



**JULY 2012**

# The Park Bench

*Seniors in the Park Newsletter*

## **“GET WILD” IN JULY**

When was the last time you got wild and woolly or had an adventure? July is Park and Recreation Month! The theme is Get Wild! There are lots of opportunities for you to “Get Wild” and maybe try something new. From the movie “We Bought a Zoo” to paddleboat rides, to falcons and the Olympic Games. There is something for everyone to “Get Wild” about at Seniors in the Park



## **FALCONRY IN THE MIDDLE EAST**

**Monday July 16, 1:00 pm**

Dianne Moller, executive director of Hoo’s Woods Raptor Center, will share her recent cultural and falconry experiences while at the International Falconry Festival. Moller was selected as one of four U.S. licensed falconers to represent the U.S. at the International Falconry Festival in Abu Dhabi. She will discuss her participation in the event, her observations on bird conservation and care in the UAE, and the types of birds and training taking place there. Moller also will discuss her recent travels to Qatar as a sponsored guest for their national falconry event and as chair of an international women’s working group for falconry. She will focus on the culture, interactions with people, family life, and Arab falconry and history. This entertaining program is appropriate for all ages



and will educate and provide an understanding and appreciation of birds of prey. A donation of \$2.00 per person is requested and goes to support the non-profit, Hoo’s Woods Raptor Center, in Milton.

Registration deadline for the event is Monday, July 9.

**Volume XII Issue 6**

## **WHAT’S INSIDE**

- 2-4 .... *Classes & Activities*
- 5....*Support Our Sponsors*
- 6..... *Extended Travel*
- 7.....*Resources & Services*
- 8-9 .....*Calendars*
- 10.... *Nutrition Site & FYI*
- 11 ..*Support Our Sponsors*
- 12...*Parks and Recreation*
- 13..... *Community Events*
- 14-15 ..... *Travel*

*Seniors in the Park Promotes & Enhances a Vital Aging Community*

# Classes and Activities

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

## “GET WILD” WITH FREE PADDLE BOAT RIDES



**Wed., July 25  
9—11:00 am**

Take a ride around Cravath lake in a paddleboat! It goes by your pedal power. The boats hold four people. Grab a friend, neighbor, or grandchild and have fun on the water. The rides are free, but you need to sign up for a half hour time slot.

## COMPUTER TUTOR

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 assistance with, when registering for your session.

Instructor: Lyle Hunter

Dates July 9, 10, 18 or 19

Time: 9:30 am

Cost: \$5.00 per session

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

## POLE WALKING INSTRUCTION

Turn your walk into a total body workout by using poles. Increase your cardio workout by 20% and calorie burn by up to 48% more! Lessen the impact on joints, and walking with poles naturally aligns your spine and works your core. Save time, too! Thirty minutes of pole walking equals 50 minutes of regular walking. Nordic Walking is perfect for any age! Bring your own poles or use ours.

Instructor: Deb Weberpal

Day/Time: Tuesday July 17, 10:00 am

Cost: \$10.00

Deadline: 3 days prior to class

Minimum: 4 people Max: 8 people



## POLE WALKING GROUP

**Wednesdays, 9:00 AM**

Meet at the Starin Park Community Building and walk with a group. Walking with friends helps you to stick with it and it's more fun!

## “GET WILD” WITH SUMMER FUN

Summer is here, and it's time for cool, sweet treats, picnics, and fun! Meal site reservations need to be in by noon a day in advance (Friday for a Monday meal). Treats are available to those not attending the meal site between noon and 12:30.

**July 11:** Picnic Games

**July 17:** Popsicle Day

**July 31:** Olympic Games—Celebrate the Olympic Games with our own version starting at 10:30.

**August 9:** Ice Cream Cones

**August 14:** Ice Cream Sundae

**August 23:** Popsicle Day

**August 27:** Ice Cream Sundaes



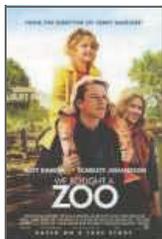
## SUMMER PICNIC — “GET WILD”

**Wednesday, July 11, games begin at 10:45**

Savor a cool, summer picnic lunch and fun games. We will be playing simple picnic games and eating indoors. The meal is BLT Chicken Salad with mixed greens and tomato wedges. Please make a reservation with the Nutrition site by noon on Monday, July 9 by calling 473-0536.

## OUR HOUSE SENIOR LIVING MOVIES

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



### "Get Wild" "We Bought a Zoo"

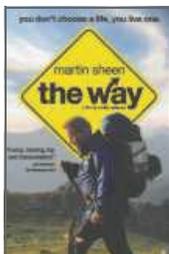
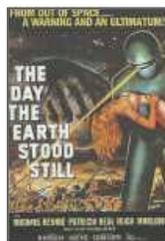
**Tuesday, July 10, 12:30—Rated PG, 2 hr. 4 min.**

A widower/single dad (Matt Damon), struggling to rebuild his life, decides to buy and revive a failing zoo. An inspirational family drama. Based on a true story.

### Movie Matinee Day

**Tuesday, July 17, 12:30—2 hr**

Remember when there was a cartoon and a movie short before the main attraction? We're going back to the good ole days with a Movie Matinee Day. There will even be movie candy/treats in addition to the popcorn. See an Our Gang/Little Rascals movie short, a 1943 Superman cartoon, and the movie, "The Day the Earth Stood Still" This landmark science fiction drama about a dignified alien (Michael Rennie) who comes to Earth to deliver a cautious warning, and then stays to learn that his peaceful views are shared by most humans. The movie is directed by Robert Wise (Sound of Music, West Side Story). B/W, 1951, 92 mns.



### "The Way"

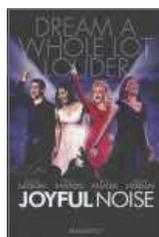
**Tuesday, July 24, 12:30—Rated PG, 2 hr. 3 min.**

.Martin Sheen as a father who travels to France to bring home the remains of his estranged son, played by Emilio Estevez (this film's writer/director, and Sheen's real-life son), who had been on the El Camino de Santiago Pilgrimage. Sheen decides to continue his son's pilgrimage.

### "Joyful Noise"

**Tuesday, July 31, 12:30 - Rated PG 13; 1 hr. 58 min.**

Queen Latifah and Dolly Parton as a pair of strong-willed, small town women who battle for creative control of their church's choir. A gospel-infused comedy with family, talent, music, and humor.



## TAI CHI IN THE PARK



**Tuesdays, 8:15—9:15 am**

**July 10-Aug 14**

Tai Chi is often referred to as moving meditation and has many health benefits including stress relief and increased energy. Class will be outside in Starin Park, weather and bug permitting.  
Cost: \$20.00 per session  
Registration Deadline: July 3  
Minimum: 5 people

## "GET WILD" WITH ZUMBA GOLD®

**Wednesdays, 12:45 pm**

A fun, energizing workout.  
Where: Downtown Armory Dance studio

Instructor: Lynette Brown

Fee: \$12.00 for July 11-25

Pay in advance at the Starin Park Community Building. \$5.00 Walk-in passes are available at the Community Building if you would like to try the class before

## BOOK CLUB

**Monday, July 2, 10:30 am**

The Book Club will discuss *Summer of Roses* by Luanne Rice. The book for August is **Tender is the Night** by F. Scott Fitzgerald.

In 1932, Fitzgerald's wife, Zelda Sayre Fitzgerald, was hospitalized for schizophrenia in Baltimore, Maryland. The author rented an estate nearby, to work on this book, the story of the rise and fall of Dick Diver, a promising young psychoanalyst and his wife, Nicole, who is also one of his patients. It was Fitzgerald's first novel in nine years, and the last that he would complete and reflects these dark days in his life.

## BINGO

**Tuesdays, 10:00 am**

**July 3:** Culver's Bingo

**July 10:** Our House  
Senior Living

**July 24:** City Bingo

## BINGO SPONSORS

Culver's

Our House Senior Living  
Mulberry Glen: Cookies &  
fruit drink

## 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  
Walworth Co. Nutrition Prog

## 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

## PARK BENCH CONTEST



We want photos of your favorite park bench during all four seasons. Send your photo to [dweberpal@whitewater-wi.gov](mailto:dweberpal@whitewater-wi.gov) and it may end up on our cover. If your photo is chosen, you will receive a gift card and be recognized in our newsletter. Please send high quality, clear photos. Questions, call 262-473-0535 or email Deb (above).

## ARTHRITIS FOUNDATION TAI CHI

**Mondays, July 9-August 27, 1:00**

**Continuing class Mondays, 1:30**



The Arthritis Foundation Tai Chi Program has been shown in scientific studies to reduce pain, stiffness, and fatigue, and improve physical function, muscle strength, flexibility, mobility, and balance. This program, developed by Dr. Paul Lam, uses gentle Sun-style Tai Chi routines that are safe, easy to learn and suitable for every fitness level. Newcomers will meet at 1:00 and continuing students at 1:30 pm.

Where: Mulberry Glen common Room  
1255 W main St

Cost: \$30.00

Registration deadline/payment: July 5

## ACTIVITIES AT A GLANCE

**Bid Euchre**—Mondays 1:00 pm

**Bingo**—First, Second and Fourth Tuesdays at 10:00 am

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

**Canasta**—First, third and fifth Mondays 1:30 pm

**Chess**—Wednesdays, 1:00 pm Beginners welcome

**Dominoes**—First Tuesday 11:45 am

**Golf**—Mondays Tee time 8:30 am, Oak Ridge  
Golf Course, Milton

**Potluck**—First Tuesday 11:15 am

**Sheepshead**—Tuesdays 1:00 pm

**Stretch, Flex & Glide**—Mon & Thurs. 9:30 am; \$1.00 per class

**Texas Hold 'em Poker**—Ladies: First & Third Wednesday 1:00 pm

**Wii Bowling**—Thursdays, 11:00 am beginning April 19

**Zumba Gold ®**—Wednesdays 12:45 pm, Downtown Armory. Cost \$4.00  
per class for a session or \$5.00 walk-in. Must be paid for at Starin Park  
Community Bldg.



# AMS Carpet Cleaning, LLC



Locally owned and family operated

920-723-1188

Upholstery • Carpet  
24 Hour Flood Extraction

www.amscarpetcleaning.com

DR. JASON J. MACKEY D.C.  
Doctor of Chiropractic

## Luedtke-Storm-Mackey Chiropractic Clinic, S.C.



1173 W. Main St. Ste B  
Whitewater, WI 53190

www.lsmchiro.com  
Clinic Phone: 262-753-0017

## golden living centers

Exceptional Rehabilitation Department

Premier Alzheimer's Care Unit

430 Wilcox St.  
Fort Atkinson  
(920) 563-5533

Make Yourself at Home  
Our Family Caring For Your Family

## Prairie Village by Fairhaven

The perfect option for active adults 55+ who wish to live in a spacious, private home and still enjoy all the conveniences and security of a retirement community.



Located north of Whitewater City U & Fremont Rd.

For a tour and more information...  
**(262) 473-2140**  
www.fairhaven.org

### We Care Every Day, In Every Way

Experienced senior care for total peace of mind

Personal Cares (bathing, toileting, dressing assistance) - Medication Reminders  
Errands - Shopping - Dr. Appointments - Light Housekeeping  
Meal Preparation - Companionship - Respite Care for Families

608-756-4100 or Toll Free 877-276-7039



## The Nasco Catalog Outlet Stores

### Senior Citizen Day

The 1st Wednesday of every month is now designated Senior Citizen Day at the Nasco Catalog Outlet and Arts & Crafts Stores!

AS A SENIOR CITIZEN,  
YOU ARE ELIGIBLE FOR A 15%\* STORE DISCOUNT  
901 Janesville Ave. • Fort Atkinson  
920-568-5600

## COMMERCIAL Bank

See Us For All Your Banking Needs

262-473-1111

www.commercialbankww.com



### Complimentary Investment Review

Michael E Harenza, AAMS®  
Financial Advisor  
309 West Main Street  
Whitewater, WI 53190  
262-473-8333  
www.edwardjones.com  
Member SIPC



"Make Our House your home"

OUR HOUSE  
Memory Care  
945 E. Chicago St.  
Whitewater, WI

OPEN FOR TOURS & ROOMS AVAILABLE

Please contact Eric James  
262-473-1011

We offer FREE local pick up and delivery service. We service all makes and models.



Downtown Whitewater

262-473-4330



### The Works \$29.95

Includes:

- Oil change - Tire rotation
- Brake inspection
- Multi-point inspection
- Fluid top-off - Battery test - Filter check - & Belts and hoses check.

## AUMANN'S SERVICE INC.

Body Specialists  
Quality Painting  
24 Hr. Towing  
122 E. Dane  
(920) 674-2349  
After Hours  
(920) 674-6164

## Fort HealthCare

Fort HealthCare Whitewater Clinic: 1461 W. Main St.  
Hours: M-W: 8:15 a.m.-7 p.m. & Fri: 8:15 a.m.-5 p.m.  
Patients are seen by appointment.  
FOR HEALTH. [www.FortHealthCare.com/Whitewater](http://www.FortHealthCare.com/Whitewater)

- Audiology-(920) 563-6667
- Internal Medicine-(262) 473-5888
- Psychology & Behavioral Health-(920) 563-9542
- Orthopedics & Sports Medicine (and joint care)-(262) 472-9334
- Marriage Counseling-(920) 563-9542
- Podiatry-(262) 473-5888
- Ear, Nose & Throat (+allergy)-(262) 472-6804
- Urology (and continence care)-(920) 568-7744
- Obstetrics & Gynecology-(262) 473-8920

## OLSEN FUNERAL HOME

DIGNIFIED SERVICE IN A HOME-LIKE SETTING

Serving Whitewater & Surrounding area's since 1987

1014 W. Main St.  
Whitewater  
262-473-5101

## Reflections ADULT DAY CARE, LLC

Providing Services to the Elderly & Individuals w/ Disabilities

511 Madison Avenue  
Fort Atkinson  
(920) 568-9233

7:00AM-5:30PM Monday-Friday



920-563-9217

Hours: Sun-Thu 4-10pm, Fri-Sat 4-11pm, Closed Tue.  
1245 Madison Ave., Fort Atkinson, WI 53538



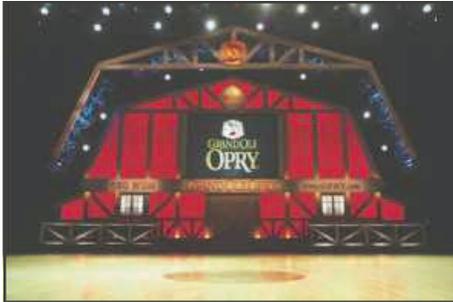
### NON-MEDICAL HOME HEALTH AGENCY

Personal Cares • Medication Reminders • Meal Prep • Errands  
Housekeeping/Laundry • Respite • 24/7 Care  
• Free RN Assessment

313 N. Main St.  
Jefferson, WI  
www.countrynurses.com

920-674-6855  
Fax: 920-674-6872  
Toll Free: 800-236-5686

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.



## AMERICA'S MUSIC CITIES

**September 23—30, 2012**

Tour three fabulous music cities—Branson, Memphis and Nashville. Tour highlights include: Two shows in Branson, including a dinner/show cruise, the Titanic Museum, the William Jefferson Clinton Presidential Center, a “musical” tour of Memphis, Graceland, The Grand Ole Opry tour and show, the Opryland Resort, with nine acres of lush gardens, waterfalls and a scenic flatboat ride; nine meals, free home or local pickup, and motorcoach transportation.

Cost: \$1599 per person/dbl  
Mayflower Tours

## NEW ORLEANS & CAJUN COUNTRY BY TRAIN

**February 23-March 3, 2013**

Relax and enjoy the changing landscape as you ride Amtrak to New Orleans. Highlights of the trip include: 3 nights in the French Quarter, Walking tour of French quarter, Café du Monde, Steamboat Natchez Cruise, Court of Two Sisters Dinner, New Orleans City Tour, Longue Vue Gardens and House, Dinner at the New Orleans School of Cooking, Natchez area tour, 2 Antebellum Mansion visits, Baton Rouge, Bayou Cruise & Vermillionville, Jean Lafitte Cultural Center and Pont Breaux's Farewell Dinner. Trip includes roundtrip Amtrak Train from Chicago with optional upgrade to Roomette, 10 meals, motorcoach transportation, professional tour guide, sightseeing per itinerary, baggage handling, transportation to Chicago (Janesville VanGalder bus) and Hotel transfers. The detailed itinerary will be online at [www.whitewater-wi.gov](http://www.whitewater-wi.gov) by July 10.

Tour Rate: \$1799 per person Double, \$650 single supplement

Deposit: \$200 per person

SAVE: \$50 if you deposit by August 31, 2012

**Trip Preview will be on Thursday, September 13 at 5:00 pm.**

Premier World Discovery



## DOOR COUNTY

**September 3-5, 2012**

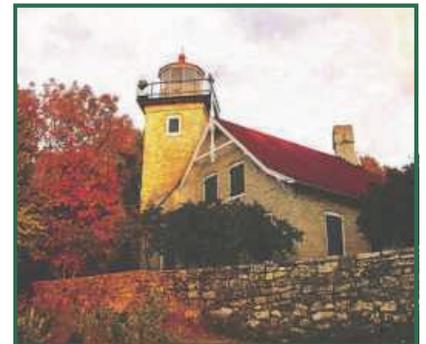
Travel to scenic Door County where we will begin our two-night stay at Homestead Suites in beautiful Fish Creek at the entrance of Peninsula State Park. A Trolley will take us through the limestone bluffs, a tour of the Cana Island Lighthouse, and a stop at the Orchard Country Winery and Market. Tickle your funny bone at “Cheeseheads the Musical.” Also enjoy a Fish Boil, a Glass Blowing Demonstration, and a beautiful ride on the Door County Fireboat.

Price: \$345 per person dbl, \$468 single

Checks made out to: The Gathering Place

Payment due within one week of signup

**Only a couple of seats left. Call 608-868-3500 to register for the trip.**



## SHARE YOUR TIME AND TALENTS



### Pickle Ball

There is interest in the community for this fun game, appropriate for all ages. Volunteers are needed to help this become a reality. Funds are available for equipment, we need space and

people willing to help set-up instruction and playing times. If you are interested in getting Pickle Ball started in Whitewater, please contact Deb.

### Receptionists



Do you enjoy meeting new people and helping others? This job is for you! Greet people, answer phones, register people and collect fees, give assistance as needed. Can also assist with program setup and beverage preparation. Wednesday mornings and Monday afternoons are needed, as well as fill-in. Help out once a week or twice a month. We try to be flexible with your schedule.

### Parade Pole Walkers

We are looking for a group to walk in the parade on the 4<sup>th</sup> of July. It's a fun way to promote a healthy lifestyle and show the senior center is a fun place to be. An option would be to learn a short 30-40 second simple dance (think Broadway) to do a few times on the route, let Deb know and practice dates will be set up. The dance is optional and up to the group. We will decorate the poles July 2 or 3 with red, white and blue ribbons.

## 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.

## TENNIS

Interested in a recreational tennis group? Contact Pat Jacobson, 262-473-2511, for more information on the group.



## SERVICES AT A GLANCE



### Foot Clinic:

The date and time for July has been changed.

**Monday, July 9, at 11:00 am;** Please bring a

towel. No appointment is necessary. Cost is \$12.00.

Please stop at the front desk to pay and to sign in for the service.

### Therapeutic Massage—

**Monday, July 9, 1:00 pm.**

Half-hour massages for \$25. Appointments must be made in advance.

### Blood Pressure Screening—

**Tuesday, July 10, 11:00 am**

Provided free by Our House

**Tuesday, July 24, 11:00 am.**

Provided free by Country Nurses.

### Other Services:

- Free computer/internet access
- A document shredder is available, please call in advance.
- There are books, magazines, and puzzles available to borrow FREE from our library.
- Newcomer tours are offered by appointment.

## SPECIAL OFFICE HOURS IN JULY

**July 4: Office Closed**

**July 12: 8:30 am—12:30 pm**

## TYPO, HUMAN ERROR, WE GOOFED....!?

Occasionally there may be an error in days, times, registration requirements, or fees in the newsletter. When such errors occur, we will do everything possible to correct the situation promptly. We thank you for your patience and understanding when these situations arise.

# Activity Calendar

## July 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<b>2</b> 8:30 Golf (OR) 9:30 Stretch & Flex 10:30 Book Club 1:00 Bid Euchre 1:30 Canasta 1:30 Tai Chi (MG)	<b>3</b> 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 1:00 Sheepshead	<b>4</b> <b>Closed</b> <b>4th of July</b> 	<b>5</b> 9:30 Stretch & Flex 11:00 Wii Bowling 1:00 Watercolor	<b>6</b> Nutrition Site at Brookdale
<b>9</b> 8:30 Golf (OR) 9:30 Computer Tutor 9:30 Stretch & Flex <b>11:00 Foot Clinic</b> 1:00 Bid Euchre 1:00 Massage Therapy 1:30 Tai Chi (MG)	<b>10</b> 8:15 Tai Chi 9:30 Computer Tutor 10:00 Our House Senior Living Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie "We Bought a Zoo" 1:00 Sheepshead	<b>11 PICNIC</b> 9:00 Pole Walking <b>10:45 Picnic Games</b> 12:30 Janesville Shopping 12:45 Zumba Gold (A) 1:00 Chess	<b>12</b> <b>7:30 North Shore trip departs</b> 10:30 Lunch Bunch 11:00 Wii Bowling 1:00 Watercolor <b>Office 8:30—12:30</b>	<b>13</b> Nutrition Site at Brookdale
<b>16</b> 8:30 Golf (OR) 9:30 Stretch & Flex <b>1:00 Falconry in the Middle East</b> 1:00 Bid Euchre 1:30 Canasta 1:30 Tai Chi (MG)	<b>17 POPSICLES</b> 8:15 Tai Chi <b>10:00 Pole Walking Instruction</b> 12:30 Our House Senior Living <b>Movie Matinee</b> "The Day the Earth Stood Still" 1:00 Sheepshead	<b>18</b> 9:00 Pole Walking 9:30 Computer Tutor 12:45 Zumba Gold (A) 1:00 Chess 1:00 Ladies Poker <b>Brewers payment due</b>	<b>19</b> 9:30 Stretch & Flex 9:30 Computer Tutor 11:00 Wii Bowling 1:00 Watercolor 7:00 Concert (L)-Fort Community Band	<b>20</b> <b>21 8:00 am Madison Farmer's Market Departs.</b>
<b>23</b> 8:30 Golf (OR) 9:30 Stretch & Flex 1:00 Bid Euchre 1:30 Tai Chi (MG)	<b>24</b> 8:15 Tai Chi 10:00 City Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie "The Way" 1:00 Sheepshead	<b>25</b> <b>9:00—11:00 Paddle Boats</b> 12:45 Zumba Gold (A) 1:00 Chess	<b>26</b> 9:30 Stretch & Flex <b>9:45 Berres/Bees trip departs</b> 11:00 Wii Bowling 1:00 Watercolor <b>Racine Trip payment due</b>	<b>27</b> Nutrition Site at Brookdale <b>28 Whitewater Chamber Maxwell Street Days</b>
<b>30</b> 8:30 Golf (OR) 9:30 Stretch & Flex 1:00 Bid Euchre 1:30 Canasta 1:30 Tai Chi (MG)	<b>31</b> 8:15 Tai Chi <b>10:30 Olympic Games &amp; Celebration</b> 12:30 Our House Senior Living Movie "Joyful Noise" 1:00 Sheepshead	<b>1</b> 9:00 Pole Walking 12:30 Janesville Shopping 12:45 Zumba Gold (A) 1:00 Chess	<b>2</b> 9:30 Stretch & Flex 11:00 Wii Bowling <b>7:00 Concert—Bel Cats—Sponsored by Seniors in the Park</b>	Activities take place at the Starin Park Community Building unless otherwise noted. (A)= Downtown Armory (L)= Cravath Lakefront (OR)= Oak Ridge Golf Course, Milton (MG)= Mulberry Glen

# Walworth County Nutrition Menu

## July 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p><b>2</b> Chicken ala Orange Vegetable Rice Pilaf Chick Pea Salad Whole Wheat Roll Hot Peach Crumble</p>	<p><b>3</b> Meatloaf and Gravy Mashed Potatoes Harvard Beets Marble Rye Bread Applesauce</p>	<p><b>4</b> Independence Day Senior Lunch Centers will be closed.</p>	<p><b>5</b> Beef Sandwich w/Gravy Red Potatoes, Peppers &amp; Onions Carrots Fruit Pie</p>	<p><b>6</b> Lasagna with Meat Sauce Squash and Lima Beans Spinach Garlic Bread Oatmeal Raisin Cookie</p>	
<p><b>9</b> Pork and Gravy Mashed Potatoes Chef's Vegetable Whole Wheat Bread Strawberry Yogurt</p>	<p><b>10</b> Spaghetti &amp; Meatballs With Marinara Sauce Capri Blend Vegetables Garlic Bread Chilled Pears</p>	<p><b>11 Picnic with Games</b> BLT Chicken Salad Salad Greens with Tomato Mandarin Orange Cup Ry Krisp Crackers Ambrosia Fruit Custard</p>	<p><b>12</b> Hamburger on a Wheat Hamburger Bun Baked Beans Mixed Vegetables Fruit Sunburst</p>	<p><b>13</b> Baked Chicken Thigh Sweet Potato Puffs Green Beans Whole Wheat Bread Fresh Melon</p>	
<p><b>16</b> Salisbury Steak Mashed Potatoes\Gravy Stewed Tomatoes Whole Wheat Bread Pineapple Tidbits</p>	<p><b>17 Popsicle Day</b> Fiesta Pasta Bake Corn, Black Beans, Brocc. Whole Orange Sundaes</p>	<p><b>18</b> Italian Sausage\Marinara on a Whole Wheat Bun Scalloped Potatoes Italian Mixed Vegetables Banana</p>	<p><b>19</b> Chicken Piccata Brown Rice &amp; Red Peppers Capri Blend Vegetables Carrot Raisin Salad Cake</p>	<p><b>15</b> Turkey Pasta Salad with Rigate, Lettuce\Tomato Tri-Bean Salad Whole Wheat Bread Mandarin Oranges</p>	
<p><b>23</b> BBQ Riblet on Wheat Bun Baked Potato Parslied Califlower Mixed Fruit</p>	<p><b>24</b> Pasta Fagioli Soup Brussels Sprouts Mixed Salad Greens Wheat Soft Pretzel Stick Cantaloupe</p>	<p><b>25</b> Open Faced Hot Turkey Sandwich Baked Sweet Potatoes Broccoli Chilled Peaches</p>	<p><b>26</b> Supreme Tuna Salad Mixed Salad Greens American Potato Salad Multi-Grain Bread Chilled Apricots</p>	<p><b>27</b> Chicken Cacciatore Potatoes O'Brien Oregon Bean Medley Whole Wheat Bread Pineapple Tidbits</p>	
<p><b>30</b> Kielbasa Scalloped Potatoes California Blend Vegies Rye Bread Rosy Applesauce</p>	<p><b>31 Olympic Games</b> Chicken Salad Romaine Lettuce Herbed Tomato Wedges Multi-Grain Bread Chilled Pears</p>				<p>Persons 60 &amp; over &amp; spouse are eligible. Suggested donation is \$2.50. To reserve a meal call 473-0536, 9:30 to noon, the day prior. Cancel meal day of by 8:00 am call 1-800-365-1587 ext 3333.</p>

## THANK YOU TO . . .

- **Dan Sable** for heading up the pole walking group.
- **Barb and Chuck Taylor** for being interviewed on the Park Bench and offering to lead the Bike Ride on Senior Health and Fitness Day
- Receptionists: **Patti Grosskreutz, Rose Ellestad and Marion Malo** and Intern **Nicole** for keeping the Community Building and programs going, while I was on vacation
- Van drivers **Jerry Nell and Dean Zweifel** for getting our passengers to and from a variety of destinations safely and with courtesy.

## 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.

**FIND THE PARK BENCH NEWSLETTER & OUR ADVERTISERS ON SEEKANDFIND.COM**

## GET OUT OF THE KITCHEN!

Here is an opportunity to get out of a hot kitchen, enjoy our air conditioning, have no dirty dishes to do, and participate in stimulating conversation. What's holding you back?

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, ext. 3333 and leave your name, phone, and the meal site you would like to attend.

The Nutrition Program will be at Brookdale on the first, second, and fourth Fridays of every month, July 6, 13, and 27.

## HAPPY JUNE BIRTHDAYS TO:

5	Robert Anstry	24	Terry Williams
9	Mary Lou Rossini	27	Harold Holst
16	Henry Malo	27	Bryon Larson
24	Eric Zipp	31	Eleanor Reeb



*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!*

## FARMER'S MARKET PROGRAM

The Senior Farmer's Market Program is offered to qualified seniors in Walworth County. The program provides \$25.00, per household, in vouchers to be used at approved Farmer's Markets throughout the county for fresh fruits and vegetables this summer. Must be 60+, and house income limits are single person: \$20,665/year or \$1723 monthly or couple \$27,991.00/year or \$2,333.00/month. Vouchers must be picked up in person and are on a first-come, first-serve basis at Blackhawk Apartments on Tuesday June 26, 1:00—2:00 pm and Brookdale, Wednesday June 27, 1:00—2:00 . For more information call 262-741-3157

## GREAT WEBSITES TO VISIT

If you are choosy about the websites you visit and the e-newsletters you receive, these are two of the best. National Council on Aging: [www.ncoa.org](http://www.ncoa.org) and the National Institute on Health: <http://nihseniorhealth.gov>. Both sites will send out informational newsletters and have a wealth of good, reliable information on their sites.



Pack your Bags and head to...

*Mulberry Glen*  
Senior Living Community

Discover care free retirement living at Mulberry Glen, where it's not just your apartment, it's your home!

We proudly offer:

- 1 & 2 Bedroom apartment styles
- Heat & water included
- No endowment fees
- On-site amenities & services
- Activities & social gatherings
- Amazing move-in specials!

Don't wait! Call today!

262-473-4515

1255 West Main Street • Whitewater  
www.CapriCommunities.com

Stop by for your personal tour!

**McCullough's**

**PRESCRIPTIONS**

**GIFTS**

1173 W. Main Street

473-5065

**The Heartwarming House**  
Senior Assisted Living

A Home Away From Home providing a caring environment for seniors.

Private Rooms  
Home Cooked Meals  
Activities - Housekeeping  
Laundry - Salon  
Medication Management

**Douglas Hearn, Administrator**

238 E Madison Ave  
Milton, WI 53563  
608-868-3040  
www.theheartwarminghouse.com

**CREATIVE BALANCE**  
massage & wellness

821 E. Milwaukee Street

Whitewater

414-750-4321

www.creative-balance.com

Daniels  
**Sentry**  
FOODS®

1260 West Main

472-9455

**B I F**  
Building Interior Finish  
Contracting Inc.  
Whitewater Wisconsin  
*Bill Kuilans*  
Specializing in...  
• Remodeling  
• Additions  
Serving the Whitewater Area for 30 Years!  
608.289.7311

**GREEN CARE LAWN SERVICES**

- LAWN MAINTENANCE
- TREE REMOVAL
- BRUSH REMOVAL
- LANDSCAPING

920-723-1746

**CEDAR CREST**

Rock County's only continuing care community

- ◆ Town Homes
- ◆ Independent Apartments
- ◆ Assisted Living
- ◆ Memory Care
- ◆ Health Care Center

For more information and a private tour, call (608) 373-6304.

Cedar Crest

1702 S. River Rd., Janesville  
www.cedarcrestnet.com

**Nitardy Funeral Homes, Inc.**

DAVID R. NITARDY  
GARY D. WILKE

550 N. Newcomb St.  
Whitewater, WI 53190  
(262) 472-9118  
www.nitardyfuneralhome.com  
Meaningful, Appropriate & Affordable

Start YOUR Success Story for \$10

Come find out what success looks like on you.

www.curves.com

**Curves**  
262-472-9920  
625 S. Janesville St.  
Whitewater

**FIRST CITIZENS STATE BANK**

MEMBER FDIC

- Safety & Soundness
- \$250,000 FDIC Coverage
- Rated A & Excellent by WeissRatings.com

207 W. Main Street • Whitewater, WI 53190 (262) 473-2112

West Office  
1058 W. Main Street • Whitewater, WI 53190 (262) 473-3666

East Troy Office  
2546 E. Main Street • East Troy, WI 53120 (262) 642-2530

Whitewater Office Lake Office  
Hwy F & Kettle Moraine Dr. • Whitewater, WI 53190 (262) 473-6600

**Save big on your prescription drugs.**

A USFDA Affordable Prescription Medicine.

**Call Now 866-642-2461**

Low Cost Providers, Inc.

Plavix 75mg  
120 tabs \$165.00

Lipitor 10mg  
120 tabs \$125.28

**WE HAVE OVER 3,000 MEDS AVAILABLE**

ALLOW 3-4 WEEKS FOR DELIVERY (\$15.00)

Just mention this code 5104 and your first month of meds is FREE!

**Residents and their families choose the Fairhaven Lifestyle**

**We offer: Convenience, Safety, Security, Peace of Mind**

Programs and Services that enhance your lifestyle

- Apartments
- Supportive Services
- Assisted Living
- Memory Care
- Nursing and Rehab

www.fairhaven.org

435 W Starin Rd, Whitewater, WI  
Located across the street from the Seniors in the Park

Call toll free for a tour and more information 262-473-2140

**Fairhaven Senior Services**

**JIM'S SHARPENING & LOCKSMITH SHOP**

"We may doze, but we never close"

24 Hour Service  
Auto • Commercial • Residential  
Windows & Screens

jimssharpendingandlocksmithshop.adminipilot.net

563-2700

**Low income senior housing 55 or over 1 bedroom apartments**

Give us a call at 473-2229

We have immediate openings.

**BROOKDALE MANOR**

1061 Blackhawk Dr.  
Whitewater, WI 53190

**IHOP RESTAURANT**

Breakfast, Lunch & Dinner

3000 Deefield Drive  
Janesville, WI 53546  
(608) 756-1175

20% off Breakfast, Lunch or Dinner. Valid Anytime.

**DALE'S BOOTERY**

FULLY ACCREDITED PEDORTHIC FACILITY

- SHOE REPAIR & MODIFICATIONS
- WE ACCEPT MEDICARE
- DIABETIC FOOTWEAR & SOCKS

155 W. Main Street • Whitewater  
(262) 473-4093

We Care About Your Feet!

Empty space for advertisement.

Empty space for advertisement.

## "GET WILD" ATTRACTION TICKETS

Tickets to these attractions are available for purchase at the Municipal Center, 1st floor, Finance window, between 8:00 am-4:30 pm, Monday through Friday. Tickets will be available May 28-August 31. Payment can be made by credit card, cash or check.

### Milwaukee County Zoo

Adult Gate: \$14.25

Our Price: \$10.25

Child (ages 3-12) Gate: \$11.25

Our Price \$8.25

Children 2 and under Free

### Mt. Olympus (Wisconsin Dells)

All Day Pass Gate: \$39.99

Our Price \$29.00

Children 2 and under Free

### Noah's Ark (Wisconsin Dells)

All Day Pass Gate: \$39.39

Our price: \$30.00

Children 2 and under Free

### Six Flags Great America & Hurricane Harbor

Any Day Gate: \$61.79

Our price: \$38.00

### WPRC Week (July 7-15)

Gate: \$61.79

Our Price: \$30.00

Children 2 and under Free

## PARK BENCH TV SHOW

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

Support Our Featured Advertiser!



## "GET WILD" WITH CONCERTS IN THE PARK AND FAMILY FUN NIGHTS

### Free at Cravath Lakefront Park

#### July 12—"The Big Bounce" and Big Rig Gig; 5:30pm—7:00pm:

Bouncy Houses, Snowplows, loaders, semi's, skid steers, tractors, and fire trucks at the park for all to explore.

**July 19—The Fort Atkinson Community Band:** A volunteer group of about 45 musicians, made up of adults, along with some high school and college students.

#### August 2—The Bel-Cats: Sponsored by Seniors In The Park

Classic hits of the 50's, 60's & 70's from Patsy Cline to Cat Stevens and everything in between.

**August 9—David Stokes:** Through the use of songs, stories, movement, riddles, audio/visual, and hands-on materials, students are actively engaged in learning.

**August 16—Piper Road Spring Band: Come help us celebrate Fairhaven's 50th Anniversary.** The band was born into the age of rock & roll with individual backgrounds, diverse as classical, cowboy, folk, blues, and Dixieland.

## "GET WILD" WITH CRAVATH LAKE PADDLEBOATS & CONCESSIONS

### Through August 19

The Cravath Lakefront will be a destination this summer you will not want to miss. Paddleboats, kayaks, and fishing poles will all be available to rent, along with a concession stand that will offer something for all. Rental fee for kayaks and/or paddleboats is \$3.00 for 30 minutes or \$5.00 for 60 minutes.

**Hours:** Wednesdays 3 pm-7 pm

Thursdays 3pm-9pm

Saturdays & Sundays 2pm-6 pm

### ADVERTISER OF THE MONTH

## DALE'S BOOTERY

262-473-4093

We carry Keens, Merrill, New Balance, Red Wing, SAS, Hush Puppies, Smart Wool Socks, and AmeriBag Purses.

- Fully Accredited Pedorthic Facility
- Shoe Repair and Modifications
  - We accept Medicare
- Diabetic Footwear and Socks

## UW-W THEATRE/DANCE DEPARTMENT SUMMEROUND SEASON

---

### *Almost, Maine*

June 26 – 30 at 7:30 p.m.

Hicklin Studio Theatre, UW-W Center of the Arts

Take a journey to the mythical Almost, Maine where love is desired, found, and lost. Come and experience the whimsy that surrounds these eight tales and recapture the innocence in your heart.

### *I Love You, You're Perfect, Now Change*

July 17 – 21 at 7:30 p.m.

July 22 at 2:00 p.m.

Hicklin Studio Theatre, UW-W Center of the Arts

Whether you are single, married, dating, divorced or just crushing on someone – this is the show for you. Follow the riotous journey of three couples as they maneuver through that tricky thing called relationship.

To order Tickets:

Monday – Friday 9:30 a.m. to 4:00 p.m. by phone: 262-472-2222 or

In person at the Greenhill Center Box Office Or 24 hours/day online:  
tickets.uww.edu

## SAVORY SOUNDS SERIES

---

### Cultural Arts Center Lawn (Flat Iron Park)

The Whitewater Arts Alliance will be presenting a *Savory Sounds Series* at the Birge Fountain in front of the Cultural Arts Center, 402 West Main Street from 11:30 am—12:45 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 the community.”

**June 28**—Steve Meisner and Friends—  
Polka Favorites

**July 12** - Dirty Bucket Band—Blue  
Grass

**July 19** - University of Wisconsin-Whitewater Faculty  
Brass Quintet

**July 26**  
Jay Craggs and Friends—Jazz



## PARK BENCH CONTEST

We want photos of your favorite park bench during all four seasons. Send your photo to [dweberpal@whitewater-wi.gov](mailto:dweberpal@whitewater-wi.gov) and it may end up on our cover. If your photo is chosen, you will receive a gift card and be recognized in our newsletter. Please send high quality, clear photos. Questions, call 262-473-0535 or email Deb (above).

## STUDIO 84 EXHIBIT AND ART IN MOTION FUNDRAISER

July 3-26 Exhibit:

Manicles of Memories: Art and Poetry from the Iraqi War  
Feature Artist: Andre Ferrella  
Reception: Saturday, July 7,  
6-8 p.m.

July 22: Art in Motion Third Annual  
Ride/Run/Walk for the Arts Fun'd  
Raiser

Sunday, July 22 1-4 p.m.  
Registration forms online at  
[www.studio84inc.org](http://www.studio84inc.org)



## MAXWELL STREET DAY Saturday, July 28

The Whitewater Area Chamber of Commerce will hold it's annual Maxwell Street Day on Saturday, July 28. There will also be a **Brat & A Buck Sale** on Friday, July 27. For \$2 you get a Brat and \$1 Chamber cheque to spend at Maxwell Street Day.

## GREAT CARDS, LOW PRICES!

We have Wedding and Anniversary, including 25th & 50th cards. We also have a great selection of everyday and other special greeting cards. Most are priced from 85 cents to \$1.25. Stop in and check out our selection.

## WISCONSIN STATE FAIR

Friday, August 3

Enjoy "Discover Wisconsin" 25th Anniversary Day at the Fair. Join Discover Wisconsin as it celebrates 25 years as the nation's longest-running tourism show! Stop by Central Park for activities, prizes and free food and meet host Emmy Fink. You can savor the best cream puffs in the world, be dazzled by the myriad of shows including 4-H Singers and the Kids From Wisconsin, check out the cooking contests, Brew City Wrestling (fee), Alice in Dairyland, the farm animal exhibits or wander the marketplace. There are places to sit in the shade or inside.

Cost: \$21.00 includes park entrance fee, parking, and van transportation

Reservation/payment due July 13

Depart: 9:00 am

Return: 5:30 pm

## LUNCH BUNCH

Thursday, July 12

Enjoy dining at The Pine Cone in Johnson Creek. Sign up early as we had a full van last month!

RSVP by Tuesday, July 10

Trip departs at 10:30 am

On August 9, we will be traveling to The Station in Oconomowoc.

## 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. Participants are encouraged to keep their list of medications in their purse or wallet.

## NORTH SHORE IN BLOOM

Thursday, July 12

Learn the unique history of several North Shore Villages, and hear tales of the Native American Tribes that were its first inhabitants. Tour the breathtaking Bahai Temple and its exquisite gardens. Meet the owner of a grand private estate garden and hear the amazing story of the 1902 "birth" of the garden, patterned after the palatial gardens of Spain. After an included lunch, visit the home and gardens of My Kind of Town Tour owner, Marsha Goldstein. She will give a personal tour of her garden and talk about the enormous pieces of sculpture. Enter her home and have a tour of her personal art and sculpture collection. Enjoy light refreshments served by Marsha.

Fee: \$81.00

Reservation/payment due: Thursday, July 3.

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

Return (approx): Starin Park 5:30 pm; Fort K-Mart 6:00 pm



## RACINE - DANISH KRINGLE TO MODERN ARCHITECTURE

Thursday, August 30

Start the morning at **Larson's Bakery** with a bakery tour and short demonstration on how kringle is made. They will also have free samples of kringle and coffee. View the Danish custom of suspending a model replica Danish ship from the ceiling at the **Gethsemane Lutheran Church** along with its history and seeing the beautiful stain-glassed windows. Enjoy a delicious lunch (included) in Taylor Hall, among the Gothic-style buildings of the **Dekoven Center**, which originally housed Racine College, founded in 1852. Tour the campus including St. John's Chapel and Taylor Hall, as well as walking the beautiful grounds. A testament to SC Johnson's rich history, **Fortaleza Hall** honors the spirit of adventure and highlights the landmark expeditions to Brazil by the late fourth generation leader Sam Johnson and his father, H.F. Johnson, Jr. Also view the Frank Lloyd Wright Library and Legacy gallery; The Commons, a new exhibit highlighting Wright's influence on the American home, featuring works from his archives, and the famous Frank Lloyd Wright built **SC Johnson Administration Building**.

Cost: \$44.00

Registration/payment due by July 27

Depart: Fort K-Mart 7:30 am; Starin Park 8:00 am

Return (approx): Starin Park 5:30 pm; Fort K-Mart 6:00 pm



## BERRES AND BEES

Thursday, July 26



Start the day at Honey Acres. View a short video, visit the Honey Museum, and sample several different kinds of honey. Next it's off to Berres Brothers. Tour their factory and find out just what goes into making terrific coffee.

Lunch will be on your own following the tour in their café. After lunch, tour the historic Octagon

House in Watertown with a docent. The tour lasts an hour and there are stairs. Round out the afternoon with a stop at Kraemer Cheese.

Cost: \$15.00

Reservation/payment due by Wednesday, July 12

Depart: 9:45 am **Return: 4:30 pm (approx.)**



## TEN CHIMNEYS

Tuesday, September 18

With no ropes and nothing under glass, Ten Chimneys treats you to a guided, walking tour of a home replete with original furnishings and overflowing with the romance of the 1930s and '40s. The décor at Ten Chimneys mirrors the lives and experiences of the Lunts, with mementos from international trips, remembrances from treasured friends, pervading theatrical techniques, and countless personal references. As guests journey through the estate, they are surrounded, and often inspired, by Lynn and Alfred's creativity, passion, and humor. There will be stairs and a lot of walking on this trip

Cost: \$29.00 (includes full estate tour and transportation)

Minimum: 8 people

Payment is due with reservation (Date is not guaranteed until 8 people are signed up and paid, as payment is due to Ten Chimneys with the reservation.) Time TBA

## MILWAUKEE BREWERS

Wednesday, August 8

It's Senior Day! Enjoy a 1:10 ball game against the Cincinnati Reds. Trip includes transportation and ticket to the game. Seats are on the first base side in Section 108, Field Outfield box (shade). You may bring small purses/bags/soft sided coolers no larger than 16" x 16" x 8" and sealed (new) plastic bottles of water/soda, and other food items in see-through, soft containers (ziplock bags). Tickets are for seniors, only.

Cost: \$41.00

Reservation/payment due by Wednesday, July 18

Depart: 10:30 am **Return: 6:30 pm (dependent on game time/traffic)**

## MADISON FARMER'S MARKET

Saturday, July 21

Saturday, August 18

Saturday, September 15

Spend the morning at the Madison Farmer's Market. Savor fresh fruits and vegetables, bakery, crafts, and more. Just walking around is an event unto itself! Walk through the State Capitol, explore State Street, visit the Madison Veteran's Museum, or sit in a coffee shop and watch the world go by. Unique stores line the square and State Street. Enjoy a great day in Madison. Lunch is on your own. Bring your own cooler.

Cost \$8.00

Minimum 7 people

Depart: 8:00 am **Return 2:00 pm**

Deadlines: July 12, August 9, or September 6

## JANESVILLE SHOPPING

Wednesday, July 11, 12:30 pm

Get picked up at your home and shop in Janesville. Participants decide where to shop, but the usual stops are the Mall and Aldi's.

Pickups begin at 12:30 pm.

Cost: \$5.00

RSVP by Monday, July 9

## FIRESIDE 2012

Wednesday Sept. 19—Hello Dolly,  
RSVP/Payment deadline Aug. 9

Wednesday, Dec. 19—Scrooge, The Musical

RSVP/Payment deadline Nov. 2

Cost: \$66.00:

Payable to: The Fort Atkinson Senior Ctr. Transportation is on your own. Arrive at 10:30 am. Lunch is at 11:15 and Show at 1:30.

# 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

Hours ... Mon-Thurs, 9:00 am-4:00 pm

### Senior Coordinator

Deb Weberpal, CPRP

dweberpal@whitewater-wi.gov

### Volunteer Editor

Romelle Koch

### Director

Matt Amundson, CPRP

### Recreation & Community Events Coordinator

Michelle Dujardin

*For General City information see  
the city website at*

*[www.whitewater-wi.gov](http://www.whitewater-wi.gov). Seniors in  
the Park is a division of Whitewater  
Parks and Recreation*

## 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, in the drop down box click Seniors in the Park. You can also go to [www.whitewaterbanner.com](http://www.whitewaterbanner.com) and look for the link in the left column or [www.seekandfind.com](http://www.seekandfind.com). Put in our zipcode at the top of the page to find the newsletter. Our advertisers are listed here, too. Please support them.

The newsletter is available for pick up at the Starin Park Community Building, Municipal Building, the Whitewater Aquatic and Fitness Center, the Irvin L. Young Memorial Library and various businesses in Whitewater.

Name \_\_\_\_\_

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

Address \_\_\_\_\_

\_\_\_\_\_