



April 2014

# The Park Bench

Seniors in the Park Newsletter

## VOLUNTEERS MAKE A WORLD OF DIFFERENCE

**Friday, April 25, 11:30 am**

“Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain love for one another.”

- Erma Brombeck

“Volunteers Make it Happen!” is the theme for this year’s Volunteer Appreciation, where I will be recognizing everyone who volunteered in 2013 and early 2014. Lunch will be served at 11:30. There will be fun and interesting factoids and a surprise or two, including WISN-12 weatherman, Mark Baden. Mark joined WISN-12 as chief meteorologist in 1997. His love of weather started at a young age and continues today. Wisconsin's ever-changing weather continues his weather passion. Mark has had a chance to cover weather across our area and around the country, from local flooding to tornadoes to the destruction of hurricanes. Usually you will find Mark in the studio when severe weather strikes, but he loves the chance to witness Mother Nature first-hand. He has been on numerous storm chases across the Midwest and Great Plains, but in Mark's own words, he is the world's worst storm chaser. He has yet to witness a tornado.....



Please RSVP for the event by Thursday, April 17.

Volume XIV Issue 4

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*Seniors in the Park Promotes & Enhances a Vital Aging Community*

## GADGET GURU

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

Time: 1:00 or 2:00

Fee: \$5.00 resident

\$6.25 Non Resident

Deadline: Three days in advance

## FACEBOOK & TWITTER

Interested in learning about either of these? Call and let us know and we will set up a classes in May. You will need to bring in your laptop, tablet or smart phone.

## SENIORS GOLF LEAGUE



The organizational meeting for the Seniors in the Park recreational

golf league will be held at the Oak Ridge Golf Course on Bowers Lake Road in Milton on Monday, April 7, at 8:30 am. Golf will follow, weather permitting. There is a membership fee of \$6.00, and golfers must be 60 years old as of April 7, or spouse must be 60. Tee times are at 8:30 am, flag prizes are awarded weekly, and there is a luncheon to conclude the season. For more information, contact Vicki Flitsch, 608-884-3586, or Bill Holcomb, 362-495-2273.

## INDEPENDENT LIVING EXPO

Thursday, May 1 1:00—3:00

### Downtown Armory

Local and county wide resources will be on hand to give you simple solutions to staying independent and self-sufficient, whether it refers to staying in your residence, transportation, downsizing, health and wellness or safety. You'll have access to all the experts! There will be door prizes, snacks, giveaways at the resource tables and much more.

## WATERCOLOR: MIXING IT UP WITH WATERCOLORS

This five-week watercolor session will focus on mixing colors and mixing water-media. Topics will include, mixing transparent watercolors, especially natural looking greens, and adding other water-media products, such as watercolor crayons, watercolor pencils, gesso, and gouache. Subject matter may include landscape, floral, still life, and/or semi-abstract. Beginning, intermediate and advanced concepts will be covered. Each session will include a demonstration on a technique or concept and plenty of time for individual painting with optional one-on-one coaching. Attendees are always encouraged to paint from personal references, sketches, photos or ideas.



Instructor: Karolyn Alexander Tscharnack, [www.karolyn.biz](http://www.karolyn.biz)

Dates/Times: Thursdays, April 3-May 1, 1:00-4:00 pm

Cost: \$50 payable to the instructor on April 3

Deadline: Monday, March 31

## ESTATE PLANNING SEMINAR

Thursday, April 24, 1:30 pm

The following topics will be discussed:

- \* Learn how to AVOID PROBATE with your Estate
- \* The New Medicaid Laws for Wisconsin that became effective in 2013
- \* How to Protect Assets if you enter into a nursing home
- \* The NEW Estate Trust
- \* Using an Exempt Funeral Trust
- \* The right Estate Planning documents for your situation
- \* The top Estate planning mistakes people make.

Information only will be given. Refreshments will be provided.

Program Presenter: Senior Strategies, Peggy Smithson.

Registration deadline: April 17.

(Seniors in the Park does not endorse specific companies and does not allow purchase of products or services at the center)

## HOW TO REGISTER ON SCHEDULESPUS

You can register for classes and activities that need pre-registration by going to [schedulesplus.com/wwtr/kiosk](http://schedulesplus.com/wwtr/kiosk). On the site you can look at the calendar of events, register, log volunteer hours, and see what you have already signed up for.

## MOVIES: SPONSORED BY MULBERRY GLEN

### "Gravity"

Tuesday, April 8, 12:30 pm  
 Rated PG-13, 1 hr. 31 min.

A medical engineer (Sandra Bullock) and an astronaut (George Clooney) work together to survive after their space shuttle is destroyed, leaving them spiraling into the void and lost in space. Nominated for 10 Oscars, including Best Picture, Actress, Director (Alfonso Cuarón), and Visual Effects. A visually stunning, exciting film.



### "12 Years a Slave"

Tuesday, April 22, 12:30 pm  
 Rated R, 2 hr. 14 min.



Powerful film by director Steve McQueen, based on a true story and written by Mequon, WI, native John Ridley. In the antebellum United States, a free black man from upstate New York, Solomon Northup, is abducted and sold into slavery. Nine Oscar nominations, including Best Picture, Director, Actor, Supporting Actor and Supporting Actress. (Rated R

for violence, language, sex).

### "Saving Mr. Banks"

Tuesday, April 29, 12:30 pm  
 Rated PG-13, 2 hr. 5 min.

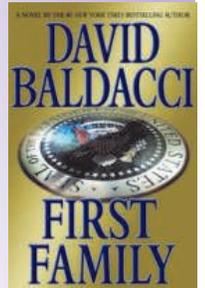
Film about Walt Disney's 20-year struggle to bring "Mary Poppins" to the Big Screen, going inside the story of the character's creator, P.L. Travers, and her fight for intellectual rights against burgeoning popular culture. Emma Thompson is the conservative, crusty Travers, and Tom Hanks is the cheerily informal and affable Walt Disney.



## BOOK WORMS

Monday, March 3, 10:30 am

The Book Club will discuss *The Sweetness at the Bottom of the Pie* by C. Alan Bradley. The book for May is *First Family* by David Baldacci.



A daring kidnapping turns a children's birthday party at Camp David, the presidential retreat, into a national security nightmare.

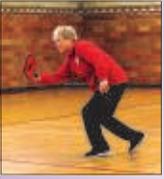
Former Secret Service agents turned private investigators, Sean King and Michelle Maxwell, don't want to get involved. But years ago, Sean saved the First Lady's husband, then a senator, from political disaster. Now the president's wife presses Sean and Michelle into a desperate search to rescue a kidnapped child. With Michelle still battling her own demons, the two are pushed to the limit, with forces aligned on all sides against them – and the line between friend and foe, impossible to define...or defend.

## TYPO, HUMAN ERROR, WE GOOFED!?

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 different errors).**

**Welcoming Seniors, Boomers and Adults of all ages to our programs and trips.**

## 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 Friday March 28  
– Tuesday, April 1 (Elections)**

## MAH JONGG

**Mondays, 1:00 pm**

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

## CHESS

**Wednesdays, 1:00 pm**

Enhance your brain power with a stimulating game of chess. All levels are welcome. Beginners are welcome to come and learn the game.

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

## LINE DANCE CLASS

**April 16—May 21 , 2:00—3:00 pm**

**Downtown Armory Dance Studio**

Kick up your heels and have fun with Line Dance

Instructor Nancy Wrench. She loves teaching all levels of students and making dancing fun for them.

Class #: 5305.21 **Deadline: Thursday, April 10**

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

Session 2: June 18 -July 23

Class # 5305.22 **Deadline: Thursday, June 17**

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

(Class must be paid for by the deadline at the Community Building or online at [wwparks.org](http://wwparks.org))



## “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-class punch card for \$16.00



## ZUMBA GOLD® AND MORE!

**Wednesdays, 12:45 pm**

**Downtown Armory Dance Studio**

Zumba is a fun and energizing workout. Get your party on!

Instructor: Lynette Brown

10-class punch card: \$40.00 Res., \$50.00 Non-Res (do not expire) or \$5.00 walk-in pass. Pay in advance at the Starin Park Community Building.

There are also several other Zumba® classes through Parks and Recreation, Monday through Thursday evenings and Saturday mornings. Check it out at [www.wwparks.org](http://www.wwparks.org) or pick up a Winter/Spring brochure at the park, city hall or ILY Library.

## WALK AWAY THE POUNDS—INDOORS

**Wednesdays, 10:00 am**

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

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## ALPINE COUNTRIES & OKTOBERFEST

**October 1-9, 2014**

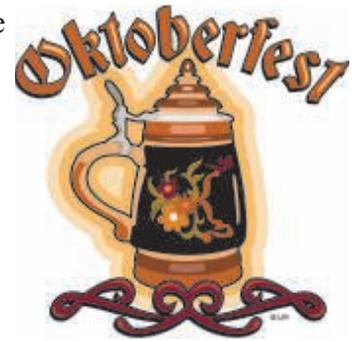
Highlights of the trip include: Munich and the legendary Oktoberfest, Innsbruck City Tour, Swarovsky Crystal Fantasy World, Salzburg City Tour, Mozart's Birthplace, Salzach River Cruise, Berchtesgaden Salt Mine, and Hitler's Eagles Nest; and in Merano, Italy, visit the Castle Trauttmansdorf and enjoy a wine tasting. Spend seven nights in a first class hotel in Soell, Austria, in the Austrian Alps. An optional day trip is available to Hohe Salve Mountain and includes a spectacular cable car ride. The trip includes roundtrip airfare, 14 meals, Professional Tour Director, and baggage handling in Europe.

Fee: \$2999 pp Dbl; Single supplement \$550

Deposit \$500 by April 1; Final payment due by June 5

Premier World Discovery

(FYI—Deb took a group on a similar trip in 2001 and it is one of my favorites. The scenery is incredible!)



## TENNESSEE RAILS AND SAILS

**Featuring 3 Scenic Rail Excursions and 2 River Cruises**

**October 13-19, 2014**

Highlights include

- *Star of Knoxville* Paddlewheel dinner cruise with country music
- Tennessee Valley Steam Train along Missionary Ridge
- *Southern Belle* Riverboat Narrated Prime Rib Dinner Cruise
- “America’s Most Amazing Mile” on the Incline Railway
- Falcon Rest Mansion “Tennessee’s Biltmore” with a mystery luncheon
- Tennessee Central Railway Fall Foliage Excursion
- Ride to the observation deck of Knoxville’s Sunsphere
- Custom House Museum and Model Train Display
- Two nights at the famous Opryland Hotel (an experience in itself)
- One night at the historic Chattanooga Choo Choo Hotel
- And several more stops

Tour includes 11 meals, home or senior center pickup, professional tour Manager, and deluxe motorcoach transportation. Deposit of \$150 due by June 8; Final payment due September 8

Fees: \$1639 pp/dbl; \$2238 sgl; Cancellation Insurance available for \$60; Mayflower Tours

## 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!

## NEW VAN TRIP SYMBOL



Watch for this symbol on trips. It tells you it is a van trip. Seating is limited to 12-14 people depending on the trip. Signups are allowed after the signup date to make it fair for all.

# Extended & Motorcoach Travel

7

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](mailto:dweberpal@whitewater-wi.gov), go to the city website at [www.whitewater-wi.gov](http://www.whitewater-wi.gov), (Departments, Seniors in the Park) or stop in to the Starin Park Community Building.

## 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 Angor 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



## “INSTRUMENTAL” CHICAGO

**Wednesday May 28**

What are two things that bring joy to our hearts and stimulate our senses? Why music and gardens! “Treat Yourself” to four unique stops on this incredible trip to Chicago. Stroll through the Historic Garfield Park Conservatory, one of the largest and most stunning in our nation. Enjoy the lush tropical landscape and see the Sweet Room that shows you how sunlight transforms air and water into sugar. Visit an amazing workshop specializing in the creation of string instruments. See how Violins, Violas, Cellos, and Bases are handcrafted from raw wood. The Westminster Chimes, heard throughout downtown Chicago, emanate from the Chicago Temple. We will visit the temple and enjoy their 5,000 pipe organ which is monumental in its sound. Our fourth stop will be the studio of the remarkable Handcrafted Italian



Faziola Piano, considered to be among the finest in the world. Find out the story behind the piano and why top-of-the-line performers consider it the best, to show off their talents. Your delicious lunch will be served in a charming French Bistro.

Fee: \$81.00

Deadline: Thursday, May 1

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

Return (approx) Starin Park 6:30, Fort K-Mart 7:00 pm

## CHIP-IN CASINO

**April 24-25**

Fee: \$75 (payable to the Fort Atkinson Senior Center)

Deadline: March 26

Depart: 8:30 am Fort K-Mart

Return: 7:30 pm April 25



## DRIVERS WANTED

**Thanks to our faithful, volunteer van drivers!** Without them, the program would not happen. We are always looking for drivers. If you are interested talk to Deb about training and licensing.

## LUNCH BUNCH

**Thursday, April 10, 10:30 am**

Enjoy lunch at the Sammy's in Walworth. We will stop at the Chocolate Shop, too.  
Fee: \$5.00 RSVP by Tuesday, Apr. 8

## JANESVILLE OR OUTLET MALL SHOPPING

**Wed., April 2, 9:00 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 9:00 am.**

Fee: \$5.00 RSVP by Monday, Mar. 31

**In June, August, and October we will be going to the Outlet Mall in Johnson Creek.**

## UW VARSITY BAND CONCERT

**Thursday, April 24**

Fee: \$31

Departure times:

Starin Park 4:25 pm

Fort Pick N Save 4:45 pm

Returning Approx:

Fort Pick N Save 11:30

Starin Park 11:45



## FIRESIDE 2014

2014 ticket price: \$63.00 (taxes, tip, and ticket fees all included!). Saves you up to 23% off individual tickets. Eighteen people is the minimum we must have for the trip to go. Invite your friends!

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. June 12**—Driving Miss Daisy  
Deadline May 8

**Thurs. September 25**—Les Miserables  
Deadline: August 21

## MILWAUKEE BREWERS



**May 15, 2014**

It's Senior Citizen Day, and Pepsi products and Klement hot dogs are \$1.00. A 12:10 game against the Pirates.

Fee: \$35.00

Deadline: April 24

Departure time: 9:30 AM.

**Waiting List only**



## DISCOVER WISCONSIN

**Tuesday, July 15**

Start the day at Little Norway. Nestled among the rolling foothills of southwestern Wisconsin, there lies a place the Norwegians call "*Niessedahle*"—the Valley of the Elves. Here, in 1865, Osten and Birgit Haugen arrived from Telemark, Norway, clearing the land in what was then thick prairie to painstakingly create a homestead for their immigrant family. A Wisconsin Landmark, Cave of the Mounds, was accidentally discovered on August 4, 1939 when workers, who were removing high quality limestone from a quarry on the Brigham Farm, blasted into the Cave. The dynamite blast revealed a limestone cave more than twenty feet high opening into other rooms and galleries, all containing numerous mineral formations. Bring a sweater or jacket as it is chilly underground! Lunch is on your own at Aunt Mary's Hooterville Inn. After a delicious lunch, we will have a tour and tasting at Botham Winery. The last stop is a unique experience. Nick Engelbert's Grandview. He was an Austrian-born dairy farmer, who, after visiting the Dickeyville Grotto, was inspired to create concrete sculptures. There will be walking on uneven ground and the cave tour has stairs and is about 2/3 of a mile in length. No walkers allowed.

Signups begin: April 1

Fee: \$39.00

Deadline: June 24

Depart Starin Park at 7:30 am; Return approx 6:00 pm



## GLORIOUS GARDENS

**June 17**

Experience Anderson Japanese Gardens, Klehm Gardens and visit the Burpee Museum of Natural History in Rockford. More information in the May newsletter.

Sign ups begin April 1





# Walworth County Nutrition Menu

## April 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>1</b> Baked Chick. Drumsticks Mashed Potatoes/Gravy Broccoli Peanut Butter Cookie Wheat Roll</p>	<p><b>1</b> Baked Chick. Drumsticks Mashed Potatoes/Gravy Broccoli Peanut Butter Cookie Wheat Roll</p>	<p><b>2</b> Spaghetti &amp; Meatballs California Mixed Veggies Tossed Salad Melon Mix Garlic Bread</p>	<p><b>3</b> Grilled Raspberry Chicken Hot Peaches w/Granola Tossed Salad Carrot Cake Wheat Bread</p>	<p><b>4</b> Cowboy Stew Squash Hot Spiced Apples Wheat Roll</p>
<p><b>7</b> Rosemary Pork Roast Peas and Carrots Red Cabbage Pineapples and Grapes Wheat Bread</p>	<p><b>8</b> Scallop. Chick. w/Mush. Rice Pilaf Sliced Beets Peaches Dinner Roll</p>	<p><b>9</b> Beef Stew Cauliflower w/Peppers Diced Fruit M&amp;M Cookie Baking Powder Biscuit</p>	<p><b>10</b> Quiche with Broccoli Cheesy Potato Casserole Carrots Watermelon Wheat Roll</p>	<p><b>11</b> Chick. Salad on Tossed Salad Three Bean Salad Mandarin Oranges Brownie &amp; Wheat Roll</p>
<p><b>14</b> BBQ Pork Sandwich Hamburger Bun Baked Beans Carrots Chocolate Chip Cookie</p>	<p><b>15</b> Polish Sausage San Fran. Blend Veggies Rosemary Red Potatoes Fruit Whip Salad Wheat Roll</p>	<p><b>16</b> Cream of Broccoli Soup 1/2 Turkey Wheat Sand. Hot Applesauce Mixed Vegetables Chocolate Cake</p>	<p><b>17</b> Southwestern Goulash Squash Garden Blend Veggies Cantaloupe Bread Stick</p>	<p><b>18</b> <b>Friday before Easter</b> Dining Centers Closed</p>
<p><b>21</b> BBQ Chick. Thigh &amp; Leg Baked Potato Green Beans Fruit Cocktail Wheat Bread</p>	<p><b>22</b> Hot Dog Hot Dog Bun Carrots Tossed Salad Jell-O with Fruit</p>	<p><b>23</b> Pasta Caesar Salad w/Chick. Cantaloupe Coleslaw Snickerdoodle Cookie Wheat Bread</p>	<p><b>24</b> Pork Loin w/Mushroom Cream Sauce Parsley Red Potatoes Mediterran. Blend Veggies Apple Sauce &amp; Dinner Roll</p>	<p><b>25</b> Swiss Steak Mashed Potatoes Garden Blend Veggies Apricots &amp; Peaches Wheat Roll</p>
<p><b>28</b> Turkey and Gravy Mashed Potatoes Carrots Pineapple Tidbits Wheat Bread</p>	<p><b>29</b> Hawaii Pork/Brown Rice Broccoli &amp; Cauliflower Sweet &amp; Sour Cabbage Diced Pears Wheat Bread</p>	<p><b>30</b> Chicken Tetrazzini Sweet Potatoes Mixed Vegetables Melon Mix Vanilla Pudding Dinner Roll</p>	<p>Persons 60 and over and their spouses are eligible. Suggested donation is \$3.00. 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 For more information about the Nutrition Program – Home Delivered Meals or Senior Dining, contact the Nutrition Program office at the phone number listed above.</p>	

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Email: [ift.seniorstrategies@gmail.com](mailto:ift.seniorstrategies@gmail.com)

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## Fairhaven Senior Services



### Apartments at Fairhaven

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435 W. Starin Rd. Whitewater  
262-473-2140 www.fairhaven.org

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Catalog Outlet Stores

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## SERVICES AT A GLANCE

**Foot Clinic: Tuesday, April 1, by Appointments only.**  
Please bring a towel. \$15.00.

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

### Other Services:

- Free computer/internet access
- A document shredder is available(1-inch stack of documents or less to shred)
- There are books, magazines, and puzzles available to borrow FREE from our library.
- Newcomer tours are offered by appointment.

## CARD GROUPS

### Bid Euchre:

Mondays 1:00 pm

### Canasta:

1st, 3rd & 5th Monday 1:00 pm

### Ladies Texas Hold 'em Poker:

1st & 3rd Wed. 1:00 pm

### Sheepshead:

Tuesdays, 1:00 pm

## DON'T LET FINANCES KEEP 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 for scholarship funds.

## BINGO

**Tuesdays, 10:00 am**

Apr: 1: Culver's

Apr. 8: Mulberry Glen

Apr. 22: City Bingo

**Apr. 29: Crazy Musgo Bingo**

### BINGO SPONSORS

**Culver's and Mulberry Glen**

### CITY BINGO SPONSORS:

Randy's \* Topper's Pizza \* Rick's \* Bergey Jewelry \* Headquarters Salon  
Floral Villa \* Bejing Buffet \* Jimmy Johns \* Dale's Bootery \* Subway  
Pizza Hut \* First Citizens State Bank \* Fort HealthCare\* Commercial Bank  
Rosa's Pizza \* Jessica's Restaurant \* Taco Bell \* Dalee Water Cond.  
Mirage Hair Studio\* Dental Perfections\* Ketterhagen Ford \* Fairhaven  
Binning & Dickens Insurance \* Rocky Rococo Pizza \* McDonald's  
Fort Comm. Credit Union \* Eastsider/Westsider \* Walworth Co. 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

**Canasta**—First, third, and fifth Mondays 1:00 pm

**Chess**—Wednesdays, 1:00 pm; Beginners welcome

**Dominoes**—First Tuesday 11:45 am

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

**Golf**—8:30 tee times at Oak Ridge, Milton

**Ladies Poker**—First and third Wednesday at 1:00 pm

**Mah Jongg**—Mondays, 1:00 pm

**Potluck**—First Tuesday 11:15 am

**Pickleball**—Monday, Wednesday, and Friday 12:30-2:30 and Tuesday

8:30—10:30 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 Away the Pounds**—Indoor walking, Wednesdays, 10:00 am

**Zumba Gold ®**-Wednesdays 12:45 pm, Downtown Armory. \$40.00 punch



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## VOLUNTEER SAFETY TRAINING

**April 25, 1:00 (After Volunteer Appreciation)**

Many of our activities and classes take place because of our wonderful volunteers. Thank you all! It's time for training again. Whether you lead a class, open a facility, or just get out the cards, you are a leader. Safety training is important because staff is not always in the building and you need to know what and when to do it. We will go over safety issues and ideas, how to track your hours on the new login system either at the park or from home. Please sign up at least two days in advance.



## 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
- Programs and Evaluation
- Advocacy and Partners
- Facility and Safety
- Public Info/PR/Marketing
- Volunteers
- Community Planning
- Policies and Procedures.

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

**SchedulesPlus Attendance**—Help with entering the attendance of off-site activities. This is at your convenience and training is provided.

## UW-W CAMPUS GARDEN HELP

Help at the Campus Gardens in the Upham Hall greenhouse any of the following times in April or May: Monday, 10:00-11:00 am; Wednesday, 8:00 am-noon; Friday, 10:00-11:00 am. In June, July, August, and September, the work will be at the garden site on Starin Road between the University Bookstore and Ambrose Health Center Wednesdays, 8:00-10:30 am. The fresh, organic produce will go to the Food Pantry. For more information, call Wes Enterline: 472-6709, or email: [sustainability@uww.edu](mailto:sustainability@uww.edu). You can also friend them on Facebook: [uwwsustainability](http://uwwsustainability).



## THANK YOU TO ...

**Dan Sable, Sharron McCarthy, Mark Dorn and Romelle Koch** for helping plan trips.

Cash Donations in honor of Sharron McCarthy and Dan Sable's birthdays:

To Seniors in the Park: **Nancy Bigalow, Romelle Koch, Henry & Marion Malo, Patty Grosskreutz, Betty Heth, and Duane Schwab**

To the Whitewater Food Pantry: **Doug & Judy Luthrell, Doris Wutke, Henry & Marion Malo, and Jerry & Shirley Grant**

**John and Eunice Rowe** for donating a wood craft and new puzzle to Bingo.

## SENIOR FORUM

**Monday, May 5, 12:00 pm**

If you would like a voice in how the Senior Center is administered and how we should look in the future, attend a meeting and share your ideas.

There will be no meeting in April.

Please cut out this  
"Thank You Coupon"  
and present it the next time you  
Patronize one of our Advertisers

**Thank You**

THANK YOU for Advertising  
with Seniors in the Park

*I am patronizing your business  
because of it!*

*Sharron McCarthy and Dan Sable would like to thank all who survived our 75th and 80th Birthday Bash on March 1. We really appreciate the many cards, items for the Food Pantry of Whitewater, and monetary donations to the Food Pantry and Senior Center. We especially are grateful for your presence. Thanks all!*

## SPRING FASHION SHOW

**Sunday, April 6**

**12:00-3:00 pm**

Randy's Restaurant

841 E Milwaukee St

The Whitewater Chamber of Commerce is hosting a free

Spring Fashion Show. There will be exhibitors featuring jewelry, make-up, fitness and more along with door prizes. Some of the vendors include Aranda, Bicyclewise, Dale's Bootery, Maurices, Pamela's Boutique, Reflections of the Part, Quiet Hut Sports and the UWW Bookstore. The event is free but donations to the Whitewater Food Pantry and Touched by a Paw are welcome. For more information contact the Chamber at 262-473-4005 or [info@whitewaterchamber.com](mailto:info@whitewaterchamber.com).



## HAPPY APRIL BIRTHDAYS TO:

- 4 Eleanor Connelly
- 5 Rose Ellestad
- 6 Joe Raupp
- 14 Marion Malo
- 17 Wilfred Roe
- 21 Adele Gergen
- 25 Jerry Nell
- 30 Margaret Patzer



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!

## GREETING CARDS

We have a great selection of Easter, birthday, and everyday cards. Most cards are priced from 65 cents to \$1.50. Stop in and check out our selection.



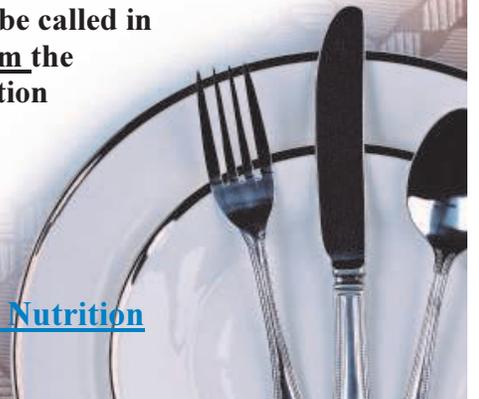
## LET US DO THE COOKING!

Enjoy good food, pleasant company, and a donation of only **\$3.00** for the meal. No dishes to do or a kitchen to clean! Those unable to afford the donation are still welcome as the donation is anonymous. Anyone 60+ and their spouse is welcome to attend. Nutrition Site meals are served at 11:30 am, Monday—Friday. The Nutrition Program will be at Brookdale on Wednesdays and Fridays, except the third Friday. To reserve a meal, call 262-473-0536 by noon a day in advance (call Friday for a Monday meal) or call Walworth County at 1-800-365-1587, ext. 3333 and leave your name, phone, and the meal site you would like to attend.

**Cancellations must be called in no later than 8:00 am the day of your reservation or the night before.**

Please call the Nutrition office at **262-741-3333** and leave your message.

[Walworth County Nutrition](http://www.walworthcountynutrition.com)



## THE LEGACY AND LESSONS OF THE AGE OF LINCOLN



**Mondays, 3:00 pm**

**Fellowship Hall, Fairhaven**

Nearly 150 years ago, the United States was in the middle of our bloodiest war. The young country looked to a brilliant Midwesterner, Abraham Lincoln, to lead them through the darkest hours of political and constitutional crises. What lessons have we learned from this time in American collective memory? How have the meanings of freedom changed for Americans since the Civil War and how has Lincoln’s legacy shaped American political discourse today? All lectures are open to the public at no charge, and parking is adjacent to the building. Links to videos of lectures, including those from prior series can be found at <http://www.uww.edu/conteduc/fairhaven>

- Apr. 7 Lincoln’s Legacy and the Promise of Reconstruction  
Amber Moulton, *Assistant Professor, History*
- Apr. 14 Lincoln’s Darkest Hour  
Anthony Gulig, *Associate Professor and Chair, History*
- Apr. 21 A Mission to Honor: Students Premiere Documentary on the Fairhaven Veteran’s History Project  
Jarred Donlon, Katelyn Klepper, Ashlee Lamers, Carolyn Larsen, and Travis O’Gallagher, *UW-Whitewater Students*
- Apr. 28 Early American vs. Modern-Day Slavery: Debating Similarities, Differences and the Power of Moral Discourse  
Margo Kleinfeld *Associate Professor, Geography & Geology*

## PARK BENCH TV SHOW

The April Show features Rusty Kopella, retired from the National Weather Service, who will talk about Severe Weather and Safety. 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](http://www.whitewater-wi.gov). Click on the **Multimedia** tab, then **Seniors-Park Bench** and you’ll see all the episodes or click [HERE](#).

## PARKS & RECREATION:

[WWPARKS.ORG](http://WWPARKS.ORG)

**Checks for activities, classes and trips are made out to:  
City of Whitewater unless indicated otherwise.**

## “AND THEN THERE WAS ONE”

**Saturday, April 26, 1:00 – 4:00 pm**

**American Legion Hall, 201 S. Water E. Street, Fort Atkinson** (wheelchair accessible - refreshments available)

You are invited to attend an enlightening, positively informative, FREE workshop, based on the “*And Then There Was One*” workbook by Charlotte Fox; sponsored by Disabled American Veterans, Blackhawk Chapter 39, and facilitated by Donna Hutter, who assists Charlotte by presenting this workshop throughout the United States. Not knowing significant and essential information when your loved one dies only adds to your hurt and pain and can exhaust you as you do strive to learn. Families plan for the birth of a child – families need to also plan for death before it comes! This excellent workshop utilizes the very comprehensive workbook “*And Then There Was One*”; which holds page after page of information, with at least 70 forms, step-by-step check lists, and more! It would take months to even “attempt” to gather all this information; but here it is all in one book. Some pages are specifically designed for veterans in this workbook; unheard of in most other such booklets.

Guest speakers will include: Attorney Vicki Zick of Johnson Creek; Deb Ranguette, CPA of Business and Tax Systems, LLC, Fort Atkinson; Becky Blossfeld of Johnson Bank, Fort Atkinson; and Karen Carrig of Rainbow Hospice Care, Johnson Creek. All your questions or concerns are valid and important – so do ask any questions you have.

To register, call Donna Hutter, 608-219-2891; or DAV Chapter 39 Adjutant, Rev. Cathy Price, 920-563-2545. Seating is limited so register soon.

The workbook will be available for \$30. Go to the website [www.therevasone.com](http://www.therevasone.com) to order ahead of time or just to learn more.

# 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

### Senior Coordinator

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dweberpal@whitewater-wi.gov

### Volunteer Editor

Romelle Koch

### Director

Matt Amundson, CPRP

### Recreation & Community Events Coordinator

Michelle Dujardin

### Sports Coordinator

Abby Schultz

*For General City information see the  
city website at  
[www.whitewater-wi.gov](http://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](http://www.whitewater-wi.gov), click on Departments, then Seniors in the Park or [www.whitewaterbanner.com](http://www.whitewaterbanner.com) and look for the link in the left column or [www.seekandfind.com](http://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 \_\_\_\_\_

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