



July 2013

The Park Bench

Seniors in the Park Newsletter

FREE CONCERTS & FAMILY FUN NIGHTS

7:00 pm at Cravath Lakefront Park

June 27—The Dang-Its’

July 11—(5:30-7:30 pm) The Big Bounce, Big Rig Gig and “Get to Know Your Park—Cravath Lakefront”

July 18—Rick & Rise of Mourning Dayze

July 25—Doctor Noize

August 1—Kind of a Big Deal is a rockin’ acoustic band playing great music from the 70’s-the 90’s, sponsored by the Seniors in the Park.

August 8—David Stokes

August 15—Piper Road Spring Band

The Black Sheep has teamed up with the Parks & Recreation Department to offer dinner baskets every Thursday during Concerts In The Park and Family Fun Nights. Multiple basket options are available for purchase to enjoy at the park. Please stop in or call ahead to make sure your basket is ready for a great Thursday evening. Call 262-458-4751 or email www.eatatblacksheep.com



Kind of Bid Deal sponsored by Seniors in the Park

Volume XIII Issue 7

WHAT'S INSIDE

2-4..... *Classes and Activities*

5..... *Support Our Sponsors*

6-8..... *Travel Opportunities*

9-10..... *Calendars*

11 *Support Our Sponsors*

12 *Nutrition Site & Services*

13 *Your Senior Center*

14 *Community Events*

15 *FYI*

Back *ADDRESS, Phone Numbers, and Subscription info*

CHECK-IN SYSTEM BEGINS AUGUST 1

NEW We will be implementing a new attendance/check-in system August 1. Everyone that participates in anything throughout the year is encouraged to stop in and fill out a participation card or update your current one. Everyone will be issued a scan card. Your scan card will be available beginning August 1, if you have a card on file. Please help us keep this process moving and assist you in a smooth transaction to the new system by making sure we have your information. The new system will allow you to register for classes and trips online and eventually pay online, also. The reports generated will provide information to the city, funders and the staff for program evaluation and facility usage. Many volunteers will be needed for this process in August and September. (See page 13)

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.

FAMILY AND FRIENDS CPR

Monday, August 19

1:00—2:30 pm

Do you know what to do in an emergency? Learn and practice adult, child, and infant CPR, and automatic external defibrillation (AED) from American Heart Association certified instructors. This is not a certifying course. There is no test and no card is issued. SIP Volunteers can attend free.

Fee: Resident \$5.00

Non Resident \$6.25

RSVP Deadline: Monday, August 12



COMPUTER TUTOR



Bring your own laptop or tablet, if you wish, 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 8, 9 15, 16, 22, 23, 29, or 30

August 6, 8, 13, 15, 20, 22, 27, or 29

Time: 9:30 am

Cost: \$5.00 residents

\$6.25 non-residents

Register at least 5 days in advance

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: Mon & Thurs. 8:45 am; \$3.00 per class

Dominoes—First Tuesday 11:45 am

Euchre—Second and Fourth Thursday, 1:00 pm

Golf—Mondays, 8:30 tee time at Oak Ridge Golf course, Milton

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

Walk off the Pounds—Wednesdays, 10:00 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.

BINGO

Tuesdays, 10:00 am

July 2: Culver's

July 9: Our House Senior Living

July 23: City Bingo



BINGO SPONSORS

Culver's and Our House Senior Living

Mulberry Glen: Cookies & Lemonade

CITY BINGO SPONSORS:

Topper's Pizza * Rick's * Bergey Jewelry * Headquarters Salon

Floral Villa * Robin's Nest * Jimmy Johns * Dale's Bootery *

First Citizens State Bank * Fort HealthCare* Genoa Pizza

Jessica's Restaurant * Taco Bell * The Sweet Spot * Subway

Mirage Hair Studio* Dental Perfections* Commercial Bank

Rosa's Pizza * Tincher Realty * Rocky Rococo Pizza * Pizza Hut

Fort Comm. Credit Union * Eastsider/Westsider

New Parks and Recreation url: wwparks.org



POLE/FITNESS 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 joint, naturally align your spine, and work your core. Thirty minutes of pole walking equals 50 minutes of regular walking. It's perfect for any age!

Day/Time: Wed., July 17, 9:30 am Class #: 5301.25

Cost: \$10.00 Residents; \$12.50 Non-Residents

Deadline: 3 days prior to class Min/Max: 3/8



"FUN"CTIONAL FITNESS

Monday and Thursdays, 9:30-10:30 am

Open the door to greater independence and a healthier life with "fun"ctional fitness. Fitness instructors, Linda Geske and Mary Zordell, will lead you through a dynamic routine to promote coordination, balance, strength, and flexibility. Hand weights, tubes, leg weights, and weighted bars are all part of the fun. All levels of ability are welcome. Activities are adapted to individual needs. Tyler Cieslinski will lead classes in July.

Cost: \$1.00 per class or purchase 16-punch card for \$16.00



WALKING GROUP

Wednesdays, 9:00 am beginning June 5

Walk outdoors with or without poles. This group meets at Starin Park, walks for about half an hour and returns to the park. There are several hiking options from Starin. Group may split, depending on ability and speed of walkers.

INTERMEDIATE OR BEGINNER BIKE RIDES

These rides will include safety instruction, riding tips, and destination stops. Water bottle, helmet, and safe bike required. Most participants will be riding road bikes. Please plan for at least an hour for each ride. Registration is appreciated for head count & supplies.

Departs: 6:00 pm from the Starin Park Community Bldg.

Ride 2: Wednesday, July 17th

Class # 4456.22 Cost: \$3.00

Ride 3: Wednesday, July 31st

Class# 4456.23 Cost: \$3.00

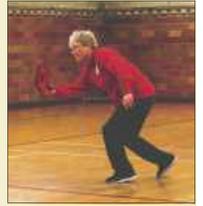
Ride 4: Wednesday, August 14th

Class# 4456.24 Cost: \$3.00



PICKLEBALL

Pickle Ball is a fun, social, easy-to-learn game that is a cross between badminton, table tennis, and tennis.



It's played on a smaller court, with large paddles and a wiffle-like ball. You don't need to be athletic or strong to play. Show up for open play. People are rotated in and out to play and learn.

Where: Downtown Armory gym
Day/Time: Monday, Wednesday, & Friday: 12:30-2:30 pm
Tuesdays: 9:00-11:00 am

ZUMBA GOLD®

Wednesdays, 12:45 pm
Downtown Armory
Dance Studio

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.

WALK AWAY THE POUNDS

Wednesdays, 10:00 am
No class July 3

Low impact, easy to follow walking class. Walk anywhere from 1-4 miles indoors and firm up your midsection with facilitator Mona Baker and a walking DVD. This class is safe for all ages and fitness levels.

BOOK WORMS

Monday, July 1, 10:30 am

The Book Club will discuss *The Tenth Circle* by Jodi Picoult. The book for August is *Patty Jane's House of Curl* by Lorna Landvik.



Maybe Patty Jane Dobbin should know better than to marry a man as gorgeous as Thor Rolvaag, but she's too smitten to think twice. Yet nine months into their marriage, with a

baby on the way, Thor is gone. It's a good thing Patty Jane has her irrepressible sister Harriet to rely on --not to mention her extremely short, extremely rich almost-brother-in-law, Avel Ames.

It's been said that a good haircut can cure any number of ills, and before long the Minnesota sisters have opened a neighborhood beauty parlor complete with live harp music and an endless supply of delicious Norwegian baked goods. It's a wonderful, warm-hearted place where you can count on good friends, lots of laughter, tears, and comfort when you need it--and the unmistakable scent of someone getting a permanent wave. . . .

OUR HOUSE SENIOR LIVING MOVIES

"Oz The Great and Powerful"

Tuesday, July 9, 12:30 pm

Rated PG-13; 2 hr. 10 min.

Oscar, a small-time circus magician with dubious ethics, is swept away to the enchanted land of Oz. He meets three witches who are not convinced he is the great wizard everyone's been expecting. Oscar must find out who is good and who is evil, putting his magical arts and ingenuity to the test.



"Silver Linings Playbook"

Tuesday, July 23; 12:30 pm

Rated R, 2 hours



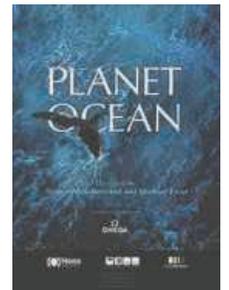
Life doesn't always go according to plan. Pat Solatano has lost everything - his house, his job, and his wife. He now finds himself living back with his mother and father after spending eight months in a state institution on a plea bargain. Pat is determined to rebuild his life, remain positive and reunite with his wife, despite the challenging circumstances of their separation. All Pat's parents want is for him to get back on his feet - and to share their family's obsession with the Philadelphia Eagles football team. When Pat meets Tiffany, a mysterious girl with problems of her own, things get complicated. Tiffany offers to help Pat reconnect with his wife, but only if he'll do something very important for her in return. As their deal plays out, an unexpected bond begins to form between them, and silver linings appear in both of their lives. Jennifer Lawrence won best actress awards (Golden Globe and Oscar) for her role.

"Planet Ocean"

Tuesday, July 30; 12:30 pm

Documentary 1 hr. 34 min.

Dive into our planet's greatest mysteries with a team of international underwater cinematographers as they explore the breathtaking bond between humanity and the ocean.



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31 Eleanor Reeb

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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.

FALL SPLENDOR

Thursday, September 19



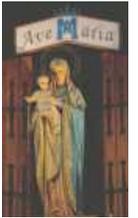
Take in the fall splendor of northern Wisconsin at the **Green Bay Botanical Gardens** with a docent led tour of seasonal foliage. It's one of the most beautiful times to see the gardens. . A delicious lunch awaits at Titletown Brewery, as you watch the trains pass and the boats come into the channel. It's one of the stops on the Packers Heritage Trail, it is also a remodeled railroad depot from the early 1900's. Their Apple Brown Betty is out of this world! 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. Hear the history of the site and the impact it has had on Catholics all over the country – a sight to see! Next tour the rolling vineyards of **Parallel 44**. You'll feel like you are in Napa Valley as you sip their delicious vintages

Fee: \$67.00

Minimum: 29

Deadline is August 15



HOLIDAY IN SANTA FE



December 3-7, 2013

Santa Fe is famous for its holiday season decorations featuring a Southwestern flair, especially the Plaza featuring luminarias. Enjoy a

tour of Santa Fe including Loretto Chapel and the Palace of the Governor's. Free time available to explore art galleries, museums and shops. The Albuquerque City tour, features the Indian Pueblo Cultural Center, historic Old Town, San Felipe de Neri church and is wonderfully decorated for the holiday. Take the High Road to Taos passing through ancient villages. Visit El Santuario, revered by pilgrims for the healing power of the dirt inside the chapel. Enjoy a brief Taos city tour then have time on your own to explore. Trip includes airfare out of Milwaukee, transportation to and from airport, tips while on the tour, 6 meals, admissions and sightseeing per the itinerary and 6 nights at Inn of Governors, Santa Fe.

Cost: \$1275.00 pp/dbl

Deposit due with registration: \$300

Final payment due September 15

TEXAS COWBOY COUNTRY

March 22-20, 2014

Trip Highlights:

- Spend 3 nights at the Y.O. Ranch Hotel
- Visit the 40,000 acre Y.O Ranch
- Visit the National Cowboy & Western Heritage Museum
- Guided tour of San Antonio, including Mission San Jose and El Mercado
- Enjoy a narrated river cruise along the San Antonio River Walk
- Visit the Alamo
- Guided tour of Fort Worth & Historic Stockyards
- National Museum of the Pacific War
- Tour Lyndon B. Johnson Ranch Park
- See LBJ's boyhood home
- Tour the Texas Civil War Museum
- Dinner at Cooper's Old Time Pit BBQ (a hill country tradition since 1953)



9 days and 13 meals—Mayflower Motorcoach tour

Cost: Twin \$1,349 Single \$1,858

Down payment due with reservation:

\$210 with insurance

\$150 without insurance

LUNCH BUNCH

Thursday, July 11, 10:30 am

Enjoy the beautiful lake view at the Eagle Springs Pub where all the sandwiches are customizable to your taste!

Cost: \$5.00 RSVP by Tuesday, July 9

JANESVILLE SHOPPING

Wednesday, July 10*, 9:30 am *(Second Wednesday)

Get picked up at your home and shop in Janesville. Participants decide where to shop.

Pickups begin at 9:30 pm.

Cost: \$5.00 RSVP by Monday July 8

GLASS AND STONE

Wednesday, August 14

Start the day in Waupun “City of Sculptures” with a guided tour. Most famous of the sculptures is the “End of the Trail”. Visit the Paine Museum in Oshkosh. Have a guided tour of the Mansion and time for viewing of works from Chihuly’s Venetian series. Be

dazzled by the brilliantly colored, intricate work of Dale Chihuly inspired by Art Deco Venetian glass from the 20’s and 30’s. Afterward, stroll through three acres of breathtaking, display gardens. Lunch will be on your own at Fratello’s. Van trip

Cost \$23.00 62 and over

\$26.00 under 62

Deadline: July 24

Depart Starin Park: 7:45 am Return: 6:00 pm

UPCOMING EXTENDED TRIPS

California Rail Discovery ~ May 2014

Features two train rides including the Napa Valley Wine Train, two boat cruises and two nights in Lake Tahoe. 7 days, flying out of Milwaukee. \$1275 approx..

Vietnam and Cambodia ~ Fall 2014

Features Siem Reap, Angkor Wat, Ho Chi Minh City, Hanoi overnight boat cruise, Mekong Delta Boat Trip and much more. 13 days

MALLARDS GAME

Friday, July 26

Root for the home team at a Madison Mallards game.

Maynard and Patrick were here



for our Volunteer Appreciation now we’re going to visit them. The “Duck Pond” averages over 6,000 attendees per ball game and upon entering, fans first notice the Pepsi Max Vision Video Board located in left-center field, showing live, full-color video of game highlights and always-zany on-field promotions.

Minutes prior to the game’s first pitch, fans should be seated to catch a glimpse of the team’s mascot, Maynard G. Mallard, “flying” into the stadium via the 325-foot zip-line from the right-field corner to home plate. The Mallards are a great game experience!

Van Trip.

Cost: \$18.00

Deadline July 5

Depart: 5:00 pm

Return: 11:00 pm (approx)



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, instead

Beginning in August, We will no longer be using the cards but handing out wallet cards for you to fill out and keep in your wallet, all the time. It’s our gift to you. We will have plastic medical card holders available for purchase for a nominal amount.

FOOD AND FUN IN THE SUN

Friday, July 19

Savor sweet treats and cheeses at **Clausen's European Bakery, Carr Valley Cheese** and **Stam Chocolates**. Enjoy a **luncheon cruise** around Lake Mendota viewing the picturesque shoreline, the Governor's Mansion, the UW campus and more. After lunch, tour **Capital Brewery** and sample some of their famous beers. There will be time to sit in the "bier garden" and savor a beverage to finish off our day in the sun.

TRIP IS FULL!

Fee: \$64.00

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

FIRESIDE 2013

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



Sunday, August 18

Run For Your Wife

(A Comedy with two Wives)

RSVP/Payment deadline

July 12

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., 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

MOTORCYCLE RIDES



Thursday July 18, 3:30 pm

Wayne's' Drive-In and Classic Car Night, Cedarburg

Take the back roads up to Cedarburg and experience an old fashioned drive-in on their Classic Car night. Dinner is on your own.

Those wishing to break off and tour Cedarburg are welcome to. There are great shops and a winery in town. Depart Starin Park at 4:00 pm. Riders choice when to return.

Wednesday July 31, 9:30 am

Raindate: Saturday, August 3

Potosi Brewery and Museum

Follow the rolling hills and back roads over to Potosi on the Mississippi River. You can sit on the patio or inside and enjoy the great food. There is also a very interesting beer museum which you can tour for a nominal cost.

Riders must arrive prior to departure to show proof of insurance, if this is your first ride with us (card you should be carrying). Helmets are recommended.

Call with your email or phone number to text to and we'll keep you current on upcoming rides and rain dates.



TRAVEL THAT BENEFITS SENIORS IN THE PARK

Seniors in the Park partners with both Collette Vacations and Mayflower Tours. If you book a trip on your own with either company, please mention you are with Seniors in the Park. You may get a small discount and we get credit toward our fundraising account. A great win-win for all!

NON-RESIDENT 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 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.

Activity Calendar

9

July 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
1 8:30 Golf (OR) 9:30 FUNctional Fit 10:30 Book Club 12:30 Pickleball 12:30 Digital Stories 1:00 Bid Euchre 1:30 Canasta Office closed at noon	2 9:00 Pickleball 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 12:30 Foot Clinic 1:00 Sheepshead Office closed 3:00	3 9:00 Walking Group 12:30 Pickleball (A) 12:45 Zumba Gold 1:00 Chess Office closed	4 Closed Happy 4th!! 	5 11:30 Nutrition Site at Brookdale 12:30 Pickleball (A)
8 8:30 Golf (OR) 9:30 FUNctional Fit 9:30 Comp. Tutor 12:30 Digital Stories 1:00 Bid Euchre 1:00 Massage Therapy Office closed at noon	9 9:30 Comp. Tutor 10:00 Our House Senior Living Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie "Oz The Great and Powerful" 1:00 Sheepshead	10 9:00 Walking Group 9:30 Janesville Shop 10:00 Walking Class 12:45 Zumba Gold 1:00 Chess 2:00 Line Dance (A)	11 9:30 FUNctional Fit 10:30 Lunch Bunch 12:30 Euchre 5:30 Get to Know Your Parks—Cravath Lakefront and Big Rig Gig (L) Office closed at noon	12 11:30 Nutrition Site at Brookdale 12:30 Pickleball (A)
15 8:30 Golf (OR) 9:30 FUNctional Fit 9:30 Comp. Tutor 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Bid Euchre 1:30 Canasta	16 9:00 Pickleball (A) 9:30 Comp. Tutor 10:00 Scrabble 1:00 Sheepshead	17 9:00 Walking Group 9:30 Pole Walking Instruction 10:00 Walking Class 12:30 Pickleball (A) 12:45 Zumba Gold 1:00 Ladies Poker 1:00 Chess 2:00 Line Dance (A) 6:00 Bicycle Ride	18 9:30 FUNctional Fit 3:30 Motorcycle Ride to Cedarburg 7:00 Rick and Rise of Mourning Dayze (L) Office Closed at 3:00	19 7:30 Fun in the Sun trip departs 12:30 Pickleball (A) 
22 8:30 Golf (OR) 9:30 FUNctional Fit 9:30 Comp. Tutor 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Bid Euchre 1:00 SchedulesPlus training	23 9:00 Pickleball (A) 9:30 Comp. Tutor 10:00 City Bingo 12:30 Our House Senior Living Movie "Silver Linings Playbook" 1:00 Sheepshead	24 9:00 Walking Group 10:00 Walking Class 11:00 SchedulesPlus training 12:30 Pickleball (A) 12:45 Zumba Gold 1:00 Chess 2:00 Line Dance (A)	25 9:30 FUNctional Fit 12:30 Euchre 1:00 SchedulesPlus training 7:00 Dr. Noize (L)	26 11:30 Nutrition Site at Brookdale 12:30 Pickleball (A) 5:00 Mallards Game departs
29 8:30 Golf (OR) 9:30 FUNctional Fit 9:30 Comp. Tutor 11:00 SchedulesPlus training 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Bid Euchre 1:30 Canasta	30 9:00 Pickleball (A) 9:30 Comp. Tutor 11:00 Blood Pressure 12:30 Our House Senior Living Movie "Planet Ocean" 1:00 Sheepshead	31 9:00 Walking Group 9:30 Motorcycle Ride to Potosi 10:00 Walking Class 12:30 Pickleball (A) 12:45 Zumba Gold 1:00 Chess 2:00 Line Dance (A)	1 9:30 FUNctional Fit 7:00 Kind of A Big Deal— Concert in the Park sponsored by Seniors in the Park (L)	Activities take place at the Starin Park Community Building unless otherwise noted. (A)=Downtown Armory (L)=Cravath Lakefront (OR) = Oak Ridge Golf Course, Milton

July 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cowboy Stew Tossed Salad Wheat Dinner Roll Hot Spiced Apples	2 Chicken Pasta Ceasar Salad Pea Salad Wheat Bread Cantaloupe	3 BBQ Chicken Parsley Red Potatoes Green Beans Wheat Bread Diced Fruit Mix	4 Closed Happy 4th!! 	5 Quiche with Broccoli/Cheese Mixed Vegetables Wheat Roll Hot Peaches with Granola
8 Penne Pasta w/Meat Sauce Vegetable Blend Bread Sticks Pears	9 Pork w/Mushroom Cream Sauce Green Beans; Sweet Potat. Dinner Roll Fresh Fruit Mix	10 Chicken Salad on Bed of Leaf Lettuce Marinated Vegetable Salad Wheat Dinner Roll Brownie	11 Hot Dog on a Hot Dog Bun Baked Beans Tossed Salad Jell-O with Fruit	12 Meatloaf Mashed Potatoes and Gravy California Mixed Vegetables Wheat Bread Apricots
15 Beef Stew w/Potatoes Green Beans/Cauliflower Peas Diced Fruit Mix Baking Powder Biscuit	16 Chicken Florentine Squash Broccoli Dinner Roll Apple Crisp	17 Ham & Turkey Sub Sand. Tossed salad 3-Bean Salad Fruit Whip Salad	18 Chicken Tetrazzini Carrots and Peas Peaches Wheat Roll Vanilla Pudding	19 Rosemary Pork Roast Baked Potato San Francisco Blend Veggies Wheat Bread Pineapple with Red Grapes
22 Mac 'n Cheese w/gr. beef Spinach Mixed Vegetables Wheat Bread Chocolate Chip Cookie	23 Grilled Raspberry Chicken Carrots and Peas Tossed Salad; Dinner Roll Melon Mix Carrot Cake	24 Roast Beef with Gravy Mashed Potatoes Broccoli Potato Rolls Cinnamon Applesauce	25 Pork Loin Roast Red Potatoes Cauliflower Orange & Pineapple Cup Rye Roll	26 Baked Herb Chicken Thighs Mashed Potatoes Wisconsin Mixed Veggies Watermelon Wheat Roll Cheesecake Bars
29 Pork with Apple Sauce Baked Potato Carrots Marble Rye Peaches	30 Salisbury Steak Sweet Potato Cauliflower Dinner Roll Mandarin Oranges	31 Spaghetti and Meatballs California Mix Vegetables Garlic Bread Melon Mix	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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WELCOME TYLER

I am a senior at UW-W with a major in Health and Human Performance, and a minor in health promotion. I am interning with the University Health and Counseling Services on campus this summer. The reason I wanted to get an internship here is because I really want to promote good health and I want to do anything in my power to help educate people on how to eat and exercise properly and fight the growing disease of obesity. I believe that it is important for everyone to exercise and eat healthy which is why I'm very excited to work with the senior citizens here in Whitewater.



SERVICES AT A GLANCE

Foot Clinic:

Tuesday, July 2, by Appointments only. Please bring a towel. Cost is \$15.00. Stop at the front desk to pay and to sign in.

Therapeutic Massage:

Monday, July 8, 1:00 pm. Half-hour massages for \$25. Appointments only.

Blood Pressure Screenings:

Tuesday, July 9, 11:00 am
Provided free by Our House.
Tuesday July 23, 11:00 am
Provided Free by Country Nurses

WELCOME SUSAN MARTIN

Susan is the new Nutrition Site Coordinator. She is currently an aspiring author, and does public speaking and workshops to promote wellness. You can find her on Saturdays at the Walworth County Farmers Market where she is known as Elkhorn's "Story Lady". A life-long Wisconsin resident, she is married to Keith and has two sons and a cat. Susan was previously employed in Whitewater at Washington National/Conseco Health Insurance Company and Charlton. She looks forward to working with the older adults in Whitewater sharing her knowledge and helping to provide a fun, and wholesome Nutrition Site.



GET OUT OF THE HEAT

Get out of the heat of your kitchen and let us do the cooking! Good food, pleasant company and a donation of only \$2.50 for the meal. Those unable to afford the donation are still welcome as the donation is anonymous.

Anyone 60+ and their spouse is welcome to attend. Nutrition Site meals are served at 11:30 am, Monday - Friday. The Nutrition Program will be at Brookdale on Wednesdays and Fridays, except the third Friday. 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.

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.

WISCONSIN SENIOR FARMER'S MARKET NUTRITION PROGRAM

Thursday, June 27, 1-2 pm

The Senior Farmers' Market Nutrition Program (SFMNP) provides resources in the form of fresh, nutritious, unprepared, locally grown fruits, vegetables and herbs from farmers' markets and roadside stands. Households in which the total income is at or below 185% of the federal poverty guideline, and in which an individual aged 60+ or Native American aged 55+ resides, are eligible. Coupons are limited and are distributed on a first come, first serve basis. If your household is 1 person your income must be at or below \$21,257.00/year or \$1,772.00/month. For 2 persons your income must be at or below \$28,694.00/year or \$2,392.00/month. Vouchers must be picked up in person. ***DO NOT*** call the distribution location for information. For additional information call the Nutrition Program at (262) 741-3157.

To sign up online for Parks and Recreation classes, go to www.wwparks.org. and click on the Summer Brochure.

SAVORY SOUNDS CONCERT SERIES

The Whitewater Arts Alliance, in partnership with Fairhaven, Quiet Hut, First Citizens Bank, Olm & Associates, and Fort Community Credit Union will present a *Savory Sounds Concert Series* at the Birge Fountain in front of the Cultural Arts Center, 402 West Main Street, from 11:30 a.m. to 12:45 p.m. Attendees may bring their own lunch or order lunch from participating vendors.

June 27 – Looper's Blues Duo

(Brian Lucas-Harmonica) is sponsored by Quiet Hut. The vendor is the SweetSpot.

July 11 – Brothers Quinn, an Irish folk gypsy bluegrass group, is sponsored by First Citizens Bank. The vendor is La Preferida.

July 18 – UW-W Jazz 1 Combo is sponsored by Olm & Associates. The vendor is The Black Sheep.

July 25 – Carl Cole's performance is sponsored by Fort Community Credit Union. The vendor is Rocky Rococo.

After the concert, attendees are invited to explore the July exhibits at the Cultural Arts Center featuring photography by the community to honor the late Fran Achen.

BICYCLEWISE BIKE RIDES

Wednesday rides at 5:30 pm, are a medium/fast ride about 25 miles. Saturday rides at 8:00 am, are easy rides, usually 10-15 miles with no-drop rules. All rides are free and you must bring a safely working bicycle and helmet. Rides leave from and more information available by contacting BicycleWise at 262-473-4730.

4TH OF JULY CELEBRATION

Wednesday, July 3—Saturday July 6 At Cravath Lakefront Park

Wednesday July 3:

- 5:00 Festival opens
- Miss Whitewater Pageant
- 8:00 The Now (Band)

Thursday, July 4

- 8:00 am—3:00 pm Car show
- 10:00 Parade
- Noon Minneiska Ski show
- 1:00 and 2:45 Motorcycle Stunt Show
- 1:30 and 3:15 Steve Meisner Band
- 5:00 Forgotten Highway (Band)
- 8:15 Cold Sweat & The Brew City Horns (Band)
- 10:00 Fireworks

Friday, July 5

- 5:00 Festival opens
- 6:00 Euphoria (Band)
- 8:00 Flight (Eagles Tribute Band)
- 10:00 Fireworks

Saturday, July 6

- Noon Festival opens
- Noon Minneiska Ski Show
- ~Magic of Bob Bohm following the Ski show (strolling magic)
- Noon—4:00 Children's Petting Zoo
- 2:00 Kindschi Pedal Pulls (kids pedal tractor pulling)
- ~Survivor Family Game Show following the Pedal Pull
- 4:00 Jesus Riders (Band)
- 6:00 Titan Fun Key (Band)
- 8:00 Glenn Davis All-Star Band
- 10:00 Fireworks



Whitewater Fireworks
Photo by Scott Weberpal

For more
info go to
ww4th.com

SUNRISE AND FRIDAY YOGA

Monday & Wednesday, 5:30-6:45am; Friday, 1:00 pm
(No classes July 3, 5, 26 & 29)

at Cravath Lakefront Park

Bring your own mat or you may practice on the grass. Drink a glass of water before class and eat breakfast after. We will be in Cravath Lakefront Center if there is inclement weather. A \$5-10 donation is suggested, but if it's not in the budget, come anyway! All skill levels are welcome! Instructor: Brienne Brown.

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RECYCLING ELECTRONICS

Receive new electronics and want to dispose of your old? Seniors in the Park recycles cell phones, digital cameras, laptops, game systems, ipods, and cordless phones as a fundraiser. Bring the items to the Starin Park Community Building during our open hours. Large computers, monitors, and televisions can be recycled at the City Garage on Starin Rd. There is a large bin just inside the gate to the

ADVERTISER OF THE MONTH

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ATTRACTION TICKETS

Tickets to these attractions are available for purchase at the Municipal Center, 1st floor Finance window, between the hours of 8:00 am - 4:30 pm, Monday through Friday, May 28—August 30th. Payment can be made by credit card, cash, or check. Attractions include: Milwaukee Zoo, Mt. Olympus and Noah's Ark (Wis. Dells), and Six Flags Great America & Hurricane Harbor.

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.

FUNDS FOR FRIENDS

Last month we received \$90.46! Thanks to everyone for getting Funds for Friends stickers on your Sentry receipts. Sentry is a great supporter of our community, giving away thousands of dollars through this program and other in-kind donations to the community. Please shop local and support those who support us.

PROGRAM LOCATIONS

All regularly scheduled programs, activities and trips are held at and depart from the Starin Park Community Building, 504 W Starin Road, unless otherwise noted.

Seniors in the Park

PO Box 178
Whitewater WI 53190



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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

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Romelle Koch

Director

Matt Amundson, CPRP

Recreation & Community Events Coordinator

Michelle Dujardin

Sports Coordinator

Abby Schyvinch

*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..

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