



The Park Bench

Seniors in the Park Newsletter
April 2012 Volume XII Issue 4

Seniors in the Park promotes and enhances a vital aging community

EASTER BUNNY LUNCH

Saturday, April 7, 11:00 am to 12:30 pm

Enjoy a Hot Dog Luncheon with dessert in conjunction with the Whitewater Optimist Easter Egg Hunt which also begins at 11:00 in Starin Park. Kids can frost and decorate their own cupcakes, and the Easter Bunny will be available for pictures after the hunt, which begins at 11:00 am in Starin Park.

Cost is \$2.50 for a one hotdog lunch or \$3.00 for a two-hot dog lunch. Stop in and enjoy lunch while supporting Seniors in the Park.

Volunteers & donations are needed see page 6.



WHAT'S INSIDE

Pages 1-5
Classes and Activities

Page 6
Opportunities, FYI & Thank you

Page 7-9
Extended, Coach & Van Trips

Page 10
Nutrition Site, FYI

Page 11
Community Events & FYI

Page 12-13
Calendars

Page 14
Newsletter Subscription, Address/Phone



VOLUNTEER APPRECIATION

Thursday, April 26 1:00 pm

Volunteers and Charlie Chaplin have a lot in common. They can be the strong and silent type, accomplishing their jobs without a fuss. They can also be whimsical, funny, and charming while accomplishing their tasks. You all bring that special "something" to Seniors in the Park, just like Chaplin did to the silver screen. In honor of all that you do for us we will be having a pizza luncheon at 1:00 with a real cinematic treat at 2:00. On the big screen, watch the little tramp outsmart the villain to win the beautiful girl as Yuri Rashkin slides his fingers across the piano's keyboard in a rush of familiar songs, such as "On Wisconsin," "Mack the Knife," and "Misty". Rashkin provides a whole new interpretation of three classic Chaplin films: "Easy Street," "The Immigrant" and "The Adventurer," all made in 1917. He might slip into strains from "The Titanic" during scenes of Chaplin aboard an immigrant ship. Or he might pound out a few chords of Pink Floyd's "Money," when the little tramp can't find his wallet. Rashkin estimates that he plays a couple dozen familiar songs during the hour-long performance. The rest is improvisation.

All volunteers are invited to this free event. Guests are \$5.00.

Please RSVP by Thursday April 19

SENIORS IN THE PARK GOLF LEAGUE

Mondays, 8:30 am

The organizational meeting for the Seniors in the Park golf league will be held at the Oak Ridge Golf Course on Bowers Lake Road in Milton on Monday April 9 at 8:30 am. Golf will follow, weather permitting. There is a membership fee of \$5.00 and golfers must be 60 years old as of April 9 or spouse must be 60. Flag prizes are awarded weekly, and there is a luncheon to conclude the season. For more information, contact Don Roberts, 608-868-7054; Vicki Flitsch, 608-884-3586; or Bill Holcomb, 262-495-2273.



SUPER FOODS

Monday, April 16, 1:00 pm
Super foods are nutrient dense and can significantly improve your health if eaten regularly. Learn what makes

foods “super” and how you can easily incorporate them in your diet.

Presenter: Stephanie Nischik, RD, CD, Fort Health Care

RSVP by Tuesday April 10



SILK SCARF DYEING

Tuesday, April 17
9 am—12:30 pm

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

Instructor is Jeanine Holzman

Cost: \$35.00

RSVP/Payment due by April 3

Minimum: 4 Maximum: 10

GADGET GURUS

UW-W students will be available during the spring semester to assist you with any of your “gadgets” be it computers, cell/smart phones, cameras or tablets. Computer tutoring is also available. Call to reserve a day and time. Let us know what you need help with and the brand/model of your gadget when you call.

Monday, April 9 or 30 1:00 or 2:00

Wednesday, April 11 or April 18 10:00 or 11:00

Monday, April 16 or April 23 5:30 or 6:30 or 7:30

Cost \$5.00

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

CONTAINER GARDENS

April 23, 2012--1:00pm

If you have a little sun and anything that will hold soil, you can

be a container gardener!! There are many plants that grow very well in containers. During this class we will look at the herbs and vegetables that are easy to grow and will provide you a fresh harvest to use in your next meal!

Instructor: Chrissy Regester, Horticulture Educator, UW-Extension

Please register for the class by Monday April 16



POLE DANCING

Wednesdays, April 18-May 16
9:00 am

Yes, pole dancing, but not “that” kind of pole. Strut your stuff and have fun dancing with walking poles. Learn a warm up to use with poles and then a short dance. Get information on Pole Walking classes offered through Whitewater Parks and Recreation. Group may want to go for a walk after this invigorating warm-up.

Instructor: Deb Weberpal, CPRP, Certified Pole Walking and Group Fitness Instructor.

Fee: \$10.00 (No Class May 2)

RSVP/payment deadline: April 11

FAMILY & FRIENDS CPR

Wednesday April 25
1:00-3:30 pm

Do you know what to do in an emergency? Learn and practice one, two or all three: adult, child and infant CPR, and automatic external defibrillation (AED) from an American Heart Association certified instructor. This is not a certifying course. There is no test, and no card is issued. **Seniors in the Park volunteers** are encouraged to become familiar with what to do in an emergency and can take the class free.

Fee: \$5.00 Free for SIP Volunteers

RSVP/payment deadline: April 17

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

CLUTTERBUGS

April 10, 10:30 am

Get handy ideas to de-clutter your home and your life. Bring your ideas and get new ones. April's topic will be de-cluttering your Laundry room and Coat & Linen Closets.

RSVP by Thursday, April 5.



ZUMBA GOLD®

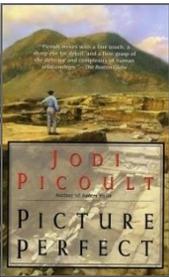
Wednesdays, 12:45

Downtown Armory Dance Studio
146 W. North Street

Instructor: Lynette Brown
Fee: \$16 for April 4-25
\$20 for May 2-30

Pay in advance at the Starin Park Community Building. Checks to the City of Whitewater.

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



BOOK CLUB

Monday, April 2, 10:30 am

The Book Club will discuss *The Beach House* by Jane Green. The book for May is *Picture Perfect* by Jodi Picoult.

A woman suffering from amnesia is taken in by an officer new to the L.A. police force, after he finds her wandering aimlessly near a graveyard. Days later, when her husband comes to claim her at the police station, no one is more stunned than Cassie Barrett to learn that not only is she a renowned anthropologist, but she is married to Hollywood's leading man, Alex Rivers. As Alex helps Cassie become reaccustomed to her fairytale existence, fragments of memory return: the whirlwind romance, her major anthropological discovery, the trajectory of Alex's career. Yet as Cassie settles into life, uneasiness nags at her. She senses there is something troubling and wild that would alter the picture of her perfect marriage. When she finds a positive pregnancy test in her bathroom, she is flooded with dark memories. Trying to piece together her past, she runs to the other person she trusts to keep her hidden--Will Flying Horse, the policeman who had initially harbored her.

TAX AND HEALTHCARE SCAMS

April 11, 1:00 PM

Learn some of the common tax scams from identity theft to preparer fraud issued from the IRS. There will also be information on how to protect yourself from, detect, and report Medicare errors, fraud and abuse.

Presenter: Judith Joslin-Crary, AARP Fraud Fighter

RSVP by Thursday, April 5.

COOKING FOR 1 OR 2

Thursday May 3, 1:00 pm

Tired of the same old evening meal? Looking for practical meals that do not feed a family of four? Join us for helpful hints and tips when cooking for a family of one or two. We will taste some recipes that can be created for low cost and less mess. Bring your questions and be prepared to leave with new ideas and recipes!

Presented by Jenny Wehmeier, Walworth Co. UW-Extension Family Living Educator

Cost: \$3.00

Registration is required by Thursday, April 26 to ensure samples for all.



WATERCOLOR - FOCUS ON FINISHING PAINTINGS

Thursdays, April 5 & 12; 1:00 – 4:00pm

Topics will focus on the evaluation of an unfinished painting and the options an artist can use to successfully finish a painting. Artists are encouraged to bring any paintings they have to work on including any subject matter. Composition will be discussed as well as a variety of techniques to finish a painting. Beginning, intermediate and advanced concepts will be covered. Attendees who do not have unfinished paintings are encouraged to start something new. Please bring personal references, photos or ideas.

Instructor: Karolyn Alexander-Tsharnack

Cost: \$20; paid to the instructor by cash/check.

Sign up by Monday, April 2

GAY AND GRAY

Monday, April 9, 6:30 pm

A short documentary will be shown with a discussion to follow. Watch the local papers or call closer to the date for title. This group is a forum for discussion and support.

ARTHRITIS FOUNDATION TAI CHI

Mondays, May 7-July 2, 1:30 pm



Tai Chi is an ancient practice proven to reduce pain and improve your mental and physical well-being. The Arthritis Foundation Tai Chi 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. The Tai Chi Program will help: Reduce Stress, Increase balance and flexibility, Feel relaxed, and Improve overall mind, body and spirit. Taught by an Arthritis Foundation certified instructor. No class May 28, June 18 & 25.

Where: Mulberry Glen, Community Room;
1255 W Main St

Cost: \$30.00

Registration/payment Deadline: Monday, April 30

Minimum: 6 people

TAI CHI IN THE PARK

Tuesdays, 8:15—9:15 am

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 permitting.

Session 1: May 8—June 12

Registration Deadline: May 1

Session 2: July 10-Aug 14

Registration Deadline: July 3

Cost: \$20.00 per session

Minimum: 5 people

NEW NEWSLETTER

Our new newsletter debuts in May which is also Older Americans Month. Watch for it and all the exciting activities!

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!



Instructor: Deb Weberpal
Day/Time: Wednesday May 16, 9:45 am
Day/Time: Wednesday May 30, 10:30 am
Day/Time: Monday June 11, 10:00 am
Day/Time: Tuesday June 12, 5:30 pm
Day/Time: Tuesday July 17, 10:00 am
Cost: \$10.00
Deadline: 3 days prior to class
Minimum: 4 people Max: 8 people

B.R.I.C.**(BRAZIL, RUSSIA, INDIA, CHINA)****FAIRHAVEN LECTURE SERIES**

Mondays, 3:00 pm at Fairhaven Fellowship Hall

The rapid advance of these four emerging economies is clearly transforming global trade and world power relations. Within a generation, they will eclipse the current richest countries and over two million BRIC will join the middle class. Examine how this will change our world.

Apr. 2—The Role of Oil in the Foreign Politics of the BRIC States

Anne Hamilton, Political Science

Apr. 9—China's Middle Class and the Challenges They Face

Xiaohong Zhang, Art

Apr. 16—How the Economic Boom in China Impacts Its Contemporary Art

Xiaohong Zhang, Art

Apr. 23—A New Country: Art and Music in Russia after Communism

Alena V. Holmes, Music

BINGO!

Tuesdays, 10:00 am

April 3: Culver's Bingo

April 10: Our House
Senior Living

April 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.

CONSIDER THE CONVERSATION

Wednesday, May 9, 1:00-3:00 pm

Motivated by their personal experiences with the loss of close family members, two long-time friends produced a powerful and inspiring documentary film that sheds light on the American struggle with communication and preparation at life's end. *Consider the Conversation* explores various end-of-life issues as seen through the eyes of patients, family members, doctors, nurses, social workers, clergy, and national experts from around the country. It is an award-winning, locally produced film that has been shown hundreds of times on PBS stations throughout the nation. Co-Producer Mike Bernhagen of Rainbow Hospice Care will introduce the film and lead a discussion afterward.

RSVP by Thursday May 3

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.

"Hugo"

Tuesday, April 10, 12:30—Rated: PG, 2 hr 6 min



The movie takes place in Paris in the 1930s. When wily and resourceful Hugo, an orphan, discovers a secret left by his father, he unlocks a mystery and embarks on a quest that will transform those around him and lead to a safe and loving place he can call home. This movie got 11 Oscar nominations.

"These Amazing Shadows"

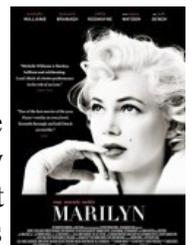
Wednesday, April 18, 12:30—Not Rated, 88 min

What do the films Casablanca, Blazing Saddles, and West Side Story have in common? Besides being popular, they have also been deemed "culturally, historically, or aesthetically significant," by the Library of Congress and listed on the National Film Registry. "These Amazing Shadows" tells the history and importance of The Registry, a roll call of American cinema treasures, that reflects the diversity of film, and indeed the American experience itself.

"My Week with Marilyn"

Tuesday, April 24, 12:30 pm—Rated: R, 1 hr 41 min

In 1956, on honeymoon with her husband, Arthur Miller, Monroe came to England to shoot "The Prince and the Showgirl," and 23-year-old Colin Clark, an aspiring filmmaker, worked as a lowly production hand on the set. Forty years later, he recounted his experiences of the six-month shoot in a memoir entitled, "The Prince, the Showgirl and Me," but one week in Clark's account was missing. It wasn't until years later that Clark revealed why. In a follow-up memoir entitled, "My Week with Marilyn," Rated R for brief partial nudity and minimal swearing.



THANK YOU TO



All our Fabulous Volunteers that work throughout the year leading classes, working fundraisers, assisting with administrative activities, and so much more!

Easter Bunny Donors/Volunteers—Thanks to everyone who worked at the lunch, helped prepare food or donated needed items.

Karolyn Alexander-Tsharnack and Happy Go Lucky Tours - Cash Donation

SERVICES AT A GLANCE

- **Foot Clinic—Tuesday, April 3, 12:00 noon.** 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 Table or Chair Massage by Angie—Monday, April 9, 1:00 pm.** Half-hour massages for \$25. Appointments must be made in advance.



- **Blood Pressure Screening—Tuesday, April 10, 11:00 am** Provided free by Our House

Tuesday, April 24, 11:00 am. Provided free by Country Nurses.

- 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.

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.

SHARE YOUR TIME & TALENTS

Easter Bunny Lunch—Saturday April 7

This event is a community service project in partnership with the Whitewater Optimist Club. Sign up to volunteer or donate at the reception desk or give us a call.

8:30-10:30 am: Setup and prep food—5 people

10:45 am-12:30 pm: Serve food —4 people

10:45 am-12:30 pm: Serve beverages and assist families—3 people

10:30 am-12:30 pm: Sell tickets—1 person

12:30-2:00 pm: Clean up—5 people

Donations Needed by Thursday, April 5:

- Hot Dog Buns
- Hot Dogs
- One batch of Cupcakes (24)
- Cans of frosting
- Liters of Soda
- Large cans of fruit
- Large boxes of Jello—same flavor
- Cash donations toward items not donated.



Wellfest Resource Table-Saturday April 14

at the Whitewater High School. Hand out material and talk about Seniors in the Park. 8:45–noon or 8:45–10:30 and 10:30–noon. Sign up at the registration desk.

Help us Distribute the new newsletter to businesses in Whitewater. There is a signup list on the reception desk or give us a call. Commit to a once a month delivery to one or more businesses.

Bike Ride Leaders:



Parks and Recreation and Seniors in the Park are looking for volunteers to lead bike rides. This is a chance to meet new people, discover new routes, and lead others. Contact Michelle Dujardin mdujardin@whitewater-wi.gov or 262-473-0121 or Deb Weberpal dweberpal@whitewater-wi.gov or 262-473-0535 with your interest and level.

DISCOVER CUBA PEOPLE TO PEOPLE TOUR

August 2-10, 2012

Trip Preview
Tuesday April 24
5:00 pm
RSVP by Thursday
April 19

Tour Cuba on a people-to-people tour. Highlights include: Unesco World heritage sites: Old Havana, Cienfuegos, Trinidad, & Sugar Mill Valley; Also: Cathedral de la Havana,

Museo Fine Arts, Pinar Del Rio Vinales, Prehistoric Painted Caves, Jagua Castle, Church of Trinidad, Partagas Cigar Factory, Bay of Pigs Museum, Hemingway's Farm and Cojimar Fishing Village. People to People Interactions include: La Marketa de Havana, Las Terrazas Cooperative Village, Salsa Dancing Lessons, Traditional Pottery Studio visit and class, Bay of Pigs Museum, Santeria Religious Center, Callejon de Hamel, Cuban Literacy Museum, and a Cuban School/Day Care. Includes: airfare, visa, 19 meals, tour guide and baggage handling and more.

Cost: \$3924 per person dbl Seats are on a first come, first serve basis and will go quickly.

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

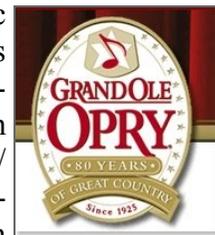
Payment due within one week of signup

There is no registration deadline. When seats are sold, trip is full! Get your reservation in early!

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

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. Call for detailed itinerary.

Registration/Deposit deadline is May 5.

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.



CHIP-IN CASINO

June 12-13

Trip includes:

- Motorcoach transportation
- One night accommodations

at Chip-In Island resort

- \$25 on your players card at Oneida plus 10% off your lunch.
- \$40 in free credits on your players card at Chip-In (\$20 each day)
- \$3.00 off dinner, \$2.00 off lunch, and free breakfast at Chip-In

Fee: \$72.00 pp/dbl; \$98.00 single; \$67.00 pp/triple

Checks made out to Fort Atkinson Senior Center

RSVP/payment due: Tuesday May 15

BRANSON ON THE ROAD

Tuesday April 24, 2012

American Serb Hall – Milwaukee

Branson On the Road brings great music, lots of laughs and fun for everyone! Enjoy this show as seen nationally on RFD TV. Before the show, enjoy a meal consisting of Chicken, Beef, Mashed Potatoes, Vegetables, Coffee, Soda, Tea, Bread & Butter, and Dessert.

Cost: \$55; includes transportation, meal and performance.

Departs only from Fort K-Mart at 10:00 am

Return approx. 4:30 pm

Deadline for reservation/payment: April 11



FIRESIDE 2012

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.

NORTH SHORE IN BLOOM

Thursday, July 12

Learn the unique history of several North Shore Villages from Evanston to Lake Forest and hear tales of the Native American Tribes that were its first inhabitants. Tour the breathtaking Bahai Temple and its exquisite gardens. Visit the magnificent Main Sanctuary and the surrounding spectacular gardens with seasonal floral displays. Meet the owner of a grand private estate garden. You will 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 house and have a tour of her personal art and sculpture collection. (Those of you on last year’s Chicago trip will remember Marsha from the Private Club art tour). Enjoy light refreshments served by Marsha.



Fee: \$81.00

Reservation/payment due: Thursday, June 7

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

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.

BIG CATS, CRANES & TRAINS

Coming in August!

STARVED ROCK OVERNIGHT TRIP

September or October

LUNCH BUNCH

Thursday, April 12

Eat lunch at the Upper Crust in Watertown.

Departure: 10:30 am.

Cost: \$5.00 RSVP by Tuesday, April 10

In May, plan to join us at the Egg Harbor in Lake Geneva.

JANESVILLE SHOPPING

Wednesday, April 4, 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, April 2.

VETERAN'S MUSEUM AND STATE CAPITOL TOURS

Thursday, June 14



The Wisconsin Veterans Museum is dedicated to the citizen-soldiers of our state. Employing exhibits, displays, and presentations, the museum's main galleries tell the story of Wisconsin men and

women who served in America's conflicts from the Civil War to the Persian Gulf War. Have a guided tour of the museum and have time to visit the gift shop before walking across the street to the Wisconsin State Capitol. Tour our beautiful state capitol with a guide. After the tours spend an hour or two on State Street dining or shopping. There will be a lot of walking on this trip.

Departure: 8:00 am

Return: 3:30 pm

Cost: \$10.00

RSVP/payment by Thursday, May 31

TRIP PARKING

Please park at the east end of the lot away from the building to allow access to those using the building during the day.

MILWAUKEE BREWERS

Wednesday, May 23

Enjoy a 12:10 ball game against the San Francisco Giants. Trip includes transportation and ticket to the game. Seats are on the first base side in Section 109, Field Outfield box. It's Spring Madness! Small Pepsi's and Klement hot dogs are \$1.00 each today. You may bring small purses/bags/soft sided coolers no larger than 16" x 16" x 8" and sealed (new) bottles of water/soda and other food items in see-through, soft containers (ziplock bags).

Cost: \$41.00

Reservation/payment due by Wednesday, May 2

Depart: 9:45 am

Return: 5:30 pm (dependent on game time/traffic)

Tickets for 12 people ONLY!!



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. May bring small purses/bags/soft sided coolers no larger than 16" x 16" x 8" and sealed (new) 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 11

Depart: 10:30 am

Return: 6:30 pm (dependent on game time/traffic)

Tickets for 12 people ONLY!!

UPCOMING VAN TRIPS

The following trips are being looked at for this next few months. Watch next month's newsletter for more information.

- Moon Star Farm
- Northwind Perennial Farm, Gooseberries & Chocolate
- Fond du Lac Wind Trip
- Honey Acres and Berres Brothers
- Ten Chimneys

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

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 APRIL BIRTHDAY TO:

4-Eleanor Connelly	17-Deb Weberpal
5-Rose Ellestad	21-Adele Gergen
6-Joe Raupp	25-Jerry Nell
14-Marion Malo	30-Margaret Patzer
17-Wilfred Roe	30-Matt Amundson



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!



APRIL PARK BENCH TV SHOW

The April Show will be information and discussion on The Ice Age Trail, volunteer needs, and hiking opportunities. 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 Click on the **Multimedia** tab, then **Seniors-Park Bench** and you'll see all the episodes.

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

Core & More—Monday and Thursday, 8:45 am;
\$30 class pass for 10 classes (does not expire)

Declutter Group—Second Tuesday, 10:30 am

Dominoes—First Tuesday 11:45 am

Potluck—First Tuesday 11:15 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: First & Third
Wednesday 1:00 pm

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

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



GREATER MADISON SENIOR SOFTBALL LEAGUE

An opportunity for men ages 55 and up to play organized slow-pitch softball in a fun safe environment. Go to www.greatermadisonseiorsoftball.com or contact Ray Blum 608-663-5822, gmss@charter.net or Bob Ruhland 608-274-4857, pinbuster@charter.net.

APRIL OFFICE HOURS

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

Office will be Closed

Wednesday, April 4

Wednesday Afternoon, April 25



TORNADO PROCEDURE POLICY

The staff/volunteer will monitor weather conditions with the internet or radio. Participants will be informed of changes in the weather.

Tornado Watch:

1. A tornado watch is declared when conditions are right for developing a tornado. Participants and volunteers will be informed of the weather so they may decide whether they want to leave or not.

Tornado Warning

1. A Tornado Warning is declared when a funnel cloud has been sighted.
2. When a tornado warning is issued the staff will inform all participants and volunteers and move them to the outdoor (south) bathrooms. Participants may leave the building, but should be cautioned of the unsafe weather and be advised to remain in the building.

Tornado Danger Signs:

- An approaching cloud of debris can mark the location of a tornado even if a funnel cloud is not visible
- Before a tornado hits, the wind may die down and the air may become very still.
- Tornadoes generally occur near the trailing edge of a thunderstorm. It is not uncommon to see clear, sunlit skies behind a tornado.

COMMUNITY WELLFEST 2012

Saturday, April 14; 9 am—Noon

W3 is hosting a Community Wellfest at the Whitewater High School which will include sessions on Fitness, Financial Planning, Spirituality, Healthy Eating, Yoga and Relaxation, Bike Vacations, Family Communications, a Poker Walk, and more.

There will also be a Resource Fair with great ideas on how to become more active, eat a better diet, have a good outlook, and strengthen your social connections. There will be free snacks and beverages, as well as, door prizes. Seniors in the Park will have a table at the event. Please see page 6, if you are able to assist. There is no cost to attend this event. Online Registration will be available March 15th at www.w3wellness.org. Onsite Registration will begin at 8am and the activities will be from 9am to noon. Feel free to attend as much of Wellfest as you are able.

SENIORS IN THE PARK ARTISTS AT SWEETSPOT GALLERY



The March and April exhibit at the SweetSpot Gallery, 226 Whitewater Street, consists of 54 watercolors by thirteen Whitewater area artists who paint together in a class on Thursday afternoons in Whitewater at the Starin Park Community Center. The class is facilitated by Karolyn Alexander Tscharnack and coordinated by the Seniors in the Park Program. The level of experience in painting with watercolors of the artists varies from two months to eleven years. The variety of subject matter and technique evident in this exhibit is something to enjoy. The gallery is open daily from 6:30 am. to 7:00 pm.

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



Seniors in the Park Activity Calendar April 2012

Monday	Tuesday	Wednesday	Thursday	Fri/Sat/Sun
2 8:45 Core & More 9:30 Stretch & Flex 10:30 Book Club 12:00 Senior Forum 1:00 Bid Euchre 1:30 Canasta	3 10:00 Culvers Bingo 11:15 Pot Luck 11:45 Dominoes 12:00 Foot Clinic 1:00 Sheepshead	4 12:30 Janesville Shopping 12:45 Zumba Gold (A) 1:00 Chess 1:00 Ladies Poker <p style="text-align: center;">Office Closed</p>	5 8:45 Core & More 9-2 Taxes 9:30 Stretch & Flex 1:00 Watercolor	6 Seniors in the Park and Nutrition Site closed <p style="text-align: center;">Happy Spring</p> <hr/> 7 Easter Bunny Lunch 11—12:30
9 8:30 Golf (OR) 8:45 Core & More 9:30 Stretch & Flex 1:00 Gadget Guru 1:00 Bid Euchre 1:00 Therapeutic Massage 6:30 Gay and Gray	10 10:00 Our House Senior Living Bingo 10:30 Clutterbugs 11:00 Blood Pressure 12:30 Our House Senior Living Movie "Hugo" 1:00 Sheepshead	11 9:30 Gadget Guru 1:00 Chess <p style="text-align: center;">1:00 Tax and Healthcare Scams Presentation</p>	12 8:45 Core & More 9-2 Taxes 9:30 Stretch & Flex 10:30 Lunch Bunch 1:00 Watercolor	13 11:30 Nutrition Site at Brookdale <hr/> 14 9:00-Noon W3 Wellfest at WW High School
16 8:30 Golf (OR) 8:45 Core & More 9:30 Stretch & Flex <p style="text-align: center;">1:00 Super Foods</p> 1:00 Bid Euchre 1:30 Canasta 5:30 Gadget Guru	17 <p style="text-align: center;">9:00 Silk Scarf Dyeing</p> 1:00 Sheepshead	18 9:00 Pole Dancing 9:30 Gadget Guru 12:30 Our House Senior Living Movie "These Amazing Shadows" 12:45 Zumba Gold(A) 1:00 Chess 1:00 Ladies Poker	19 8:45 Core & More 9:30 Stretch & Flex 11:00 Wii Bowling	20 11:30 Nutrition Site <p style="text-align: center;">Make a Difference Day</p>
23 8:30 Golf (OR) 8:45 Core & More 9:30 Stretch & Flex <p style="text-align: center;">1:00 Container & Herb Gardening</p> 1:00 Bid Euchre 5:30 Gadget Guru	24 10:00 City Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie "My Week With Marilyn" 1:00 Sheepshead 5:00 Cuba Preview	25 9:00 Pole Dancing 12:45 Zumba Gold (A) 1:00 Family & Friends CPR 1:00 Chess	26 8:45 Core & More 9:30 Stretch & Flex 11:00 Wii Bowling <p style="text-align: center;">1:00 Volunteer Appreciation</p>	27 11:30 Nutrition Site at Brookdale
30 8:30 Golf (OR) 8:45 Core & More 9:30 Stretch & Flex 1:00 Gadget Guru 1:00 Bid Euchre 1:30 Canasta				Activities take place at the Starin Park Community Building unless otherwise noted. (A)= Downtown Armory (L)=Cravath Lakefront (OR)=Oak Ridge Golf Course, Milton

Walworth County Nutrition Menu—April 2012

Monday	Tuesday	Wednesday	Thursday	Friday
2 Meatball and Marinara Sub Sandwich on a Soft Hoagie Roll Potatoes Italiano Italian Green Beans Fruit Jell-O	3 Stuffed Cabbage Roll Red Beans and Rice Carrots and Chives Multi-Grain Bread Chilled Peaches	4 Country Chicken Soup with Kluski Noodles and Crackers Whipped Squash Tri-Bean Salad Hot Glazed Apples	5 Ham and Turkey Club on Focaccia Flat Bread Lettuce and Tomato Pea Salad Pineapple Mandarin Cup	6 AT BROOKDALE Good Friday Senior Lunch Centers will be closed.
9 Chicken ala Orange Vegetable Rice Pilaf Chick Pea Salad Whole Wheat Roll Hot Peach Crumble	10 Meatloaf and Gravy Mashed Potatoes Harvard Beets Marble Rye Bread Applesauce	11 Hot Dog on a Hot Dog Bun Oven Browned Potatoes Corn Banana	12 Open Face Beef Sandwich with Gravy on Whole Wheat Bread Diced Red Potatoes with Diced Peppers and Onions Carrots Fruit Pie	13 AT BROOKDALE Classic Lasagna with Meat Sauce Seasoned Yellow Squash and Baby Lima Beans Spinach Garlic Bread Oatmeal Raisin Cookie
16 Pork and Gravy Mashed Potatoes Chef's Vegetable Whole Wheat Bread Strawberry Yogurt	17 Whole Wheat Spaghetti and Meatballs with Marinara Sauce Capri Blend Vegetables Garlic Bread Chilled Pears	18 BLT Chicken Salad Mixed Salad Greens with Tomato Wedges Mandarin Orange Cup Ry Krisp Crackers Ambrosia Fruit Custard	19 Hamburger on a Wheat Hamburger Bun Baked Beans Mixed Vegetables Fruit Sunburst	20 Italian Baked Chicken Thigh Sweet Potato Puffs Green Beans Whole Wheat Bread Fresh Melon
23 Salisbury Steak Mashed Potatoes and Gravy Stewed Tomatoes Whole Wheat Bread Pineapple Tidbits	24 Fiesta Pasta Bake Corn with Black Beans Broccoli Whole Orange	25 Italian Sausage with Marinara on a Whole Wheat Bun Scalloped Potatoes Italian Mixed Vegetables Banana	26 Chicken Piccata Savory Brown Rice and Red Peppers Capri Blend Vegetables Carrot Raisin Salad Cake	27 AT BROOKDALE Turkey Pasta Salad with Shell Rigate Lettuce and Tomato Tri-Bean Salad Whole Wheat Bread Mandarin Oranges
30 BBQ Riblet on a Sliced Wheat Bun Baked Potato Parslied Cauliflower Mixed Fruit	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

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, CPRP, 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 the Departments tab, 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 _____

