



The Park Bench

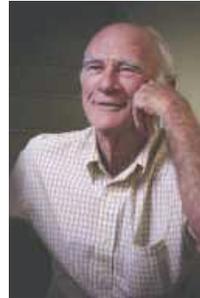
October 2013

Seniors in the Park Newsletter

SURVIVING AGING 101

Thursdays, 1:00 pm

October 3: Kristin Arnett, CHHP, AADP, and BS in Nutrition, will reveal little known ‘food facts’ that maybe contributing negatively to your sleep patterns, inflammation and energy level. Come and ask questions regarding today’s newest food matters, such as “Leaky Gut Syndrome”, GMO’s, and toxins in our food supply. Hear a few, simple and very ‘doable” tips for seniors.



October 10: Reverend Joan Rogers, Ordained Minister of Spirit of Charity church. She will be addressing True Inner Peace. Rev. Joan believes Harmony and Balance are brought into our lives through the process of integration and acceptance. All of our experiences, whether positive or apparently negative, are included into our healing and rebirth as whole individuals. It is never too late!

October 17: Sue Lancaster CYT, LMT and owner of Essential Yoga. She will share her knowledge of the healing qualities of massage and the role it can play in alleviating some of the symptoms of aging. She will be providing complimentary hand and arm massages.

October 24: Laurie Asbeck, Reiki Practitioner and owner of All One Spirit Healing Center, will present Relaxation Techniques for Every day Living. Applied regularly, relaxation techniques help moderate blood pressure, improve allergies, and contribute to an overall feeling of well-being. Learn basic techniques that are effective and easy to use. Laurie will be providing complimentary relaxation CD’s.

Fee: Class series—\$15.00
Single class—\$5.00

Deadline for series: September 19

Deadline for single class: One week in advance

Volume XIII Issue 9

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Register for activities & trips online!

<http://schedulesplus.com/wwtr>

See page 3 for details

Seniors in the Park Promotes & Enhances a Vital Aging Community

Classes and Activities

MAH JONG

Mondays, 1:00 pm,

Learn this brain stimulating game played with tiles. American Mah Jong will be played. (Not like the computer version.)

Instructor: Diane Schwab

Please sign up by September 18 so materials and supplies can be prepared.

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: October 2, 9, 10, 14, 17, 22, 23, 28, or 30

Time: 9:30 am

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

Register at least 3 days in advance

SAVE THE DATE

Alzheimer's Seminar

Thursday, November 7, 6:00pm
First Citizen's Bank

Medicare Changes & Spousal Impoverishment

Thursday, October 10, 10-12 or 2-4
Gateway Technical College
400 Cty Rd H, South Bldg, Elkhorn
Call Peggy at Senior Strategy Asset Protection at 800-956-6373 to reserve your seat for Estate Planning.

FORGIVENESS: THE KEY TO HAPPINESS



Thursday, October 10, 9:00-11:00 am

Unforgiving thoughts and long-held grievances affect us on all levels of our peace and wellness. True freedom comes from understanding what grievances do to us and how healing them releases us to live a happier, more peaceful life. Answer that nagging question: Can I really forgive ?

Presenter: Rev. Joan Rogers

Fee: \$3.00 resident; \$3.75 non-resident

Deadline: Wednesday, October 2

Minimum/Max: 5/10

MORE AMERICAN HISTORY STORIES



Wednesdays, 1:00 pm

October 2: Speeches that Define America

October 9: "Disputed" Lands of the West: Native American Nations, the Lone Star Republic of Texas, Mexico, and the United States

October 16: Creating the American Nation: Thirty-Five Inspired Presidential Actions

Presenter: Dr. Richard Haney, Professor Emeritus UW-W

Registration Deadline: Monday, September 23

Thanks to UW-Whitewater Continuing Education for sponsoring this series

WATERCOLOR: FOCUS ON COMPOSITION

This class will focus on composition and the elements of design—line shape, value, color, etc. Whether your approach is traditional, expressive, semi-abstract, or something else and your experience level is beginner, intermediate, or advanced, you are welcome to join. Each session will include a discussion, demonstration, optional critique, and one-on-one coaching. Subject matter may include fall flowers, autumn landscape, or still life.

Instructor: Karolyn Alexander Tscharnack, www.karolyn.biz

Dates/Times: Thursdays, October 10-24; 1:00-4:00 pm

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

Deadline: Monday, October 7

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

JORGENSEN LISTENING SESSION

Wednesday, October 23, 1:00 pm

State Representative Andy Jorgensen (D-Fort Atkinson) is set to hold a listening session at Seniors in the Park. This listening session is one of more than 500 that Jorgensen has held since first taking office in 2007. “One of my goals as a state representative is to always be available to the people I’ve been elected to serve. That often means stopping at the places my friends and neighbors visit – like the senior center,” said Jorgensen. “I want to make it easy for you to share your questions and ideas with me because I really value your input.”

While this listening session is geared towards senior citizens, it is open to the public. No appointment is needed to meet with Rep. Jorgensen during his listening sessions.

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. Balance and core exercises are done standing and on the floor. Once on the floor, we stay there until the end of class. Modifications for all levels of ability will be demonstrated. Please bring an exercise mat. No class Thursday, October 10. A minimum of 5 people is necessary for class to run.

10 punch pass fee: \$30.00 resident
 \$37.50 non-resident (passes do not expire)

LINE DANCE CLASS

October 9-November 13, 2:00—3:00 pm

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. Class is in the Downtown Armory Dance Studio.

Class #: 5305.31

Deadline: Wednesday, October 2

Cost: \$24.00 residents; \$30.00 non-residents



Session 2: November 13-December 18 (No class November 27)

Class #: 5305.32

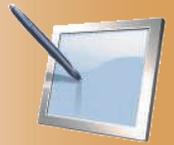
Deadline: Wednesday, November 6

Cost: \$20.00 residents; \$25.00 non-residents

(Class must be paid in advance at the Community Building or online at wwparks.org)

TABLET NOT WORKING?!?!?

If the tablet is not working or is not available, there will be a sign in sheet at the front desk. Please sign in, legibly with your name and activity attending, if for some reason you cannot use the tablet. Class instructors, there will still be a sheet in your folder to use. Please fill in the date and have participants check-in here. Remember to “tap/touch” the screen or use the stylus pen. The rubber tip on the pen is easy to use, especially if you have arthritis or long fingernails.



HOW TO REGISTER ON SCHEDULESPUS

You can register for classes and activities that need pre-registration by going to <http://schedulesplus.com/wwtr>. You will need to log in as a new user first (click on New User) and establish your own password, just like any other website you subscribe to. SchedulesPlus will send you a password. You are now able to log in to the site with your password. You can choose to save the password so you don’t have to enter it again or change to a password of your choice. by clicking on your name, click the edit button and enter your new password. On the site you can look at the calendar of events, register, log volunteer hours, and see what you have already signed up for.

DON'T LET FINANCES STOP YOU FROM PARTICIPATING

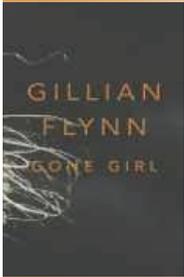
Scholarships are available for those who cannot afford the required fees for Seniors in the park programs. Talk to Deb if you are interested in applying

BOOK WORMS

Monday Oct. 7, 10:00 am

Come early to watch *The No. 1 Ladies Detective Agency*, by Jill Scott, TV series before we discuss the book of the month.

Monday, October 7, 10:30 am



The Book Club will discuss *Once Upon a River* by Bonnie Jo Campbell. The book for November is *Gone Girl* by

Gillian Flynn.

A marriage gone terribly, terribly wrong! *Gone Girl's* toxic mix of sharp-edged wit and deliciously chilling prose creates a nerve-fraying thriller that confounds you at every turn.

On Nick and Amy Dunne's fifth wedding anniversary, presents are being wrapped and reservations are being made when Nick's clever and beautiful wife disappears from their rented McMansion on the Mississippi River. Under mounting pressure from the police, media and Amy's fiercely doting parents, the town golden boy and husband-of-the-Year parades an endless series of lies, deceptions, and inappropriate behavior. Nick is oddly evasive, and he's definitely bitter—but is he really a killer? With his twin sister, Margo, at his side, Nick stands by his innocence.

Trouble is, if Nick didn't do it, where is that beautiful wife? And what was in that silvery gift box hidden in the back of her bedroom closet?

OUR HOUSE SENIOR LIVING MOVIES

"The Big Wedding"

Tuesday, October 8; 12:30 pm

Rated R, 1 hr., 29 min., 2013

To appease their adopted Colombian son, whose birth mother, a strict Catholic coming to America for his wedding, a long-divorced couple (Robert DeNiro and Diane Keaton) pretend they're still married, much to the consternation of the father's longtime lover (Susan Sarandon). This wedding-day farce also stars Katherine Heigl and Robin Williams. Rated R for nudity, sex, language.



"Quartet"

Tuesday, October 22; 12:30 pm

Rated PG-13, 1 hr., 38 min., 2012

Four opera singers reunite for a benefit concert for the retirement home where three of them live. Comedy, drama, and entanglements ensue. Directed by Dustin Hoffman. Maggie Smith was nominated for a Golden Globe for this film.



CREATURE DOUBLE FEATURE 2

Tuesday, October 29; 12:30 pm

Our 2nd annual Halloween horror twin bill! Free Halloween treats served! (Sorry, no blood)

"The Bride of Frankenstein"

1 hr., 15 min.

Critic Leonard Maltin says "This eye-filling sequel is even better with a rich vein of humor. In the prologue, author Mary Shelley (Elsa Lanchester) reveals the main characters of her novel survived and Dr. Frankenstein builds his Monster (Boris Karloff) a Bride (Lanchester). (1935)



"Son of Kong"

1 hr., 10 min.

Ever wonder what happened AFTER "Beauty killed the Beast"? Released 6 months after "King Kong," by the same producers, this is a little-seen gem of a sequel. Explorer/entrepreneur Carl Denham (Robert Armstrong) flees The Big Apple to escape bill collectors and the press. Back aboard The Venture, the crew returns to Skull Island, only to discover the Son of "The Eighth Wonder of the World"! (1933)



**PARKING LOT CONSTRUCTION
INFORMATION IS ON PAGE 13**

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Trips are open to adults of ALL AGES. 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.

CALIFORNIA RAIL DISCOVERY

May 14-20, 2014

Featuring San Francisco, Lake Tahoe and the Napa Valley Wine Train.

Your adventure begins in San Francisco with a city tour and cruise of the bay with views of the Golden Gate Bridge, Alcatraz, and the city skyline. Enjoy staying in the Fisherman Wharf area. An optional tour of Monterey, Carmel, the 17-Mile Drive, and Pebble Beach is available. Travel to Napa Valley for an excursion on the Napa Valley Wine Train and enjoy a Wine Tasting and Lunch on board. Overnight in Sacramento with time to wander "Old Town Sacramento", commercial hub of the Gold Rush Era. Board Amtrak for a Sierra Nevada Rail Journey through the beautiful snowcapped Sierra Nevada Mountains to the Reno/Lake Tahoe area and spend two nights at a resort. Visit the famous old west town of Virginia City, once the richest place in the world. Enjoy a Lake Tahoe Paddlewheeler Cruise with spectacular views of picturesque Emerald Bay and the mountains. Trip includes airfare out of Milwaukee, 6 nights in first class hotels, 9 meals, admissions and sightseeing per the itinerary, hotel transfers, and Tour Director. Premier World Discovery
 Cost: \$2175.00 pp/dbl Deposit due with registration: \$300
 Final payment due February 28



HOLIDAY IN SANTA FE

December 3-7, 2013



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

including Loretto Chapel and the Palace of the Governor's. Free time available to explore art galleries, museums, and shops. The Albuquerque City tour features the Indian Pueblo Cultural Center, historic Old Town, San Felipe de Neri church and is wonderfully decorated for the holiday. Take the High Road to Taos, passing through ancient villages. Visit El Santuario, revered by pilgrims for the healing power of the dirt inside the chapel. Enjoy a brief Taos city tour; then have time on your own to explore. Trip includes airfare out of Milwaukee, transportation to and from airport, tips while on the tour, 6 meals, admissions and sightseeing per the itinerary, and 6 nights at Inn of Governors, Santa Fe. Premier World Discovery
 Cost: \$1275.00 pp/dbl; \$425 single supplement
 Space Available basis.

VIETNAM AND CAMBODIA

October 5-16, 2014

Arrive in Cambodia, the Kingdom of Wonder. Visit picturesque Ta Prohm, the ancient royal city of Angkor Thom and the Terrace of the Elephants; Banteay Srei, a 10th century Cambodian temple; UNESCO site Angkor Wat known as one of the modern wonders of the world and conclude your Cambodian stay in Phnom Bakheng, the oldest temple in the Angkor region. Fly to Ho Chi Minh City (Saigon) where you will tour the city, see China Town, the Thein Hau Pagoda, the Ben Thanh Market and enjoy a traditional Sampan Ride on the Mekong Delta. (Optional tour to the Cu Chi Tunnels available.) A short flight takes you to Hanoi, North Vietnam. Tour Old Hanoi by traditional Cyclo Taxi and walking the 36th Street District; see a traditional Water Puppet Performance; tour Ba Dinh Square, the One Pillar Pagoda, the Temple of Literature and the Hoa Lo Prison Museum (Hanoi Hilton). Experience an overnight cruise on Ha Long Bay, considered to be the 8th Natural Wonder of the World and a UNESCO site. Includes all airfares and departure taxes, sightseeing and first class accommodations.
 \$4195 pp/dbl; \$925 single supplement
 \$500 deposit due April 1, 2014.
 Cancellation insurance is available



CLASSICAL TURKEY

April 3-15, 2014



If you were interested in this trip but couldn't go in October, here's your chance! Explore the lands of the New Testament and savor the flavor of a country where Europe meets the Middle East. 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 and deposit dates TBD soon!

Collette Vacations

TEXAS COWBOY COUNTRY

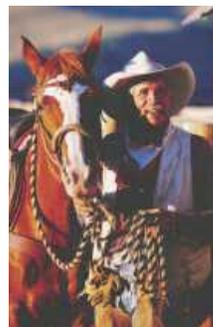
March 22-30, 2014

View a video of the trip at <http://www.whitewater-wi.gov/departments/seniors-in-the-park>



Trip Highlights:

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



9 days and 13 meals—Mayflower Motorcoach tour

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

Down payment due with reservation

\$210 with insurance

\$150 without insurance

ADVERTISER OF THE MONTH

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YOUR TRAVEL CAN BENEFIT SENIORS IN THE PARK

Seniors in the Park partners with 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!

FIRESIDE 2013

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

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., Dec. 18—Fireside Christmas Presents (Original celebration)

Deadline: Nov. 4

FIRESIDE 2014

2014 ticket price: \$63.00 (taxes, tip, and ticket fees all included!). Saves you up to 23% off individual tickets

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.

Thurs. April 24—Fiddler on the Roof

Thurs. June 12—Driving Miss Daisy

Thurs. September 25—Les Miserables

FIND US ALL AROUND TOWN

First Citizens Bank, Fort Community Credit Union, Commercial Bank, Associated Bank, McCulloughs, Dale's Bootery, Mercy Clinic and PT, Jessica's, ILY Library, Whitewater Street Restaurant, Whitewater Aquatic & Fitness Center, Nicole and Co, Davis/Dueher/Dean, Dr Nosek, Headquarters, Dr Rowley DDS, Culvers, Whitewater Family Practice, Dental Perfections, Mirage Hair Studio, Robins Nest, LSM Chiropractic, Whitewater Family Dentistry, Ketterhagen Ford, Woodland Quilts, and Curves. Thanks for displaying and distributing our newsletter.

MOTORCYCLE RIDES

Monday, October 14, 9:00 am depart
(Weather permitting)

Ride west of Madison toward Cross Plains for an apple stop. Lunch will be in Black Earth at the Luckenbooth Café. Head south through the Yellowstone Lake area and stop in New Glarus. The ride will be lead by Tim Otterbacher. (Thanks Tim!)



Please arrive 15 minutes prior to departure to show proof of insurance and to fill out participation forms, if this is your first ride with us. Helmets are recommended. This will be the last ride of the season.

HOLIDAY TOUR

Thursday, December 5, 9:30 am

Take a self-guided tour of the Pabst mansion, a traditional and favorite stop at the holidays. Your included lunch is at the Ambassador Hotel.

Designed in 1927, the structure boasted many of the hallmarks of Art Deco design. It's gleaming marble floors, stylized sconces, elaborate bronze doors and ornate plasterwork, made the hotel a favorite spot for society gatherings. After lunch, visit Mitchell Park Domes and view the holiday display. Lunch Choice: American Burger, Rueben or Classic Turkey includes soup, chips, beverage and dessert.

Cost: \$42.50 (Van trip)

RSVP/payment due by Monday, November 18 (no exceptions)



LUNCH BUNCH

Thursday, October 10, 10:30 am

Enjoy lunch at the Genesee Depot Café and a drive through the Kettle Moraine, enjoying the fall colors.

Cost: \$5.00

RSVP by Tuesday, October 8

JANESVILLE SHOPPING

Wednesday, October 2, 9:30 am

Get picked up at your home and shop in Janesville. Participants decide where to shop. Bring a new friend and your ride is free!

Pickups begin at 9:30 pm.

Cost: \$5.00 RSVP by Monday, September 30

Activity Calendar

October 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
	1 9:00 Pickleball (A) 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 1:00 Sheephead	2 9:00 Bowling (HB) 9:00 Walking Group 9:30 Comp. Tutor 9:30 Janesville Shop 10:00 Walking Class 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 History Stories 1:00 Chess 1:00 Ladies Poker 2:00 Line Dance (A)	3 8:45 Core & More 9:30 FUNctional Fit 1:00 Scrabble 1:00 Surviving Aging: Nutrition	4 12:30 Pickleball (A) 
7 8:45 Core & More 9:30 FUNctional Fit 10:00 Book Club DVD 10:30 Book Club 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Mah Jong 1:00 Bid Euchre 1:30 Canasta	8 9:00 Pickleball (A) 10:00 Our House Senior Living Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie "The Big Wedding" 12:30 Foot Clinic 1:00 Sheephead	9 9:00 Bowling (HB) 9:00 Walking Group 9:30 Comp. Tutor 10:00 Walking Class 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 History Stories 1:00 Chess 2:00 Line Dance (A)	10 9:00 Forgiveness The Key to Happiness 9:30 FUNctional Fit 9:30 Comp. Tutor 10:30 Lunch Bunch 1:00 Watercolor 1:00 Surviving Aging: True Inner Peace	11 12:30 Pickleball (A)
14 8:45 Core & More 9:00 Motorcycle ride 9:30 Computer Tutor 9:30 FUNctional Fit 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Mah Jong 1:00 Bid Euchre 1:00 Massage Therapy	15 9:00 Pickleball (A) 10:00 Scrabble 1:00 Sheephead	16 9:00 Bowling (HB) 10:00 Walking Class 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 History Stories 1:00 Ladies Poker 1:00 Chess 2:00 Line Dance (A)	17 8:45 Core & More 9:30 FUNctional Fit 9:30 Computer Tutor 1:00 Watercolor 1:00 Surviving Aging: Healing Qualities of Massage	18 11:30 Nutrition Site 12:30 Pickleball (A)
21 8:45 Core & More 9:30 FUNctional Fit 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Mah Jong 1:00 Bid Euchre 1:30 Canasta	22 9:00 Pickleball (A) 9:30 Computer Tutor 10:00 City Bingo 12:30 Our House Senior Living Movie "Quartet" 1:00 Sheephead	23 9:00 Bowling (HB) 9:30 Computer Tutor 10:00 Walking Class 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Chess 2:00 Line Dance (A) 1:00 Jorgensen Listening Session	24 8:45 Core & More 9:30 FUNctional Fit 10:00 Open Enrollment Info 1:00 Watercolor 1:00 Surviving Aging: Relaxation Techniques	25 12:30 Pickleball (A)
28 8:45 Core & More 9:30 FUNctional Fit 9:30 Computer Tutor 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Mah Jong 1:00 Bid Euchre	29 9:00 Pickleball (A) 10:00 Halloween Bingo 12:30 Our House Senior Living Movie "Creature Double Feature" 1:00 Sheephead	30 9:00 Bowling (HB) 9:30 Computer Tutor 10:00 Walking Class 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Chess 2:00 Line Dance (A)	31 HALLOWEEN 8:45 Core & More 9:30 FUNctional Fit 4-7:00 City Trick or Treat Hours 	Activities take place at the Starin Park Community Building unless otherwise noted. (A)=Downtown Armory (L)=Cravath Lakefront (HB) = Hawk Bowl

10 Walworth County Nutrition Menu

October 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Persons 60 and over and their spouses are eligible. Suggested donation is \$2.50.</p> 	<p>1 Beef Noodle Soup Peas Peaches w/Granola Tossed Salad Wheat Dinner Roll</p>	<p>2 Baked Drumsticks Mash. Potatoes/Gravy Brussels Sprouts Peanut Butter Cookie Wheat Bread</p>	<p>3 Beef and Cabbage Casserole with Rice Riviera Blend Veggies Fruit Whip Salad Dinner Roll</p>	<p>4 Spin./Ch./Bac. Quiche California Veggies Red Potatoes Fruit Jell-O Dinner Roll</p>
<p>7 Chopped Steak Baked Potatoes Red Cabbage Mandarin Oranges Wheat Bread</p>	<p>8 Swedish Meatballs Egg Noodles San Francisco Veggies Apricots w/Peaches Wheat Bread</p>	<p>9 Cheesy Potato Soup Hot Applesauce Wis. Blend Veggies Pumpkin Bars Dinner Roll</p>	<p>10 Broc/Chick/Rice Cass. Stewed Tomatoes Tossed Salad Sliced Pears Wheat Bread</p>	<p>11 Pork Sandwich on Whole Wheat Bun Baked Beans Parsley Red Potatoes Snickerdoodle Cookie</p>
<p>14 Shepard's Pie with Mashed Potatoes Winter Vegetables Apple Slices Wheat Bread</p>	<p>15 Pork w/Dijon Sauce Brown Rice Green Beans Tropical Fruit Dinner Roll</p>	<p>16 Spaghetti and Meatballs Carrots Pineapple/Orange Cup Garlic Bread</p>	<p>17 Spin/Cheese Stuffed Chicken Breast Squash and Broccoli Chocolate Cake Wheat Bread</p>	<p>18 Tuscan Chicken Vegetable Soup Baked Potato Tossed Salad/Roll M&M Cookie</p>
<p>21 Burgundy Tips with Egg Noodles Garden Vegetables Diced Fruit Mix Wheat Roll</p>	<p>22 Ground Turkey Chili Peas and Carrots Italian Pasta Salad Chunky Applesauce Corn Bread</p>	<p>23 Baked Thigh & Leg Mash. Potatoes/Gravy California Veggies Sliced Peaches Wheat Bread</p>	<p>24 Rosemary Pork Loin Sweet Potatoes Pears Brownie Wheat Roll</p>	<p>25 Western Meatloaf Parsley Red Potatoes Green Beans Sugar Cookie Dinner Roll</p>
<p>28 Chick. Cacciatore w/Pasta Winter Veggies Oranges/Pineapple Bread Stick</p>	<p>29 Bean & Ham Soup Hot Spiced Apples Squash Tossed Salad Dinner Roll</p>	<p>30 Chicken Breast Scalloped Potatoes Wis. Vegetables Carrot Bar Wheat Bread</p>	<p>31 Halloween Roast Beef Mashed Potatoes Brussels Sprouts Apricots Wheat Roll</p> 	<p>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>

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SERVICES AT A GLANCE

Foot Clinic: Note Date Change
Tuesday, October 8, by
Appointments only. Please
 bring a towel. Cost is \$15.00.

Therapeutic Massage: Monday,
October 14, 1:00 pm. Half-hour
 massages for \$25. Appointments
 only.

Blood Pressure Screenings:
Tuesday, October 8, 11:00 am
 Provided free by Our House.
Tuesday, November 19 11:00
am. Provided Free by Country
 Nurses. This service will be
 provided every other month.

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.

NON-RESIDENT INFORMATION

There is a non-resident fee for all programs for participants who do not reside in the Whitewater Unified School District. This fee will be an additional 25% of the listed program fee.

BINGO

Tuesdays, 10:00 am

Oct. 1: Culver's
 Oct. 8: Our House Senior Living
 Oct. 22: City Bingo
 Oct. 29: Halloween Bingo



BINGO SPONSORS

Culver's and Our House Senior Living
 Mulberry Glen: Cookies & Lemonade

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 Mirage Hair Studio* Dental Perfections* Tincher Realty *
 Rosa's Pizza * Rocky Rococo Pizza * Pizza Hut * McDonald's
 Fort Comm. Credit Union * Eastsider/Westsider
 Walworth County Nutrition * Binning & Dickens Insurance

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—Wednesdays, 9:00 am

Canasta—First, third and fifth Mondays 1:30 pm

Chess—Wednesdays, 1:00 pm Beginners welcome

Core and More—Mondays and Thursdays, 8:45 am; \$3.00/class

Dominoes—First Tuesday 11:45 am

'FUN'ctional Fitness—Mon & Thurs. 9:30 am; \$1.00 per class

Potluck—First Tuesday 11:15 am

Pickleball—Monday, Wednesday and Friday 12:30-2:30 and Tuesday
 9:00—11:00 at the Downtown Armory

Scrabble—First Thursday, 1:00 pm; Third Tuesday, 10:00 am

Sheepshead—Tuesdays, 1:00 pm

Texas Hold 'em Poker—Ladies: First & Third Wednesday 1:00 pm

Walk off the Pounds—Wednesdays, 10:00 am

Zumba Gold®-Wednesdays 12:45 pm, Downtown Armory. \$40.00
 punch card or \$5.00 walk-in. Must be paid for at Starin Park.

Support Our Featured Advertiser!



McCULLOUGH'S

Register for trips and classes online at home:
<http://schedulesplus.com/wwtr> (see p. 3)

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. You all have talents and knowledge, and I'm hoping you are willing to share yours with us.

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 Wednesdays and occasional afternoons and fill-in. Help out once a week or twice a month. We try to be flexible with your schedule. Some computer experience is preferred.



Park Bench Cable TV Show—Research and discover topics and schedule guests for the cable TV show coordinating with Alan Luckett, Cable TV, and the show host. One guest per month.

THANK YOU

- **Karolyn Alexander Tscharnack**—Cash donation
- **Kathy Ross** for volunteering to keep the library organized.
- **Tim Otterbacher** for leading the motorcycle ride
- **Mark Dorn** for furnishing treats at the Creature Double Feature



PARKING LOT CONSTRUCTION

Expansion of the parking lot will begin in OCTOBER. The lot will be expanded to the east. The park entrance will come straight into the lot. The construction company knows we need access to the lot and will keep it open as much as possible. Scheduled construction dates are October 7-18 Curb & Asphalt Removals, Grading of Parking & Paths, Basecourse and Bio Ponds; October 21-November 1 concrete work; and November 4-8 asphalt paving and striping. Watch for info on closing of the lot online at www.whitewater-wi.gov, whitewaterbanner.com, on cable channel 98/digital 990, and local radio stations.

FALL GREETINGS

New cards have arrived!!
We have a great selection of Halloween, birthday and everyday cards. Most cards are priced from 50 cents to \$1.50. Stop in and check out our selection



TYPHO, WE GOOFED, HUMAN ERROR !?

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. **Spot a typo or error and bring it to the office for a treat (the first 5 people).**

HAPPY OCTOBER BIRTHDAYS TO:

22 John Rowe

If you want to be on our birthday list let Deb or Susan know your birth month and day, and correct spelling of your name, and you can be in the newsletter, too!



Please cut out this
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2ND ANNUAL RUN FOR TREY

Sunday, Oct. 13, 10:00 am
Starin Park

All are welcome to attend the 5k run/walk for the Field of Dreams. A Children's Obstacle Course follows the run.

Registration form is online at www.treysfield.org.

If you are interested in volunteering or sponsoring this event, please email Carol Anon at carol54236@yahoo.com or call 920-475-2799.

CLAY CLASSES

Fridays, Nov. 1 - Dec. 20
4:00-5:00 pm at Studio 84
Fee: \$60

For more information and registration forms go to:
www.studio84inc.org



UW-W GARDENING CLASSES

Native Plants for Wisconsin
Landscapes

Saturday Oct 5
9:00—11:00 am
University Ctr., Rm. 259
Fee \$10

Plants for Fall and
Winter Interest

Saturday, Oct 19
9:00—11:00 am
Univiversity Ctr., Rm. 259
Fee \$10

Take both classes for \$18.00

REGISTER ONLINE:
<http://camps.uww.edu>



OPEN ENROLLMENT IS HERE!

October 24, 10:00—11:00 am Informational meeting

The Annual Open Enrollment Period for Medicare Part D drug plans and Medicare Advantage plans is October 15, 2013 to December 7, 2013. The following is a list of actions you can take during the Open Enrollment Period:

- Switch from a Medicare Part D plan to a different Medicare Part D plan
- Cancel your Medicare Part D plan
- Enroll in a Medicare Part D plan if you had not had a drug plan previously
- Switch from a Medicare Advantage plan to a different Medicare Advantage plan
- Enroll in a Medicare Advantage plan
- Dis-enroll from a Medicare Advantage plan and go back to original Medicare

Changes made during the Open Enrollment Period become effective 1/1/2014. Information on Medicare Advantage plans, also called Medicare Health Plans, are located in the back of your 2014 Medicare & You handbook, which are delivered to your home in October every year. The Medicare & You handbooks also contain a list of the Medicare Part D plans available in Wisconsin. Medicare Part D plans are also listed on the Medicare website. The website is located at www.medicare.gov.

Assistance in choosing a Medicare Part D plans is available at the Medigap Part D Help and Prescription Drug Helpline. For seniors 60 and older, call 1-855-677-2783 to speak to the Drug Helpline.

YOUNG AUDITORIUM SHOWS & RIDES

1st Brigade Band—Monday, November 11 – 7:30 pm show
Pickups will begin at 6:30

In Honor of Veterans Past & Present

Fee: \$6.00 Deadline is October 22, Minimum 6 people for van service

Gala Holiday Concert—December 7 - 7:30 pm show -
Pickups will begin at 6:30

A showcase of nearly all of the Department's ensembles and small groups.
A fundraiser for the Music Department

Fee: \$12.00 Deadline is November 14, Minimum 6 people

Neil Berg's Broadway Holiday - Friday, December 13, 7:30 pm show
Pickups will begin at 6:30

Fee: \$38.25 Deadline is November 19, Minimum 6 people

The Nutcracker—Saturday, December 14, 2:00 pm show
Pickups will begin at 1:00

The Dance Factory of Delavan puts on a dazzling show with area youth and adult dancers.

Fee: \$21.25 Deadline is November 19, Minimum 6 people

For more info on shows go to uww.edu/youngauditorium

TURNING POINTS

Critical Events and Influential People of the Past 30 Years—Fairhaven Lecture Series

Mondays, 3:00 pm

Fellowship Hall, Fairhaven

“Turning Points” provides an opportunity to reflect on the people and events that have shaped our lives since 1983. All lectures are open to the public at no charge. Street parking is adjacent to the building. Unable to attend? Links to videos of lectures, including those from prior series can be found at <http://www.uww.edu/conteduc/fairhaven>

- Oct. 7 Resilience and Justice in the Aftermath of Hurricane Katrina
Holly Denning, *Sociology, Anthropology, and Criminal Justice*
- Oct. 14 HIV/AIDS: From Gay Stigma to Preventable Nightmare
Kate Ksobiech, *Communication*
- Oct. 21 Wal-Mart: From Arkansas to the World in Thirty Years
Marilyn Lavin, *Marketing*
- Oct. 28 American Political Discourse Since 1983: The Impact of Cable TV, Email, Twitter, Facebook, and Other Technology Innovations
Dick Haven *Emeritus Professor, Communication*

OCTOBER ZUMBA ®

Downtown Armory (Parks and Recreation)

Mondays, 4:45-5:45 pm, Gym

Class #: 4451.36; Res \$20; Non Res \$25

Tuesdays, Sentao, 7:30-8:30pm, Dance Studio

Class #: 4452.36; Res \$25; Non Res \$31.25

Wednesdays, Zumba Gold, Dance Studio, 12:45-1:30pm

Wednesdays, Gym, 5:15-6:15 pm

Class #: 4454.41; Res \$25; Non Res \$31.25

Thursdays, Toning, 5:00-6:00 pm, Gym

Class #: 4453.36; Res \$25; Non Res \$31.25

Saturdays, 9:15-10:15 am, Dance Studio,

Class #: 4460.32; Res \$20; Non Res \$25

Register for all October classes and save.

Class #: 4455.36; Res \$45; Non Res \$56.25

or buy \$40 10 class punch card at Senior Center

PARKS AND RECREATION FALL CLASSES ONLINE!

Go to wwparks.org and see all the new fall activities. There will be no printed version of the brochure for fall, as a cost savings measure. Activities include evening Zumba ® classes, Cooking classes at Daniels’ Sentry, all the Halloween activities, Creative Writing, Basic Sewing Skills, Indoor Cycling, Hikes, and Snowshoeing.

Youth Halloween Party Saturday, Oct. 26

6:00-7:30 pm, Downtown Armory

Fun fair games and prizes geared for preschool and elementary age children.

Halloween Trick or Treat Hours for the City of Whitewater, Thursday, Oct. 31, 4:00-7:00 pm

Ghouls Night Out, Thursday, Oct. 24

4:00-7:00 pm, Uptown Business District

Lots of activities, games, special sales, trick or treating, and opportunities to win prizes for all ages throughout the businesses on Whitewater’s west side. For more info, call the Whitewater Area Chamber of Commerce at 473-4005.



Trick or Treat the Triangle Saturday, Oct. 26

2:00-6:00 pm, First St. in front of Ketterhagen Motors
Music, Sidewalk Chalk Art, Pumpkin Carving, and more.

Trick or treat the triangle; 2000

luminaries throughout the downtown area. For more info, call the Downtown Whitewater Office, 473-2200.

Basic Sewing Skills

Saturdays, Oct. 12-Nov. 23, 9:00-11:00 am

Cravath Lakefront Building

Ages: 10 and above

Class #: 4604.31

Fee: Resident \$52.00; Non Resident \$65.00

Equipment: Purchase fabric and notions for final project. Fabric for other projects will be provided. If you have a portable sewing machine and/or basic sewing tools lease bring them along.

Deadline: October 2

Register online at: <http://activenet9.active.com/whitewater>

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

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 _____
