



# The Park Bench

Seniors in the Park Newsletter  
November 2011 Volume XI Issue 10

Seniors in the Park promotes and enhances a vital aging community

## ONE STOP SHOP

Saturday, November 19

9am—2 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. Some of the vendors there will be: Discovery Toys, Suz's Stuff, Stampin' Up, Tastefully Simple, Lia Sophia, Shaklee, Tupperware, Mary Kay, Golden Canyon Candles, Drews Designs Jewelry, Handcrafted Ornaments, Holiday Items, Solar Lights & Woodworking, Pampered Chef, Scentsy Wickless Candles, L'Bri Natural Skin Care and Handcrafted jewelry. **Volunteers are needed; see page 4 or sign up at the reception desk.**



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## 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

## SENIOR FORUM

Monday, November 7, 12:00 pm

Agenda items include: Implementation of non-resident fees, recovering 110% of fees, outsourcing newsletter publishing, and changing the north bathroom to a storeroom. 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!



Fall Back!  
Saturday  
November 5





## **TECHNOLOGY TUESDAY**

### **Laptops and Wireless**

**Tuesday, November 15, 1:00 pm**

How does wireless work? Why would I want it? What are

advantages to having a laptop? Get answers to these questions and more when the staff from KC Computers will be here to inform you and answer your questions.

**Please register by Thursday, Nov. 10.**

## **CHAIR YOGA**

**Thursdays, 1:00 pm**

Gain strength and balance while improving flexibility in this 60-minute yoga class designed around chair and standing poses. That's right! No getting up and down off the floor in this class! We will use breath, synchronized movement, simple meditation exercise and yoga poses, supported by a chair to leave you feeling serene, balanced, and strong. No experience required. The instructor is Alyssa Swengel, LMT, CYT.

Fee: \$20.00 or \$5.00 drop-in (payable to instructor)  
4 week class beginning November 3

**Signup for the class by Tuesday November 1**

## **CORE AND MORE**

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

**Next session begins Nov 3**

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.

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

## **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.

Dates November 14, 15, 28 or 29

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.

## **WATERCOLOR– Focus on Alternative Painting Surfaces**

**November 10-December 8**

This four-week watercolor class will focus on alternative surfaces that are available to watercolor artists. Karolyn will demonstrate and explain the differences between cold press and hot press paper and also show the interesting texture of Masa paper. Yupo, a synthetic paper, will also be used and painting on watercolor canvas will be shown, if time permits. Beginning, intermediate and advanced concepts will be covered. Each session will include a demonstration using a different surface to paint on. Small samples of hot press paper, Masa and Yupo will be provided at no charge. Larger sizes will be available for purchase. Subject matter may include autumn/winter landscape and/or holiday themes. Attendees are always encouraged to paint from personal references, photos or ideas.

Cost: \$40 payable to the instructor

Sign up by Monday, November 7

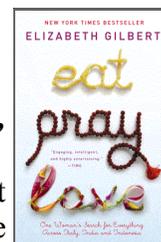
Minimum – 6 people

## **BOOK CLUB**

**Monday, November 8, 10:30 am**

The Book Club will discuss *Playing for pizza* by John Grisham. The book for October is *Eat, Pray, Love* by Elizabeth Gilbert.

Elizabeth Gilbert's tale begins with our heroine in Rome, fawning over a sexy, young Italian—but first blushes can be deceiving, and from the book's introductory quote—"Tell the truth, tell the truth, tell the truth"—we know Gilbert's not out to deceive. In what could be construed as a coming-of-age story for thirtysomethings, Gilbert leaves behind an excruciating divorce, tumultuous affair and debilitating depression as she sets off on a yearlong quest to bridge the gulf between body, mind and spirit.



## **BINGO!**

Tuesdays, 10:00 am

November 1: Culver's Bingo

November 8: Our House  
Senior Living

November 22: 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; Begins October 13

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 Beginning October 6

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.

### **"Water for Elephants"**

Tuesday, Nov. 8, 12:30 pm

Rated: PG-13, 2 hr

After his parents' death, Jacob Jankoski is left penniless and homeless. Events lead him to joining the circus as their vet, working under their unstable boss August whose violent tendencies give everyone reason to be cautious around him, including his beautiful and quiet wife Marlena, whom August is very possessive of and who Jacob finds himself soon falling in love with.

### **"Thor"**

Wednesday, Nov. 16, 12:30 pm

Rated: PG-13, 1 hr 55 min



The warrior Thor is cast out of the fantastic realm of Asgard by his father Odin for his arrogance and sent to Earth to live among humans. Falling in love with scientist Jane Foster teaches Thor much-needed lessons, and his new-found strength comes into play as a villain from his homeland sends dark forces toward Earth. (Big screen TV)

### **"Pirates of the Caribbean: On Stranger Tides"**

Tuesday, Nov. 22, 12:30 pm

Rated: PG-13, 2 hr 16 min.

Captain Jack Sparrow (Johnny Depp) crosses paths with a woman from his past and he's not sure if it's love—or if she's a ruthless con artist who's using him to find the fabled Fountain of Youth.



### **"The Tree of Life"**

Tuesday, Nov. 29, 12:30 pm

Rated: PG-13, 2 hr 19 min.

Jack, the wide-eyed, 11-year-old, eldest son of a 1950s-era Midwestern family, loses his innocence after encountering sickness, suffering and death for the first time. He finds himself caught between his mother, who views the world with love and mercy, and his father, whose severity in teaching his son self-reliance leaves a lasting impression on Jack.

SENIORS IN THE PARK PROMOTES  
AND ENHANCES A VITAL  
AGING COMMUNITY



## VOLUNTEERS NEEDED

**Make BBQ for One Stop Shop, Wednesday, November 16, 1:00 pm—** Help cook the barbeque, package, and clean up.

## ONE STOP SHOP

**Bake Sale, Friday, November 18—** Help price and set up the bake sale 2:00 pm– 3:30 pm.

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

**Assistance, Saturday, November 20—** Sign up to help at the bake sale, sell raffle tickets or serve lunch.

**2-3 hour shifts are available. See the signup sheet at the reception desk.**

**Holiday Decorating:** Help decorate the Community Building for the holiday season, Wednesday, November 30 from 1:00—3:00

## VOLUNTEER CONNECTIONS

We have a request for a senior visitor at The Glenn in Whitewater -- One or two hours a week or every other week visiting a gentleman in his mid 60's.

This person has a good sense of humor, likes to have fun and enjoys getting out. There are places he can go that are close to The Glenn with his electric wheelchair, but he needs someone to be with him on outings. Tuesday and Thursdays work best. If you would consider meeting him, please call Volunteer Connection office - 262-723-5383.

## GRIEF SUPPORT GROUP

**Tuesday, November 15, 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.

## 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, November 8, 12:00 noon.** Please bring a towel. No appointment is necessary. Cost is \$10.00.
- **Therapeutic Table or Chair Massage by Angie—Monday, November 14, 1:00 pm.** Half-hour massages for \$25. Appointments must be made in advance.
- **Blood Pressure Screening—**
  - Tuesday November 8, 11:00 am** Provided free by Our House
  - Tuesday, November 22, 11:00 am.** Provided free by Country Nurses.

## MEDICARE PART D ENROLLMENT INFO

The Open Enrollment Period for Medicare Part D will be October 15—December 7, 2011 for plans to be effective January 1, 2012. You will NOT be able to change plans for the next year after December 7; therefore, please plan accordingly. To find a drug plan that will work for you, go on the Medicare Website [www.medicare.gov](http://www.medicare.gov). If you have any questions, please call the Aging and Disability Resource Center of Walworth County at 262-741-3400 or 800-365-1587.



## BAD WEATHER CLOSINGS

In the case of inclement weather, Seniors in the Park and/or the meal site may close. For closings and meal cancellations, please check radio stations 107.3 WSJY, 940 WFAW, 106.5 WKCH or 104.5 WSLD, 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

## **POTAWATOMI GETAWAY**

**Tuesday, November 29**

Potawatomi has undergone a 240 million dollar expansion. \$20 per person includes transportation, \$10 Firekeepers Reward Play, and \$10 Food and Beverage Credit. Must have a Player's Club card to get the rebates.

Depart Fort K-Mart 8:00 am

Return Fort K-Mart 3:00 (approx)

RSVP/payment due November 14

Checks payable to Fort Senior Center

## **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.



## LUNCH BUNCH

Thursday, November 10

Eat lunch at Calabria in Elkhorn.

Departure: 10:30 am.

Cost: \$5.00 RSVP by Tuesday, October 8

In December, plan to join us at Cracker Barrel in Janesville.

## JANESVILLE SHOPPING

Wednesday, November 2, 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, October 31



## 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)

## 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.

## GAZETTE PRINTING AND MacPHARLANE PHEASANT FARM

Monday, November 14

Tour the state-of-the-art newspaper production facility on Janesville's far east side built by Bliss Communications, publisher of The Janesville Gazette. The 54,000-square-foot facility prints the Gazette and its subsidiary products. The new plant houses the newspaper's pre-press, press, packaging/distribution and newsprint storage operations.



MacFarlane Pheasants has sold well over ten million pheasants throughout the United States and in many foreign countries over the past 70 years. During this time they have also grown into

one of the world's largest private game bird farms. Over the years they have made a lot of changes in the way pheasants are bred and raised. Visit their gift shop where you can purchase pheasant, bison, organic chicken, and much more!

Fee: \$12.00

Reservation/Payment due: Tuesday November 8

Depart: 12:45 Return: 4:45 (approx)



## 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.

The Nutrition Program will be at Brookdale on the first, second and fourth Fridays of every month, November 4, and 11.

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

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 NOVEMBER BIRTHDAY TO:

4—Elaine Schultz  
Donna Dable  
23—Jan Schmeling  
28—Janet Hintz  
Janice Batten



*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!*

## NEW CARDS HAVE ARRIVED!

A shipment of greeting cards has arrived!. Stop in and check them out. We have a great selection of everyday and special greeting cards, including **Thanksgiving**. Most are priced from 85 cents to \$1.25. Stop in and check out our selection.

## NOVEMBER OFFICE HOURS

The Seniors in the Park office is open  
9:00 am to 4:00 pm EXCEPT:  
Wednesday November 23  
Thursday, November 24, Thanksgiving  
Friday, November 25

## NEW VOLUNTEERS

**Barb Koch**—Bingo Caller

**Maryanne Schubert**—  
Receptionist

**Sue Scherer**—Receptionist

**Bruce Parker**—Van Driver

Thanks all for helping out!



## THANK YOU TO . . . .

**Joyce Duffin**-cash donation in memory of Anita Bishop

**John Rowe**-Hanging Packer donated for the One Stop Shop Raffle

Thanks also to everyone who will be baking or donating time to our One Stop Shop fundraiser this month.

## AGING AND DISABILITY RESOURCE CENTER (ADRC)

The ADRC of Walworth County is a welcoming place where individuals, their families, friends, or professionals can call or



visit to get unbiased, comprehensive information about a wide variety of resources and services that are available for seniors and adults with disabilities. The ADRC of Walworth County is designed to be a “single point of entry” so that people can get needed information all in one place. The ADRC provides information and assistance about long term care and disability related services, long-term care options counseling and eligibility determination for programs that are available to assist in paying for long term care services. The ADRC also offers Benefit Specialist services to the elderly and adults with disabilities for information and assistance in applying for public or private benefits. The ADRC is located at the east entrance in the Health and Human Services building at W405 County Road NN, Elkhorn. The hours of operation are from 8:00 am to 4:30 pm Monday through Friday. To contact the ADRC call 262-741-3400 or 800-365-1587.



### **THANKSGIVING DINNER**

11:00 am—1:00 pm  
St Patrick Church,  
1225 W Main St.

St Patrick's Church invites anyone who will be alone on Thanksgiving, or any families that need a Thanksgiving dinner, to join us for a buffet style meal on Thanksgiving. This meal is free and open to the public. Reservations requested but not necessary—262-473-3143. If you need transportation, please let them know when you call.

### **COPING WITH GRIEF SERIES**

Mondays, November 7—December 12  
6:30-8:00 pm

St Patrick Church, Berry Hall, Rm 11

Join Hospice Chaplin Angie Alesci discussing topics such as Recognizing and Reacting to your Loss, Recollecting & Re-experiencing, Readjusting, and Reaching Out. The sessions do build one on the other but join in as your schedule allows. Contact the parish office to RSVP at 262-473-3143 by November 3 so they can have adequate materials and seating for the sessions.

### **REMEMBERING AND GRIEVING DURING THE HOLIDAYS**

Tuesday, Nov. 15, 6:30-8:00 pm



Rainbow Hospice invite you to join their staff and others who have lost someone special this past year. During the first part of our program, we will share some

thoughts and tools that may help you cope through this coming holiday season. During the second half, we will take time to remember loved ones who have passed away. Following the program there will be time for visiting with Rainbow Hospice Care staff and others. Refreshments will be provided. All are invited to attend.

**Where:** Rainbow Hospice Inpatient Center,  
Community Room, Lower Level, 1225 Rimmel  
Dr., Johnson Creek, WI

**RSVP to Rainbow Hospice Care at 920-674-6255**

### **FAIRHAVEN LECTURE SERIES: Wisconsin: Heritage to be Proud Of**

Mondays 3:00 pm

Fairhaven Lecture Hall

The Fall 2011 Fairhaven Lecture Series examines the diverse array of talents, skills and products that have a strong connection to Wisconsin. Some topics are easily recognizable and associated with Wisconsin on a national or global scale. Other areas are perhaps some of Wisconsin's best-kept secrets. Unable to attend? Download podcasts at: <http://www.uww.edu/conteduc/fairhaven>

**Nov. 7:** A Walk Around Lake Geneva

*Helen Brandt, Curator, Geneva Lake Museum,  
Lake Geneva*

**Nov. 14:** Celebrating Wisconsin's Small Breweries

*Jeff Hamilton, President, Sprecher Brewery,  
Glendale*

**Nov. 21:** Handmade Myths and Homemade

Monuments: Visionary Environments of  
Wisconsin Self-Taught Artists

*Robert Mertens, Assoc. Dean, College of Arts  
and Communication, UW-Whitewater*

**Nov. 28:** A Colorful Chronicle of Wisconsin Wine

*Gail and John Nordlof, Owners, Northleaf  
Winery, Milton*

### **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.



### **NOVEMBER PARK BENCH TV SHOW**

The November show features Library Director Stacey Lunsford, who will talk about and demonstrate E-books and E-Readers. The library has an Amazon Kindle, a Barnes & noble nook and a Sony Reader for checkout, as well as an iPad for in-library use.

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.

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.**



## **WHAT'S ON YOUR PLATE**

**Tuesday, December 6 6-7:00 pm**

The USDA has recently released [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) to replace MyPyramid as a guideline for

Americans for making healthy food choices. In our one-hour workshop, we will learn more about the recommendations for servings sizes, as well as sample some dishes that include the food group areas of grains, vegetables, fruits, dairy and protein foods. Come hungry and feed your mind and body! All participants will receive copies of the new ChooseMyPlate materials.

Instructor: Jenny M. Wehmeier, UW-Extension Family Living Educator

Fee: \$6.00; Class #: 4307.31

**Deadline: November 25**

## **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 (does not expire)

**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

## **HOLIDAY GIFT SUGGESTIONS FOR ELDERERS**



- 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

## **EMERGENCY ALERT SYSTEM (EAS) NATIONWIDE TEST**

**Wednesday, November 9**

On November 9, 2011, at 1:00 p.m., the Federal Communications Commission and FEMA will conduct the first-ever nationwide test of the Emergency Alert System (EAS). An announcement will come on every TV and radio channel indicating that there is an emergency. This will only be a test and you do not need to take any action. The purpose of this test is to find out how well the EAS can alert the public about dangers to life and property in the event of an actual emergency.

# Seniors in the Park Activity Calendar—November 2011

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday  |
|---|---|---|--|---|
|   | <b>1</b><br>10:00 Culvers Bingo<br>11:00 Pot Luck<br>11:45 Dominos<br>1:00 Sheepshead   | <b>2</b><br>9:00 Bowling (HB)<br>12:30 Janesville Shopping<br>1:00 Chess  | <b>3</b><br>8:45 Core & More<br>9:30 Stretch/Flex<br>1:00 Chair Yoga<br>1:00 Ladies Poker  | <b>4</b><br>11:30 Nutrition Site - Brookdale      |
| <b>7</b><br>8:45 Core & More<br>9:30 Stretch/Flex<br>10:30 Book Club<br>11:00 Wii Bowl<br>12:00 Senior Forum<br>1:00 Bid Euchre<br>1:30 Canasta<br>5:30 Beginning Line Dance (A)  | <b>8</b><br>10:00 Our House Senior Living Bingo<br>11:00 Blood Pressure<br><b>12:00 Foot Clinic</b><br>12:30 Our House Senior Living Movie "Water For Elephants"<br>1:00 Sheepshead | <b>9</b><br>9:00 Bowling (HB)<br>1:00 Chess   | <b>10</b><br>8:45 Core & More<br>9:30 Stretch/Flex<br>10:30 Lunch Bunch<br>1:00 Watercolor<br>1:00 Chair Yoga<br>1:00 Men's Poker  | <b>11</b><br>11:30 Nutrition Site - Brookdale     |
| <b>14</b><br>8:45 Core & More<br>9:30 Asked & Answered<br>9:30 Stretch/Flex<br>11:00 Wii Bowl<br><b>12:45 Van trip departs-Printing &amp; Pheasants</b><br>1:00 Bid Euchre<br>1:00 Therapeutic Massage<br>5:30 Beginning Line Dance (A) | <b>15</b><br>9:30 Asked & Answered<br>1:00 Sheepshead<br><b>1:00 Technology Tuesdays – Laptops, Networks &amp; Wireless</b><br>2:00 Grief Support Group                             | <b>16</b><br>9:00 Bowling (HB)<br>12:30 Our House Senior Living Movie "Thor"<br>1:00 Chess<br>1:00 Make BBQ for One Stop Shop | <b>17</b><br>8:45 Core & More<br>9:30 Stretch/Flex<br>9:30 Asked & Answered<br>1:00 Chair Yoga<br>1:00 Watercolor<br>1:00 Ladies Poker   | <b>18</b><br><b>2:00 Set up for One Stop Shop</b> |
| <b>21</b><br>8:45 Core & More<br>9:30 Stretch/Flex<br>11:00 Wii Bowl<br>1:00 Bid Euchre<br>1:30 Canasta   | <b>22</b><br>10:00 City Bingo<br>11:00 Blood Pressure<br>12:30 Our House Senior Living Movie "Pirates of the Carribean: On Stranger Tides"<br>1:00 Sheepshead                       | <b>23</b><br>9:00 Bowling (HB)<br>1:00 Chess<br><br><b>Office is Closed</b>   |   | <b>25</b><br><br><b>Closed Happy Thanksgiving</b> |
| <b>28</b><br>8:45 Core & More<br>9:30 Stretch/Flex<br>9:30 Asked & Answered<br>11:00 Wii Bowl<br>1:00 Bid Euchre  | <b>29</b><br>9:30 Asked & Answered<br>12:30 Our House Senior Living Movie "Tree of Life"<br>1:00 Sheepshead   | <b>30</b><br>9:00 Bowling (HB)<br>1:00 Chess<br><b>1:00 Holiday Decorating</b>  | *Activities take place at the Starin Park Community Building unless otherwise noted.<br><b>(A) = Downtown Amory</b><br><b>(L) = Cravath Lakefront</b><br><b>(HB) = Hawk Bowl</b> |   |

# Walworth County Nutrition Menu—November 2011

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday  |
|--|---|---|---|---|
|   | <b>1</b><br>Spaghetti and Meatballs<br>Sicilian Blend<br>Vegetables<br>Garlic Bread<br>Melon  | <b>2</b><br>Slow Roasted Beef/Gravy<br>Mashed Potatoes<br>Brussels Sprouts<br>Multi-Grain Bread<br>Chilled Peaches  | <b>3</b><br>Chicken Breast Parmesan<br>Penne Pasta with Marinara<br>Spinach<br>French Bread<br>Chilled Peaches  | <b>4 AT BROOKDALE</b><br>Creamed Turkey with<br>Vegetable Rice Pilaf<br>Bean Salad<br>Whole Wheat Bread<br>Hot Fruit Bake     |
| <b>7</b><br>Country Meatloaf Patty<br>Mashed Potatoes/Gravy<br>Corn Medley<br>Wheat Roll<br>Pineapple Tidbits                    | <b>8</b><br>Potato Crusted Fish Filet<br>Delmonico Potatoes<br>Carrots<br>Rye Bread<br>Lemon Pudding                                | <b>9</b><br>Chicken Gumbo<br>Rice Pilaf<br>Pea Salad<br>Bran Muffin Bread<br>Mandarin Oranges                       | <b>10</b><br>Sliced Beef BBQ on a<br>Wheat Sandwich Bun<br>Sweet Potato Puffs<br>Country White Beans<br>Fresh Melon   | <b>11 AT BROOKDALE</b><br>Veal Marsala<br>Scalloped Potatoes<br>Winter Blend Vegetables<br>Multi-Grain Bread<br>Banana        |
| <b>14</b><br>Sloppy Joes on a Bun<br>Seasoned Red Potatoes<br>Mixed Vegetables<br>Chocolate Chip Cookie                          | <b>15</b><br>Cheesy Broccoli Chicken<br>Rice Casserole<br>Butter Beans<br>Whole Wheat Roll<br>Warm Pear/Cranberry<br>Crumble        | <b>16</b><br>Meatloaf and Gravy<br>Mashed Potatoes<br>Harvard Beets<br>Multi-Grain Dinner Roll<br>Pineapple Tidbits | <b>17</b><br>Diced Pork Pot Roast<br>Diced White Potatoes<br>Parslied Carrots<br>Wheat Bread<br>Apple Pie   | <b>18</b><br>Ring Bologna<br>Baked Potato<br>Red Cabbage<br>Rye Bread<br>Mixed Fruit Jello                                    |
| <b>21</b><br>Roast Turkey and Gravy<br>Baked Sweet Potatoes<br>Brussels Sprouts<br>Wheat Bread<br>Mandarin Oranges               | <b>22</b><br>Roast Prime Rib of Pork<br>with Pork Sauce<br>Mashed Potatoes<br>Spinach O'Brien<br>Multi-Grain Bread<br>Ranger Cookie | <b>23</b><br>Spaghetti and Meatballs<br>Mixed Salad Greens<br>Garlic Bread<br>Peach Applesauce                      | <b>24</b><br><i>Thanksgiving Holiday<br/>                     Senior Lunch Center<br/>                     will be closed</i>   | <b>25</b><br><i>Thanksgiving Holiday<br/>                     Senior Lunch Center<br/>                     will be closed</i> |
| <b>28</b><br>Smothered Chicken Divan<br>With Supreme Sauce<br>Au Gratin Potatoes<br>Broccoli<br>Wheat Bread<br>Chocolate Pudding | <b>29</b><br>Beef Stew with Potatoes,<br>Onions and Carrots<br>Peas<br>Baking Powder Biscuit<br>Fresh Orange                        | <b>30</b><br>Ham and Navy Bean Soup<br>Northwest Blend Veggies<br>Corn Bread<br>Cookie                              | 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. one business day in advance or 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. |   |

**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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Fax 262-473-0537  
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For General City information see  
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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 \_\_\_\_\_

\_\_\_\_\_

