



The Park Bench

March 2013

Seniors in the Park Newsletter

“THREE SISTERS” NATIVE AMERICAN GARDENING HERITAGE



Monday, March 11 1:00 pm

The first time Ron heard of the term “Three Sisters,” he was intrigued and began to do research. He discovered the story of the “Three Sisters” was amazing, but more amazing was what the world owes the Native American for much of today’s food and plant derived products.

His presentation will shed a different light on our heritage and culture as a result of these gifts that were developed in the Americas before the European arrival.

Presenter: Ron Langellier, Master Gardener

Please register by Wednesday, March 6

EASTER BUNNY LUNCH

Saturday, March 16

11:00 am —12:30 pm



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

Cost is \$2.50 for a one hotdog lunch or \$3.50 for a two-hot dog lunch. Stop in and enjoy lunch while supporting Seniors in the Park.

Volunteers & donations are needed see page 13.



Volume XIII Issue 3

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Seniors in the Park Promotes & Enhances a Vital Aging Community

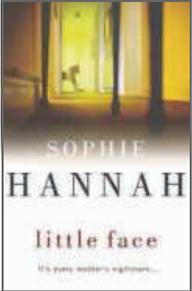
Classes and Activities

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

BOOK WORMS

Monday, Mar. 4, 10:30 am

The Book Club will discuss *Lone Wolf* by Jodi Picoult. The book for April *Little Face* is by Sophie Hannah.



When Alice Fancourt returns home after having been out for the first time without her two-week-old daughter Florence, she insists that the baby she finds at home, in the care of her husband David, is not their daughter but a

child she has never seen before. David denies it, claiming that the baby is Florence and that Alice has gone mad. Is she crazy, or is David lying, and if so, why would he do such a thing? And where is the real Florence? Alice has no proof, but she needs the police to believe her, and quickly. While they wait for the DNA test that will settle the matter, valuable time is being lost, and David's behavior towards Alice becomes increasingly threatening and sinister. Can Alice make the police listen to her before it's too late?

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://activenet9.active.com/whitewater>.)

AARP TAX ASSISTANCE

Wednesdays, beginning February 6

AARP is offering free tax preparation to low and moderate income taxpayers, with special attention to those age 60 and older, with quality assistance in filing their personal taxes. Call 262-473-0535 to set up an appointment. Donations for this service are accepted and support programming at Seniors in the Park.



You must bring:

- Photo ID and Social Security Card
- Copy of 2011 tax returns
- Proof of 2012 income
- Blank check for electronic refund deposit

If you are filing Wisconsin Homestead Credit, you will need either a 2012 real estate tax bill **OR** Certificate of Rent form signed by your landlord. 2012 taxes do not have to be paid to file Homestead Credit.

IMPORTANT NOTE: Preparers will not do returns for people who are married, but file separately, or who become divorced in 2012; schedules for business, rental income, farms, moving expense forms, forms for nondeductible IRAs and child investment income tax.

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



WATERCOLOR—SPRINGTIME FLOWERS

This two-week watercolor class will focus on painting springtime flowers. Using vibrant colors and good values to develop an interesting composition in your watercolor paintings will be covered.



Wisconsin winters are long, cold, dark and dreary. Get a jump start on Spring by painting tulips, daffodils and poppies in March. Attendees are always welcome to work on any subject matter they choose and are encouraged to bring photos, sketches and other references to work from. There will be technique or concept demonstrations and plenty of time for individual painting with optional one-on-one coaching. Beginning, intermediate and advanced concepts will be covered.

Instructor: Karolyn Alexander Tscharnack www.karolyn.biz
Dates/time: Thursdays, March 7 & 14, 1:00 – 4:00pm
Cost: \$20 payable to the instructor by cash or check.
Deadline: Monday, March 4

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 filmmaking 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.



W3 WELLFEST

Sunday March 10, 12:00—3:00 pm
Whitewater High School
534 South Elizabeth Street

Wellfest will have fitness classes including yoga, tai chi, boot camp, and Zumba; financial planning sessions, healthy eating classes, a cooking demo by Tyler of the Black Sheep, a resource fair (Seniors in the Park will be there), and “Minute to Win It” games. There is NO cost to attend and everyone is invited! Take advantage of this FREE opportunity to be active and learn how you can live a more healthful lifestyle. You could even walk away with some free giveaways, awesome prizes, and a handful of delicious, but healthy, snacks. More information and program descriptions are available on their website at www.w3wellness.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: March 5—April 9

Registration Deadline: Feb.28

Cost: \$18.00 resident

\$22.50 non-resident

Minimum: 5 people

CORE AND MORE

Mondays & Thursdays

8:45 - 9:15 am

This half hour class focusing on your core 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 for this class. Please bring an exercise mat.

10 punch pass fee: \$30.00 resident

\$37.50 non-resident

(passes do not expire)



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.

GADGET GURU



UWW students will be available to assist you for an hour, with any of your “gadgets”: smart phones, cameras, tablets, or ipods. Call to reserve a day and time, and let us know the brand/model of your gadget and what you need assistance.

Date: Mondays, March 4 or 18;

Wednesdays, March 6 or 13

Thursdays, March 7 or 14

Time: 1:00 pm

Fee: \$5.00 resident

\$6.25 Non Resident

Deadline: Five days in advance

SENIORS IN THE PARK GOLF LEAGUE

Starts in April. Watch the April newsletter for more information.

Questions, contact Bill Holcomb 262-903-9976

CLASS FEE INFORMATION

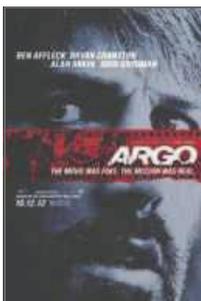
The Parks and Recreation Department has implemented a non-resident fee for all program participants who do not reside in the Whitewater Unified School District. This non-resident fee will be an additional 25% of the listed program fee. This does not apply to trips when partnering with another community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

OUR HOUSE SENIOR LIVING MOVIES

"Argo"

Tuesday, March 12, 12:30 pm

Rated R; 2 hr.



When six Americans escape to the home of the Canadian ambassador during the 1979 Iranian revolution, a CIA operative cooks up a plot to get them out of Iran by posing as a film crew making a science fiction movie. Based on a true story; directed and starring Ben Affleck as the resourceful CIA agent. This movie received seven Oscar nominations including Best Picture and Best Supporting Actor for Alan Arkin; it won Golden Globes for Best Picture (Drama) and Best Director (Affleck). Rated R for language.

"Life of Pi"

Tuesday, March 26, 12:30 pm

Rated PG; 2 hr. 5 min:

Based on the bestselling novel by Yann Martel, this is a magical mystery adventure about a young boy trapped at sea with a Bengal tiger. The film is really about how imagination and faith are as crucial to staying afloat—and to human survival in general—as a lifeboat. Eleven Oscar nominations, including Best Picture and Best Director (Ang Lee). Winner of Golden Globe for Best Original Score.



ALL-STAR BASEBALL EXTRAVAGANZA

Thursday, April 25, 1:00—3:00 pm

Batter Up! Hot dogs, 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.

FOOD PANTRY DONATIONS

Seniors in the Park is collecting cans of fruit for the Food Pantry. You may place your donation in the Food Pantry box in the lobby. Thank you for helping out!



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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.

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

SUBS, NUKES AND SHRINES— WISCONSIN'S UNIQUE TREASURES

Fall 2013—3 Day Tour

Highlights Include:

- Alpaca Farm
- Point Beach Energy Power Plant
- Dinner Show
- Shrine of Our Lady of Good Help
- National Shrine of Joseph
- Maritime Museum
- Winery
- The “Other” Green Bay

Watch next month's newsletter for

more details and cost. This trip in mid-September, will get you up close and personal with some of Wisconsin's unique treasures.



CHIP IN CASINO TRIPS

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

CLASSICAL TURKEY

OCTOBER 3-15, 2013

Trip Preview February 28, 1:00 pm

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)

\$4449 per person single

Deposit: \$250 per person by April 20

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ADVERTISER OF THE MONTH

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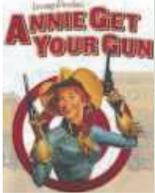
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FIRESIDE 2013

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

This will be the last year we offer Fireside packages, if participation does not increase. We receive a discounted price if we have 18 or more attending a performance. It is not fair for us to reserve prime seating only to cancel it when we cannot get enough folks to attend. So if you are thinking of going to a show, sign up early, as we give the Fireside reservations and payment one month before we attend.

FISH FRY FRIDAYS



Both trips are waiting list only.

Friday March 1—Donny Gals
Depart: 4:00
Cost: \$4.00

Friday March 15—Aztalan Inn
Depart: 4:00
Cost: \$3.00
Deadline: March 6

LUNCH BUNCH

Thursday, March 14 10:30 am

Enjoy dining at Highway Harry's in Johnson Creek with a stop at the Lindt Chocolate store in the Outlet Mall.

Cost: \$5.00 This trip is full



JANESVILLE SHOPPING

Wednesday, March 6, 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, March 5

FULL SPEED AHEAD AFTER 50

Saturday, March 23

This is a positive and fun event that focuses on active and healthy lifestyles for everyone age 50 and older at the Monona Terrace, Madison. It's a great event for expanding your knowledge about healthy living, participate in drop-in activities.

- Experience Baby Boomer Boot Camp, Moving for Better Balance, Cardio/Strength, Zumba@Gold, Yoga, Standing Pilates, Self Defense and much more!
- Internet Security, Financial and Consumer Fitness, Living to 100 and many other health education workshops
- Numerous exhibits showcasing senior living options to healthy lifestyle choices
- Health displays and screenings
- Come and meet new friends!
- Meet, workout, and learn exercise tips for ages 50+ with Tamilee Webb, the founder of "Buns of Steel" & "Abs of Steel" sponsored by: Dean & St. Mary's

This expanded event is bigger and better than ever!

Cost: \$13.00 (Includes entrance fee, parking, and van transportation)

Deadline: March 6 Minimum: 7

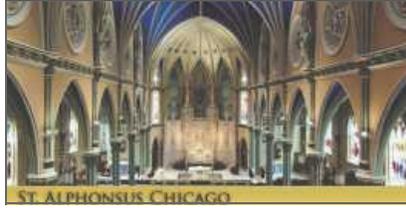
Depart 8:00 am and return 3:30 pm



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 due to its diversity, Their 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 Favorite **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 and Rum decorated with Lady Fingers...And Much More! Feel free to bring a cooler on the trip.

Fee: \$TBD
Deadline: Thursday, May 2
Minimum: 35 people (tell your friends)

Fee: \$TBD
Deadline: Thursday, May 2
Minimum: 35 people (tell your friends)

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.



UWW 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: TBA

UPCOMING VAN TRIPS

May: Educational tour of the Whitewater Effigy Mounds

May/June: Bison, cookies and Clydesdales

June: Chicago Botanical Gardens

October: Big Band at the Cotton Exchange

UPCOMING COACH TRIPS

July: Luncheon cruise, Clausen's Capital Brewery

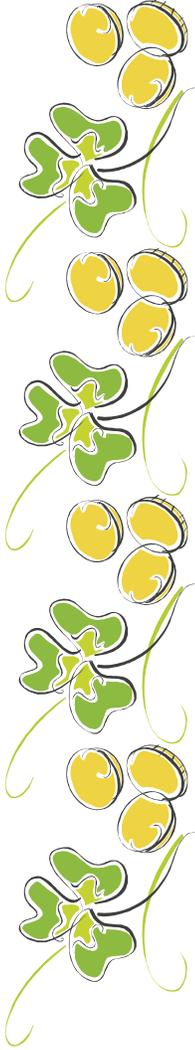
Activity Calendar

March 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p>Activities take place at the Starin Park Community Building unless otherwise noted.</p> <p>(A)= Downtown Armory (HB)= Hawk Bowl (L)= Cravath Lakefront</p>				<p>1 11:30 Nutrition Site at Brookdale 12:30 Pickleball (A)</p>
<p>4 8:45 Core & More 9:30 Stretch & Flex 10:30 Book Club 12:00 Senior Forum 12:30 Digital Storytelling 1:00 Gadget Guru 1:00 Bid Euchre 1:30 Canasta</p>	<p>5 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 12:30 Foot Clinic 1:00 Sheepshead</p>	<p>6 Tax Assistance 9:00 Bowling (HB) 9:30 Janesville Shopping 1:00 Ladies Poker 1:00 Chess 1:00 Gadget Guru 2:00 Line Dance (A) 3:00 Tai Chi</p>	<p>7 8:45 Core & More 9:30 Stretch & Flex 10:45 Wii Bowling 1:00 Gadget Guru 1:00 Scrabble 1:00 Watercolor</p>	<p>8 11:30 Nutrition Site at Brookdale 12:30 Pickleball (A)</p> <p>10 Wellfest 12:00—3:00</p>
<p>11 8:45 Core & More 9:30 Stretch & Flex 12:30 Pickleball (A) 12:30 Digital Storytelling 1:00 Native American Gardening 1:00 Bid Euchre 1:00 Massage Therapy</p>	<p>12 9:00 Pickleball (A) 10:00 Our House Senior Living Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie "Argo" 1:00 Sheepshead</p>	<p>13 Tax Assistance 9:00 Bowling (HB) 12:30 Pickleball (A) 1:00 Gadget Guru 1:00 Chess 2:00 Line Dance (A) 3:00 Tai Chi</p>	<p>14 8:45 Core & More 9:30 Stretch & Flex 10:30 Lunch Bunch 10:45 Wii Bowling 1:00 Euchre 1:00 Watercolor 1:00 Gadget Guru</p>	<p>15 12:30 Pickleball (A)</p> <p>16 Easter Bunny Lunch 11:00—12:30</p> 
<p>18 8:45 Core & More 9:30 Stretch & Flex 12:30 Pickleball (A) 12:30 Digital Storytelling 1:00 Bid Euchre 1:30 Canasta</p>	<p>19 9:00 Pickleball (A) 10:00 Scrabble 1:00 Sheepshead</p>	<p>20 Tax Assistance 9:00 Bowling (HB) 12:30 Pickleball (A) 1:00 Ladies Poker 1:00 Chess 2:00 Line Dance (A) 3:00 Tai Chi</p>	<p>21 8:45 Core & More 9:30 Stretch & Flex 10:45 Wii Bowling</p>	<p>22 11:30 Nutrition Site at Brookdale 12:30 Pickleball (A)</p> <p>23 Full Speed Ahead Trip</p>
<p>25 8:45 Core & More 9:30 Stretch & Flex 12:30 Digital Storytelling 12:30 Pickleball (A) 1:00 Bid Euchre</p>	<p>26 9:00 Pickleball (A) 10:00 City Bingo 12:30 Our House Senior Living Movie "Life of Pi" 1:00 Sheepshead</p>	<p>27 Tax Assistance 9:00 Bowling (HB) 12:30 Pickleball (A) 1:00 Chess 2:00 Line Dance (A) 3:00 Tai Chi</p>	<p>28 8:45 Core & More 9:30 Stretch & Flex 10:45 Wii Bowling 1:00 Euchre</p>	<p>29 12:30 Pickleball (A)</p>

March 2013

10 Walworth County Nutrition Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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.</p>				<p>1 Western Meatloaf Baked Potato Brussels Sprouts Dinner Roll Fruit Cocktail</p>
<p>4 Swedish Meatballs over Egg Noodles Carrots Wheat Bread Peaches</p>	<p>5 Split Pea with Ham Soup Tossed Salad Rye Dinner Roll Mandarin Oranges</p>	<p>6 Broc. Chicken Rice Cass. Squash Green Beans Wheat Roll Applesauce</p>	<p>7 Roast Beef Mashed Potatoes/Gravy Stewed Tomatoes Wheat Bread Carrot Bar</p>	<p>8 Baked Pollock Red Potatoes Coleslaw Rye Bread Apple Cake</p>
<p>11 Pork Loin with Gravy Scalloped Potatoes Mixed Vegetables Wheat Roll Mandarin and Pineapple</p>	<p>12 Cantonese Beef with Brown Rice Carrots Cantaloupe Brownie</p>	<p>13 Baked Chicken Thigh/Leg Mashed Potatoes/Gravy California Mixed Veggies Wheat Bread Chunky Applesauce</p>	<p>14 Bean Soup Carrot Raisin Salad Peaches Dinner Roll Cherry Crisp</p>	<p>15 Italian Pasta Baked with Turkey Marinated Vegetable Salad French Bread Fruit Cocktail</p>
<p>18 Pork Pot Roast w/Gravy Red Potatoes Carrots Baking Powder Biscuit Pineapple Tidbits</p>	<p>19 Beef Barley Soup Brussels Sprouts Peaches Wheat Dinner Roll Chocolate Cake</p>	<p>20 Chicken with Spinach Artichoke & Rice Pilaf Peas and Carrots Wheat Bread Mandarin Oranges</p>	<p>21 Salisbury Steak Mashed Potatoes/Gravy Tossed Salad Wheat Roll Sugar Cookie</p>	<p>22 Spin. Cheese Bacon Quiche Winter Mix Vegetables Sliced Beets Dinner Roll Fruit Jell-O</p>
<p>25 Sloppy Joes on a Hamburger Bun Three Bean Salad Calif. Blend Vegetables Fruit Cocktail</p>	<p>26 Italian Breaded Pork Cutlet Sweet Potatoes Cauliflower w/Red Pepper Wheat Bread Apricots and Peaches</p>	<p>27 Ground Turkey Chili Pasta Vegetable Salad Cornbread Chunky Applesauce</p>	<p>28 Chicken Drumsticks Mashed Potatoes/Gravy Asparagus Wheat Roll Chocolate Chip Cookie</p>	<p>29 Good Friday Holiday No Meal</p>

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SERVICES AT A GLANCE

Foot Clinic:

Tuesday, March 5, 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.

Therapeutic Massage: Monday, Mar. 11, 1:00 pm. Half-hour massages for \$25. Appointments must be made in advance.

Blood Pressure Screening:

Tuesday, Mar. 12, 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 MARCH BIRTHDAYS TO:



- 5 Gertrude Drost
- 13 Sharron McCarthy
- 17 Orville Klima
- 25 Romelle Koch
- 26 Audrey Peplinski

Want to be on our birthday list? Just let

Deb or Sue know your birth date and correct spelling of your name, and you can be in the newsletter, too!

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.

RESOURCE FAIR

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

Save the date! Our first Resource Fair will be held at the Downtown Armory, 146 North St with service providers, organizations and health information. There will also be try-it for free classes in the dance studio and door prizes.

ST. PATRICK'S DAY

Send a St. Patrick's Day greeting to friends, family and sweethearts to celebrate friendship or love this month. We also have everyday, birthday, anniversary, thinking of you, sympathy, get well, greeting cards, and much more. Most cards are priced from 50 cents to \$1.25. 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

Easter Bunny Lunch-Saturday March 16—This event is a community service project in partnership with the Whitewater Optimist Club. Sign up to volunteer or donate at the reception desk or give us a call.

9:00-10:45 am: Setup and prep food—5 people
11:00 am-12:30 pm: Serve food —4 people
11:00 am-12:30 pm: Serve beverages and assist families—3 people
10:45 am-12:30 pm: Sell tickets—2 people
10:45-12:30: Supervise cupcake decorating
12:30-1:30 pm: Clean up—5 people

Donations Needed by Wed. March 13:

Hot Dog Buns, Hot Dogs, Cans of frosting, Liters of Soda, Large bags of baby carrots, Carton of ranch dip, one batch of Cupcakes (24) (can bring in March 15) and Cash donations toward items not donated.

Both donations and help are needed for this event. Sign up at the reception desk or give us a call. Thanks in advance for signing up and your donation.

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.

Wellfest Seniors in the Park Resource Table-Sunday, March 10 at the Whitewater High School. Hand out material and talk about Seniors in the Park. 8:45–noon or noon—1:30 or 1:30—3:00. Call or sign up at the reception desk.

CHILI COOKOFF RECAP

Twelve contestants participated in the Chili Cook-off which raised \$400 for Special Olympics and \$400 for Seniors in the Park. Participants were Edward Jones,



Whitewater Police Department, Joe Murn, Pete Langerock/iPacesetters, Patty Storlie, Bruce Parker/Lakefront Pub, Blake Scharine/Scharine Group, Sable House, Steve Swader/Quiet Hut, Dawn and Brian Lyle and Community Cat. First place went to “Lumpy” from Community Cat (right). Second place went to Perky Patty’s Pit Stop-Patty Storlie, Best Decorated Table (left) went to Blake Scharine with the General’s Table and People Choice chili went to The General’s Chili/Blake Scharine.



PARK BENCH TV SHOW

The March Show features Meghan and Shannon Kehoe talking about Irish dance, their travels and competitions. 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.

SENIOR FORUM

Monday, March 4
12:00 pm

Agenda items include Chili Cook-off at Freeze Fest update, Easter Bunny lunch, and programming and facility comments.

THANK YOU

Mark Dorn for taking the “plunge” and raising over \$1600 for Special Olympics. He will be donating a \$150 Kwik Trip card for our use.



Polar Plunge donors: Thanks to everyone who donated and helped Mark attain his goal.

Lakefront Pub for donating the chili bowls.

Chili Cook-off Participants for participating in the cook-off and raising \$400 for Special Olympics and \$400 for Seniors in the Park.

Blake Scharine and Bruce Parker—cash donations

INTRODUCTION TO SALSA & MERENGUE

Saturdays, March 23-May 11
6:15-7:30 pm

Community Rm, Basic Co-op
1711 Lodge Dr., Janesville

This 8-week basic session is for people to become familiar with the basics of the Salsa and Merengue.

Learn leading or following techniques, rhythmic structure, phrasing, musicality, and introduction movement patterns for both dances.

Cost: \$64 for 8—75-min. classes

Deadline: March 11

For more information and registration contact instructor Denay Trykowski at trykowsdatt.net

(This is an independent event not affiliated with Basic Cooperatives.)

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

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.

Feb. 25 The Role of Corn in Indigenous Mexican Cultures

Bert Keitlow, Lecturer in History

Mar. 4 Blue-Plare Special: Foodborne Illness

Donna Vosburgh, Associate Professor of Occupational and Environmental Safety and Health

Mar. 11 The Flavor of Wisconsin: An Informal History of Food and Eating in the Badger State

Liz Hachten, Assistant Dean, College of Letters and Sciences

Mar. 18 American Culture, "Big Food," and Our Health

Michael Oldani, Associate Professor of Sociology, Anthropology, and Criminal Justice

Apr. 1 Beer Matters

Karl Brown, Lecturer in History

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. Right now we are seeking submissions for a variety of exhibits. Needed are:

- Original paintings and art depicting locations in Whitewater from the past or present.
- Stories of the past of unusual "characters" of Whitewater
- Old news photos/articles/postcards about Whitewater
- Photographs of Whitewater past and present.

Local 4H youth will make digital stories by interviewing local businesses and our elders who will talk about life and business in *Our Town*, Whitewater. Telling your digital story is also available at Seniors in the Park on Mondays at 12:30. These will be on view at various locations during the Art Walk and at the Young Auditorium for some of their events. The Historical Society is gearing up for their grand opening and will be a part of the Art Walk with a great exhibit in the newly renovated Depot Museum.

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
- Mar. 5: Culver’s
- Mar. 12: Our House Senior Living
- Mar. 26: City Bingo



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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

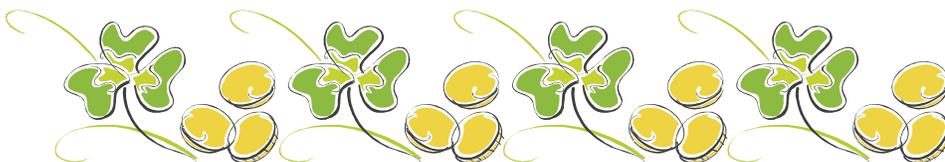
Second Wednesday 1:00 p.m.
ADRC-Jefferson, 1451 Annex Rd

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.
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Seniors in the Park

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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 go to www.whitewaterbanner.com and look for the link in the left column. The newsletter is available for pick up at the Starin Park Community Building, Municipal Building, the Whitewater Aquatic and Fitness Center, and the Irvin L. Young Memorial Library.

Name _____

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