



# The Park Bench

Seniors in the Park Newsletter  
July 2011 Volume XI Issue 7

Seniors in the Park promotes and enhances a vital aging community

## SWEET SUMMER TREATS

Stop into the Community Building for a sweet treat or sign up for lunch and get a special dessert!

**Wednesday, July 6:** Root Beer Floats 11:30 am—1:00 pm

**Thursday, July 14:** **SUMMER PICNIC** (indoors) at Nutrition Site including S'mores and games. Games start at 10:30 with Hamburger lunch at 11:30. Lunch RSVP must be made by noon, Tuesday July 12\*.

**Tuesday July 19:** Ice Cream Sundaes 11:30—12:30

**Tuesday August 9:** S'mores 11:30—12:30

**Monday August 15:** Root Beer Floats 11:30 am—12:30 pm

**Tuesday August 23:** Sundaes 11:30—12:30

**Thursday August 25:** **End of Summer Party.** 11:00 Sing summer songs with Guitarist, DeAnna Brunner. Enjoy a Nutrition Site Hamburger lunch with S'mores for dessert. Lunch RSVP must be made by noon, Tuesday August 23\*.  
\*Suggested meal donation is \$2.50



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## GENEOLOGY

July 19 & 21, 9:30 am

Summertime is family reunion time. Are you interested in genealogy? Would you like to learn how to create a data base of your ancestors using the program PAF, Personnel Ancestral File on the computer? This will be a hands-on class. It does require that you have enough names and dates with you to get a start creating your database which can be moved to your own equipment after the class. The class will also explore the ability of PAF to print a variety of charts to display the data you have entered. PAF is a free program from the Mormon Church which can be installed on your own equipment at home. Cost: \$8.00 Reservations due by Thursday, July 14  
Instructor: Lyle Hunter

## WATERCOLOR — FOCUS ON SHAPES

Thursday Aug 11-25

This class will focus on the elements of design – primarily shape. Each session will include a demonstration on a technique or concept and plenty of time for individual painting with optional one-on-one coaching. Subject matter may include flowers, still life, landscape and semi-abstract. Attendees are always encouraged to paint from personal references, photos or ideas. Whether your approach is traditional, expressive, semi-abstract or something else you are welcome to join in. Beginning, intermediate and advanced concepts will be covered.

Instructor: Karolyn Alexander Tscharnack

Cost: \$30.00 payable to instructor Reservations for class are due by Mon., August 8

*Have a  
happy and  
safe  
Fourth of  
July!*





## COMPUTER TUTOR PC Maintenance and Performance

**Tuesday July 26, 9:30 am**

Learn how to keep your Windows-based systems running at peak performance levels and preventing common computer problems. Topics include: hard drive cleanup and maintenance, managing startup options, upgrading and updates for hardware and software.

Instructor: Lyle Hunter.

Cost: \$5.00

Reservations due by Thursday, July 21

## POLE WALKING GROUP

It's fun, motivating and energizing to walk with others. Bring your poles or rent ours.

**Day/Time:** Wednesdays, 9:30 am and Tuesdays, 5:30 pm

**Cost:** Free w/ your poles or Pole Rental \$5.00

**Location:** First & third Tuesday and Wednesday at Starin Park Community Building. Second and fourth Tuesday and Wednesday at Trippe Lake Shelter

**(Staff not available to set poles July 20)**

**No group walk Tuesday July 26 or Wednesday July 27.**

## POLE WALKING INSTRUCTION



Turn your walk into a total body workout by using poles. Lessen the impact on joints and walking with poles naturally aligns your spine and works your core. Increase your cardio workout by 20% and calorie burn by up to 48%

more! Save time, too! Thirty minutes of pole walking equals 50 minutes of regular walking. Pole walking is perfect for any age and it's FUN! Pick your day and time. Poles provided.

**Instructor:** Deb Weberpal

**Day/Time:** Tuesday July 5, 4:45 pm OR  
Wednesday July 6, 8:30 am

**Cost:** \$10.00

**Registration:** Sign up at the Starin Park Community Building, call 473-0535

**Deadline:** 3 days prior to class for phone or in-person registration.

## OUR HOUSE SENIOR LIVING MOVIES

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

### "Green Hornet"

**Wednesday, July 6 12:30 pm**

**Rated: PG-13 2 hours**

Playboy Britt Reid becomes the new publisher of Los Angeles' "The Daily Sentinel" after the sudden death of his father. Britt's party life is about to change when he and his driver/kung fu expert, Kato, stop a robbery. With the help of Kato, Britt starts a new career of fighting crime as the masked superhero "The Green Hornet". (TV)

### "True Grit"

**Tuesday, July 12 12:30 pm**

**Rated: PG-13 1 hr 50 min**

Following the murder of her father by hired hand Tom Chaney, 14-year-old farm girl Mattie Ross sets out to capture the killer. To aid her, she hires the toughest U.S. marshal she can find, a man with "true grit," Reuben J. "Rooster" Cogburn. They are joined by Texas Ranger LaBoeuf, who wants Chaney for his own purposes. The unlikely trio find danger and surprises on the journey, and each has his or her "grit" (Big Screen)

### "Cairo Time"

**Wednesday, July 20, 12:30pm**

**Rated: PG 90 min.**

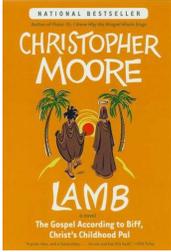
A romantic drama about a brief, unexpected love affair that catches two people completely off-guard. The music, the scenes of Cairo and the Pyramids make for a memorable movie. (TV)

### "Country Strong"

**Tuesday, July 26, 12:30pm**

**Rated: PG-13 1 hr 57min.**

A drama centered on a rising country-music songwriter who sparks with a fallen star (Gwyneth Paltrow). Together, they mount his ascent and her comeback, which leads to romantic complications involving her husband/manager (Tim McGraw) and a beauty queen-turned-singer. (Big Screen)



## BOOK CLUB

**Monday, July 11, 10:30 am**

The Book Club will discuss *Killer Angels* by Michael Shaara. The book for June is *Lamb* by Christopher Moore.

We all know about Christ's birth and even more about his death. But until he really started getting the word of God out there, there's little recorded information about his life. What do we really know about the Messiah's formative years? Enter Biff, resurrected by the angel Raziel and held captive in a New York City hotel room until he records a new gospel.

*Lamb* is the story of Biff writing his and his buddy Jesus Christ's (aka Joshua's) story; it's the hilarious inside scoop on the could-be origins of hundreds of tales we recognize from the Bible and from popular culture. He describes the escapades of the Son of God -- from his time as a stone-cutter's apprentice in Nazareth to his journeys to modern-day Afghanistan, China, and India in search of the magi who attended his birth; to his return to his homeland to gather his disciples and fulfill his destiny. Underlying it all is the story of his unconsummated love for an incomprehensibly beautiful woman named Mary the Magdalene. Biff reveals the human side of the Son of God, and paints a vivid historical picture of what life might really have been like in Christ's time. Plus, it's really funny.

## 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
- Chess**—Wednesdays, 1:00 Beginners welcome
- Dominoes**—First Tuesday 11:45
- Golf**—Mondays, 8:30 am, Oak Ridge Golf Course, Milton
- 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**—1st/3rd Wed. 1:00 pm
- Wii Bowling**—Mondays 11:00 am

## ISRAEL/JORDAN PRESENTATION

**Wednesday, August 10 1:00 pm**

See and hear about the UWW trip to Israel and Jordan from the ancient ruins to the current tensions.

Presenter: Deb Weberpal

Please RSVP by Thursday August 3

## JULY PARK BENCH TV SHOW

The July show features Kathy Seeberg of Walworth County Tourism and Steve Cline of Jefferson County Tourism discussing outdoor opportunities and special events available close to home

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 whitewatertv.org.

## HAPPY JULY BIRTHDAY TO:

- 9—Mary Lou Rossini
- 16—Henry Malo
- 24—Eric Zipp
- 24—Terry Williams
- 27—Harold Holst
- 31—Eleanor Reeb



## BINGO!

**Tuesdays, 10:00 am**

- July 5 Culver's Bingo
- July 12: Our House Senior Living
- July 26: City Bingo

### Weekly Bingo Sponsors:

**Culver's    Our House Senior Living**

### City Bingo Sponsors:

- |                           |                      |             |
|---------------------------|----------------------|-------------|
| Topper's Pizza            | Robin's Nest         | Subway      |
| McCullough's              | Pizza Hut            | Taco Bell   |
| Commercial Bank           | Rosa's Pizza         | Sentry      |
| Bergey Jewelry            | Rocky Rococo         | Rick's      |
| Tincher Realty            | The Sweet Spot       | Fairhaven   |
| Fort HealthCare           | Floral Villa         | Genoa Pizza |
| Dale's Bootery            | Eastsider/Westsider  |             |
| Winchester True Value     | Downtown Whitewater  |             |
| Fort Com. Credit Union    | Mirage Hair Studio   |             |
| Binning & Dickens Ins     | Eastside Laundry     |             |
| First Citizens State Bank | Ketterhagen Ford     |             |
| Dalee Water Conditioning  | Jessica's Restaurant |             |

## 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.

**\*\*People Person Needed**—Are you a people person? Would you enjoy assisting others and Seniors in the Park? Would you like to meet new people? If so, there is an opening for a Tuesday morning receptionist. Help answer phones, sign up people and prepare for activities.



Every Tuesday from 8:30 am to 12:30 pm or find a friend to share the experience with. Training on Monday July 27 at 10:00 am.

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

**Sunday Newspapers**—Do you get a Sunday newspaper? Are you willing to drop it off when you are finished? If so, please call before donating as I only need one paper.

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

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

**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.

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

## GRIEF SUPPORT GROUP

**Tuesday, July 19, 2:00**

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

## SERVICES AT A GLANCE

**NEW DATE**

- **Foot Clinic—Thursday, July 14, 12:00 noon.** Please bring a towel. No appointment is necessary. Cost is \$10.00.
- **Therapeutic Table Massage—Monday, July 11, 1:00 pm.** Half-hour massages for \$25. Appointments must be made in advance by calling 262-473-0535
- **Blood Pressure Screening—Tuesday, July 26, 11:00 am.** Provided free by Country Nurses.

## SPRING/SUMMER THERMOSTATS

As a city facility, the thermostats are set at a general comfortable temperature. Please dress appropriately or bring a sweater. We try to keep the building comfortable, but not everyone has the same internal thermostat.



## 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.**

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.

## CHRISTMAS ON THE RIVERWALK— SAN ANTONIO

November 28—Dec 2, 2011



Spend 4 nights on the beautiful San Antonio Riverwalk richly decorated for the holiday season. Enjoy a dinner cruise along the Paseo de Rio. Experience the El Mercado Mexican marketplace, the Mission San José and a guided tour of San Antonio. Tour LBJ country including the LBJ Library, Museum and Ranch. Visit the Alamo and see the IMAX presentation.

Cost: \$1408 pp/double, includes airfare, 7 meals, all sightseeing per the itinerary and free transportation to O'Hare. Call for details. **This trip is also available by bus.**

## TRAINS AND CANYONS OF THE WEST

September 8-15, 2011

Ride three fabulous trains including the Durango & Silverton Narrow Gauge Railroad (voted best in the USA and top 10 in the world!) and the Rio Grande Line, one of America's most spectacular narrow gauge steam trains. Tour Arches National Park with a local guide and embark on a scenic float trip with picnic lunch on the Colorado River. Visit Mesa Verde National Park, Dead Horse Point State Park and Santa Fe. Stay 2 nights each in Moab, Durango and Santa Fe.

Cost: \$2,224 pp/double, includes airfare, 12 meals, all sightseeing per the itinerary and free transportation to O'Hare. Mayflower Tours. **Final payment due July 25**

## CHRISTMAS IN THE OZARKS

November 9-13, 2011

Enjoy the holiday season in Branson, MO. See: Daniel O'Donnell with Mary Duff Christmas show "SIX" the Knudsen Brothers Christmas show, Andy William Christmas show, Pierce Arrow Show, the Miracle of Christmas show, the Veterans Memorial Museum and the Festival of Lights Display . Optional first night excursion to the Ameristar Casino in St Charles, MO.



Cost: \$670 pp/double \$832 pp/sgl includes transportation, hotels, 5 meals, 4 continental breakfasts, tickets for 5 shows **\$75.00 deposit due with registration.** Final payment due October 5

## CHIP-IN CASINO TRIP

October 32-November 1

Enjoy a stop at Oneida Bingo and Casino in Green Bay, and get \$25 plus 10% off your meal. Spend the night at Chip-In resort in Escanaba, MI. At Chip-In, receive \$40 total in free credits on your Players Card (good toward slots only), \$3 off dinner, \$2 off lunch and free breakfast. Chip-In Resort has an indoor pool and sauna. Includes motorcoach transportation.



Cost: \$79 pp/double; \$105 single, \$74 pp/triple

## LIVING LINCOLN

August 3-4, 2011

Trip is full! Depart from Fort K-Mart. Time to be announced.

SENIORS IN THE PARK PROMOTES AND  
ENHANCES A VITAL AGING COMMUNITY

# Van Trips

## COOKIES & CONCOCTIONS

**Thursday July 21**

This trip was so popular we've scheduled a second date! Head for Greendale, the Reiman Visitor Center and the fabulous Taste of Home Outlet Center. Walk down Broad Street and sample the various unique shops and restaurants.

Cost: \$12.00 (Lunch on your own)

Reservation/payment due by Tuesday July 12

Depart: 9:00 am Return: 4:00 pm

Minimum: 8 people Maximum: 12 people



## LUNCH BUNCH

**Thursday, July 7**

Eat lunch at The Village on Delavan Lake.

Departure: 10:30 am.

Cost: \$5.00 RSVP by Tuesday, July 6

August 11: The Lakeside on Phantom Lake,

## JANESVILLE SHOPPING

**Wednesday, July 6, 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 Tuesday, July 5

Next month: August 3 at 12:30 pm



## WATER AND SKY

**Thursday, September 15**

It's the last day of the Lake Geneva Mailboat. special things happen as owners thank the mail carrier. Tour the

Yerkes Observatory. Those wishing to climb to the dome (24 steps) may do so. There are also steps into the building. Lunch is on your own at Egg Harbor in Lake Geneva.

Cost \$43.00

RSVP/payment due by August 14

Leave at 8:30 am Return 4:30 pm

Minimum 8 Maximum 12

(This trip will sell out quickly!)



## WISCONSIN STATE FAIR

**Thursday August 4**

Spend a day at the fabulous State Fair. Cream puffs, animals, free entertainment stages and much more!

Lots of places to sit in the shade in the display areas.

Cost: \$16.00

Reservation/payment due by Thursday, July 21

Depart: 9:00 am Return: 6:00 pm

Minimum: 8 people Maximum: 12 people

## MILWAUKEE BREWERS

**Thursday August 18**

Trip is sold out. May bring small purses/bags/soft sided coolers no larger than 16"x16"x8". May bring sealed (new) bottles of water and other food items in see-through containers (ziplock bags).

Cost: \$43.00

Reservation/payment due by Monday August 1

Depart: 11:00 am

Return: 6:00 pm (dependent on game time and traffic)

## TREATS AND TOILETS

**Tuesday August 30**

Start the day in Theresa touring Widmer Cheese, where they still make brick cheese with bricks. See how chocolate is made and dip your own pretzel at Confections For Any Occasion by Joel. The uniqueness of this chocolatier is that he is blind. Lunch will be on your own at the Villager Inn. Tour the fabulous Kohler Design Center where they show off the most unique and luxurious bathrooms including a \$6,000 toilet!

Cost \$19.00

RSVP/payment due by July 30

Leave at 7:30 am Return 5:00 pm

Minimum 8 Maximum 12 (This trip will sell out quickly!)



## BARN QUILTS OF WALWORTH CO.

**Wednesday, July 13**

Cost: \$10.00

Depart: 9:30 am Return: 2:30pm

Minimum: 8 people Maximum: 12 people



## ST. CHARLES, IL

**Wednesday, September 14**

Relax and dine at the Hotel Baker, which has been recently restored, is reminiscent of its formal splendor, and is listed on the National Register of Historical Places. It has hosted famous guests, such as Louis Armstrong, John F. Kennedy and Billy Graham. In the afternoon, savor a leisurely 4-mile paddlewheel boat cruise on the Fox River.

Cost: \$79 Payment due with reservation

Seats are limited!

Last day to register/pay Monday, July 25



## FIRESIDE 2011

**Wednesday, August 10—David From the Bible**

**RSVP/Payment deadline July 7**

**Wednesday, October 12—Seven Brides for Seven Brothers**

RSVP/Payment deadline September 15

**Tuesday, December 20—Fireside Christmas**

RSVP/Payment deadline November 1

Cost: \$65.00

Payable to: The Fort Atkinson Senior Center.

## UPCOMING VAN & COACH TRIPS

Watch for more info on potential van and coach trips in future newsletters. Share your ideas for trips with Deb!

September 20—Apple Orchard tour

October 6—Holy Hill (van)

November—Bliss Communications (van)



## SAINTS AND SINNERS

**October Date TBA**

The Great River Road Interpretive Center, Potosi Brewing Company Transportation Museum, give a glimpse in to the life a brewery on the river. The brewmaster has beers on tap and to the delight of many, they also brew root beer! Enjoy a fabulous fish fry lunch with dessert. The Dickeyville Grotto and Shrines are the works of Father Matthias Wernerus. His handiwork in stone is dedicated to the unity of two great American ideals-love of God and love of Country. It is a creation in stone, mortar and bright colored objects -collected materials from all over the world. Vist the beautiful and serene grounds of Sinsinawa Mound home of the Dominican Sisters. Visit the Mazzuchelli Exhibit, Heritage Room, Queen of the Rosary Chapel, and Bookshop. Enjoy a cheese stop on the way home.

Cost: TBA



## 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.

## 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 Community Building.

**The Nutrition Program will be at Brookdale on the first, second and fourth Fridays of every month, July 1, 8 and 22**

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.



## MEAL SITE MENU & CANCELLATIONS

It's spring and the spring/summer menu has started. Check it out!

There are salads, hamburgers, Italian sausage, fajitas and more!

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.

## SWEET SUMMER TREATS

Stop into the Community Building for a sweet treat or sign up for lunch by noon a day in advance and get a special dessert!

### **Wednesday, July 6:**

Root Beer Floats 11:00 am—1:00 pm

### **Tuesday July 19:**

Ice Cream Sundaes 11:30—1:00



## SUMMER PICNIC

**Thursday, July 14**

**10:30 games 11:30 lunch**

The Bean Bag Toss is back along with other fun summer games. Savor a Hamburger

lunch at the Nutrition Site with S'mores for dessert. Games start at 10:30 with Hamburger lunch at 11:30. RSVP by noon, Tuesday June 12.

## GREETING CARDS

We have a great selection of everyday and special greeting cards priced from 25 cents to \$2.00. Stop in and check out our selection.



## FUNDS FOR FRIENDS

Thanks to everyone for bringing in receipts!! Keep up the great work. Make sure you ask for a "**Friends**" sticker when you get your receipt. Receipts must have stickers on them to be valid. Remember to collect them at both the Elkhorn and Whitewater Sentry stores.

## 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>



## OFFICE HOURS

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

**July 7: 9 am—12 pm**

**Wednesdays July 6 & 13 11:00 am—4 pm**

**July 20: 9 am—1 pm**

**July 26: 9 am—12:30 pm**

**Closed July 27**

**July 28: 9 am—12 pm**

## FREE LAKEFRONT CONCERTS AND FAMILY FUN NIGHTS

**Thursday 7:00 pm**

- July 7 Minneiska Ski Show—Family Entertainment
- July 14 Concert—Avengers Assemble
- July 21 Family Entertainment—The Big Rig Gig
- August 4 Family Entertainment—David Stokes
- August 11 Concert—Piper Road Spring Band



## CRAVATH LAKEFRONT CONCESSIONS & BOAT RENTALS

Paddleboats, kayaks, and fishing poles are available for rent from June 16 to August 21. Hours are:

Thursday & Friday: 4:00-10:00 pm

Saturday & Sunday: 2:00-8:00 pm

There is also a concession stand.



**WHITEWATER'S 4<sup>TH</sup> OF JULY  
FREE FAMILY FESTIVAL**  
Cravath Lakefront Park  
July 1<sup>ST</sup>—July 4  
Visit [ww4th.com](http://ww4th.com) for schedule of events

## LOCAL FARMERS MARKET OPEN

The Farmers Market is open every Saturday from 7 am to 12 noon. This year it is located in the Winchester True Value parking lot.

## “SAVORY SOUNDS SERIES”

**11:30 am– 1:30 pm**

Let the melody, aroma and the beauty of the day lure you to the Birge Fountain to meet and eat with friends, family, colleagues and community. Presented by the Whitewater Arts Alliance. Bring a bag lunch or buy lunch on site. Lunches can be pre-ordered.



**July 14: 11:30-12:30**

Lauren Hayes & Chelsea Olm Rammelt  
(Harp & Flute)

**12:30-1:30**

Blackwater (Acoustic top hits)  
Lunch vendor: Karina's  
Co-sponsor: Olm & Associates

**July 28: 11:30-12:30**

Jay Craggs (Jazz/world guitarist)

**12:30-1:30**

Kaia Fowler (Folk singer/guitarist)  
Lunch vendor: Rocky Rococo  
Co-Sponsor: First Citizens State Bank

## ATTRACTION TICKETS

Tickets to various attractions are available for purchase at discount prices at the Municipal Building, 1<sup>st</sup> floor, Finance window, between the hours of 8 am-4:30 pm, Monday through Friday. They are available May 23-August 31. Payment may be made by credit card, cash or check. Tickets are available for:

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



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

**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

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@whitewater-wi.gov  
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 \_\_\_\_\_

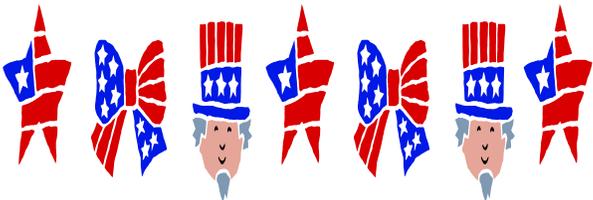
E-Mail \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_



# Seniors in the Park Activity Calendar –July 2011

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Activities take place at the Starin Park Community Building unless otherwise noted.  <b>(A) = Downtown Amory</b>  <b>(L) = Cravath Lakefront</b>  <b>(OR)=Oak Ridge golf Course, Milton</b>  <b>(T)=Trippe Lake Park</b>  <b>(FIP)=Flat Iron Park (fountain)</b></p>				<p><b>1</b> 11:30 Nutrition Site - Brookdale</p>
<p><b>4</b></p> <p style="font-size: 1.2em;">Happy 4<sup>th</sup> of July</p> 	<p><b>5</b> 10:00 Culvers Bingo 11:00 Potluck 11:45 Dominos 1:00 Sheepshead 1:30 Canasta <b>4:45 Pole Walking Instruction</b> 5:30 Pole Walking</p>	<p><b>6</b> <b>8:30 Pole Walking Instruction</b> 9:30 Pole Walking 11:30 – 12:30 Root Beer Floats 12:30 Janesville Shopping 12:30 Our House TV Senior Living Movie <b>“Green Hornet”</b> 1:00 Poker 1:00 Chess <b>Office 11 am – 4 pm</b></p>	<p><b>7</b> 8:30 Golf (OR) 9:30 Stretch/Flex <b>10:30 Lunch Bunch</b> 3:00 Ceramics (A) 7:00 Minneiska Ski show- (C)  <b>Office 9am -12pm</b></p>	<p><b>8</b> 11:30 Nutrition Site - Brookdale</p>
<p><b>11</b> 8:30 Golf (OR) 9:30 Stretch/Flex 10:30 Book Club 11:00 Wii Bowl 1:00 Bid Euchre 1:00 Therapeutic Massage</p>	<p><b>12</b> 10:00 Our House Senior Living Bingo 12:30 Our House Senior Living Movie <b>“True Grit”</b> 1:00 Sheepshead 5:30 Pole Walking (T)</p>	<p><b>13</b> <b>9:30 Barn Quilts Trip</b> 9:30 Pole Walking Group (T) 1:00 Chess  <b>Office 11 am – 4 pm</b></p>	<p><b>14</b> 9:30 Stretch/Flex <b>10:30 Picnic Games</b> <b>11:30 Picnic meal</b> <b>11:30 Savory Sounds Series (FIP)</b> <b>12:00 Foot Clinic</b> 7:00 Avengers Assemble concert (C)</p>	<p><b>15</b></p>
<p><b>18</b> 8:30 Golf (OR) 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre 1:30 Canasta</p>	<p><b>19</b> 9:30 Genealogy <b>11:30 –12:30 Sundaes</b> 1:00 Sheepshead 2:00 Grief Support Group 5:30 Pole Walking Group</p>	<p><b>20</b> 9:30 Pole Walking(T) 12:30 Our House TV Senior Living Movie <b>“Cairo Time”</b> 1:00 Texas Hold’ em 1:00 Chess <b>Office 9 am – 1 pm</b></p>	<p><b>21</b> 9:30 Genealogy 9:30 Stretch/Flex 3:00 Ceramics (A) 7:00 The Big Rig Gig - family (C)</p>	<p><b>22</b> 11:30 Nutrition Site - Brookdale</p>
<p><b>25</b> 8:30 Golf (OR) 9:30 Stretch/Flex 9:30 Computer Tutor 11:00 Wii Bowl 1:00 Bid Euchre</p>	<p><b>26</b> 10:00 City Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie <b>“Country Strong”</b> 1:00 Sheepshead  <b>Office 9 am – 12:30 pm</b></p>	<p><b>27</b> 1:00 Chess  <b>Office Closed</b></p>	<p><b>28</b> 9:30 Stretch/Flex <b>11:30 Savory Sounds Series (FIP)</b> 3:00 Ceramics (A)  <b>Office 9 am – 12 pm</b></p>	<p><b>29</b></p> 

# Walworth County Nutrition Menu – July 2011

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. To reserve a meal call 262-473-0536 <u>before 12:00 p.m. 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>1 AT BROOKDALE</b>            Meatball with Marinara            Sub Sandwich on a Soft Hoagie Roll            Potatoes Italiano            Italian Green Beans            Banana</p>
<p><b>4</b>   <b>Independence Day            Senior Lunch Center            Closed</b></p>	<p><b>5</b>            Meatloaf and Gravy            Mashed Potatoes            Harvard Beets            Marble Rye Bread            Applesauce</p>	<p><b>6 Root Beer Floats</b>            All Beef Hot Dog on a Hot Dog Bun            Oven Browned Potatoes            Corn            Banana</p>	<p><b>7</b>            Open Face Beef Sandwich with Gravy on Whole Wheat Bread            Diced Red Potatoes            Spinach            Chilled Apricots</p>	<p><b>8 AT BROOKDALE</b>            Creamed Chicken with a Baking Powder Biscuit            Zucchini and Tomatoes            California Blend Vegetables            Chilled Peaches</p>
<p><b>11</b>            Braised Pork Tips and Gravy            Mashed Potatoes            Carrots and Chives            Whole Wheat Bread            Strawberry Yogurt</p>	<p><b>12</b>            BLT Chicken Salad            Mixed Salad Greens with Tomato Wedges            Mandarin Orange Cup            Ry Krisp Crackers            Ambrosia Fruit Custard</p>	<p><b>13</b>            Whole Wheat Spaghetti and Meatballs with Marinara Sauce            Capri Blend Vegetables            Chilled Pears</p>	<p><b>14 Picnic with S'Mores</b>            Hamburger on a Wheat Hamburger Bun            Baked Beans            Mixed Vegetables            Fruit Sunburst</p>	<p><b>15</b>            Grecian Baked Chicken Thigh            Sweet Potato Puffs            Green Beans            Whole Wheat Bread            Fresh Melon</p>
<p><b>18</b>            Salisbury Steak            Potatoes O'Brien            Harvard Beets            Whole Wheat Bread            Chilled Apricots</p>	<p><b>19 Sundaes</b>            Fiesta Pasta Bake            Corn with Black Beans            Broccoli            Banana</p>	<p><b>20</b>            Italian Sausage Slices on a Whole Wheat Bun            Onions and Peppers            Scalloped Potatoes            Italian Mixed Vegetables            Fresh Melon</p>	<p><b>21</b>            Chicken Piccata            Savory Brown Rice and Red Peppers            Capri Blend Vegetables            Carrot Raisin Salad            Spiced Pears</p>	<p><b>22 AT BROOKDALE</b>            Turkey Pasta Salad with Shell Rigate            Lettuce and Tomato            Tri-Bean Salad            Whole Wheat Bread            Mandarin Oranges</p>
<p><b>25</b>            BBQ Riblet on a Sliced Wheat Bun            Baked Potato            Parslied Cauliflower            Mixed Fruit</p>	<p><b>26</b>            Beef Barley Soup            Parslied Carrots            Peas            Pretzel Stick            Cantaloupe</p>	<p><b>27</b>            Chicken Cacciatore            Roasted Diced Potatoes            Oregon Bean Medley            Whole Wheat Bread            Pineapple Tidbits</p>	<p><b>28</b>            Tuna Salad Supreme with Mixed Salad Greens            American Potato Salad            Multi-Grain Bread            Chilled Apricots</p>	<p><b>29</b>            Open Faced Hot Turkey Sandwich on Multi-Grain Bread            Baked Sweet Potatoes            Broccoli            Cherry Crisp</p>