



March 2014

The Park Bench

Seniors in the Park Newsletter

WHOLE GRAIN GOODNESS

Wednesday, March 26, 1:00-2:00 pm

There are a lot of products on the shelves labeled “whole-grain,” “made with whole grain,” “enriched,” and “fortified.” It is not easy for consumers to make healthy choices when they are not always sure what terms are or what they mean. Join Walworth County UW-Extension Family Living Educator Jenny Wehmeier for a back-to-basics workshop where you will learn to critically examine labels and packaging of whole grains. You'll also enjoy samples and take home some recipes for dishes with quinoa, bulgur, chia seeds, couscous, and so much more! Presenter is Jenny Wehmeier, UW Extension
Cost: \$2.00



Deadline to register: March 21



Volume XIV Issue 3

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

Seniors in the Park Promotes & Enhances a Vital Aging Community

REGISTER FOR CLASSES FROM HOME: TUTORIAL

Tuesday, March 18 1:30 pm

Learn how to log on to SchedulesPlus (what you use the scan card for), set up your account, register for classes and trips, log volunteers hours, and much more. You must know your email address and password.

RSVP deadline: Thursday, Mar.13



GADGET GURU

Thursdays

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 March. You will need to bring in your lap-top, tablet or smart phone.

WATERCOLOR: NEGATIVE PAINTING

This two-week watercolor session will focus on developing a painting using negative painting. Topics will include painting a wet-into-wet background, creating texture, and a step-by-step negative painting exercise. Subject matter may include leaves, rocks, flowers, trees, fruits, weeds, or other geometric or organic shapes. 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. Each session will include a demonstration and discussion.



Instructor: Karolyn Alexander Tscharnack, www.karolyn.biz

Dates/Times: Thursdays, March 6 and 13, 1:00-4:00 pm

Cost: \$20 payable to the instructor

Minimum: 6 people

Deadline: Monday, March 3

AARP TAX ASSISTANCE

Wednesdays

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

You must bring:

- Photo ID and Social Security Card
- Copy of 2012 tax returns
- Proof of 2013 income
- Blank check for electronic refund deposit

If you are filing Wisconsin Homestead Credit, you will need either a 2013 real estate tax bill OR Certificate of Rent form signed by your landlord. 2013 taxes do not have to be paid to file Homestead Credit.

IMPORTANT NOTE: Preparers will not do returns for people who are married, but file separately, or who become divorced in 2013; schedules for business, rental income, farms, moving expense forms, forms for nondeductible IRAs, and child investment income tax.



HOW TO REGISTER ON SCHEDULESPLUS

You can register for classes and activities that need pre-registration by going to 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.

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 a Exempt Funeral Trust
- * The right Estate Planning documents for your situation.
- * The top Estate planning mistakes people make.

Refreshments will be provided. Program presented by Senior Strategies, Peggy Smithson. Information only will be given.

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)

MOVIES: SPONSORED BY MULBERRY GLEN



"Dallas Buyers Club"
Tuesday, March 11, 12:30 pm
Rated R, 1 hr. 57 min.

Matthew McConaughey gives a powerful, Oscar-nominated performance as a racist, homophobic, bull-riding straight cowboy who, in 1985, contracts AIDS. Too mean and stubborn to accept the diagnosis, he pursues treatment—and discovers a business

opportunity in smuggling experimental drugs over the border, becoming a crusader in the process. Nominated for 6 Oscars, including Best Actor, Best Supporting Actor (Jared Leto; Golden Globe winner), Best Screenplay, and Best Picture. (Rated R for language, nudity, drug use, sexual content.)



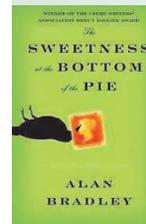
"Blue Jasmine"
Tuesday, March 25, 12:30 pm
Rated PG-13 1 hr. 38 min.

Cate Blanchett plays an icy New York socialite on the arm of a philandering husband (Alec Baldwin), who, when his shady dealings leave her penniless, arrives in San Francisco deeply troubled and in denial, mercilessly imposing upon her working-class sister

(Sally Hawkins). Nominated for 3 Oscars (Blanchett & Hawkins) and Best Screenplay (Woody Allen; director). Rated PG-13 for language, sexual content. (2013)

BOOK WORMS

Monday, March 3, 10:30 am



The Book Club will discuss *Beautiful Ruins* by Jess Walter. The book for April is *The Sweetness at the Bottom of the Pie* by C. Alan Bradley.

It is the summer of 1950, and at the once-grand mansion of Buckshaw, young Flavia de Luce, an aspiring chemist with a passion for poison, is intrigued by a series of inexplicable events: A dead bird is found on the doorstep, a postage stamp bizarrely pinned to its beak. Then, hours later, Flavia finds a man lying in the cucumber patch and watches him as he takes his dying breath.

BRIDGE REFRESSHER CLASS

Are you a past Bridge player that may be rusty but would like to start playing again?

A basic traditional Bridge refresher course for past / present Bridge players who want informational practice, could be in the works if there is enough interest.

A constructive lesson would be offered at each session, followed by play with questions addressed as the play takes place. This is not for individuals who have never played Bridge but for those who want to improve their skill level.

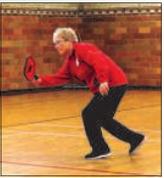
If interested please call the Senior Center and a time will be set up.



NEW CLASSES ARRIVING IN THE SPRING/ SUMMER

Yes, it will get warmer! Pole walking classes and the weekly group walks will resume along with "Take Your Brain for a Walk". Anyone interested in an Outdoor Fitness Class? How about "From the Couch to a 5k"? Summer is being planned right now. If you are interested in a class mentioned above or something else, please let Deb know ASAP!

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: 8:30-10:30 am

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

WELLFEST

Sunday, March 9, 12 noon-3 pm

Whitewater high School, 534 S. Elizabeth St.

Do you want to be a healthier, happier you? W3

wants that too! Working for Whitewater's Wellness is hosting its third annual Community Wellfest event where all are invited to take advantage of free activities that exercise the mind, body, and spirit. Activities include fitness classes, like Zumba, yoga and boot camp; healthy eating classes; cooking demos; and fun for the whole family. There is NO cost to attend or participate in this event.

You can stay the whole time, or just drop by for a session or two.

Be active in your community and learn about all the local opportunities that will help you live a more healthful lifestyle. Everyone will walk away a winner by receiving free giveaways and awesome prizes. More information and program descriptions are available on the W3 website at www.w3wellness.org. If you have any questions about Wellfest or would like to provide a donation, please call 262-472-1305 or email whitewaterwellness@gmail.com.



"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 or pick up a Winter/Spring brochure at the park, city hall or ILY Library.

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ALPINE COUNTRIES & OKTOBERFEST

TRIP PREVIEW

Wednesday, March 5,

1:30 pm

RSVP by March 3

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

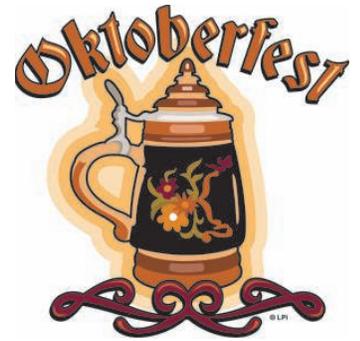
wine tasting. Spend seven nights in a first class hotel in Soell, Austria, in the Austrian Alps. An optional day trip is available to Hohe Salve Mountain and includes a spectacular cable car ride. The trip includes roundtrip airfare, 14 meals, Professional Tour Director and baggage handling in Europe.

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!

Extended & Motorcoach Travel

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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.

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 Basses are hand-crafted 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 Hand-crafted 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

Chip-In is located near Escanaba in the UP. Trip includes \$49 in credits on your Players Card (Additional rebates can be earned), \$3 off Dinner, \$2 off lunch, free breakfast and overnight accommodations at Chip In. Meals to and from the resort are on your own.

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



LUNCH BUNCH

Thursday, March 13, 10:30 am

Enjoy lunch at the Elk Restaurant in Elkhorn.

Cost: \$5.00 RSVP by Tuesday, Mar. 11

JANESVILLE SHOPPING

New Time **Wed., March 5
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.

Cost: \$5.00 RSVP by Monday, Mar. 3

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 De about training and licensing.

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. April 24—Fiddler on the Roof
Deadline March 24

Thurs. June 12—Driving Miss Daisy
Deadline May 8

Thurs. September 25—Les Miserables
Deadline: August 21

UW VARSITY BAND CONCERT

Thursday, April 24

The UW Marching Band is known throughout the country. These talented and energetic students and their leader Mike Leckrone put on the most amazing show. They always engage a nationally known soloist to perform in addition to many traditional songs, their amazing drumline, and the ever popular tuba song. If you've never been to a UW concert, you will be amazed at the high energy show from start to finish in addition to seeing Leckrone making the most incredible entrances. Dinner will be on your own at the Coliseum Bar. A great place to eat, along with a history of UW athletics.

Fee: \$31 (includes transportation, parking and ticket to concert)

Deadline: March 20

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



MILWAUKEE BREWERS

May 15, 2014

We will be attending a Brewers game in May.

It's Senior Citizen day and Pepsi products and Klement hot dogs are \$1.00. Tickets cannot be purchased until March 1, so call to reserve your seat. A fee for the trip will be available by March 6.

Van Trip

Fee, Deadline and Departure time to be announced



PLANNING MOTORCYCLE TRIPS

Friday, March 7 10:00 am—2:00 pm

Bring your ideas or help sort through my pile of wonderful trip ideas. Laptops will be available to search online. We'll decide destinations for 2014 for motorcycle trips. Lunch will be provided. Everyone's ideas will contribute to a great travel season in 2014 and maybe into 2015.

VALENTINE'S FUN



Activity Calendar

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March 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
3 9:30 FUNctional Fit 10:30 Book Club 12:30 Pickleball (A) 12:00 Senior Forum 12:30 Digital Stories 1:00 Mah Jongg 1:00 Bid Euchre 1:00 Canasta	4 8:30 Pickleball (A) 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 12:30 Foot Clinic 1:00 Sheepshead	5 9:00 Bowling (HB) 9—3 AARP taxes 9:30 Janesville Shop 10:00 Indoor Walking 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Ladies Poker 1:00 Chess 1:30 Alpine Country/Oktoberfest Preview 2:00 Line Dance (A)	6 9:30 FUNctional Fit 1:00 Scrabble 1:00 Watercolor 1:00 Gadget Guru 1:30 Vol. Safety Training 2:00 Gadget Guru	7 12:30 Pickleball (A) 8 9 WELLFEST 12—3 at WW High School
10 9:30 FUNctional Fit 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Mah Jongg 1:00 Bid Euchre 1:00 Massage Therapy	11 8:30 Pickleball (A) 10:00 Mulberry Glen Bingo 12:30 Mulberry Glen Movie "Dallas Buyer's Club" 1:00 Sheepshead	12 9:00 Bowling (HB) 9—3 AARP taxes 10:00 Indoor Walking 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Chess 2:00 Line Dance (A)	13 9:30 FUNctional Fit 10:30 Lunch Bunch 1:00 Watercolor 1:00 Gadget Guru 2:00 Gadget Guru	14 12:30 Pickleball (A) 15
17 St. Patrick's Day 9:30 FUNctional Fit 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Mah Jongg 1:00 Bid Euchre 1:00 	18 8:30 Pickleball (A) 10:00 Scrabble 1:00 Sheepshead 1:30 Register from Home Tutorial	19 9:00 Bowling (HB) 9—3 AARP taxes 10:00 Indoor Walking 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Ladies Poker 1:00 Chess 2:00 Line Dance (A)	20 9:30 FUNctional Fit 1:00 Gadget Guru 2:00 Gadget Guru UW Band Concert Deadline	21 11:30 Nutrition Site 12:30 Pickleball (A)
24 9:30 FUNctional Fit 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Mah Jongg 1:00 Bid Euchre	25 8:30 Pickleball (A) 10:00 City Bingo 11:00 Blood Pressure by Country Nurses 12:30 Mulberry Glen Movie "Blue Jasmine" 1:00 Sheepshead	26 9—11 AARP taxes 10:00 Indoor Walking 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Whole Grains 1:00 Chess 2:00 Line Dance (A)	27 9:30 FUNctional Fit	28 12:30 Pickleball (A)
31 9:30 FUNctional Fit 12:30 Digital Stories 1:00 Mah Jongg 1:00 Bid Euchre 1:00 Canasta			Activities take place at the Starin Park Community Building unless otherwise noted. (A)=Downtown Armory (L)=Cravath Lakefront (HB) = Hawk Bowl	

Walworth County Nutrition Menu

March 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chick. Cacciatore w/Penne Winter Blend Vegetables Carrots Bread Stick Mand. Oranges/Pineapple	4 Navy Bean/Ham Soup Hot Spiced Apples Squash Dinner Roll Tossed Salad	5 Chicken Breast Scalloped Potatoes Wis. Blend Veggies Wheat Bread Carrot Bar	6 Sliced Roast Beef Mashed Potatoes Brussels Sprouts Wheat Roll Apricots	7 Baked Breaded Fish Carrots Red Potatoes Wheat Bread Lemon Poppy seed Cake
10 Chicken Ala King Carrots Red Potatoes; Baking Powder Biscuit Fruit Cocktail	11 Parmes. Crust. Pork Loin Squash Calif. Mixed Veggies Wheat Roll Pears	12 Sloppy Joes on a Hamburger Bun Green Bean Casserole Tossed Salad Tropical Fruit	13 Chick./Brown Rice Soup Mediter. Blend Veggies Applesauce w/Peaches Dinner Roll Chocolate Pudding	14 Hot Shaved Turkey Mashed Potatoes Mixed Vegetables Wheat Bread Chocolate Chip Cookie
17 St. Patrick's Day Corned Beef; Cabbage Red Potatoes Carrots Marble Rye Mint Brownies	18 Beef Noodle Soup Peas Hot Peaches with Granola Wheat Dinner Roll Tossed Salad	19 Baked Chick. Drumsticks Mashed Potatoes/Gravy Brussels Sprouts Wheat Bread Peanut Butter Cookie	20 Ground Beef and Cabbage Casserole with Rice Green Beans Dinner Roll Fruit Whip Salad	21 Spin. Cheese Bac. Quiche Calif. Mixed Vegetables Red Potatoes Dinner Roll Fruit Jell-O
24 Chopped Steak Baked Potatoes Red Cabbage Mandarin Oranges Wheat Bread	25 Swedish Meatballs Egg Noodles San Fran. Blend Veggies Apricots w/Diced Peaches Wheat Bread	26 Cheesy Potato Bacon Soup Carrots Green Beans Dinner Roll Pumpkin Bars	27 Broc. Chick. Rice Casser. Stewed Tomatoes Cauliflower Wheat Bread Sliced Pears	28 Hot Sliced Pork on Whole Wheat Bun Baked Beans Parsley Red Potatoes Snickerdoodle Cookie
31 Sheppard's Pie w/Mashed Potatoes Winter Mixed Vegetable Apple Slices Wheat Bread			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.	

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473-9876

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

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SERVICES AT A GLANCE

Foot Clinic: Tuesday, March 4, by Appointments only.

Please bring a towel. \$15.00.

Therapeutic Massage: Monday, March 10, 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.



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BINGO

Tuesdays, 10:00 am

Mar. 3: Culver's

Mar. 11: Mulberry Glen

Mar. 25: City Bingo



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Culver's and Mulberry Glen

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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 1:00 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

Ladies Poker—First and third Wednesday at 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 card or \$5.00 walk-in. Must be paid for at Starin Park.

FREEZE FEST FUN



VOLUNTEER SAFETY TRAINING

March 6, 1:30

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

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

Assist with Travel Planning—See page 8.

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

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.

VOLUNTEER APPRECIATION

Friday, April 28, 10:00 am

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. Enjoy your morning coffee break with us. We'll also have tea and milk and goodies to eat. There will be fun and interesting factoids and a surprise or two.. Please RSVP for the event by Thursday, April 17.

THANK YOU TO ...

- * **Dan Sable** for donating some of the money from the first place Chili Cook-off prize to the center.
- * Chili Cook-off volunteers: **Char Perkins, Dan Sable and Mark Dorn.**
- * **Thelma Robbins** for her donation to the center in Honor of Dan and Sharron's birthdays.
- * Everyone who purchased bears or donated to the Polar Plunge: **Lois Zipp, Dan Sable, Mark Dorn, and Deb Weberpal.**
- * **Delta Zeta Sorority** for assisting with both the Valentine's Luncheon and the Chili Cook-off.

Please cut out this
"Thank You Coupon"
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SENIOR FORUM

Monday, March 3, 12:00 pm

This group is looking at how the Senior Forum group functions and should there be a change. 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.

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).**

HAPPY MARCH BIRTHDAYS TO:

- 13 Sharron McCarthy
- 17 Orville Klima
- 25 Romelle Koch
- 26 Audrey Peplinski
- 29 Donna Wilson



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 St. Patrick's Day, birthday, and everyday cards. Most cards are priced from 65 cents to \$1.50. Stop in and check out our selection.



BIG BIRTHDAY BASH

Sharron McCarthy and Dan Sable have survived 75 and 80 years respectively.

We invite friends and acquaintances to help celebrate these milestones.

**Saturday, March 1, 2014 1:00 - 4:00 pm
at the Starin Park Community Building
Refreshments and snacks will be served**

**PLEASE NO GIFTS
Unless you want to make a donation to the
Senior Center
or the Whitewater Food Pantry**

PLEASE JOIN US!

Sharron and Dan

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.org)



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>

- Mar. 3 Lincoln's Long Shadow: Portrayals of Abraham Lincoln in American Popular Culture
Anna Hajdik *Lecturer, Languages and Literatures*
- Mar.10 Reinventing America: Lincoln's Gettysburg Address
Richard Haven *Emeritus Prof., Communications*
- Mar. 17 With Malice Toward None: Lincoln's Second Inaugural Address
Richard Haven *Emeritus Professor, Communications*
- Mar. 31 American Poets on Suffering and Death in the Civil War
Beth Lueck *Professor, Languages and*

COKE REWARD CODES

Look for Coke reward codes on the caps of Coke products and on the inside of the cases. With these codes, schools are able to obtain the much needed supplies for the classrooms or for gym classes. Lake View Elementary and Washington Elementary schools are registered in the program. Go to the web site: http://www.mycokerewards.com/mcrSchools.do?WT.ac=mnuRC_DTS and enter Whitewater's zip code in the search box. The registered schools in the Whitewater area pop up and you can select the school you would like to donate the points to. If you don't want to enter them, please collect the reward code labels and drop them at Seniors in the Park.

LEARN THE NIGHT CLUB TWO STEP

Saturdays 6:15-7:30 pm at Basics in Janesville

Learn to dance with a partner to slow ballads in an 8 week class beginning March 29. Contact Denay Trykowski for more information 262-473-2300.

PARK BENCH TV SHOW

The March Show features Susan Wildermuth's UW-Whitewater students in the Cross Cultural Communication class who did a service learning project with Fairhaven's WWII veterans for the National History Project through the Smithsonian and collected oral histories and edited to create a mini-documentary of their experiences. They will share their experiences from this project. The Park Bench airs daily at 7:00 am and select days at 6:00 pm on cable channel 98, digital 990 or online anytime at www.whitewater-wi.gov. Click on the **Multimedia** tab, then **Seniors-Park Bench** and you'll see all the episodes or click [HERE](#).

BAD WEATHER CLOSINGS

In case of inclement weather (Snow that four letter "S" word), program cancellations will be on Whitewater Cable Channel 98, digital 990, or radio stations WFAW 940 AM and WSJY 107.3 FM, or online on the Whitewater Banner or City of Whitewater Website.

THE CHILLY WILLIES

Springtime brings fluctuating temperatures. The thermostats in the building are set at a reasonable temperature per City policy. Please bring a sweater or dress in layers so you are comfortable in our building.

PARKS & RECREATION:
WWPARKS.ORG

Seniors in the Park

PO Box 178
Whitewater WI 53190



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SENIORS IN THE PARK



504 W Starin Rd, PO Box 178
Whitewater WI 53190

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

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*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.

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