Apples</p> |
| <p><b>12</b><br/>Cowboy Pork Chili<br/>Cauliflower with Savory Breadcrumbs<br/>Corn Bread<br/>Chilled Pears<br/>Tapioca/Raisin Pudding</p>   | <p><b>13</b><br/>Spaghetti and Meatballs<br/>Sicilian Blend<br/>Vegetables<br/>Garlic Bread<br/>Melon</p>                             | <p><b>14</b><br/>Slow Roasted Beef/Gravy<br/>Mashed Potatoes<br/>Brussels Sprouts<br/>Multi-Grain Bread<br/>Chilled Peaches</p>             | <p><b>15</b><br/>Chicken Breast Parmesan<br/>Penne Pasta with Marinara<br/>Spinach<br/>French Bread<br/>Chilled Peaches</p>                       | <p><b>16</b><br/>Creamed Turkey with Vegetable Rice Pilaf<br/>Bean Salad<br/>Whole Wheat Bread<br/>Hot Fruit Bake</p>                               |
| <p><b>19</b><br/>Country Meatloaf Patty<br/>Mashed Potatoes/Gravy<br/>Corn Medley<br/>Wheat Roll<br/>Pineapple Tidbits</p>   | <p><b>20</b><br/>Potato Crusted Fish Filet<br/>Delmonico Potatoes<br/>Carrots<br/>Rye Bread<br/>Lemon Pudding</p>                     | <p><b>21</b><br/>Chicken Gumbo<br/>Rice Pilaf<br/>Pea Salad<br/>Bran Muffin Bread<br/>Mandarin Oranges</p>                                  | <p><b>22 HOLIDAY MEAL</b><br/>Baked Ham with Cranberry Raisin Sauce<br/>Scalloped Potatoes<br/>Mixed Vegetables<br/>Rye Bread<br/>Pumpkin Pie</p> | <p><b>23</b><br/>Christmas Holiday Senior Lunch Centers will be closed.</p>   |
| <p><b>26</b><br/>Christmas Holiday Senior Lunch Centers will be closed.</p>  | <p><b>27</b><br/>Cheesy Broccoli Chicken<br/>Rice Casserole<br/>Butter Beans<br/>Whole Wheat Roll<br/>Warm Pear/Cranberry Crumble</p> | <p><b>28</b><br/>Meatloaf and Gravy<br/>Mashed Potatoes<br/>Harvard Beets<br/>Multi-Grain Dinner Roll<br/>Pineapple Tidbits</p>             | <p><b>29</b><br/>Diced Pork Pot Roast<br/>Diced White Potatoes<br/>Parslied Carrots<br/>Wheat Bread<br/>Apple Pie</p>                             | <p><b>30</b><br/>New Year's Day Holiday Senior Lunch Centers will be closed.</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.  
National Council on Aging  
Nat'l Institute of Senior Centers  
Intern'l Council on Active Aging

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Senior Coordinator  
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Romelle Koch, Volunteer Editor  
For General City information see  
the city website at  
www.whitewater-wi.gov  
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 **\$6.00** with this coupon. To receive the newsletter **FREE**, go online to [www.whitewater-wi.gov](http://www.whitewater-wi.gov), click on Departments, then Seniors in the Park or go to [www.whitewaterbanner.com](http://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 \_\_\_\_\_

\_\_\_\_\_

