



The Park Bench

April 2013

Seniors in the Park Newsletter

ALL-STAR BASEBALL EXTRAVAGANZA - VOLUNTEER APPRECIATION

Thursday, April 25, 1:00—3:00 pm

Batter Up! Hamburgers, brats, games and fun, this Volunteer Appreciation will be a home run! We are celebrating our volunteers by having an all-star baseball extravaganza! Our volunteers are part of our all-star team here at Seniors in the Park, they donate their time in helping make others lives shine bright. We will have baseball themed games, prizes, along with stadium food and a surprise seventh inning stretch. To go along with our baseball theme you can wear your favorite baseball team jersey, baseball cap or simply your favorite baseball team's colors. Save the date and get ready for several innings of fun with this event, cost for an additional guest will be \$5. Don't wait until the bottom of the 9th, RSVP by Thursday, April 18.



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KNOWLEDGE IS POWER: WHITEWATER SENIOR RESOURCE FAIR

Thursday, May 2, 2013 from 1:00- 3:30pm

Downtown Armory

Knowledge of what is available in the community is important to aging in place. The Resource Fair features local services and businesses, and class demonstrations like line dance, pole walking, tai chi, and fitness. There will be door prize giveaways every half hour provided by the vendors and the grand prize is a \$150 Kwik Trip Gas Card. The vendors will be providing hands on screenings for blood pressure, memory loss, grip strength, diabetes risk, and balance. Some of the services and information available will be: a cooking demonstration with samples, basic financial/investment advice, Alzheimer's and dementia, brain health, falls prevention, pet therapy, information on immunization and maintaining healthy bones, opportunities for volunteering, counseling services, and much more. Check out this great resource!

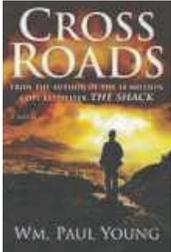
Seniors in the Park Promotes & Enhances a Vital Aging Community

Classes and Activities

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

BOOK WORMS

Monday, Apr. 1, 10:30 am



The Book Club will discuss *Little Face* by Sophie Hannah. The book for May is *Cross Roads* by William Paul Young. Young, the author of "The Shack", delves deeper into the human soul and explores the themes of

transformation and community.

Anthony Spencer, an egotistical, proud self-made businessman, has a cerebral hemorrhage leaving him comatose in a hospital ICU. He 'awakens' to find himself in a surreal world, a 'living' landscape that mirrors dimensions of his earthly life, from the beautiful to the corrupt. He has vivid interactions with others he assumes are projections of his own subconscious, but whose directions he follows nonetheless with the possibility that they might lead to authenticity and perhaps, redemption. He has deep relational entanglements where he is able to 'see' through the literal eyes and experiences of others, but is "blind" to the consequences of hiding his personal agenda and loss that emerge to war against the processes of healing and trust.

BELIZE TRAVELOGUE

Wednesday May 1, 1:00 pm

Travel to Belize with a presentation by Catherine Conover.

Witness the incredible plant life and a



butterfly farm in this Central American country. Hear about the very rich and diverse culture with roots in Britain, escaped African slaves and native peoples. Please register for this presentation by Thursday, April 25.

MICROWAVE MAGIC



Wednesday, May 8 1:00 pm

Is the only action your microwave sees is defrosting, reheating, and cooking microwave meals? Don't overlook this convenient and cost effective way to prepare delicious meals for your family. Join your Walworth County UW-Extension Family Living Educator Jenny Wehmeier for a demonstration of main dishes, breakfast, and snack ideas. Participants will leave with new ideas to add variety to your quick meals.

Cost: \$3.00

Please register for this class by May 3. Sign up early as the classes do fill!



SENIORS IN THE PARK GOLF LEAGUE

The organizational meeting for the Seniors in the Park recreational golf league will be held at the Oak Ridge Golf Course on Bowers Lake

Road in Milton on Monday, April 8 at 8:30 am. Golf will follow, weather permitting. There is a membership fee of \$6.00 and golfers must be 60 years old as of April 8 or spouse must be 60. Tee times are at 8:30, 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.

DIGITAL STORYTELLING CLASS

Mondays, 12:30 p.m.

Do you have a great personal story that you would like to share with our community, or maybe the world? Then consider participating in the weekly Digital Storytelling class at the Starin Park Community Building. Digital storytelling refers to a short form of digital film-making that allows everyday people to share aspects of their life story. In this program, students will learn how to combine pictures, sound and possibly video to create a 3-5 minute video story. Uploading to the Internet for sharing stories will be covered as well.

Instructor: Alan Luckett and the Staff of Whitewater Community TV.

Best of all, the class is Free and open to all ages.

WALK AWAY THE POUNDS WITH MONA

Wednesdays, beginning April 3 10:00 am

Low impact, easy to follow walking class. Walk anywhere from 1-4 miles indoors and firm up your mid-section with facilitator Mona Baker and a walking DVD. This class is safe for all ages and fitness levels. Please register if you will be attending, but is not necessary.



WATERCOLOR—FRUITS, FLOWERS AND VEGETABLES WITH A FOCUS ON VALUES

This three-week watercolor class will focus on values: the light, medium, and dark values or shades of color, in a painting. Topics will focus on having a full range of values in a painting. Subjects will include flowers, fruits and vegetables. Beginning, intermediate, and advanced concepts will be covered. Each session will include a demonstration on a technique or concept and plenty of time for individual painting with optional one-on-one coaching. Please bring personal references, photos or ideas. In addition to starting new paintings, artists are encouraged to bring any paintings that are in progress, to work on, including any subject matter.

Instructor: Karolyn Alexander Tscharnack, www.karolyn.biz

Dates/Times: Thursdays, April 4-25, (No class April 11) 1:00 4:00 pm

Cost: \$30 payable to the instructor on April 4th by cash or check.

Deadline: Monday, April 1

LINE DANCE CLASS

Kick up your heels and have fun with Line Dance Instructor Nancy Wrensch. She loves teaching all levels of students and making dancing fun for them. Nancy has been line dancing for 21 years, became an instructor five years ago, and teaches with MATC-Madison.

Day/Time: Wednesdays, 2:00—3:00 pm

Where: Downtown Armory Dance Studio

Session 3: April 17—May 29 (No class May 22)
Class #5305.13.

Deadline: Thursday, April 10

Cost: \$24.00 per session residents
\$30.00 non-resident (see page 4)

(Class must be paid in advance at the Community Building or online at <http://wwparks.org>)



TAI CHI

Wednesdays, 3:00 pm

Tai chi has been proven to increase brain volume, reduce stress, increase balance, strength and flexibility, increase relaxation, and improve your overall mind, body, and spirit. The Arthritis Foundation Tai Chi Program uses gentle Sun-style Tai Chi routines that are safe, easy to learn and suitable for every fitness level.

Dates: May 1—June 12

(No class May 22)

Registration Deadline: April 25

Cost: \$18.00 resident

\$22.50 non-resident

Minimum: 5 people

ZUMBA GOLD®



IS BACK!

Wednesdays, 12:45 pm

Downtown Armory Dance Studio

Congratulations to Lynette on the birth of her daughter. Zumba is a fun and energizing workout. Get your party on!

Instructor: Lynette Brown

Fee: \$40.00 - 10 class punch card
(passes do not expire)

Pay in advance at the Starin Park Community Building.

\$5.00 Walk-in passes are also available, if you would like to try the class.

Can also get your class pass online at <http://wwparks.org>

CORE AND MORE

Mondays & Thursdays

8:45 - 9:15 am

This half hour class 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. Please bring an exercise mat. 10 punch pass fee: \$30.00 resident
\$37.50 non-resident (passes do not expire) **No class April 11**



PENNY ANTE POKER

Are you interested in starting a Penny Ante Poker group which will play five card draw or five/seven card stud? If so, please contact Warren Pangburn at 473-3232. Available times are Thursday afternoons or 2nd and 4th Mondays.



PROGRAM LOCATIONS

All regularly scheduled programs, activities and trips are held at the Starin Park Community Building unless otherwise noted. All are subject to change. Room assignments may vary depending on activities or special events being held in the building before, during, or after any other activity. We try to give you advance notice of cancellations and changes, but sometimes it is not possible. Thanks for your flexibility.

CLASS FEE INFORMATION

The Parks and Recreation Department has implemented a non-resident fee for all program participants who do not reside in the Whitewater Unified School District. This non-resident fee will be an additional 25% of the listed program fee. This does not apply to trips when partnering with another community or extended travel. Non-resident fees are now listed in our newsletter and will be collected.

OUR HOUSE SENIOR LIVING MOVIES

"Anna Karenina"

Tuesday, April 9, 12:30 pm

Rated R; 2 hr. 9 min.

Leo Tolstoy's classic romance. In 19th century Russia, a woman in an uninspired marriage falls desperately in love with the dashing nobleman, Count Vronsky. Keira Knightley is complex and conflicted as the unhappy Anna, while Jude Law peels away his heartthrob looks as her cold and unforgiving bureaucratic husband. Rated R for some sexuality, violence. (2012)



"Skyfall"

Tuesday, April 23, 12:30 pm

Rated PG-13; 2 hr. 23 min.

After being left for dead by his boss, M (Dame Judi Dench), and the spy organization he works for, MI-6, agent James Bond 007 (Daniel Craig) comes back to defend her and the agency when an embittered ex-agent (Javier Bardem) goes on the attack. From beginning to end, a slam-bang adventure that will leave you breathless. Winner of Best Original Song: "Skyfall," by Adele. Rated R for violence, sexuality, language. (2012)

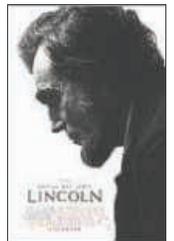


"Lincoln"

Tuesday, April 30

Rated PG-13; 2 hr. 30 min.

Presidential myth is whittled down to father, husband, and politician in Steven Spielberg's pensive portrait of our 16th President. An incredible interpretation of the man by Daniel Day-Lewis, whose performance earned him an Oscar for Best Actor. Nominations included Sally Field (as Mary Todd Lincoln; Supporting Actress); Tommie Lee Jones (Best Supporting Actor); Best Director (Spielberg), and Best Film. There will be a short intermission halfway through the movie. (2012)



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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.
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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.



CLASSICAL TURKEY

OCTOBER 3-15, 2013

Explore the lands of the New Testament and savor the flavor of the middle east without the turmoil. Visit one of the world's most spectacular landmarks, Hagia Sophia—once the largest church in Christendom, Explore some of Istanbul's most famous sites including a guided visit of Topkapi Palace, the official and primary

residence of the Ottoman sultans for 400 years, and the Blue Mosque, renowned for its splendid architecture. Visit the ruins of Ephesus, and walk the marble avenue to the Library of Celsus and the Temple of Hadrian. Tour UNESCO sites including Troy, the ancient city of Hierapolis, and the famed rock chapels of the Goreme Valley. Other highlights are the underground city of Kaymakli, Cappadocia, Asclepion-an ancient "holistic" healing center; the Turkish Riviera, the Turkish capitol of Ankara, and the Grand Bazaar in Istanbul, and much more! Celebrate a Turkish Wedding complete with traditional food, music, whirling dervishes, and belly dancers. Trip includes roundtrip transportation from your home or the center, 19 meals, professional tour guide, sightseeing per itinerary, hotel transfers, and baggage handling in Turkey. An optional post night stay in Istanbul is available.

Tour Rate: \$3599 per person double (includes \$250 early booking discount through April 4)

\$4449 per person single

Deposit: \$250 per person by April 20

Collette Vacations

SUBS, NUKES AND SHRINES—WISCONSIN'S UNIQUE TREASURES

September 18-20

Visit the **London Dairy Alpacas Ranch** and Fiber Studio learning about alpacas and their natural fiber. Explore the **Point Beach Energy Center** where you will see their Jacob's Ladder and learn the History of Electricity. You'll step inside a model nuclear containment unit and learn about fission and how a nuclear reactor works. Check in to our rooms at the Fox Hills Resort and have fun dancing the night away at the **Rock and Roll Dinner Show**. Thursday we will spend the day discovering the "other" Green Bay, learning the history of the area with guided, interactive tours. Go back in time to the romance and glory of the railroads with a special presentation and tour of the **Railroad Museum** and the exhibit "Railroad China". Learn the history of dining on the railroads and the impact it has made on our culture today. During the tour, **Susan Beno, local chef**, who will prepare a couple of "railroad recipes" from days gone by and give some entertaining cooking tips and tricks. Your included lunch will be at "**Titelown Brewing Company**", a remodeled depot. Then, take in the fall colors, and experience the **Shrine of Our Lady of Good Help** which is built directly over the site where Mary "The Queen of Heaven" appeared to Adele Brise, a young Belgian immigrant woman, in October of 1859, one year after the Marian apparitions occurred at Lourdes. Next taste award winning wines while touring the beautiful vineyards of **Parallel 44**. A **Seroogy's chocolate** stop is a built in treat! The final day we will visit the **Wisconsin Maritime Museum** and see the boat building and maritime trade that built this part of Wisconsin. You will also be able to tour the USS Cobia Submarine built in Manitowoc during WWII. There may be other surprises along the way.

Payment is due within one week of signup. There is no registration deadline. When seats are sold, the trip is full!

Fee: \$389.00 pp/double; \$478 pp/single

Minimum: 42 people (tell your friends)





LUNCH BUNCH

Thursday, April 11, 10:30 am
Enjoy dining at the Keystone Grill in Cambridge. Rowe Pottery is next door.
Cost: \$5.00 RSVP by Tuesday, April 9

JANESVILLE SHOPPING

Wednesday, April 3, 9:30 am
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 9:30 pm.
Cost: \$5.00 RSVP by Tuesday, April 2

UW-MADISON BAND CONCERT

Thursday, April 18
The UW Marching Band is known throughout the country. These talented and energetic students and their leader Mike Leckrone put on the most amazing show. This year they will be doing a salute to "50 Years of the Rolling Stones, a theatrical presentation from Joseph and the Amazing Technicolor Dreamcoat, great songs from the musical Rock of Ages. The band always engage a nationally known soloist to perform, in addition to many traditional songs, their amazing drumline and the ever popular tuba song. If you've never been to a UW concert you will be amazed at the high energy show from start to finish in addition to seeing Mike Leckrone Fly! Dinner will be on your own at a site to be determined.

Cost: \$33.00 (includes van transportation, parking, and ticket)

Deadline: Thursday, April 4

Departure: 4:30 pm Return: 11:30 pm (approx)

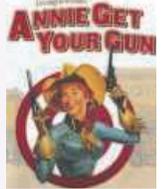
UPCOMING VAN TRIPS

May/June: Educational tour of the Whitewater Effigy Mounds
August: Bison, Cookies and Clydesdales
June: Chicago Botanical Gardens
October: Big Band at the Cotton Exchange
These trips are a suggestion. Watch future newsletters for details. If you have suggestions for a trip, please let Deb know with as much contact information as possible.

FIRESIDE 2013

2013 ticket price: \$63.00 (taxes, tip, and ticket fees all included!). Saves you up to 23% off individual tickets

Thursday, May 9 —
Annie Get Your Gun
RSVP/Payment due April 9



A musical of the life of Annie Oakley by Irving Berlin.
Cost: \$63.00
Payable to: The Fort Atkinson Sr. Ctr.
Transportation is on your own.
Arrive at 10:30 am. Lunch is at 11:15 and Show at 1:30.

Wed., July 3—Little Shop of Horrors
(Tony Award winning Comedy)
RSVP/Payment deadline May 31

Sun., Aug. 18—Run For Your Wife
(A Comedy with two Wives)
RSVP/Payment deadline July 12

Wed., Oct. 16—Once Upon a Mattress
(Carol Burnett's Princess & the Pea)
RSVP/Payment deadline Sept. 13

Wed., Dec. 18—Fireside Christmas Presents
(Original celebration)
RSVP/Payment deadline Nov. 4

CHIP IN CASINO TRIP

April 18—19
Enjoy an overnight gambling trip
Detailed itinerary available at the reception desk. Includes transportation overnight accommodations, \$25 and 10% of meal at Oneida, \$40 in credits on your card and discounts on lunch & dinner and free breakfast at Chip-in
Cost: \$72.00 Double
Deadline: April 3
Depart Fort K-Mart 7:30 am and return approximately 7:30 pm the next day

FOOD AND FUN IN THE SUN

Friday, July 19

Start the day off at **Clausen's European Bakery** with fresh breads and sweet European treats. Savor the aroma of incredible cheeses at **Carr Valley Cheese**. They make award winning, specialty cheeses not found anywhere else. Next we'll satisfy your sweet tooth at **Stam Chocolates**, a modern chocolaterie steeped in old world Dutch tradition. You can even purchase homemade Stroopwafels. Take the beautiful drive around Lake Mendota to our **luncheon cruise** destination. Enjoy a yacht ride around Lake Mendota viewing the picturesque shoreline, the Governor's Mansion, the UW campus and more. Lunch is included on the boat. After lunch we head for a tour of **Capital Brewery**. Tour the facility and sample some of their famous beers. There will be time to sit in the "biergarten" and savor a beverage to finish off our day in the sun.

Fee: \$64.00

Deadline: Thursday, June 19

Minimum: 35 people

Maximum: 40 people

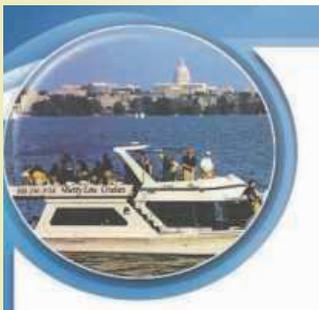
Depart: Starin Park: 7:30 am

Fort K-mart: 8:00 am

Return (dependent on traffic)

Fort K-Mart 5:30 pm

Starin Park 6:00 pm



CHICAGO—THE POLISH & GERMAN CITY

Thursday, June 6

Chicago has the largest **Polish** population in the world second only to Warsaw! Learn the fascinating history of the Polish people who came to America in the 1800's to build a better life...and they are still coming today! Hear the success story of the **German** immigrants who were skilled craftsmen and supported a rich cultural life. Join us as we explore their neighborhoods and experience their churches, their colorful shops and hearty foods!



VISIT- Chicago's most popular **German Bakery**. They have enjoyed a following for over 60 years. Treat yourself to their selections of Baumkuchen, Tarts and Cookies Tortes, Chocolate Candies...coffee and tastings included!

TOUR - The monumental St. Alphonsus German Church a Towering Landmark, founded in 1882 celebrating 125 years and growing! Its architecture is awesome...Its popularity is due to its diversity, School, Academy and Center For The Arts!

Enjoy an included Buffet lunch of Polish Specialties. Everything you can think of, and more...Pierogis, Roast Duck, Dumplings, Roast Pork, Polish Sausage, Herring, Roast Beef, Salads, Blintzes, and Desserts.

EXPERIENCE -The magnificent **Polish St. Hyacinth Church** which recently enjoyed a \$1 Million Dollar restoration of its interior, and is a witness to the faith of the Polish Catholics who built it. It is massive in proportion and beautifully decorated within. In 2003, this great church was elevated to a Basilica!

ENJOY – This most famous **Sausage Shop and Delicatessen**. When you enter the aroma will have your mouth watering!

VISIT – A **Polish Bakery**. You will love their famously delicious Tortes and Tarts, their Doughnuts with the filling of your choice, their fruit filled Cream Puffs, and their Yellow Cake with Chocolate Mousse, Rum and decorated with Lady Fingers...And Much More! Feel free to bring a cooler on the trip.

Fee: \$79.00

Deadline: Thursday, May 2

Minimum: 35 people (tell your friends)

Depart Fort K-mart: 7:00 am Starin Park: 7:30 am

Return (dependent on traffic) Starin Park 6:30 pm Fort K-Mart 7:00 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. Participants are encouraged to keep a list of medications in their purse or wallet.

Activity Calendar

9

April 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
1 8:45 Core & More 9:30 Stretch & Flex 10:30 Book Club 12:00 Senior Forum 12:30 Digital Storytelling 1:00 Bid Euchre 1:30 Canasta	2 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 12:30 Foot Clinic 1:00 Sheepshead 	3 9:30 Janesville Shopping 10:00 Walking Class 12:45 Zumba 1:00 Ladies Poker 1:00 Chess 2:00 Line Dance (A) 3:00 Tai Chi 6:30 EAB Meeting (L)	4 8:45 Core & More 9:30 Stretch & Flex 1:00 Scrabble 1:00 Watercolor	5 11:30 Nutrition Site at Brookdale 12:30 Pickleball (A)
8 8:45 Core & More 8:30 Golf Starts (OR) 9:30 Stretch & Flex 12:30 Pickleball (A) 12:30 Digital Storytelling 1:00 Bid Euchre 1:00 Massage Therapy	9 9:00 Pickleball (A) 10:00 Our House Senior Living Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie "Anna Karenina" 1:00 Sheepshead	10 10:00 Walking Class 12:30 Pickleball (A) 12:45 Zumba 1:00 Chess 2:00 Line Dance (A) 3:00 Tai Chi	11 8:45 Core & More 9:30 Stretch & Flex 10:30 Lunch Bunch 1:00 Euchre 1:00 Watercolor	12 11:30 Nutrition Site at Brookdale 12:30 Pickleball (A) 
15 8:45 Core & More 8:30 Golf (OR) 9:30 Stretch & Flex 12:30 Pickleball (A) 12:30 Digital Storytelling 1:00 Bid Euchre 1:30 Canasta	16 9:00 Pickleball (A) 10:00 Scrabble 1:00 Sheepshead	17 10:00 Walking Class 12:30 Pickleball (A) 12:45 Zumba 1:00 Ladies Poker 1:00 Chess 2:00 Line Dance (A) 3:00 Tai Chi	18 8:45 Core & More 9:30 Stretch & Flex 1:00 Watercolor 4:30 UW Band trip departs	19 12:30 Pickleball (A) 12:30 Make A Difference Day
22 8:45 Core & More 8:30 Golf (OR) 9:30 Stretch & Flex 12:30 Digital Storytelling 12:30 Pickleball (A) 1:00 Bid Euchre 6:00 First Aid	23 9:00 Pickleball (A) 10:00 City Bingo 12:30 Our House Senior Living Movie "Skyfall" 1:00 Sheepshead 6:00 CPR/AED	24 10:00 Walking Class 12:30 Pickleball (A) 12:45 Zumba 1:00 Chess 2:00 Line Dance (A) (New Session) 3:00 Tai Chi	25 8:45 Core & More 9:30 Stretch & Flex 1:00 Watercolor 1:00 Volunteer Appreciation 	26 11:30 Nutrition Site at Brookdale 12:30 Pickleball (A) 27 3:45 Self Defense Class (A)
29 8:45 Core & More 8:30 Golf (OR) 9:30 Stretch & Flex 12:30 Pickleball (A) 12:30 Digital Storytelling 1:00 Bid Euchre 1:30 Canasta	30 9:00 Pickleball (A) 12:30 Our House Senior Living Movie "Lincoln" 1:00 Sheepshead	1 10:00 Walking Class 12:30 Pickleball (A) 12:45 Zumba 1:00 Chess 1:00 Belize Presentation 2:00 Line Dance (A) 3:00 Tai Chi	2 8:45 Core & More 9:30 Stretch & Flex 1:00 Senior Resource Fair (A)	Activities take place at the Starin Park Community Building unless otherwise noted. (A)= Downtown Armory (HB)= Hawk Bowl (L)= Cravath Lakefront (OR)=Oak Ridge Golf Course, Milton

April 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pork with Apple Sauce Baked Potato Carrots Marble Rye Bread Peaches	2 Salisbury Steak Sweet Potato Cauliflower Dinner Roll Orange and Pineapple Cup	3 Spaghetti and Meatballs California Mix Vegetables Garlic Bread Melon Mix	4 Baked Chick. Drumsticks Mashed Potatoes/Gravy Broccoli Wheat Dinner Roll Peanut Butter Cookie	5 Seafood Pasta Salad Coleslaw Wheat Roll Tapioca Pudding
8 Hot Turkey Sandwich on Wheat Bread Mashed Potatoes/Gravy Brussels Sprouts Apricots and Peaches	9 Polish Sausage Sauerkraut Rosemary Red Potatoes Rye Bread Fruit Jello	10 Pork and Broccoli Stir Fry With Brown Rice Beets Potato Roll Watermelon	11 Chicken Caesar Pasta Salad Black Bean Salad Wheat Bread Cantaloupe	12 Cowboy Stew Tossed Salad Wheat Dinner Roll Hot Spiced Apples
15 BBQ Pork Sandwich on a Hamburger Bun Baked Potatoes Red Cabbage Mandarin Oranges	16 Ranch Turkey Pasta Salad Garbanzo Bean Salad Sliced Pears Wheat Roll Cake	17 BBQ Chicken Thigh/Leg Parsley Red Potatoes Green Beans Wheat Bread Diced Fruit Mix	18 Broccoli and Cheese Quiche Mixed Vegetables Wheat Roll Hot Peaches with Granola	19 Italian Wedding Soup Peas Sweet Potatoes Wheat Bread Melon Mix
22 Penne Pasta with Italian Meat Sauce San Fran Blend Vegetables Bread Sticks Pears	23 Pork in Mushroom Cream Sauce Green Beans Sweet Potatoes Fresh Fruit Mix	24 Chicken Salad on a Bed of Lettuce Marinated Vegetable Salad Wheat Dinner Roll Brownie	25 Hot Dog on a Hot Dog Bun Baked Beans Tossed Salad Fruit Jello	26 Meatloaf Mashed Potatoes and Gravy California Mix Vegetables Wheat Bread Apricots
29 Roast Beef with Gravy Mashed Potatoes Carrots Potato Roll Cinnamon Applesauce	30 Chicken Florentine Squash Dinner Roll Apple Crisp	 Persons 60 and over and their spouses are eligible. Suggested donation is \$2.50. To reserve a meal, call 473-0536, 9:30 to noon or 1-800-365-1587, ext 3333, by noon the day prior. Meal can be cancelled day of by 8:00am by calling the 800 number.		

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

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Email: dthompson@4LPi.com
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SERVICES AT A GLANCE

Foot Clinic:

Tuesday, April 2, by Appointment. Call in advance as time slots fill quickly. Please bring a towel. Cost is \$12.00. Stop at the front desk to pay and to sign in for the service.

****NOTE:** the Foot Clinic will be increasing in price to \$15 in June.

Therapeutic Massage: Monday, Apr. 8, 1:00 pm. Half-hour massages for \$25. Appointments must be made in advance.

Blood Pressure Screening:

Tuesday, Apr. 9, 11:00 am
Provided free by Our House.

Other Services:

- Free computer/internet access
- A document shredder is available, please call in advance. (1-inch stack of documents or less to shred)
- There are books, magazines, & puzzles available to borrow FREE from our library.
- Newcomer tours are offered by appointment.

HAPPY APRIL BIRTHDAYS TO:

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



INDEPENDENCE AND HEALTH

Did you know the two most important factors in health and longevity are good nutrition and socialization? Maintain your independence, stay in your own home and maintain your health by attending the meal site. Here you get a well balanced meal, meet interesting people, stimulate your mind with good conversation, and maybe even make a new friend.

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, February 1, 8, and 22.

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.

GREAT WEBSITES

If you are choosy about the websites you visit and the e-newsletters you receive, these some of the best. National Council on Aging: www.ncoa.org, the National Institute on Health: <http://nihseniorhealth.gov> and Greater Wisconsin Area Agency on Aging www.gwaar.org. All sites have a wealth of good, reliable information on their sites.

SPRINGTIME

The weather is warmer and it's a great time to send a Thinking of You card. We also have Graduation, First Communion and Confirmation cards, in addition to our great selection of everyday cards. Most cards are priced from 50 cents to \$1.50. Stop in and check out our selection.

TYPO, HUMAN ERROR, WE GOOFED!?

COULD MEAN A TREAT FOR YOU

Occasionally there may be an error in days, times, registration dates 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. Spot a typo or error and bring it to the office for a treat. First 5 people.

SHARE YOUR TIME AND TALENTS



Help Out in Little or Big Ways—We all have talents knowledge and I'm hoping you are willing to share yours with us. Whether you're a "crafty" person, have a way with technology or are good with people, we can use your help. Teach a craft class, assist with computer needs and technology, or with marketing and public relations. If you have a talent, we will help you put it to good use!

Make A Difference Day (MADD): 600+ volunteers come out to serve the community in a variety of ways and we are looking to involve the community and get close to 800 volunteers!

- **Serve as a Site Supervisor:** With over 50 projects, there is a need for supervision of the volunteers. For most positions, no skill or experience is necessary - just a willingness to jump in and help. To serve as a site supervisor, please send your name to Kim Clarksen at clarksek@uww.edu.
- **Get the Word Out:** Talk about Make a Difference Day to friends, coworkers, and family to get everyone involved and excited to better our community. More information, including sign up details, is located at <http://www.uww.edu/involve/madd>.

Volunteers will receive a t-shirt and food (pizza, cake and more!) for their work! All work supplies will also be provided.

Receptionist—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. Specific needs are: Thursday mornings, as well as fill-in. Help out once a week or twice a month. We try to be flexible with your schedule.

AMERICAN HEART ASSOCIATION FIRST AID AND CPR/AED

Learn basic adult and child CPR and automatic external defibrillation (AED) and/or First Aid from American Heart Association certified instructors. An American Heart Association certification card is issued with successful completion and is valid for two years.

Date: Monday, April 15 –First Aid Class #4501.12 OR
Tuesday April 16, Class #4502.12

Time: 6:00 pm—9:30 pm

Deadline: Thursday, April 4

Fee: \$25.00 includes book and completion card
\$35.00 for Both Classes—Class #4503.12

Free: Whitewater Parks & Recreation Approved Youth Sport coaches (Book not included)

PARK BENCH TV SHOW

The April Show features information on Emerald Ash Borer (EAB) and what you can do for ash trees in your yard. 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.

PARKS & REC SELF DEFENSE FOR WOMEN

Saturday, April 27

3:45-4:45 pm

Armory Dance Studio

Don't gamble with safety! This program will teach personal protection. Great opportunity for a multi-generational class with your daughter or granddaughter.

Fee: \$5.00 Resident;

\$6.25 Non-Resident



Deadline: April 17

Class #: 4602.12 online at
<http://wwparks.org>

VIEW "AGE OF CHAMPIONS" FREE

Age of Champions tells the story of five competitors who sprint, leap, and swim for gold at the National Senior Olympics. You'll meet a 100-year-old tennis champion, 86-year-old pole vaulter, and hard-hitting basketball grandmothers who triumph over the limitations of age.

Age of Champions is a powerful resource for inspiring people of all ages to live a healthier, happier, and more active lifestyle.

Watch the new PBS documentary *Age of Champions* for free April 18 - 28 at www.ageofchampions.org/premiere.

EMERALD ASH BORER (EAB) INFORMATIONAL MEETING

Wednesday, April 3 6:30-7:30
Cravath Lakefront Center
Bill McNee, Wisconsin DNR, will be presenting information for home owners on EAB, treatment, what to look for and answer any questions the public may have about their ash trees.

WELCOME TO MEDICARE

Health & Human Services Bldg.
(east entrance)
W4051 County Road NN
Elkhorn

This workshop is intended for individuals turning 65 in 2013, individuals with disabilities beginning Medicare in 2013, or those who have been on Medicare for a year or two and still have questions. Contact the Aging & Disability Center (ADRC) of Walworth County if you have questions regarding Medicare at 262-741-3400 or 1-800-365-1587. Workshops will be offered on:
Thurs., April 18
1:00-2:30 pm or 6:00-7:30 pm
Thurs., June 13
1:00-2:30 pm or 6:00-7:30 pm
Thurs., Aug. 15
1:00-2:30 pm or 6:00-7:30 pm

“OUR TOWN”

With John McGivern
At the Young Auditorium
April 21 at 2:00 pm
April 23 at 7:30 pm
Tickets online at uww.edu/youngauditorium or call
262-472-2222

FOOD FOR THOUGHT

Mondays, 3:00 pm, Fellowship Hall
At Fairhaven Retirement Community
435 W Starin Rd

Do we eat simply for sustenance or is there more to think about this everyday activity? Food fills our bellies, brings families and cultures together and is the center of many traditions which remind us of our shared past. Food also is a source of power and struggle. The way our food is grown, manufactured and marketed can be controversial. What do we need to know about the food choices we make? Nourish your mind and join us for thoughtful discussions on food.



- Apr. 1** Beer Matters
Karl Brown, Lecturer in History
- Apr. 8** Ramadan: The Islamic Month of Fasting
Jalal Nawash, Assistant Professor of Physics
- Apr. 15** Healthy Eating Simplified
Ann Wertz Garvin, Professor of Health, Physical Education, Recreation, and Coaching
- Apr. 22** The Essence of Food: The Evolution and Nourishing Source of Life
Sharon Roy, Lecturer in Marketing

OUR VOICES, OUR TOWN ART WALK



In collaboration with The Young Auditorium, we are entering into our fifth year with the Big Read. This year's Big Read book is Thornton Wilder's *Our Town*. Studio 84 has gathered together several organizations and businesses to create **Our Voices, Our Town Art Walk**, featuring all things Whitewater. The main galleries include: **Visions of the Past** at the Historical Society's Depot Museum, 301 West Whitewater St. **Artists of Whitewater** at the Hamilton House Bed & Breakfast, 328 W Main St, **Voices of the Future** at The SweetSpot, 226 W Whitewater St, Our town: **Past & Present** at Studio 84, 121 W Center St., **A Day in Whitewater** at the Cultural Arts Center.

The Opening Reception is Friday April 5 from 4:00—9:00 pm.
The Closing Reception of Our Town Exhibits is Sunday April 28 11:00 am—5:00 pm. The Grand Re-Opening of the Historical Society's Depot Museum will also be on Sunday April 28 with a dedication ceremony at 1:00 pm.

What a team we have.! In 2012, 90 volunteers at Seniors in the Park donated 2,624 hours at a value of \$47,757. Comparable to 1 1/2 employees. Thanks so much for sharing your time and talents!



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
- Bowling**—Wednesday 9:00 am, Hawk Bowl, fee to bowl
- Canasta**—First, third and fifth Mondays 1:30 pm
- Chess**—Wednesdays, 1:00 pm Beginners welcome
- Core & More:** Mon & Thurs. 8:45 am; \$3.00 per class
- Dominoes**—First Tuesday 11:45 am
- Euchre**—Second and Fourth Thursday, 1:00 pm
- Potluck**—First Tuesday 11:15 am
- Pickleball**—Monday, Wednesday and Friday 12:30-2:30 and Tuesday 9:30—11:30 at the Downtown Armory
- Scrabble**—First Thursday, 1:00 pm; Third Tuesday, 10:00 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, 10:45 am
- Zumba Gold** ®-Wednesdays 12:45 pm, Downtown Armory. \$40.00 punch card or \$5.00 walk-in. Must be paid for at Starin Park. (No Zumba in March.)

BINGO

- Tuesdays, 10:00 am
- Apr. 2: Culver's
- Apr. 9: Our House Senior Living
- Apr. 23: City Bingo



BINGO SPONSORS

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Mirage Hair Studio* Dental Perfections* Commercial Bank
Rosa's Pizza * Tincher Realty * Rocky Rococo Pizza * Pizza Hut
Fort Comm. Credit Union * Genoa Pizza * Eastsider/Westsider

LOCAL SUPPORT GROUPS

Aphasia Support Group

Second Thursday
10 a.m.
UW Whitewater
campus
(262) 472-5203



Bereavement Support Groups

Rainbow Hospice (920) 674-6255
www.rainbowhospicecare.org
*Monday Morning Joe held from 8:30 - 10 a.m. on the first and third Monday at the Rainbow Hospice Care Inpatient Center for bereaved individuals.

Grief Support Group

First Wednesday 6:30 p.m.
Fort Atkinson Library Rotary
Room - 209 Merchants Avenue
Call (920) 674-6255

Breast Cancer Support Group

Second Tuesday 6:30 to 8 p.m.
Curves - Fort Atkinson, 121 N.
Main Street
(920) 563-8848

Caregiver Support Group

Second Wednesday 1:00 p.m.
ADRC-Jefferson, 1451 Annex Rd

Parkinson's Support Group

Second Monday 1:00 p.m.
Lower level of Fairhaven -
Whitewater 1-800-972-5455

Alzheimer's Support Group

First Thursday of the month
1:30 to 3 p.m.
Fairhaven's Hearthstone, White-
water
Free care for loved ones during
meetings
(262) 473-8052

Seniors in the Park

PO Box 178
Whitewater WI 53190



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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.*

NEWSLETTER SUBSCRIPTION OR PICK-UP SITES

To have the Seniors in the Park Newsletter mailed to your home for one year, send **\$8.00** with this coupon. To receive the newsletter **FREE**, go online to www.whitewater-wi.gov, click on Departments, then Seniors in the Park or www.whitewaterbanner.com and look for the link in the left column or www.seekandfind.com. 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 other businesses in Whitewater..

Name _____

E-Mail _____

Address _____

