



The Park Bench

September 2013

Seniors in the Park Newsletter

SENIOR CENTERS—EXPERTS AT LIVING WELL

Seniors in the Park has resources and tools which empower older adults to make choices that will enhance their lives and help them become “Experts at Living Well”. We offer a variety of health and fitness classes, lifelong learning opportunities and encourage involvement in the center and the community. Whether it’s trying a walking class or pickleball, attending a watercolor class or presentation, or enjoying a travel experience, these activities add richness to the lives of older adults in the community. Celebrate the programming and services at Seniors in the Park that enable you to become an “Expert at Living Well”.

Volume XIII Issue 9

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Seniors in the Park

Experts at Living Well

NATIONAL SENIOR CENTER MONTH • SEPTEMBER 2013








ncoa
National Institute of Senior Centers

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.

BOWLING LEAGUE

Wednesdays, 9:00am
beginning
September 4

Join this fun,
recreational league at
Hawk Bowl. League
runs through mid-March.
Questions, call Henry Malo, 262-
472-0262 .



MAH JONG

Mondays, 1:00 pm,
beginning September 23

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: September 9, 10, 18, 19, 23,
26 or 30.

Time: 9:30 am

Cost: \$5.00 residents

\$6.25 non-residents

Register at least 3 days in advance

Register for classes online!

<http://schedulesplus.com/wwtr>. See page 13 for details

MORE AMERICAN HISTORY STORIES



Wednesdays, 1:00 pm

September 25: Embattled Farmers, Loyalists, Redcoats, and
Minutemen: The American Revolution and the New Nation

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

FAMILY-DIRECTED HOME FUNERALS & GREEN BURIALS

Monday, September 30 1:00-2:30 pm

Family-directed home funerals define how you or your
loved one would like to be honored and handled upon
passing and provides additional burial choices, allowing
your final act be one of kindness to our earth.

Registration Deadline: Monday, September 23



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

SURVIVING AGING 101

Thursdays, 1:00 pm

September 26: Susan Martin, writer and storyteller, reflects on “Lessons Learned” and shares her own personal practices for daily survival that can be put to use at any age.

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.

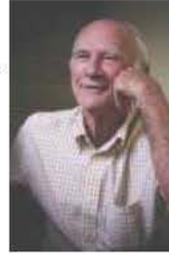
October 24: Laurie Asbeck, Reiki Practitioner and owner of All One Spirit Healing Center, will present Relaxation Techniques for Every day Living. Applied regularly, relaxation techniques help moderate blood pressure, improve allergies, and contribute to an overall feeling of well-being. Learn basic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



FAMILY & FRIENDS CPR

Monday, September 23

6:30—8:30 pm

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

Fee: Resident \$5.00;

Non Resident \$6.25

Deadline: Tuesday, Sept. 17

CHECK-IN SYSTEM

Thank you to everyone for your patience as we segue in to the new attendance system. It will take time and I’m hoping to have all the bugs worked out in the next few months. Remember to “tap” 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. You can register for classes and activities that need pre-registration by going to <http://schedulesplus.com/wwtr>. You will need to login as a new user first and establish your own password, just like any other website you subscribe to. After the first of the year you will also be able to pay online and have an account, if you desire, with funds deposited that you can use when you check-in for a class, activity or trip you have to pay for.



WATERCOLOR: MIXING IT UP WITH MIXED MEDIA

This class will focus on the elements of design – color, line, shape, value, texture, etc. Mixed media techniques will be demonstrated using collage, grapes and leaves as topics. 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 grapes and leaves, flowers, still life, landscape and semi-abstractation.

Instructor: Karolyn Alexander Tscharnack, www.karolyn.biz

Dates/Times: Thursdays, September 5-26; 1:00-4:00 pm

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

Deadline: Tuesday September 3

PICKLEBALL

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



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

Where: Downtown Armory gym
 Day/Time: Monday, Wednesday,
 & Friday: 12:30-2:30 pm
 Tuesdays: 9:00-11:00 am
**No Pickleball Fridays
 September 13 and 20**

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 for 10 class punch

: \$40.00 Resident
 \$50.00 non-resident -
 card (passes do not expire)

Pay in advance at the Starin Park
 Community Building.

\$5.00 Walk-in passes are also
 available, if you would like to try
 the class.

WALK AWAY THE POUNDS

Wednesdays, 10:00 am

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

CORE AND MORE

Mondays, 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. Thursdays will be added beginning October 17. No class September 16 and 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)

Register by Thursday, September 5

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

“FUN”CTIONAL FITNESS

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

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

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



WALKING GROUP

Wednesdays, 9:00 am

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

Register for trips and classes online at home:
<http://schedulesplus.com/wwtr>

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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

December 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



**TRIP PREVIEW for California,
Santa Fe and Vietnam Trips**
Wednesday, September 11, 1:00 pm.
RSVP for the preview by Friday, September 6

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

Deposit due with registration: \$300

Final payment due September 15

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 (Hanoi Hilton). Experience an overnight cruise from Hanoi to Ha Long Bay, considered to be the 8th Natural Wonder of the World and is 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



LUNCH BUNCH

Thursday, September 12, 10:30 am
Enjoy lunch at The Waterfront Pub and Eatery in Delavan with a stop at the Apple Barn.
Cost: \$5.00
RSVP by Tuesday, September 10

JANESVILLE SHOPPING

Wednesday, September 4, 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 Friday, August 30

CHICAGO BOTANIC GARDENS

Wednesday, September 25
TRIP IS FULL.
Cost: \$20.00 Payment due by Wednesday, September 11
Depart Starin Park 8:00 am; Return approx 4:30 pm.

FALL SPLENDOR

Thursday, September 19
Trip departs Starin Park at 7:00 am Please arrive early to check in and board the bus, which will be here at 6:45.
Trip departs Fort K-Mart at 7:20 am
Trip returns to Fort K-Mart at 6:30 pm and Starin Park at 7:00 pm.

TRIP PREVIEW

Tuesday, September 17, 1:00 pm.
RSVP by Thursday, September 12

TEXAS COWBOY COUNTRY

March 22-30, 2014

Trip Highlights:

- Spend 3 nights at the Y.O. Ranch Hotel
 - Visit the 40,000 acre Y.O Ranch
 - Visit the National Cowboy & Western Heritage Museum
 - Guided tour of San Antonio, including Mission San Jose and El Mercado
 - Enjoy a narrated river cruise along the San Antonio River Walk
 - Visit the Alamo
 - Guided tour of Fort Worth & Historic Stockyards
 - National Museum of the Pacific War
 - Tour Lyndon B. Johnson Ranch Park
 - See LBJ's boyhood home
 - Tour the Texas Civil War Museum
 - Dinner at Cooper's Old Time Pit BBQ (a hill-country tradition since 1953)
- 9 days and 13 meals—Mayflower Motorcoach tour
Cost: Twin \$1,349; Single \$1,858
Down payment due with reservation \$210 with insurance \$150 without insurance



CHIP-IN CASINO

September 26-27

The Chip-In Casino Resort is located near Escanaba in the UP of Michigan. The hotel has an indoor pool and sauna. Michigan allows Craps, Let It Ride, and Table Poker gaming, along with Slots and Blackjack. There are many incentives with this trip.

Cost: \$72.00

Deadline: September 11

Make checks out to: Fort Atkinson Senior Center

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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

Cost: \$63.00

Payable to: The Fort Atkinson Sr. Ctr.

Transportation is on your own.

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



Wed., Oct. 16—Once Upon a Mattress (Carol Burnett's Princess & the Pea)
Deadline: Sept. 13

Wed., Dec. 18—Fireside

Christmas Presents (Original celebration)

Deadline: Nov. 4

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!

OFFICE CLOSINGS

Most closings are posted on the calendar, although there may be times, especially in the afternoon, when I may not be in, and there is no volunteer at the desk. My mom is ill, and I don't always know in advance, when I will be gone. If you will be stopping by in the afternoon, you may want to call first to make sure someone is available to assist you with a payment or registration. Payments can also be mailed to: PO Box 178, Whitewater 53190. Thanks for your understanding..

MOTORCYCLE RIDES

Saturday, September 14, 9:00 am depart

Raindate: Sunday September 15

Heading for the unglaciated part of the state and the Kickapoo Valley area. There will be stop for lunch in one of the small towns along the way. There may also be a stop at an Amish store for some yummy cashew crunch. This will be an all day trip.

Sunday, September 29, 10:00 am depart
River Ride

Travel the beautiful Wisconsin river from Gotham to Prairie du Chien then head south along the Mississippi River Road to Dickeyville.

Riders must arrive prior to departure to show proof on insurance, if this is your first ride with us. Helmets are recommended. Call with your email or phone number to text to, and we'll keep you current on upcoming rides and rain dates.



COORDINATOR'S COMMENTS

Thank you all for embracing change and our new check-in system. Yes, it will take time to adjust, but many of you have it down already. We have been making minor changes to help you use the tablets. This is a process that will improve the ability to generate reports and track usage to show we are a viable and vital entity in the city. It will also eventually provide you the opportunity to register for activities and trips and pay for them from your home computer. It gives me and the receptionists time to spend on more important things than counting people and programs.



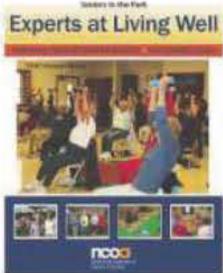
Accreditation is looming on the horizon! This process needs YOUR input. I need 2—3 people to review a section, of your choice, and make changes, small or large. This can be accomplished in 1-3 meetings, depending on the subject. I will provide guidance and input, as you need it. This is a short-term, one time commitment. See page 14 for more detailed information or call. Please consider helping with this vital task.

September is Senior Center Month! You are all "Experts at Aging Well". Share your experiences here with others or better yet bring someone new to a class, activity, lunch or on a trip. Most people are pleasantly surprised when they walk in and see people they know. Everyone here is young at heart. Help dispel the myth that senior centers are places with rocking chairs and "old" people..

Activity Calendar

9

September 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p>2</p> <p>Closed Labor Day</p>	<p>3</p> <p>9:00 Pickleball (A) 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 1:00 Sheepshead 1:30 Canasta</p>	<p>4</p> <p>9:00 Bowling (HB) 9:00 Walking Group 9:30 Janesville Shop 10:00 Walking Class 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Chess 1:00 Ladies Poker 2:00 Line Dance (A)</p>	<p>5</p> <p>9:30 FUNctional Fit 1:00 Scrabble 1:00 Watercolor</p>	<p>6</p> <p>12:30 Pickleball (A)</p> 
<p>9</p> <p>8:30 Golf (OR) 8:45 Core & More 9:30 FUNctional Fit 9:30 Comp. Tutor 10:30 Book Club 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Bid Euchre 1:00 Massage Therapy</p>	<p>10</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 "All Together" 12:30 Foot Clinic 1:00 Sheepshead</p>	<p>11</p> <p>9:00 Bowling (HB) 9:00 Walking Group 10:00 Walking Class 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Trip Previews Santa Fe, Cal. Rail & Vietnam/Cambodia 1:00 Chess 2:00 Line Dance</p>	<p>12</p> <p>9:30 FUNctional Fit 10:30 Lunch Bunch 1:00 Watercolor</p> <p>Office closed at noon</p>	<p>13</p> <p>14 Saturday 9:00 Motorcycle trip to Kickapoo Valley departs</p>
<p>16</p> <p>8:30 Golf (OR) 9:30 FUNctional Fit 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Bid Euchre 1:30 Canasta</p>	<p>17</p> <p>9:00 Pickleball (A) 10:00 Scrabble 1:00 Texas Tour Preview 1:00 Sheepshead</p>	<p>18</p> <p>9:00 Bowling (HB) 9:00 Walking Group 9:30 Computer Tutor 10:00 Walking Class 12:30 Pickleball (A) 12:30 Our House Movie "Lore" 12:45 Zumba Gold (A) 1:00 Ladies Poker 1:00 Chess 2:00 Line Dance (A)</p>	<p>19</p> <p>7:00 Fall Splendor trip departs 9:30 FUNctional Fit 9:30 Computer Tutor 1:00 Watercolor</p> <p>Office closed at noon</p>	<p>20</p> <p>11:30 Nutrition Site</p> <p>21</p> <p>22 Sunday Whitewater Run, Fun, Walk event</p>
<p>23</p> <p>8:30 Golf (OR) 8:45 Core & More 9:30 FUNctional Fit 9:30 Comp. Tutor 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Mah Jong 1:00 Bid Euchre 6:30 Family & Friends CPR</p>	<p>24</p> <p>9:00 Pickleball (A) 10:00 City Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie "Amour" 1:00 Sheepshead</p>	<p>25</p> <p>8:00 Chicago Botanic Trip Departs 9:00 Walking Group 10:00 Walking Class 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 History Stories 1:00 Chess</p> <p>Office closed at noon</p>	<p>26</p> <p>9:30 FUNctional Fit 9:30 Computer Tutor 1:00 Watercolor 1:00 Surviving Aging: Lessons Learned</p> <p>Office closed at noon</p>	<p>27</p> <p>12:30 Pickleball (A)</p> <p>28</p> <p>29 Sunday 10:00 Motorcycle River Road trip departs</p>
<p>30</p> <p>8:45 Core & More 9:30 FUNctional Fit 9:30 Computer Tutor 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Green Funerals 1:00 Mah Jong 1:00 Bid Euchre 1:30 Canasta</p>	<p>Experts at Living Well</p> 		<p>Senior Centers~ Experts at Living Well</p>	
				<p>Activities take place at the Starin Park Community Building unless otherwise noted. (A)=Downtown Armory (L)=Cravath Lakefront (HB) = Hawk Bowl (OR) = Oak Ridge Golf Course, Milton</p>

September 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Labor Day Senior Dining Centers Closed</p>	<p>3</p> <p>Grilled Raspberry Chicken Peaches Tossed Salad Dinner Roll Carrot Cake</p>	<p>4</p> <p>Roast Beef and Gravy Mashed Potatoes Carrots Dinner Rolls Cinnamon Applesauce</p>	<p>5</p> <p>Pork Loin Roast Red Potatoes Broccoli and Cauliflower Rye Roll Orange & Pineapple Cup</p>	<p>6</p> <p>Pork Broccoli Stir Fry over Brown Rice Beets Potato Rolls Watermelon</p>
<p>9</p> <p>Pork with Apple Sauce Baked Potato Carrots Marble Rye Peaches</p>	<p>10</p> <p>Salisbury Steak Sweet Potato Cauliflower Dinner Roll Mandarin Oranges</p>	<p>11</p> <p>Spaghetti and Meatballs California Mixed Vegetables Garlic Bread Melon Mix</p>	<p>12</p> <p>Baked Chick. Drumsticks Mashed Potatoes/Gravy Broccoli Wheat Dinner Roll Peanut Butter Cookie</p>	<p>13</p> <p>Seafood Salad with Pasta Coleslaw Wheat Roll Tapioca Pudding</p>
<p>16</p> <p>Hot Turkey Sandwich Mashed Potatoes/Gravy Brussels Sprouts Wheat Bread Apricots w/Diced Peaches</p>	<p>17</p> <p>Polish Sausage Sauerkraut Rosemary Red Potatoes Rye Bread Fruit Jell-O</p>	<p>18</p> <p>Pork Broccoli Stir Fry over Brown Rice Beets Wheat Roll Watermelon</p>	<p>19</p> <p>Pasta Caesar Salad with Chicken Pea Salad Wheat Bread Cantaloupe</p>	<p>20</p> <p>Cowboy Stew Tossed Salad Wheat Dinner Roll Hot Spiced Apples</p>
<p>23</p> <p>BBQ Pork Sandwich on a Hamburger Bun Baked Potatoes Red Cabbage Mandarin Oranges</p>	<p>24</p> <p>Ranch Turkey Pasta Salad Garbanzo Salad Sliced Pears Cake Wheat Roll</p>	<p>25</p> <p>BBQ Chicken Parsley Red Potatoes Green Beans Wheat Bread Diced Fruit Mix</p>	<p>26</p> <p>Quiche with Broccoli & Cheese Mixed Vegetables Wheat Roll Hot Peaches with Granola</p>	<p>27</p> <p>Italian Wedding Soup Peas Sweet Potatoes Melon Mix Wheat Bread</p>
<p>30</p> <p>Italian Meat Sauce over Penne Pasta Pears San Fran. Blend Veggies Bread Sticks</p>			<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>	

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Senior Citizen Day

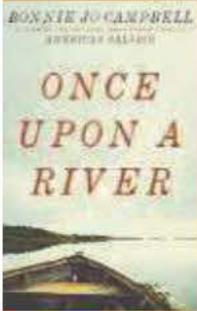
The 1st Wednesday of every month is now designated Senior Citizen Day at the Nasco Catalog Outlet and Arts & Crafts Stores!

AS A SENIOR CITIZEN, YOU ARE ELIGIBLE FOR A 15%* STORE DISCOUNT

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BOOK WORMS

Monday, September 9, 10:30 am



The Book Club will discuss *Mrs. Lincoln's Dressmaker* by Jennifer Chiaverini. The book for October is *Once Upon a River* by Bonnie Jo

Campbell.

Sixteen-year-old Margo Crane is a beauty whose unflinching gaze and uncanny ability with a rifle have not made her life any easier. After the violent death of her father, in which she is complicit, Margo takes to the Stark River in her boat, with only a few supplies and a biography of Annie Oakley, in search of her vanished mother. But the river, Margo's childhood paradise, is a dangerous place for a young woman traveling alone, and she must be strong to survive, using her knowledge of the natural world and her ability to look unsparingly into the hearts of those around her. Her river odyssey through rural Michigan becomes a defining journey, one that leads her beyond self-preservation and to ask herself what price she is willing to pay for her choices.

DID YOU KNOW...

One million older adults attend a Senior Center every day! Research show that older adults who participate in Senior Center programs experience measurable improvements in their physical, social, spiritual, emotional, mental and economic well-being. Senior Centers—Experts at Living Well!!

OUR HOUSE SENIOR LIVING MOVIES: "FALL INTO FOREIGN FILM FESTIVAL"

"All Together"

Tuesday, September 10

1 hr., 36 min., Not Rated

Five old friends decide to move in together as an alternate to living in a retirement home. Joining them is an ethnology student whose thesis is on the aging population. This French-German comedy stars Jane Fonda and Geraldine Chaplin. Shown in French with English subtitles. (2011, French)

**"Lore"**

Wednesday, September 18, 12:30 pm

1 hr., 49 min., Not Rated



As the Allies sweep across Germany, Lore, a young girl whose Nazi parents are imprisoned at the end of the war, takes her three younger siblings on a 500 mile journey through the Bavarian wilderness, led by someone she had always been taught to hate, a Jewish refugee.

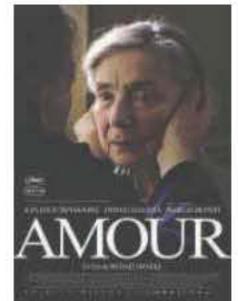
This film will be shown later this Fall at the Milwaukee Film Festival as part of its "Passport Germany" film series. See it here at Seniors in the Park! (2012, German)

"Amour"

Tuesday, September 24

2 hrs., 7 min., Rated PG-13

Oscar and Golden Globe Winner: Best Foreign Language Film of the Year. Georges and Anne are in their eighties. They are both cultivated, retired music teachers. Their daughter, also a musician, lives abroad with her family. One day, Anne has an attack. The couple's, and family's, bond of love is severely tested. Stars Jean-Louis Trintignant, Emmanuelle Riva, and Isabelle Huppert. (2012, Austrian)

**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. 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.

BINGO

Tuesdays, 10:00 am

Sept. 3: Culver's

Sept. 10: Our House Senior Living

Sept. 24: City Bingo



BINGO SPONSORS

Culver's and Our House Senior Living

Mulberry Glen: Cookies & Lemonade

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Walworth County Nutrition

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

Euchre—Second and Fourth Thursday, 1:00 pm

'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.

SERVICES AT A GLANCE

Foot Clinic: **Note Date Change**
Tuesday, September 10, by
Appointments only. Please
bring a towel. Cost is \$15.00.

Therapeutic Massage: Monday,
September 9, 1:00 pm. Half-
hour massages for \$25.
Appointments only.

Blood Pressure Screenings:
Tuesday, September 10, 11:00
am Provided free by Our House.
Tuesday September 24, 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.

PARKING LOT CONSTRUCTION

Expansion of the parking lot will begin in September. The lot will be expanded to the east. The park entrance will come straight into the lot. Most of the construction will not affect us, except when the entrance is reconfigured toward the end of the project. Watch for info on closing of the lot in the next newsletter, online at whitewaterbanner.com, on cable channel 98/digital 990, and local radio stations.

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.

Straighten/Organize books monthly in the library.

New Blinds are needed in the main room. Are you able to measure, shop or order new vinyl blinds?

PARKS AND RECREATION FALL CLASSES ONLINE!

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

Parks and Recreation url: wwparks.org

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.

FALL GREETINGS

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

TYP0, 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 SEPTEMBER BIRTHDAYS TO:

21 Bea Jacobs

28 Doris Wutke

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!



THOUGHT FOR THE MONTH~

I must remember to **T.H.I.N.K.** before I speak. Is it True, Helpful, Inspiring, Necessary, Kind?

Support Our Featured Advertiser!



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TURNING POINTS

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

To celebrate the 30 years since the first Fairhaven lectures were delivered, “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 and are held on Mondays at 3 p.m. in the Fellowship Hall of Fairhaven Retirement Community, 435 West Starin Road, Whitewater. 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.ed/conteduc/fairhaven>

SEPTEMBER

- 9 Critical Events and (some) Critical People at UW-Whitewater, 1983-2013
Richard Telfer Chancellor
- 16 Nanotechnology’s HUGE Impact on Our Lives Over the Last 30 Years
Eric Brown, Assistant Prof, Biological Science
- 23 Three Decades of Theater Trends: From Absurdism and Experimental Theater to Multicultural Drama and Performance Art
Michael Bennett, Asst. Prof., Languages & Literature
- 30 Reagan’s Democrats, Clinton’s Impeachment and the 2000 Election: How Did Dysfunctional Become The Way Our Government Functions?
Susan Johnson, Assistant Dean of Student Success, College of Letters and Sciences



THANK YOU

- Carolyn Plucinski, Tyler Cieslinski, Barb Koch, Dan Sable, Mark Dorn, Kathy Ross, Peggy Smithson, Gerrie Carney, Marion Malo, Dale Jensen, Mary Meikle, Patty Grosskreutz, Linda Anderson, Adam Tamminga, and Kathy Ponyciscanyi for entering participation cards, making member cards, and training people how to use the new check-in system.
- Karolyn Alexander Tscharnack—Cash donation



Discover Whitewater Series



Run. Walk. Fun
Half Marathon. 5k. Fit Kid Shuffle

Sunday, September 22

The *Team Challenge* allows a group of 10 or more to participate in the 5k or the half marathon. We have many walkers and active people. **Let’s get a team together for the 5K!** A team captain is needed and creative team names and family-friendly costumes or coordinated outfits are encouraged, but is not necessary. *Team Challenge* Perks include: weekly emails with training guidelines, motivational tips and nutrition info; complimentary race day photo of the team, access to the VIP *Team Challenge* Post-race area near the finish line, teams with 30+ members will receive recognition on the *Team Challenge* banner. For more information on the event or to register go to www.runwhitewater.com

Not everyone is a runner or walker! Help support the Discover Whitewater Series and **BUY A BELL!** For just \$5, the bells can be used to cheer on participants along the course. To purchase a bell, please visit: the Whitewater Chamber of Commerce/ Whitewater Tourism Council, 150 W. Main Street; the City of Whitewater, Finance Window, 1st Floor; or Daniels’ Sentry Foods. Proceeds from the event will go to five local organizations in an effort to build a stronger community. These organizations include: Bethel House, UW-Whitewater Field & Cross Country, W3 (Working for Whitewater’s Wellness), Whitewater Unified School District to promote academic excellence, and the Whitewater Aquatic Center.

Volunteers are needed in many areas both September 21 and 22. Go to www.runwhitewater.com to register to volunteer.

Seniors in the Park

PO Box 178
Whitewater WI 53190



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Intern'l Council on Active Aging

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Whitewater WI 53190

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

Senior Coordinator

Deb Weberpal, CPRP
dweberpal@whitewater-wi.gov

Volunteer Editor

Romelle Koch

Director

Matt Amundson, CPRP

Recreation & Community Events Coordinator

Michelle Dujardin

Sports Coordinator

Abby Schyvinch

*For General City information see the
city website at
www.whitewater-wi.gov.*

NEWSLETTER SUBSCRIPTION OR PICK-UP SITES

To have the Seniors in the Park Newsletter mailed to your home for one year, send **\$8.00** with this coupon. To receive the newsletter **FREE**, go online to www.whitewater-wi.gov, click on Departments, then Seniors in the Park or www.whitewaterbanner.com and look for the link in the left column or www.seekandfind.com. The newsletter is available for pick up at the Starin Park Community Building, Municipal Building, the Whitewater Aquatic and Fitness Center, the Irvin L. Young Memorial Library and other businesses in Whitewater.

Name _____

E-Mail _____

Address _____
