



June 2013

The Park Bench

Seniors in the Park Newsletter

PIG IN THE PARK

Cravath Lake Front Park, June 14 & 15
Presented by Downtown Whitewater, Inc., Pig in the Park is a State Championship BBQ Cook-Off through the Kansas City Barbeque Society (KCBS). There's something fun for everyone here and admission is FREE.



Friday Events: The teams set up in the park and begin prepping for the competition. They may also compete in the first "Dessert" event. Celebrity judges are invited to participate under the direction of KCBS certified judges. There will be a "taste testing" for the public.

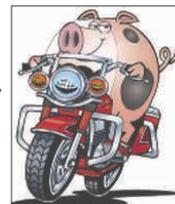
Saturday Events:

Hog Heaven! Competition cook teams vie for prestige, cash prizes, and awards. Teams must compete in all four KCBS sanctioned categories: Chicken, Pork Ribs, Pork and Beef Brisket to be considered for Grand Champion. The judging for the main event is Saturday afternoon, and awards are announced in the late afternoon on the music stage.

PigAsso Fair Bring your shopping bag and be delighted by the fine items at the Arts & Crafts Festival. Many of the artisans demonstrate their skills and enjoy chatting with you about their craft.

PigNic Court Food will be available from vendors and Wisconsin brewed beers, local wines, bottled water, and soda.

Chops 2013 Bike Show Enjoy an array of bikes from custom bikes to sports models and everything in between, Chops 2013 Bike show has got it all.



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WATERCOLOR CLASS DISPLAY



The Thursday Afternoon Artists will exhibit artwork at the SweetSpot Gallery during the months of May and June. Artwork will include watercolors and collage with a variety in subject matter and technique. The SweetSpot Gallery is located at 226 White-water St.. The Thursday Afternoon Artists are a group of area painters who meet at the Starin Park Community Building in a program organized by Seniors in the Park and facilitated by artist Karolyn Alexander Tscharnack.

Classes and Activities

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

VOLUNTEER APPRECIATION FUN



**“Coach” of the Year
Jim Jacobson**



WALK WITH A DOC

Tuesday June 25,

It's "Get to Know Your Park" night at Starin Park. Enjoy a walk with Doctor Nate Besch, DO of the Dean Whitewater clinic. Dr. Besch will lead a walk through the park. Discover trails, fitness ideas, history of the park and other useful tidbits of information during the half hour walk. The group will meet at the Starin Park Community Building.

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.

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: June 3, 6, 13, 17, 20, 24, or 27

Time: 9:30 am

Cost: \$5.00 residents \$6.25 non-residents

Register at least 5 days in advance



CHOOSING AND MIXING COLORS

This three-week watercolor class will focus on choosing and mixing paint colors for your watercolor painting. Beginning, intermediate, and advanced concepts will be covered. Demonstrations will be on color mixing tips, choosing a color scheme and using a limited palette for your paintings. Topics will also include the elements of design: color, shape, line, value, form, texture, etc. Please bring personal references, photos or ideas.

Instructor: Karolyn Alexander Tscharnack, www.karolyn.biz

Dates/Times: Thursdays, June 13-27; 1:00-4:00 pm

Cost: \$30 payable to the instructor by cash or check.

Deadline: Monday, June 10



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., May 29, 11:00 am Class #: 5301.22

Day/Time: Thurs., June 13, 11:00 am Class #: 5301.23

Day/Time: Thurs., June 18, 5:30 pm Class #: 5301.24

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.

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



LINE DANCE CLASS

Kick up your heels and have fun with Line Dance Instructor Nancy Wensch. She loves teaching all levels of students and making dancing fun for them.

Day/Time: Wednesdays, 2:00—3:00 pm

Where: Downtown Armory Dance Studio

Session 3: June 19-July 31 (No class July 3) Class #5305.21.

Deadline: Thursday, June 12

Cost: \$24.00 per session residents; \$30.00 non-resident
(Class must be paid in advance at the Community Building or online at <http://wwparks.org>)



LEVEL 1 YOGA – IVY'S HOLISTIC ARTS

Restorative Yoga: Tuesdays, 9:45—10:45 am

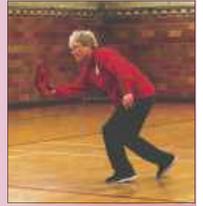
Gentle Yoga Stretch: Thursdays, 9:45—10:45 am

Classes are perfect for beginners and focus on balance, posture, proper breathing and increased circulation. Pay by the session, with a punch card or by the class. Visit ivysholisticarts.com for more information.

Studio is next to Burtness Chevrolet on Whitewater St.

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.

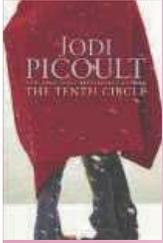
WALK AWAY THE POUNDS

Wednesdays, 10:00 am

Low impact, easy to follow walk-in 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, June 3, 10:30 am



The Book Club will discuss *American Heiress* by Daisy Goodwin. The book for June is *The Tenth Circle* by Jodi Picoult.

When freshman Trixie Stone accuses her ex-boyfriend Jason Underhill of raping her, everyone is quick to take his side when he claims their intercourse was consensual. Trixie's parents, Daniel, a mild mannered comic book artist from a harsh background, and Laura, a college professor sleeping with one of her students, become involved, and Jason, whose life is supposedly ruined, leaps from a bridge. Although first presumed to be suicide, Trixie is suspected of pushing him, and so she flees to the Yup'ik region of Alaska where her father grew up, and Daniel and Laura follow.

VISIONS: A–Z:

“artwork inspired by the alphabet”

Hoard Museum June 8-28

401 Whitewater Ave.

Fort Atkinson

Opening Reception:

June 8 1-4 pm

Museum Hours:

Tuesday-Saturday 9:30-4:30

Artwork by the

Visionary Artist Group:

Joyce Follis

Marilyn Fuerstenberg

Barbara Grant

Tom Jewel

Mary Nevicosi

Karolyn Alexander -

Tscharnack

OUR HOUSE SENIOR LIVING MOVIES

"The Impossible"

Tuesday, June 11, 12:30 pm

Rated PG-13; 1 hr. 54 min.

A regular family - Maria (Naomi Watts), Henry (Ewan McGregor) and their three kids - travel to Thailand to spend Christmas. They get an upgrade to a villa on the coastline. After settling in and exchanging gifts, they go to the pool, like so many other tourists. A perfect paradise vacation until a distant noise becomes a roar. There is no time to escape from the tsunami; Maria and her eldest are swept one way, Henry and the youngest another. Who will survive, and what will become of them?



"Searching for Sugar Man"

Wednesday, June 19; 12:30 pm

Rated PG-13, 1 hour, 26 min.



Documentary. Winner of the 2013 Oscar for Best Documentary, this is the true story of an unknown singer from Detroit, who, in the 1970's, became a cult hero on the other side of the world, in South Africa, selling more records than Elvis, while remaining in anonymity in the US! (2012)

"Safe Haven"

Tuesday, April 25

Rated PG-13; 1 hr. 45 min.

Based on the book by Nicholas Sparks. When a mysterious young woman named Katie appears in the small North Carolina town of Southport, her sudden arrival raises questions about her past. Katie seems determined to avoid forming personal ties until a series of events draws her into two reluctant relationships: one with Alex, a widowed store owner with a kind heart and two young children; and another with her plainspoken single neighbor, Jo. Katie slowly begins to let down her guard, putting down roots in the close-knit community and becoming increasingly attached to Alex and his family. But even as Katie begins to fall in love, she struggles with the dark secret that still haunts and terrifies her.



HAPPY JUNE BIRTHDAYS TO:

13 Fred Kraege

24 Lois Zipp

If you 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



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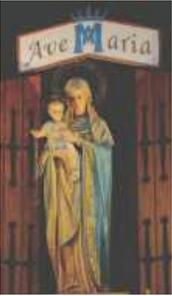
Extended & Coach Travel

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.

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 "**Titletown 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.



Deadline is July 15.

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

Minimum: 42 people (tell your friends)

CHICAGO—POLISH & GERMAN CITY

Fee: \$79.00

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.

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LUNCH BUNCH

Thursday, June 13, 10:30 am

Enjoy dining at Fork in the Road in Mukwonago. A possible stop at Elegant Farmer, if requested.

Cost: \$5.00 RSVP by Tuesday, June 11

JANESVILLE SHOPPING

Wednesday, June 5, 9:30 am

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 Tuesday, June 4



WHITEWATER EFFIGY MOUNDS

June 11, 9:30 am at Effigy Mounds Park

June 12, 9:30 am at Starin Park

Rain date June 13, 2:00 pm at Effigy Mounds Park

Learn about the cosmological and cultural basis of the Mounds. Hear about the clash of the woodland natives and the Aztalans, how the mounds were first found, how they survived, the oak savannah and future projects at the site. After the presentation on June 12, you can drive to the Effigy Mounds for a walking tour. Our presenter/tour guide will be Richard Helmick

Sign up by June 6



GLASS AND STONE

Wednesday, August 14 (tentative)

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 \$26.00 (approx..Cost should be finalized by June 1) 62 and over
\$29.00 under 62

Deadline: July 24

Depart and Return TBA



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 "Dick 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)

CHICAGO BOTANIC GARDENS

Wednesday June 19

Rain date is Wednesday June 26

Trip is full. Sign up on waiting list and we may have a second trip.

Fee: \$20.00

Deadline: Thursday June 6

Depart Starin Park 8:00 am;

Return approx 4:30 pm

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

Deadline: Thursday, June 19

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



MOTORCYCLE RIDES



Wednesday June 12

There will be Motorcycle rides out of Starin Park throughout the summer. Meet new people and enjoy a day of sunshine with the wind in your face.

Where: Cruise the back roads east of Madison on the way to the Portage area. Lunch will be at Murph's on Swan Lake. After lunch ride along the Wisconsin River to the Merrimac Ferry.

Lunch is on your own. Depart Starin 10:00 am; Return dependent on riding after lunch. Riders choice when to return. Riders must arrive prior to departure to show proof of insurance (card you should be carrying). Helmets are recommended.

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!

MAYFLOWER TOURS TRAVEL SHOWCASE

You and your friends are invited to attend a FREE Travel Show. Enjoy refreshments, hear what Mayflower Travelers have enjoyed on their holidays, learn more about the destinations, the new holidays available in 2013, and more! Bring your friends who are new to Mayflower Tours, and you'll be entered into a drawing for a \$500 Gift Card and receive a Special Gift! Everyone who attends has a chance to win a European River Cruise – choose from the 2013 River Cruise through the Wine Country of France or the 2014 Tulip Time on the Romantic Rhine and Mosel River Cruise. Attend and help earn incentives for Seniors in the Park. You can pre-register online at www.mayflowertours.com/travel_showcase or by calling 1-800-323-7604.

Tuesday, June 18, 1:00 pm

Key Lime Cove Resort, 1700 Nations Dr., Gurnee, IL

Friday, June 21, 1:00 pm

Best Western Harbor Inn, 5125 6th Ave., Kenosha

Tuesday, June 25, 10:00.am

Comfort Inn & Suites, 5025 County Rd V, DeForest

Wednesday, June 26, 10:00 am

Double Tree, 18155 W. Bluemound Rd., Brookfield

Thursday, June 27, 10:00 am

Oak Creek Community Center, 858 S. Howell Ave., Oak Creek

Activity Calendar

9

June 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
3 8:30 Golf (OR) 9:30 FUNctional Fit 9:30 Comp. Tutor 10:30 Book Club 12:00 Senior Forum 12:30 Pickleball 12:30 Digital Stories 1:00 Bid Euchre 1:30 Canasta	4 9:30 Pickleball 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 12:30 Foot Clinic 1:00 Sheepshead	5 9:00 Walking Group 9:30 Janesville Shop. 10:00 Walking Class 12:30 Pickleball (A) 12:45 Zumba Gold 1:00 Ladies Poker 1:00 Chess	6 7:30 Chicago Trip departs 9:30 Comp. Tutor 9:30 FUNctional Fit 1:00 Scrabble Office Closed at Noon	7 11:30 Nutrition Site at Brookdale 12:30 Pickleball (A) 8 10:00 Memory Café at Lakeland Health Ctr.
10 8:30 Golf (OR) 9:30 FUNctional Fit 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Bid Euchre 1:00 Massage Therapy	11 9:00 Pickleball (A) 9:30 Mounds Tour 9:30 Comp. Tutor 10:00 Our House Senior Living Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie "The Impossible" 1:00 Sheepshead	12 9:00 Walking Group 10:00 Walking Class 9:30 Mounds Talk 12:30 Pickleball (A) 12:45 Zumba Gold 1:00 Chess	13 9:30 Comp. Tutor 9:30 FUNctional Fit 10:30 Lunch Bunch 11:00 Pole Walking Instruction 12:30 Euchre 1:00 Watercolor	14 11:30 Nutrition Site at Brookdale 12:30 Pickleball (A) 15 Pig in the Park 
17 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 6:00 First Aid	18 9:00 Pickleball (A) 10:00 Motorcycle Ride to Frank's Diner 10:00 Scrabble 1:00 Sheepshead 5:30 Pole Walking Instruction	19 8:00 Gardens Trip 9:00 Walking Group 10:00 Walking Class 12:30 Pickleball (A) 12:30 Our House Senior Living Movie "Searching for Sugarman" 12:45 Zumba Gold 1:00 Ladies Poker 1:00 Chess 2:00 Line Dance (A)	20 9:30 FUNctional Fit 9:30 Comp. Tutor 10:00 Motorcycle Ride 1:00 Watercolor Office Closed at Noon	21 12:30 Pickleball (A)
24 8:30 Golf (OR) 9:30 FUNctional Fit 9:30 Comp. Tutor 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Bid Euchre 6:00 CPR/AED	25 9:00 Pickleball (A) 9-10 Farm Market Vouchers 10:00 City Bingo 12:30 Our House Senior Living Movie "Safe Haven" 1:00 Sheepshead 5:30 Walk with a Doc	26 9:00 Walking Group 10:00 Walking Class 12:30 Pickleball (A) 12:45 Zumba Gold 1:00 Chess 2:00 Line Dance (A) 6:00 Bicycle Ride	27 9:30 FUNctional Fit 9:30 Comp. Tutor 12:30 Euchre 1:00 Watercolor	28 11:30 Nutrition Site at Brookdale 12:30 Pickleball (A)

Visit the Watercolor Class Display at the SweetSpot on Whitewater St.



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

10 Walworth County Nutrition Menu

June 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pork w/Mushroom Cream Sauce Green Beans; Sweet Potat. Dinner Roll Fresh Fruit Mix	4 Chicken Salad on Bed of Leaf Lettuce Marinated Vegetable Salad Wheat Dinner Roll Brownie	5 Hot Dog on a Hot Dog Bun Baked Beans Tossed Salad Jell-O with Fruit	6 Meatloaf Mashed Potatoes w/Gravy California Mix Veggies Wheat Bread Apricots	7 Beef Stew w/Potatoes Green Beans & Cauliflower Peas Diced Fruit Mix Baking Powder Biscuit
10 Chicken Florentine Squash Broccoli Dinner Roll Apple Crisp	11 Ham & Turkey Sub Sand. Tossed salad 3-Bean Salad Fruit Whip Salad	12 Chicken Tetrazzini Carrots and Peas Peaches Wheat Roll Vanilla Pudding	13 Rosemary Pork Roast Baked Potato San Fran. Blend Veggies Pineapple w/Red Grapes Wheat Bread	14 Mac 'n Cheese w/gr. beef Spinach Mixed Vegetables Wheat Bread Chocolate Chip Cookie
17 Grilled Raspberry Chicken Carrots and Peas Tossed Salad; Dinner Roll Melon Mix Carrot Cake	18 Roast Beef with Gravy Mashed Potatoes Broccoli Potato Rolls Cinnamon Applesauce	19 Pork Loin w/Gravy Red Potatoes Cauliflower Orange & Pineapple Cup Rye Roll	20 Baked Herb Chick. Thigh Mashed Potatoes Wis. Mixed Veggies Watermelon Cheesecake Bars	21 Spaghetti and Meatballs California Mix Vegetables Garlic Bread Melon Mix
24 Baked Chick. Drumsticks Mashed Potatoes/Gravy Broccoli Wheat Dinner Roll Peanut Butter Cookie	25 Seafood Pasta Salad Coleslaw Wheat Roll Tapioca Pudding	26 Hot Turkey Sandwich Mashed Potatoes/Gravy Brussels Sprouts Wheat Bread Apricots and Peaches	27 Polish Sausage Sauerkraut Rosemary Red Potatoes Rye Bread Fruit Jello	28 Pork and Broccoli Stir Fry With Brown Rice Beets Potato Roll Watermelon



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

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SERVICES AT A GLANCE

Foot Clinic:

Tuesday, June 4, 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, June 10, 1:00 pm. Half-hour massages for \$25. Appointments only.

Blood Pressure Screening:

Tuesday, June 11, 11:00 am

Provided free by Our House.

Tuesday June 24, 11:00 am

Provided Free by Country Nurses

Other Services:

- Free computer/internet access
- A document shredder is available (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.

WISCONSIN SENIOR FARMER'S MARKET NUTRITION PROGRAM

Tuesday, June 25, 9-10 am OR 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. Each year, "vouchers" are distributed to a limited number of qualified households on a first come first serve basis. 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.

MEALSITE CHANGES

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

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.



HEARING PHONES DONATED



We have two ClearSounds® phones to giveaway for anyone who needs a phone. These are not TDY phones but phones that really amplify sound.

NEW TO MEDICARE?

Health & Human Services Bldg. (east entrance)

W4051 County Road NN, Elkhorn

This workshop is intended for individuals turning 65, 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 at 1:00-2:30 pm or 6:00-7:30 pm on: Thurs., June 13, Thurs., Aug. 15, Thurs., Oct. 17 and Wed., Dec. 4.

Seniors in the Park Promotes & Enhances a Vital Aging Community

SHARE YOUR TIME AND TALENTS

2014 Accreditation Assistance— Work Groups are being formed to look at different areas of Accreditation and will meet 2-3 times at your convenience. Most groups will tweak what is already in place. Work groups include: Purpose and Mission, Advocacy and Partners, Public Info/PR/Marketing, Community Planning, Programs and Evaluation, Facility and Safety, Volunteers, and Policies and Procedures. We all have talents knowledge and I'm hoping you are willing to share yours with us.

SchedulesPlus Implementation—Volunteer help is needed inputting information on each participant into the program. Assistance will also be needed when the system is implemented helping to inform participants how to use the login system. We will be using tablets so you will be trained on how to use one. You will be asked to schedule two times a month in August and September, either morning or afternoon. Many people will be needed for this. Please help out if you can.

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 Wednesday and Thursday mornings, occasional afternoons and fill-in. Help out once a week or twice a month. We try to be flexible with your schedule.

WELCOME LINDA AND PEGGY

Welcome to Linda Anderson and Peggy Smithson our Thursday morning receptionists. Stop and the desk and say "Hi" and welcome them to the center.

THANK YOU

Cameron Clapper, City Manger for sharing information on the Dark Fiber initiative and upcoming major projects in the city.

Catherine Conover for sharing her travelogue on Belize.

Bruce Parker for leading our first motorcycle ride.



CHECK-IN SYSTEM

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. 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. Volunteers are needed for this process. (see article to the left).

PARK BENCH TV SHOW

The June Show features information on raising chickens in the city 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.

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 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.

SUMMER GREETINGS

We have Graduation, Wedding and Anniversary 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.

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

FREE CONCERTS & FAMILY FUN NIGHTS

7:00 at Cravath Lakefront Park

June 27—The Dang-Its'

July 11—(5:30-7:30 pm) "The Big Bounce" and Big Rig Gig

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

OTHER CLASSES

Adult Tap Dance: Mondays beginning June 17 @ 7:00 pm

Zumba® - Several different classes are available on Monday, Tuesday and Thursday.

Go to wwparks.org and click on the summer brochure for more information or to register.

BICYCLEWISE BIKE RIDES

Wednesdays, 5:30 pm

Saturdays, 8:00 am

Wednesday rides are a medium/fast ride about 25 miles. Saturday rides 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

AMERICAN HEART ASSOCIATION FIRST AID AND CPR/AED

Learn basic adult and child CPR and 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, June 17**—First Aid Class #4501.21 OR
Monday, June 24—Class #4502.21

Time: 6:00 pm—9:30 pm Deadline: Thursday, June 6

Fee: \$25.00 includes book and completion card
\$35.00 for Both Classes—Class #4503.21

Nonresident fees are: \$30 and \$43.75 respectively



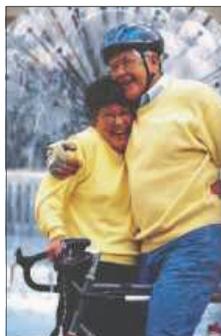
SUNRISE AND FRIDAY YOGA

Monday & Wednesday, 5:30-6:45am; Friday, 1:00 pm
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.

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

Starin Park Community Building

Ride 1: Wednesday, June 26th.

Class # 4456.21 Cost: \$3.00

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

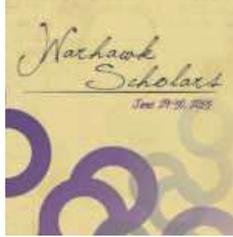
Class# 4456.24 Cost: \$3.00

New Parks and Recreation url: wwparks.org

WARHAWK SCHOLARS

June 29 and 30

Alumni, community members, and retirees are invited to become a Warhawk Scholar at UW-Whitewater. This unique opportunity welcomes participants to learn with and from each other and some of our best faculty members. Participants can have their choice of three different classes including: Truth in Our Lives, Choosing Civility, Understanding Mindfulness, Surviving the Holocaust: One Family's Story, Listen UP! You're Tuning Out!, How Do We Choose What We Buy?, and Truth in Media. Meals (2 lunch & 1 dinner) and class instruction are included in the commuter fee of \$150. Revisit college life, just for a weekend! Learn something new and have fun! Detailed brochures are available at the Community Building or contact Kari Borne at 262-472-1003 or bornek@uww.edu for further information.



MEMORY CAFÉ

Saturday, June 8 10:00 -11:30 am
Lakeland Health Care Ctr, Recreation Ctr
1922 County Rd NN, Elkhorn

The Memory Café is an opportunity for individuals with dementia and their caregivers to come and enjoy a time of fellowship with others in your peer group. Coffee, treats, and enjoyable activities are all provided. The gathering is free and open to the public. Hosted by the Lakeland Health Care Center.

BINGO

Tuesdays, 10:00 am

June 4: Culver's

June 11: Our House Senior Living

June 25: City Bingo



BINGO SPONSORS

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Mulberry Glen: Cookies & Lemonade

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

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



*Accredited by the
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of Senior Centers*

MEMBER:

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Wis. Parks & Recreation Assn.
National Council on Aging
Nat'l Institute of Senior Centers
Nat'l Parks & Recreation Assn.
Intern'l Council on Active Aging

SENIORS IN THE PARK



504 W Starin Rd, PO Box 178
Whitewater WI 53190

Phone 262-473-0535
Fax 262-473-0537
Nutrition Site 262-473-0536
Hours.... Mon-Thurs, 9:00 am-4:00 pm

Senior Coordinator

Deb Weberpal, CPRP
dweberpal@whitewater-wi.gov

Volunteer Editor

Romelle Koch

Director

Matt Amundson, CPRP

Recreation & Community Events Coordinator

Michelle Dujardin

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..

Name _____

E-Mail _____

Address _____
