



May 2013

The Park Bench

Seniors in the Park Newsletter

KNOWLEDGE IS POWER: WHITEWATER SENIOR RESOURCE FAIR

Thursday, May 2, 2013 1:00- 3:30pm
Downtown Armory, 154 North St

Knowledge of what is available in the community is an important part of aging in place. The Resource Fair features local services, businesses, and class demonstrations like stretch & flex at 1:30 pm, pole walking at 2:00 pm, and line dance at 2:30 pm. There will be door prize giveaways every half hour provided by the vendors, and the grand prize is a \$100 Kwik Trip gas card. The vendors will be providing hands-on screenings for blood pressure, memory loss, grip strength, diabetes risk, and balance. Some of the services and information available will be: a cooking demonstration with samples, basic financial/investment advice, Alzheimer's and dementia, brain health, falls prevention, pet therapy, information on immunization and maintaining healthy bones, opportunities for volunteering, counseling services, handouts about fraud, information on new healthcare laws, relocation services, estate planning, Disabled American Veterans, home healthcare and much more. Check out this great resource!

UNLEASH THE POWER OF AGE

Older Americans Month is a proud tradition that shows our commitment to honoring the value that elders contribute to our communities. This year's Older Americans Month theme—"Unleash the Power of Age!"—highlights the significant contributions made by thousands of older Americans across our nation. They volunteer at food pantries, churches, in parks, at schools, libraries, they serve on committees, commissions, boards and councils, they lead programs and activities, and they are often the fabric and glue which unites a community with their time and service. A huge round of applause to all older adults serving our community!

Volume XIII Issue 5

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Older Americans Month
Unleash the Power of Age!



Classes and Activities

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

COFFEE WITH CAMERON

Thursday, May 16, 11:00-11:45 am

Stop in, meet and chat with our City Manager, Cameron Clapper. Find out what is going on at the city, his views on city government or any other topics you would like to discuss.

THANK YOU SARA!

Tuesday, May 7, 1:00—2:30 pm



Our intern this semester, Sara Goldbeck, has finished her internship. Stop in, say “Thanks” and wish her good luck in the future. Her projects included: A meeting of Community Resources, a

power point presentation on Ageism, Volunteer Appreciation, the Senior Resource Fair, and created, distributed and evaluated the outcomes from the class and overall surveys.

Sara will be sharing the power point she developed at 2:00. Most people don't realize how internalizing “ageisms” can effect their health and well-being. Stay and find out how to recognize your views on aging and it's effects on you.

BELIZE TRAVELOGUE

Wednesday May 1, 1:00 pm

Travel to Belize with a presentation by Catherine Conover.

Witness the incredible plant life and a butterfly farm in this Central American country. Hear about the very rich and diverse culture with roots in Britain, escaped African slaves and native peoples. Please register for this presentation by Friday, April 26



MICROWAVE MAGIC



Wednesday, May 8 1:00 pm

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

Cost: \$3.00

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

COMPUTER TUTOR

Bring your own laptop or tablet, if you wish, with either vista, or XP, 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: April 29, May 1,7,9,13, 14, 21, 29, or 30

Time: 9:30 am

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

DIGITAL STORYTELLING CLASS

Mondays, 12:30 p.m.

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

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

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

WALK AWAY THE POUNDS WITH MONA

Wednesdays, 10:00 am

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.

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!

Instructor: Deb Weberpal

Day/Time: Thurs., May 23, 5:30 pm Class #: 5301.21

Day/Time: Wed. May 29, 11:00 am Class #: 5301.22

Day/Time: Thurs., June 13 11 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



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. 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: 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 (see page 4)

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

TAI CHI

Wednesdays, 3:00 pm

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

Dates: May 1—June 12

(No class May 22)

Registration Deadline: April 25

Cost: \$18.00 resident

\$22.50 non-resident

Minimum: 5 people

ZUMBA GOLD®



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.

Can also get your class pass online at wwparks.org

CORE AND MORE

Mondays & Thursdays

8:45 - 9:15 am

This half hour class will help you to perform everyday activities safely and with ease. Modifications for all levels of ability will be demonstrated.

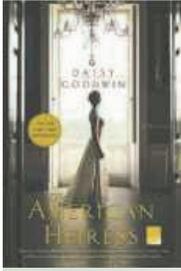
Must be able to get down on the floor. Please bring an exercise mat.

10 punch pass fee: \$30.00 resident

\$37.50 non-resident (passes do not expire)

BOOK WORMS

Monday, May 6, 10:30 am



The Book Club will discuss *Cross Roads* by William Paul Young. The book for June is *American Heiress* by Daisy Goodwin.

Be careful what you wish for. Traveling abroad with her mother at the turn of the twentieth century to seek a titled husband, beautiful, vivacious Cora Cash, whose family mansion in Newport dwarfs the Vanderbilts', suddenly finds herself Duchess of Wareham, married to Ivo, the most eligible bachelor in England. Nothing is quite as it seems, however: Ivo is withdrawn and secretive, and the English social scene is full of traps and betrayals. Money, Cora soon learns, cannot buy everything, as she must decide what is truly worth the price in her life and her marriage.

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 Whitewater 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.

OUR HOUSE SENIOR LIVING MOVIES

"Zero Dark Thirty"

Tuesday, May 14, 12:30 pm

Rated R; 2 hr. 37 min.

From the filmmakers of the 2010 Best Film ("The Hurt Locker") and Best Director (Kathryn Bigelow), this film examines the urge for revenge and justice that drove public policy and personal attitudes in the years after the September 11, 2001 attacks. A chronicle of the decade-long hunt for Osama bin Laden, and his death at the hands of Navy SEAL Team 6, in May, 2011. Rated R for violence, language, intense scenes (2012)



"Les Miserables"

Tuesday, May 28

Rated PG-13; 2 hr. 38 min.



In 19th Century France, Jean Valjean (Hugh Jackman), who for decades has been hunted by the ruthless policeman, Javert (Russell Crowe) after he breaks parole, agrees to care for factory worker Fantine's (Anne Hathaway's) daughter, Cosette (Amanda Seyfried). The fateful decision changes their lives forever. Based on the ever popular novel by Victor Hugo, this film garnered an Oscar for Anne Hathaway (Best Supporting Actress); and Golden Globes for Best Musical, Best Actor (Jackman), and Hathaway (Best Supporting Actress). Incredibly, all of the actors sang their lines LIVE; they were not dubbed later in the studio! The entire movie is sung, there is no speaking. (2012)

WATERCOLOR CANVAS VS WATERCOLOR PAPER

This four-week watercolor class will focus on using watercolor canvas vs. traditional watercolor paper. Beginning, intermediate, and advanced concepts will be covered. Demonstrations will be on using watercolor canvas as well as traditional watercolor paper. Topics will 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, May 2—23; 1:00-4:00 pm (May 2 class begins at noon)

Cost: \$40 payable to the instructor on May 2 by cash or check.

Deadline: Monday, April 29

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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.
www.FortHealthCare.com/Whitewater

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- Orthopedics & Sports Medicine (and joint care)-(262) 472-9334
- Marriage Counseling-(920) 563-9542
- Therapy & Sport-(262) 473-5599
- Ear, Nose & Throat (+allergy)-(262) 472-6804
- Urology (and continence care)-(920) 568-7744
- Obstetrics & Gynecology-(262) 473-8920

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For detailed itineraries on any of the extended trips, call 262-473-0535, send an email to dweberpal@whitewater-wi.gov, go to the city website at www.whitewater-wi.gov, (Departments, Seniors in the Park) or stop in to the Starin Park Community Building.

CLASSICAL TURKEY



OCTOBER 3-15

Explore the lands of the New Testament and savor the flavor of land where the Middle East meet Europe. Adults of all ages are welcome on our trips. Call for a detailed itinerary or go online to www.whitewater-wi.gov, departments, Seniors in the Park. Trip is currently on a space available basis. Please call for more information.
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4-11 pm Closed Tuesday

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**

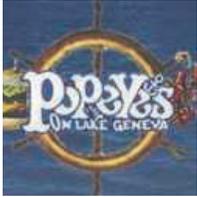


Maritime Museum and see the boat building and maritime trade that built this part of Wisconsin. You will also be able to tour the USS Cobia Submarine built in Manitowoc during WWII. There may be other surprises along the way. Payment is due within one week of signup. There is no registration deadline. When seats are sold, the trip is full!

Fee: \$389.00 pp/double;

\$478 pp/single

Minimum: 42 people (tell your friends)



LUNCH BUNCH

Thursday, May 9, 10:30 am
Enjoy dining at Popeye's in Lake Geneva.
Cost: \$5.00 RSVP by Tuesday, May 7

JANESVILLE SHOPPING

Wednesday, May 1, 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, April 30

MILWAUKEE BREWERS TRIP



Wednesday, May 22
Take me out to the ball game! Enjoy a Brewers vs. the Dodgers game from field infield box seats on the third base side. If the roof is open, you will be in the sun. It's \$1 hot dog and Pepsi day, also. Soft-sided small coolers can be carried in with non breakable food containers and sealed water or soda.
Cost: \$49.00 includes transportation, parking, ticket and fees
Deadline: May 14 (seats will go quickly. Only 12!)
Depart Starin Park 9:30 am Return: depends on game and traffic

CHICAGO BOTANIC GARDENS

Wednesday June 19
Rain date is Wednesday June 26
The Chicago Botanic Garden opened a little more than 40 years ago as a beautiful place to visit, and has matured into one of the world's great living museums and conservation science centers. The Garden's 26 gardens and four natural areas, are uniquely situated on 385 acres of land on and around nine islands. Tram tours are available onsite for a small fee. Lunch is on your own. You can eat in the Garden Café or bring your own lunch.
Fee: \$20.00
Deadline: Thursday June 6
Depart Starin Park 8:00 am; Return approx 4:30 pm

FIRESIDE 2013

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

Wednesday, July 3
Little Shop of Horrors
RSVP/Payment
deadline May 31

Tony Award winning
Comedy)

Cost: \$63.00

Payable to: The Fort Atkinson Senior. Ctr.

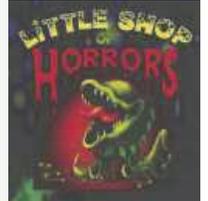
Transportation is on your own.

Arrive at 10:30 am. Lunch is at 11:15 and Show at 1:30.

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

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

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



UPCOMING VAN TRIPS

June: Educational walking tour of the Whitewater Effigy Mounds
August: Bison, Cookies and Clydesdales
October: Big Band at the Cotton Exchange

These trips are a suggestion. Watch future newsletters for details. If you have suggestions for a trip, please let Deb know with as much contact information as possible.



FOOD AND FUN IN THE SUN

Friday, July 19

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

Fee: \$64.00

Deadline: Thursday, June 19

Minimum: 35 people

Maximum: 40 people

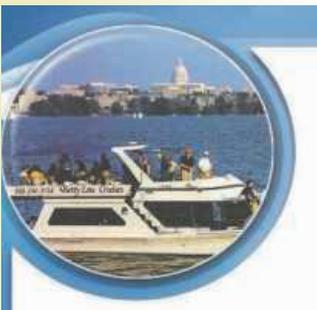
Depart: Starin Park: 7:30 am

Fort K-Mart: 8:00 am

Return (dependent on traffic)

Fort K-Mart 5:30 pm

Starin Park 6:00 pm



CHICAGO—THE POLISH & GERMAN CITY



Thursday, June 6

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

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

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

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

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

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

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

Fee: \$79.00

Deadline: Thursday, May 2

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

Return (dependent on traffic) Starin Park 6:30 pm; Fort K-Mart 7:00 pm

EMERGENCY FORMS

Emergency forms must be completed to travel with us. They can be filled out when you register for a trip or the day of. You will need doctor and emergency contact numbers and a list of your medications. Participants are encouraged to keep a list of medications in their purse or wallet.

Activity Calendar

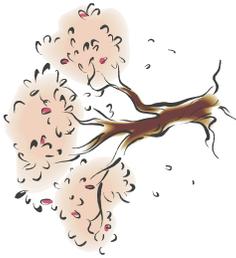
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May 2013

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 (OR)=Oak Ridge Golf Course, Milton</p>		<p>1</p> <p>9:30 Janesville Shop. 10:00 Walking Class 12:30 Pickleball (A) 12:45 Zumba Gold 1:00 Ladies Poker 1:00 Chess 1:00 Belize Travelogue 2:00 Line Dance (A) 3:00 Tai Chi</p>	<p>2</p> <p>8:45 Core & More 9:30 Stretch & Flex 1:00 Senior Resource Fair (A) 1:00 Scrabble 12:00 Watercolor</p> <p>Chicago Trip Deadline</p>	<p>3</p> <p>11:30 Nutrition Site at Brookdale 12:30 Pickleball (A)</p>
<p>6</p> <p>8:30 Golf (OR) 8:45 Core & More 9:30 Stretch & Flex 10:30 Book Club 12:00 Senior Forum 12:30 Pickleball 12:30 Digital Stories 1:00 Bid Euchre 1:30 Canasta</p>	<p>7</p> <p>9:30 Comp. Tutor 9:30 Pickleball 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 12:30 Foot Clinic 1:00 Sheepshead 1:00 Sara's Party 2:00 Ageism presentation</p>	<p>8</p> <p>10:00 Walking Class 12:30 Pickleball (A) 12:45 Zumba Gold 1:00 Microwave Magic 1:00 Chess 2:00 Line Dance (A) 3:00 Tai Chi</p>	<p>9</p> <p>8:45 Core & More 9:30 Comp. Tutor 9:30 Stretch & Flex 10:30 Lunch Bunch 11:00 Pole Walking Instruction 1:00 Euchre 1:00 Watercolor</p>	<p>10</p> <p>11:30 Nutrition Site at Brookdale 12:30 Pickleball (A)</p>
<p>13</p> <p>8:30 Golf (OR) 8:45 Core & More 9:30 Stretch & Flex 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Bid Euchre 1:00 Massage Therapy</p>	<p>14</p> <p>9:00 Pickleball (A) 9:30 Comp. Tutor 10:00 Our House Senior Living Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie "Zero Dark Thirty" 1:00 Sheepshead</p>	<p>15</p> <p>10:00 Walking Class 12:30 Pickleball (A) 12:45 Zumba Gold 1:00 Ladies Poker 1:00 Chess 2:00 Line Dance (A) 3:00 Tai Chi</p>	<p>16</p> <p>8:45 Core & More 9:30 Stretch & Flex 11:00 Coffee with Cameron 1:00 Watercolor</p>	<p>17</p> <p>12:30 Pickleball (A)</p>
<p>20</p> <p>8:30 Golf (OR) 8:45 Core & More 9:30 Stretch & Flex 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Bid Euchre 1:30 Canasta</p>	<p>21</p> <p>9:00 Pickleball (A) 9:30 Comp. Tutor 10:00 Scrabble 1:00 Sheepshead</p> <p>Office closed 12:30</p>	<p>22</p> <p>9:30 Brewers trip departs 10:00 Walking Class 12:30 Pickleball (A) 12:45 Zumba Gold 1:00 Chess</p> <p>Office closed</p>	<p>23</p> <p>8:45 Core & More 9:30 Stretch & Flex 1:00 Watercolor 1:00 Euchre 5:30 Pole Walking Instruction</p>	<p>24</p> <p>11:30 Nutrition Site at Brookdale 12:30 Pickleball (A)</p>
<p>27</p> <p>Closed for Memorial day</p> 	<p>28</p> <p>9:00 Pickleball (A) 10:00 City Bingo 12:30 Our House Senior Living Movie "Les Miserables" 1:00 Sheepshead</p>	<p>29</p> <p>9:30 Comp. Tutor 11:00 Pole Walking Instruction 10:00 Walking Class 12:30 Pickleball (A) 12:45 Zumba Gold 1:00 Chess 2:00 Line Dance (A) 3:00 Tai Chi</p>	<p>30</p> <p>8:45 Core & More 9:30 Comp. Tutor 9:30 Stretch & Flex 10:00 Motorcycle Ride to Frank's Diner</p>	<p>31</p> 

10 Walworth County Nutrition Menu

May 2013

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 Sub Sandwich w/Ham, Turkey, Leaf Lettuce, Tomato & Cheese 3-Bean Salad Fruit Whip Salad</p>	<p>2 Chicken Tetrazzini Carrots and Peas Peaches Dinner Roll</p>	<p>3 Rosemary Pork Roast Baked Potato San Fran. Blend Veggies Pineapple w/Red Grapes Wheat Bread</p>
<p>6 Macaroni and Cheese Spinach Mixed Vegetables Wheat Bread Chocolatre Chip Cookie</p>	<p>7 Grilled Raspberry Chicken Carrots and Peas Tossed Salad Melon Mix Dinner Roll</p>	<p>8 Beef Stew w/Potatoes and Green Beans Peas Diced Fruit Mix Baking Powder Biscuit</p>	<p>9 Pork Loin w/Gravy Red Potatoes Cauliflower Orange & Pineapple Cup Rye Roll</p>	<p>10 Baked Herb Chicken Thighs Mashed Potatoes & Veggies Watermelon Cheesecake Bars Wheat Roll</p>
<p>13 Salisbury Steak Sweet Potato Cauliflower Dinner Roll Orange and Pineapple Cup</p>	<p>14 Spaghetti and Meatballs California Mix Vegetables Garlic Bread Melon Mix</p>	<p>15 Baked Chick. Drumsticks Mashed Potatoes/Gravy Broccoli Wheat Dinner Roll Peanut Butter Cookie</p>	<p>16 Seafood Pasta Salad Coleslaw Wheat Roll Tapioca Pudding</p>	<p>17 Hot Turkey Sandwich on Wheat Bread Mashed Potatoes/Gravy Brussels Sprouts Apricots and Peaches</p>
<p>20 Polish Sausage Sauerkraut Rosemary Red Potatoes Rye Bread Fruit Jello</p>	<p>21 Pork and Broccoli Stir Fry With Brown Rice Beets Potato Roll Watermelon</p>	<p>22 Chicken Caesar Pasta Salad Black Bean Salad Wheat Bread Cantaloupe</p>	<p>23 Cowboy Stew Tossed Salad Wheat Dinner Roll Hot Spiced Apples</p>	<p>24 BBQ Pork Sandwich on a Hamburger Bun Baked Potatoes Red Cabbage Mandarin Oranges</p>
<p>27 CLOSED FOR MEMORIAL DAY</p> 	<p>28 BBQ Chicken Thigh/Leg Parsley Red Potatoes Green Beans Wheat Bread Diced Fruit Mix</p>	<p>29 Broccoli and Cheese Quiche Mixed Vegetables Wheat Roll Hot Peaches with Granola</p>	<p>30 Italian Wedding Soup Peas Sweet Potatoes Wheat Bread Melon Mix</p>	<p>31 Italian Meat Sauce over Penne Pasta Pears San Fran. Blend Veggies Bread Sticks</p>

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Senior Citizen Day

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, May 7, by Appointment. Call in advance as time slots fill quickly. Please bring a towel. Cost is \$12.00. Stop at the front desk to pay and to sign in for the service.

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

Therapeutic Massage: Monday, May 13, 1:00 pm. Half-hour massages for \$25. Appointments must be made in advance.

Blood Pressure Screening:

Tuesday, May 14, 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 MAY BIRTHDAYS TO:

- 4 Betty Sweno
- 11 Steve Baker
- 16 Jean Bromley
- 19 Thelma Robbins
- 27 Mark Dorn



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 be in the newsletter, too!

MEALSITE CHANGES

The mealsite will now be at Brookdale on Wednesdays along with Fridays. Stop in for a delicious meal with friends.

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 Wednesdays and the first, second, and fourth Fridays of every month, May 3, 10, & 24.



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.

WELCOME TO MEDICARE

Health & Human Services Bldg. (east entrance)

W4051 County Road NN, Elkhorn

This workshop is intended for individuals turning 65 in 2013, those who have been on Medicare for a year or two and still have questions and individuals with disabilities beginning Medicare in 2013. 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

SPRINGTIME

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

TYPO, HUMAN ERROR, WE GOOFED!?

COULD MEAN A TREAT FOR YOU

Occasionally there may be an error in days, times, registration dates or fees in the newsletter. When such errors occur, we will do everything possible to correct the situation promptly. We thank you for your patience and understanding when these situations arise. Spot a typo or error and bring it to the office for a treat. First 5 people.

SHARE YOUR TIME AND TALENTS

Garden Plot Assistance—A garden plot is being planned on campus between the Health Center and the University Book Store. Volunteers are needed to assist with maintaining the plot one (or more) days a week. Items grown in the garden plot will be donated to the Whitewater Food Pantry. If you are interested in assisting with the project, please contact Kara Meissen at 472-5232 or krumenak@uww.edu



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

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

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, 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 left.

MEMORIAL TREES

The City of Whitewater has a program that lets you honor a special person or persons through the living gift of a tree. You can request to "donate" a tree or trees that would be planted in the park of your choice as a memorial. Contact Chuck Nass at 262-473-05342.

PARK BENCH TV SHOW

The May Show features information on the proposed Police Department K9 unit and upcoming run/walk fundraiser. 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.

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.

ARE YOU MISSING MONEY?

Please check your receipts before depositing them in the Funds for Friends donation can. Over the past 6 months we have found cash wrapped in the receipts. We appreciate the donation but think it may have been inadvertent.

FUNDS FOR FRIENDS

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.

- Sara and Deb thank you for all your wonderful birthday wishes.
- **David Veith and Walworth County AARP** for donating a large fruit tray



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



MOTORCYCLE RIDES

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. Please share any other day trips you would like to do with a group. If you can't make it but want to be involved in other rides, call with your cell number (for texts) or email dweberpal@whitewater-wi.gov and we'll keep you in the loop!

Lake Michigan and Frank's Diner—Thursday, May 30

Experience Frank's Diner, as seen on Diners, Drive-Ins and Dives. 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.

INTERMEDIATE BIKE RIDES

Four different intermediate road 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.

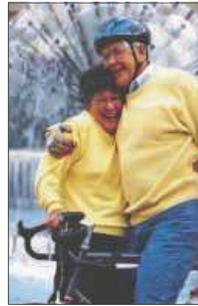
Class # 4456.21 Cost: \$3.00

Ride 2: Wednesday, July 17th

Class # 4456.22 Cost: \$3.00

Ride 3: Wednesday, July 31st

Class# 4456.23 Cost: \$3.00



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

WHITEWATER K9 5K/ 10K RUN/WALK

Saturday, June 1st,
Cravath Lakefront Park

Join us for a run/walk to raise money for the Whitewater Police Department K9 Unit. We will be timing participants "old school style" and awarding prizes instead of medals. For more information and to register visit: whitewaterk9run.weebly.com

BICYCLEWISE BIKE RIDES

Wednesdays, 5:30 pm

Saturdays, 8:00 am

Wednesday rides are a medium/fast rides, 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.

OTHER CLASSES

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

Greater Madison Senior Softball League: An opportunity for men ages 55 and up to play organized slow-pitch softball. Go to www.greatermadisonsejiorsoftball.com or contact Ray Blum 608-663-5822, at gmss@charter.net or Bob Ruhland 608-274-4857, at pinbuster@charter.net.

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.

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
- Tai Chi**—Wednesdays 3:00 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
- May 7: Culver's
- May 14: Our House Senior Living
- May 28: City Bingo



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Fort Comm. Credit Union * Genoa Pizza * Eastsider/Westsider

LOCAL SUPPORT GROUPS

Bereavement Support Groups

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



Grief Support Group

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

Breast Cancer Support Group

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

Caregiver Support Group

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

Parkinson's Support Group

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

Alzheimer's Support Group

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

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.

Seniors in the Park

PO Box 178
Whitewater WI 53190



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SENIORS IN THE PARK



504 W Starin Rd, PO Box 178
Whitewater WI 53190

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

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Michelle Dujardin

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*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 _____
