



The Park Bench

Seniors in the Park Newsletter
September 2011 Volume XI Issue 9

Seniors in the Park promotes and enhances a vital aging community



ACTIVE AGING WEEK

Among the advantages to growing older is the ability to pursue favorite pastimes, or cross some items off the bucket list. Older adults, their families and friends can walk along the many paths to meaningful activity and healthy living during 2011 Active Aging Week, which is being held Sunday, September 25 through Saturday, October 1. Active Aging Week, organized by the International Council on Active Aging®, is designed to spread a universal message: people can live as fully as possible throughout the life span. Seniors in the Park is embracing the theme “Expand your Experience” by highlighting our ongoing wellness classes including: Chair Yoga; Stretch, Flex and Glide®; Core and More, Pole

Walking and on October 1, a 5k run in conjunction with Pork in the Park. Active to someone may be a 50 mile bike ride, for others it might be gardening or walking. Search out activities that you enjoy and you are more likely to stay with it. Whitewater is blessed with many opportunities to stay active: Whitewater Parks and Recreation offerings, the Whitewater Aquatic and Fitness Center, city parks and trails, Seniors in the Park, two fabulous bike shops, proximity to the Kettle Moraine hiking trails, Ivy’s Holistic Arts, Curves, and UW-W fitness centers, pool, and hiking trails. Challenge yourself to do something new this week or throughout the month of September. Remember “Use it and Keep it!”

PACKERS VS BEARS TAILGATE PARTY

Sunday September 25, 2:00 until ?

Let’s cheer on the World Champion Green Bay Packers and kick off Active Aging Week with a tailgate party. Wear your Packer gear and if you’re a Bears fan, well you can attend also. Game time is 3:15. We will cook the brats and hamburgers and have beverages on hand. Please bring your favorite football appetizer, salad, or dessert. You are welcome to bring your own beverages.

Cost: \$3.00

Reservations and payment must be made by Wednesday Sept 21. No exceptions!

Volunteers are needed to help set up and cook. Contact Deb if you can assist. Thanks!



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For wellness information and activities log onto the W3 website (Working for Whitewater’s Wellness) at w3wellness.org

Energize Yourself!



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 and strong. No experience required.

Instructor: Alyssa Swengel, LMT, CYT

4 week class beginning Sept. 8

Cost: \$20.00 (payable to instructor)

Register/payment by Thursday, September 1



BOWLING LEAGUE

Wednesdays, 9:00 am

Beginning September 7

Join this fun recreational league at Hawk Bowl. The league runs through mid-March. Join this fun group! For more information on the league, contact Betty Lemke at 473-7248.

POLE WALKING GROUP

Wednesdays, 10:00 am

Meet at the Starin Park Community building and walk with others.

POLE WALKING INSTRUCTION

Wednesday, September 7 or 21

9:00 am

Turn your walk into a total body workout. Learn how to pole walk for fun and fitness.

Cost: \$10.00

Register/payment by Sept. 1 or Sept. 19.

Instructor: Deb Weberpal

HIKING OPPORTUNITIES

Tuesdays 4:00 pm

Wednesdays 10:30 am

Meet at the Highway 12 Ice Age Crossing Lot. Hikes are 2-3 miles or 4-6 miles

CORE AND MORE

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

Sept 19-October 27

Want improved posture and balance? Want to be able to lift that grandchild or reach into that high cupboard? 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 or yoga mat and water bottle.

Cost: \$30 (No class September 22 & 29)

Reservation/payment due September 14

Instructor: Deb Weberpal, NETA Certified Group Fitness Instructor



STRETCH AND FLEX & GLIDE™!

Mondays & Thursdays, 9:30 am

Increase your energy and feel better with movement and strength! Strengthen and tone your muscles to improve your ability to do your daily living activities. Increase your flexibility and work on balance with Gliding™ and other appropriate exercises. Laugh and have fun!!

Cost: \$1.00 per class

Instructor: Mary Zordell

IMPROVING YOUR FITNESS LEVEL

Thursday Sept. 22, 9:30 am

Everyone is encouraged to attend this fitness assessment. Benefits of doing the testing include:

- Find out how your fitness level compares to the National Norms for Older Adults
- A fitness class geared to your needs based on the assessments
- Your instructors will now have feedback & knowledge on what is needed to format your class to benefit you.
- The data collected from pre- and post tests will assist staff in writing grants for exercise equipment to help you improve your level of fitness and bring variety to class.

There are eight simple tests. You will buddy up and go from station to station. You are allowed to practice before each test and you should all do great because you already do much of it in class.

SILK SCARF DYEING

Tuesday, October 11, 6—9 pm or
Tuesday, October 18, 9 am—12:30 pm



Wearing scarves is all the rage now. Dye two silk scarves in the color(s) of your choice. All supplies are included and you leave with the finished product!

Cost: \$30.00

RSVP/Payment due by September 22

Minimum: 4 Maximum: 10

MAGICAL BEANS

Monday, October 24 1:00 pm

Maybe Jack really knew the secret of magical beans! Dry beans are an excellent addition to your diet. Not sure where to start? Join us for an informational workshop on the health benefits and cooking with dry beans—samples included!

Instructor: Jenny Wehmeier

Cost: \$2.00 RSVP deadline: October 10

COMPUTER TUTOR

Introduction to Ancestry.com

September 20 & 21, 9:30 am

Learn how to use ancestry.com for searches of censuses and other public documents. This is a hands on class exploring search techniques using the computers at the Senior Center and requires that you come with names, dates and locations of relatives who existed before 1930 **and were US residents**. Note that the ILY Library has public access to the ancestry.com site for card holders. Limited to 3 people.

Please register by Thursday Sept. 14 at noon.

Asked and Answered Sessions

Lyle is back to do one-on-one tutoring. Please tell us what you want Lyle's assistance with, when registering for your session.

Dates: September 22, 26, 27, 28

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.

20th CENTURY AMERICAN HISTORY STORIES

Wednesdays, 1:00 pm

Sept. 21: Presidential Health Concerns and their Impact

Sept. 28: American Sports and the Olympic Games as Reflections of American Society and International Relations

October 5: Presidential Library/Museums: The Grand Tour

October 12: America Had Political Demagogues in the Depression-era 1930s Too: Huey Long and Charles Coughlin

Presenter: Dr. Richard Haney, Professor Emeritus
Please RSVP in advance.

TECHNOLOGY TUESDAY

September 20, 1:00 pm

Smart Phones

What is a smart phone, what do they do, and why would I want one? What is the advantage of having a smart phone and are they complicated to work? These are all questions that will be answered by Eric Kiernan of KC Computers/Verizon Wireless. Stop in see the new technology.

Please register by Thursday Sept. 15 at noon.

October 18: E-readers

November 15: Laptops/Networks and Wireless



WATERCOLOR – FOCUS ON VALUE

Thursdays, 1:00—4:00pm

September 8, 15, and 29

This class will focus on the elements of design – primarily value. 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. Cost: \$30; payable to the instructor on September 8
RSVP deadline: Monday, September 5
Minimum: 6 people

Classes and Activities

BINGO!

Tuesdays, 10:00 am

September 6: Culver's Bingo

September 13: Our House
Senior Living

September 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

Tincher Realty * Taco Bell

Ketterhagen Ford * Sentry

Jones Dairy * VOS Sentry

Rocky Rococo Pizza

Commercial Bank

Fort Com. Credit Union

Bergey Jewelry

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

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.

"Soul Surfer"

Wednesday, Sept. 7, 12:30 pm

Rated: PG, 1 hr 46 min

The true story of teen surfer Bethany Hamilton, who lost her arm in a shark attack and courageously overcame all odds to become a champion again. As Bethany fights to recover from the shark attack, the devastating 2004 tsunami in the Pacific Ocean unexpectedly gives Bethany a new perspective. Traveling to Thailand, she discovers her greater purpose and that she can make a difference in the lives of others.

"Of Gods and Men"

Tuesday, Sept. 13, 12:30 pm

Rated: PG-13, 2 hr 3 min

Eight French Christian monks live in harmony with their Muslim brothers in a monastery perched in the mountains of North Africa. When a crew of foreign workers is massacred by an Islamic fundamentalist group, fear sweeps through the region. The army offers them protection, but the monks refuse. Should they leave? Despite the growing menace, they slowly realize that they have no choice but to stay come what may.

"Kirschbluten-Hanani" (Cherry Blossoms)

Tuesday, Sept. 27, 12:30pm

Not Rated, 2 hr 7 min

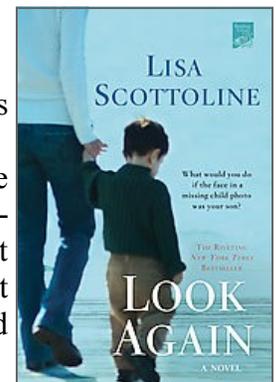
When Trudi learns that her husband, Rudi, is dangerously ill, she suggests visiting their children in Berlin, without telling him the truth. Their children don't have time for them, so they travel to the Baltic Sea, where Trudi suddenly dies. Rudi is thrown out of gear, even more so when he learns that his wife wanted to live a totally different life in Japan and decides to fulfill her wish to see Mount Fuji.

BOOK CLUB

Monday, September 12, 10:30 am

The Book Club will discuss *The Postmistress* by Sarah Blake. The book for September is *Look Again* by Lisa Scottoline.

When reporter Ellen Gleeson gets a "Have You Seen This Child?" flyer in the mail, she almost throws it away. But something about it makes her look again, and her heart stops -- the child in the photo is identical to her adopted son, Will. Her adoption was lawful, but she's a journalist and won't be able to stop thinking about the photo until she figures out the truth. As she investigates, Ellen uncovers clues that no one was meant to discover, and when she digs too deep, she risks losing her own life --- and that of the son she loves.



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.**

BEGINNING INDOOR CYCLING

Sundays, Oct. 2-Nov 6, 8:30-9:30 am
UWW Wells Hall Fitness Center



Join this beginning indoor cycling adventure that takes the road experience to the gym. It is a non-impact group exercise class with a combination of good music, visualization, fitness education, and fun

Instructor: Jen Kaina

Fee: \$28.00

RSVP deadline: Sept 20 at park or Sept. 21 online

Class#: 4439.31

Contact Deb Weberpal or Michelle Dujardin for directions to the site.

GRAINS!

ENJOY A VARIETY THAT IS MORE THAN JUST WHOLE WHEAT!

Monday, October 3 7:00 pm
Starin Park Community Building

Embrace the powerful nutrition of whole grains valued for their complex carbohydrates, protein, vitamins, and antioxidant power. Let's explore more grain like foods and how easy it is to incorporate them into your daily eating plan. Bring a healthy grain recipe to share.

Instructor: Ivy Miles/ Holistic Heath Coach

Fee: \$8.00

RSVP/payment deadline: Sept. 23 at park or Sept.

2 online

Class #: 4308.31

BEGINNING LINE DANCING

Mondays, September 12—November 14
5:30-6:30 pm Armory Dance Studio

It's a fun way to shake up the day! We've got Latin, Swing and Country. A great atmosphere for dancers at any stage. For all skill levels, guys and gals. No experience and no partner required.

Instructor: Nikki

Fee: \$45.00

RSVP deadline: Sept 1 at park or Sept. 2 online

Class#: 3121.31

GREENS, GREENS, GREENS!!

Monday, October 3, 7:30 pm
Starin Park Com. Bldg.



Greens, The powerhouse of vegetables and a nutritional must! Greens provide a rich concentration of vitamins, minerals, antioxidants and other important nutrients for the least number of calories. Let's explore a variety of greens and ways to incorporate them into your daily eating plan. Bring a "Greens" recipe to share.

Instructor: Ivy Miles/ Holistic Heath Coach

Fee: \$8.00

RSVP/payment deadline: Sept. 23 at park or Sept. 2

online

Class #: 4310.31

UPCOMING CLASSES

October 16: Run for Trey— 5k run/walk

October 26: Quick Healthy Meals for Busy People

October 26: Yes! You Can Afford to Eat Healthy

December 6: What's on YOUR Plate?

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

GOLBAL GALA

Thursday Oct. 27

This is the tentative date. We need volunteers to assist in the planning. We are forming a committee with the International students to make the event better than ever! Let Deb know if you are interested in helping.

SENIOR FORUM

Monday September 12, 11:00 am

Give the Senior coordinator input on activities, trips, and more. Discuss funding and use of monies you helped raise. Stop in and help us chart the future of Seniors in the Park. New faces are welcome! (note time change)

ONE STOP SHOP

Saturday November 19, 9am—2 pm

It's time to start planning our major fundraiser of the year. We will need donations for our bake sale and help running the event on the 19th. Keep the date open and plan to lend a hand or shop 'til you drop.



VOLUNTEER INFO

**Monday Oct. 10 or Thursday Oct. 13,
1:00 pm**

It's that time of year again when we do a short volunteer training for new volunteers and refresher for our current volunteers. All volunteers are requested to fill out our volunteer form, so your contact information is current. Forms are available at the reception desk or from Deb. This year you also have the option of a CPR/AED class. You are encouraged to learn this, especially if your class meets at times when Deb is not here. Class times will be published in next month's newsletter.

PARK BENCH NEWSLETTER DEADLINES

If you instruct a class, want to make a change in your class schedule or want to get an article in the newsletter please remember the deadline is the 10th of the month prior to the month you need the information out.

SERVICES AT A GLANCE

- **Foot Clinic**—Tuesday, September 6, (Day after Labor Day) 12:00 noon. Please bring a towel. No appointment is necessary. Cost is \$10.00.
- **Therapeutic Table or Chair Massage** by Angie—Monday, September 12, 1:00 pm. Half-hour massages for \$25. Appointments must be made in advance.
- **Blood Pressure Screening**—Tuesday, September 27, 11:00 am. Provided free by Country Nurses.

GRIEF SUPPORT GROUP

Tuesday, September 20, 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.

ACTIVITIES AT A GLANCE

Bid Euchre—Mondays 1:00

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

Bowling—Begins September 7 at Hawk Bowl

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

OFFICE HOURS

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

Thursday, Sept. 15: 9 am—2:00 pm

Wednesday, Sept. 28: 11 am—3:00 pm

Thursday, Sept. 29: 9 am—2:00 pm

For detailed itineraries on any of the extended trips, call 262-473-0535, send an email to dweberpal@whitewater-wi.gov, go to the city website at 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.



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 31-November 1

Oneida Casino: \$25 plus 10% off your meal.

Chip-In Resort, Escanaba, MI: \$40 in free credits (toward slots only); \$3 off dinner, \$2 off lunch and free breakfast.

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

Checks payable to Fort Senior Center

RSVP/Payment due Thursday, October 13

EXTENDED TRIP PREVIEWS

September 22, 1:00 pm

Get information and a preview of the following Mayflower trips: Emerald Coast Tour and Civil War Series 1862: The Battles of Shiloh and Chickamauga.

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

\$150 deposit due with reservation or

\$210 deposit include cancellation insurance.

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

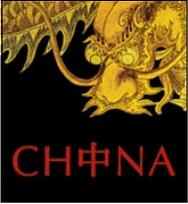
Room, Air force Armament Museum, Dolphin Watching cruise and much more.

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 ART
MUSEUM**
**“Treasures from the
Forbidden City”**

Thursday, September 1

Enter a realm of majesty and mystery and experience three thousand years of Chinese art and culture in five exhibitions. At noon is a talk on Treasures from the Forbidden City. The MAM also houses the largest collection of Georgia O’Keefe and the leading collection of German Art in the states.

Cost: \$14.00 RSVP/Payment due August 23

Depart 9:30 am Return approx 3:30 pm

GAYS MILLS APPLES

Tuesday, September 20

We are headed for Gays Mills again this year but going to some different orchards. Stops also for lunch and other fall goodies.

Departure: 8:00 am.

Cost: \$15.00 (Lunch is on your own)

RSVP/payment by Tuesday, Sept 6



LUNCH BUNCH

Thursday, September 8

Eat lunch at the West Wind Diner in Darien. We will also stop at the Apple Barn.

Departure: 10:30 am.

Cost: \$5.00 RSVP by Tuesday, September 6

JANESVILLE SHOPPING

Wednesday, September 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 Tuesday, September 6

HOLY HILL

Tuesday, October 11

Experience the peace and serenity of Holy Hill. Savor a great meal on your own at The Mineshaft in Hartford. Relax and enjoy the beautiful fall colors in the Kettle Moraine on the way home.

Departure: 9:00 am. Return approx 3:00 pm

Cost: \$12.00 (Lunch is on your own)

RSVP/payment due by Tuesday, Sept 27



WATER AND SKY

Thursday, September 15

Lake Geneva Mailboat and Yerkes Observatory

Leave at 8:30 am Return 4:30 pm



FIRESIDE 2011

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.

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

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

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.

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

Coach Trips

Senior Center Month



SAINTS AND SINNERS

Wednesday, October 19

The Great River Road Interpretive Center and the Potosi Brewing Company Transportation Museum, give a glimpse into the life of a brewery on the river. The brew master has beers on tap and to the delight of many, they also brew root beer! A sample of either beer or root beer is included. 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. Experience 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. Order some bakery bread for which they are well known. Enjoy a cheese stop on the way home.

Cost: \$52.00, includes lunch, transportation, Brewery and Sinsinawa tours

RSVP/Payment deadline: September 19

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

Return: Starin Pk 6:30 pm; Fort K-Mart 7:00 pm

WARRENS CRANBERRY FESTIVAL

Sunday, September 25



Arrive at the Cranberry Festival and browse the many outdoor arts and craft booths, antique & flea market booths, and farmers

market & food booths with numerous cranberry products to sample and purchase. The "Gigantic Parade" starts at noon. You can bring a lawn chair, if you would like, just put your name on it. After the parade, board the bus and head to Ho Chunk for dinner or gambling or both.

Cost: \$37.00 includes motorcoach transportation, entry into festival, refreshments served and bingo on the bus

RSVP/Payment deadline: September 6

Checks made out to Happy Go Lucky Tours

Departs from Whitewater Sentry at 6:30 am

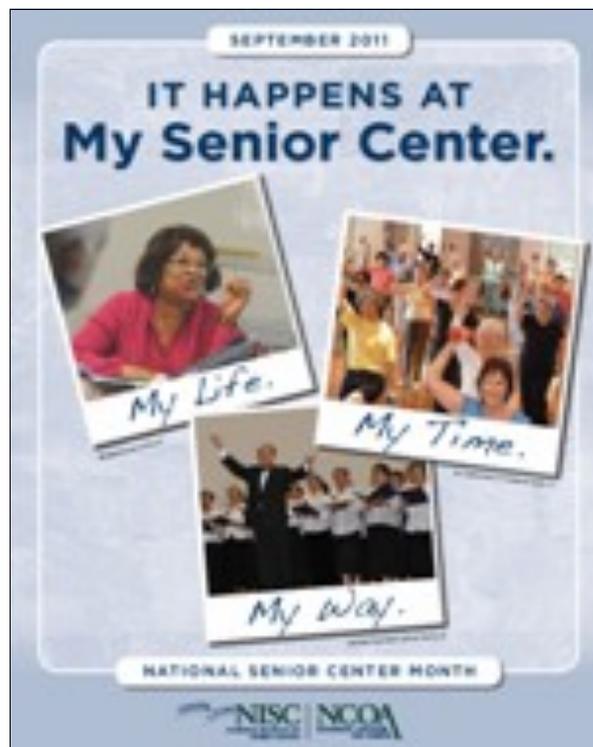
Returns to WW Sentry at 7:30 pm

It Happens At My Senior Center. My Life. My Time. My Way.

As a new generation of older adults looks to redefine retirement, there is a growing focus on wellness, work and volunteerism. When it comes to finding tools for staying healthy and involved or information about benefits, senior centers are the place to start. This September, Seniors in the Park invites the community to learn more about its programs and services during National Senior Center month.

Join us for a month of exciting activities as we celebrate "*It Happens At My Senior Center. My Life. My Time. My Way.*" the theme of this year's celebration. "Today's senior centers are evolving to reflect a new view of aging that empowers the people they serve," said James Firman, president and CEO of the National Council on Aging. "They're connecting older adults with meaningful programs and volunteer opportunities, and increasing their access to valuable benefits and resources"

Seniors in the Park was established in 1981 and is celebrating it's 30th year of serving older adults of the community.



The Nutrition Program will be at Brookdale on the first, second and fourth Fridays of every month, September 2, 9 and 23

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 SEPTEMBER BIRTHDAY TO:

15—Carla Anderson

21—Bea Jacobs

28—Doris Wutke

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!



OKTOBERFEST

Thursday Oct 6, 11:00 am

Listen or dance to the music of Jerry Hartman. He plays all your favorites on the keyboard. Savor a German themed meal. Cost: \$2.50 donation
Reserve by October 4.

FREE—Scanner for a computer. Ask Deb

THANK YOU TO

Sandi Colombe Donation of books
Bryon Bishop In memory of Anita Bishop
Ken & Barb Kayser In memory of Anita Bishop
Ed & Sally Lange In memory of Anita Bishop
Thomas Marshall In memory of Anita Bishop

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.



SEPTEMBER PARK BENCH TV SHOW

The September show features Seniors in the Park Coordinator Deb Weberpal talking about Senior Center Month and opportunities at the park. Tammy Brodnicki will be giving an update on the new event Pork in the Park which is taking the place of Taste of Whitewater.

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.

GREETING CARDS

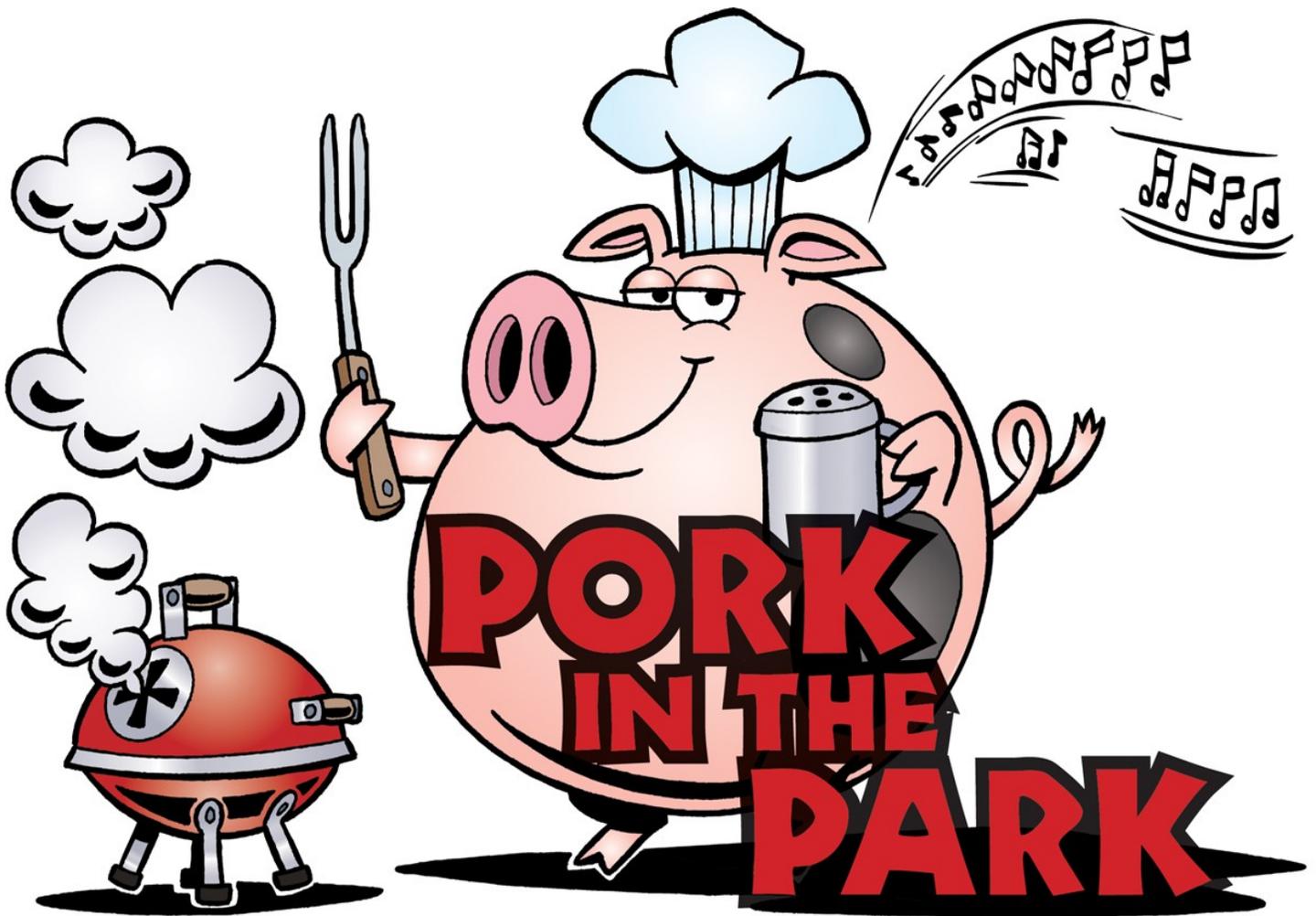
We have a great selection of everyday and special greeting cards priced from 25 cents to \$2.00. Stop in and check out our selection.

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





**Saturday, October 1, 10 am—11 pm
Cravath Lakefront Park**

This event features a good old fashioned pig roast, corn boil, local music, wine tasting from Staller Estate Vineyard & Winery, beer brews from Randy's Fun Hunters Brewery, W3 Be Active Today! 5k Run, W3 Fit Kid Shuffle, pig-associated arts and crafts, motorcycle show, Safety Fair and much more.

Schedule of Events

6:30 am: Registration opens for W3 Be Active Today 5k
 8 am: 5k Starts
 8 am: Fit Kid Shuffle Registration
 9:30 am: Fit Kid Shuffle Starts
 11 am-5 pm: Family Day (at University)
 10 am-9 pm: Corn Boil
 10 am-7 pm: Free Inflatables
 10 am-7 pm: Pig-Associated Arts & Crafts
 11 am-6 pm: Motorcycle Show
 11:30 am-1 pm: Music (TBD)

12-4 pm: Horse Drawn Wagon Ride
 12 -2 pm: Safety Fair
 1 pm: Minneiska Water Ski Shows
 2 -3:30 pm: Music: Jesus Riders
 2-5 pm: UW-W Football game (at University)
 4-6 pm: Music: High Class Trash
 6 pm: Minneiska Water Ski
 7-11 pm: Music: Nothing But Trouble

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, click on Departments, then Seniors in the Park or go to www.whitewaterbanner.com and look for the link in the left column. The newsletter is available for pick up at the Starin Park Community Building, Municipal Building, the Whitewater Aquatic and Fitness Center, and the Irvin L. Young Memorial Library.

Name _____

E-Mail _____

Address _____



Seniors in the Park Activity Calendar –September 2011

Monday	Tuesday	Wednesday	Thursday	Friday
*Activities take place at the Starin Park Community Building unless otherwise noted. (A) = Downtown Amory (L) = Cravath Lakefront (HB) = Hawk Bowl (OR)=Oak Ridge Golf Course, Milton			1 9:30 Art Museum Trip departs 9:30 Stretch/Flex 1:00 Watercolor	2 11:30 Nutrition Site - Brookdale
5 CLOSED FOR LABOR DAY	6 10:00 Culvers Bingo 11:00 Pot Luck 11:45 Dominos 12:00 Foot Clinic 1:00 Sheepshead	7 9:00 Bowling (HB) 9:00 Pole Walking Instruction 10:00 Pole Walking 12:30 Janesville Shopping 12:30 Our House TV Senior Living Movie “Soul Surfer” 1:00 Poker 1:00 Chess	8 8:30 Golf (OR) 9:30 Stretch/Flex 10:30 Lunch Bunch 1:00 Chair Yoga 1:00 Watercolor	9 11:30 Nutrition Site - Brookdale
12 8:30 Golf (OR) 9:30 Stretch/Flex 10:30 Book Club 11:00 Wii Bowl 11:00 Senior Forum 1:00 Bid Euchre 1:00 Therapeutic Massage 1:30 Canasta 5:30 Beginning Line Dance (A)	13 10:00 Our House Senior Living Bingo 12:30 Our House Senior Living Movie “Of Gods & Men” 1:00 Sheepshead	14 9:00 Bowling (HB) 10:00 Pole Walking Group 1:00 Chess	15 8:30 Water & Sky Trip Departs 9:30 Stretch/Flex 1:00 Chair Yoga 1:00 Watercolor Office 9am – 2 pm	16 
19 8:30 Golf (OR) 8:45 Core & More 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre 5:30 Beginning Line Dance (A)	20 8:00 Gays Mills Trip Departs 9:30 Ancestry.com 1:00 Sheepshead 1:00 Technology Tuesdays – Smart Phones 2:00 Grief Support Group	21 9:00 Bowling (HB) 9:00 Pole Walking Instruction 9:30 Ancestry.com 10:00 Pole Walking 1:00 American History Stories 1:00 Poker 1:00 Chess	22 9:30 Fitness Assessments 9:30 Computer Tutor 1:00 Chair Yoga 1:00 Extended Trip Previews: Civil War and Emerald Coast	23 11:30 Nutrition Site - Brookdale 25 6:30 am Cranberry trip departs from Sentry 2:00 Packer Tailgate
26 8:45 Core & More 9:30 Computer Tutor 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre 1:30 Canasta 5:30 Beginning Line Dance (A)	27 9:30 Computer Tutor 10:00 City Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie “Cherry Blossoms” 1:00 Sheepshead	28 9:00 Bowling (HB) 9:30 Computer Tutor 10:00 Pole Walking 1:00 American History Stories 1:00 Chess Office 11 am– 3pm	29 9:30 Stretch/Flex 1:00 Chair Yoga 1:00 Watercolor Office 9 am – 2 pm	30 1 Pork in the Park – Cravath Lakefront

Walworth County Nutrition Menu – September 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>1 Chicken Piccata Savory Brown Rice and Red Peppers Capri Blend Vegetables Carrot Raisin Salad Spiced Pears</p>	<p>2 AT BROOKDALE Turkey Pasta Salad with Shell Rigate Lettuce and Tomato Tri-Bean Salad Wheat Bread Mandarin Oranges</p>
<p>5 Labor Day Senior Lunch Center Will be closed</p>	<p>6 Beef Barley Soup Parslied Carrots Peas Pretzel Stick Cantaloupe</p>	<p>7 Chicken Cacciatore Roasted Diced Potatoes Oregon Bean Medley Whole Wheat Bread Pineapple Tidbits</p>	<p>8 Tuna Salad Supreme with Mixed Salad Greens American Potato Salad Multi-Grain Bread Chilled Apricots</p>	<p>9 AT BROOKDALE Open-Faced Hot Turkey Sandwich on Multi-grain Bread Baked Sweet Potatoes Broccoli Cherry Crisp</p>
<p>12 Kielbasa Scalloped Potatoes California Blend Vegetables Rye Bread Rosy Applesauce</p>	<p>13 Chicken Salad Romaine Lettuce Herbed Tomato Wedges Multi-Grain Bread Chilled Pears</p>	<p>14 Ham and Navy Bean Stew Broccoli Cornbread Hot Fruit Bake with Oatmeal Crumble</p>	<p>15 Shepard's Pie with Mashed Potatoes Seasoned Yellow Squash and Baby Lima Beans Wheat Bread Chilled Peaches</p>	<p>16 Baked Alaskan Pollock with Florentine Sauce Au Gratin Potatoes Cole Slaw Bran Muffin Bread Fruit Sunburst</p>
<p>11 Hungarian Beef Goulash Mashed Potatoes Broccoli Whole Wheat Bread Pineapple Tidbits</p>	<p>12 Stuffed Cabbage Roll Red Beans and Rice Carrots and Chives Multi-Grain Bread Chilled Peaches</p>	<p>21 Country Chicken Soup with Kluski Noodles Whipped Squash Tri-Bean Salad Hot Glazed Apples</p>	<p>22 Ham and Turkey Club Focaccia Flat Bread Lettuce and Tomato Pea Salad Mandarin Oranges</p>	<p>23 AT BROOKDALE Meatball with Marinara Sub Sandwich on a Soft Hoagie Roll Potato Italiano Italian Green Beans Banana</p>
<p>26 Chicken Falitas with Onions and Peppers on Flour Tortilla Spanish Rice Pinto Beans Whole Orange</p>	<p>27 Meatloaf and Gravy Mashed Potatoes Harvard Beets Marble Rye Bread Applesauce</p>	<p>28 All Beef Hot Dog on a Hot Dog Bun Oven Browned Potatoes Corn on the Cob Banana</p>	<p>29 Open-Face Beef Sandwich with Gravy on Whole Wheat Bread Diced Red Potatoes Spinach Chilled Apricots</p>	<p>30 Pasta Carbonara with Chicken and Ham Zucchini and Tomatoes California Blend Veggies Chilled Peaches</p>