



The Park Bench

November 2014

Seniors in the Park Newsletter

HEALTHY HOME ESSENTIALS

Wednesday, November 19; 1:00—2:00



The quality of the home environment directly impacts your health. The home is a very important environment where you spend much of your time. A home can support health and well-being. Come learn or review the essential steps to making your home the safest environment possible for you and your loved ones, including contamination, ventilation, safety, and more.

Other topics include seasonal maintenance, injury prevention, asthma reduction, and medicine disposal.

Presenter is Megan Noggle, RN BSN, Wal. Co. Public Health Nurse
Please register for the class by November 13.

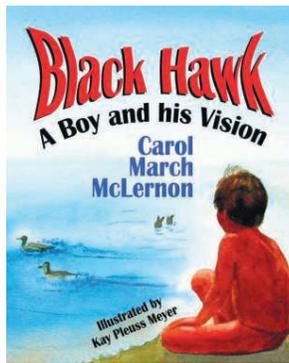
BLACK HAWK: A BOY AND HIS VISION

Wednesday, Nov. 12, 1:00 pm

Local author, Carol McLernon, will be here to discuss her book, **Black Hawk: a Boy and his Vision**. The book is about the well-known Sauk leader's childhood. He is best known for his futile attempts to regain lands his tribe had lost in the Treaty of 1804. In her Native American costume, she will tell about attending school in a ghost town. Starting at the Point of Beginning, she will tell how Black Hawk influenced the lives of a pioneer priest, Indian agents, other native tribes, Lieutenant Abe Lincoln, Lieutenant Jefferson Davis, and Will Hamilton.

Her other books include, "Katie Down the Pike", "String of Hope", "Leadmining Towns of Southwest Wisconsin", "Adventures with Jack", "Samuele: Man with Many Names", and "Ice for Sale".

Please register by Monday, November 10.



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Seniors in the Park Promotes & Enhances a Vital Aging Community

PINOCHLE

Are you interested in playing Pinochle here at the center? If so, please call and sign up. The group will meet on the first Tuesday of the month at 1:00.



COMPUTER TUTOR

Bring your own laptop or tablet, and get tutoring on Internet, E-mail, Word, Excel, Pictures, or general topics. Please tell us what you want assistance with, when registering for your session.

Instructor: Lyle Hunter

Dates: November 4, 5, 12, 13, 18, 20, 24, and 25

Time: 9:30 am

Cost: \$5.00 residents

\$6.25 non-residents

Register at least 3 days in advance



FACEBOOK FRENZY

Tuesday, Nov. 18, 2:00 p.m.

This month's Facebook class will be about adding family and friends to your timeline and how to group them. Please bring your laptop or tablet to work on.

PAY PAL CLASS

Monday, Nov. 24, 1:00 pm

Learn how to set up a PayPal account. It's safe and easy. The class will also look at SchedulesPlus (Senior Center website) and how to register and pay online.

BRAVING THE HOLIDAYS

Monday, November 10, 1:00 pm

The holiday season is often the most difficult time of year for people who have experienced the death of a loved one. It is traditionally a time of celebration and family togetherness. Yet, if someone in your life has recently died, they will be missed, and your holidays will be different without them. At this presentation, you will find the support of others facing the same challenges and learn what preparations can be made to bring you peace and comfort. You CAN make it through the holidays. Snacks will be provided. The presenter is Katie Stumpf of Mercy Hospice Care.

Please register by Thursday, November 6.



BRAIN FITNESS— TIPS AND TECHNIQUES TO IMPROVE YOUR BRAIN'S ABILITY TO REMEMBER

Thursday, November 13, 2:00—4:00 pm

This program will provide an overview of how our memory works and what can effect is capabilities. The group will look at the impact our sensory input has on our ability to retain information. The characteristics and keys to memory will be explored and the group will be given an opportunity to try different brain exercises to see how they can enhance their personal mental fitness.

Presenter: Bonnie Beam-Stratz, Alzheimer's Assn.

Please register by Monday, November 10

COFFEE WITH CARE-PARTNERS

November 20, 10:00 am

All care partners are encouraged to attend with the person you are caring for. Discussion will focus on strategies for dealing with the holidays. There will be time to share challenges, opportunities and successes. Coffee and treats will be served. Please RSVP by the Monday before so we have enough food for everyone.



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

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

A MAGICAL HOLIDAY LUNCHEON

Wednesday, December 10

Ring in the holiday season with friends at our annual holiday luncheon. Once again a tasty lunch is being catered by Capn's from Fort Atkinson. Doors will open at 11:30 and lunch will be served at noon. You have a choice of Roast Turkey or Beef Tips in Gravy, Mashed Potatoes, Maple Glazed Carrots, Dinner Roll, Apple Crisp, Coffee and Water. Tickets are available for purchase at the Starin Park Community Building for \$12.00. No reservations will be accepted. If you need a ride to the center, please inform the staff when you purchase your ticket.



After lunch, you will laugh and be entertained by Magician Tim Glander, who has been placing smiles on the faces and in the hearts of people for 20 years. He has honed his art into a delightful and positive experience that always captivates his audience. Using



storytelling, humor and just good fun, Tim will put you in a jolly holiday spirit. His magic has been enjoyed by various personalities, such as Steve Allen, Bill Wrigley, Monica Mancini, Bill Kurtis, Donald Driver and Doc Severinsen.

WATERCOLOR: PAINTING WINTER SCENES AND SNOW

Express your creativity in this two-week watercolor session. This session will focus on painting a winter scene. Demonstrations will include how to paint white snow and the effects of different times of day. Color mixing, composition and determining correct values will be discussed. 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.



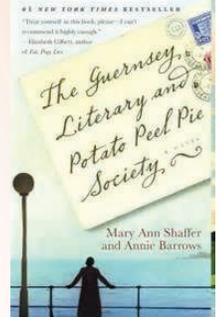
Instructor: Karolyn Alexander Tscharnack, www.karolyn.biz
 Dates/Times: Thursdays, November 13 & 20; 1:00 – 4:00 pm
 Cost: \$20 payable to the instructor by cash or check.
 Deadline: Monday, November 10

BOOK WORMS

Monday, November 3, 10:30 am

The Book Club will discuss *Olive Kitterage* by Elizabeth Strout. The book for December is *Guernsey Literary and Potato Peel Society* by Mary Ann Shaffer.

January 1946: London is emerging from the shadow of the Second World War, and writer Juliet Ashton is looking for her next book subject. She found it in a letter from a man she's never met, a native of the island of Guernsey, who has come across her name written inside a book by Charles Lamb.



As they exchange letters, Juliet is drawn into the world of this man and his friends—and what a wonderfully eccentric world it is. The members of the Guernsey Literary and Potato Peel Pie Society—born when its members were discovered breaking curfew by the Germans occupying their island—are charming, funny, deeply human.

Through her correspondence with them, Juliet learns about their island, their taste in books, and the impact the recent German occupation has had on their lives. Captivated by the society's members' stories, she sets sail for Guernsey, and what she finds will change her forever.

Written with warmth and humor as a series of letters, this novel is a celebration of the written word in all its guises, and of finding connection in the most surprising ways.

MUSIC MAKERS WANTED



Do love making music? Are you interested in singing with a group? Do you play the piano? We are looking for joyful singers to start a vocal group. Please call if you are interested. 262-473-0535

WALK AWAY THE POUNDS—INDOORS

Wednesdays and Fridays, 9:30 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.

NO CLASS FRIDAY, NOV 7

CORE AND MORE

Mondays & Thursdays, 8:45 am
This half-hour class will help you to perform daily activities safely and with ease. Balance and core exercises are done standing and on the floor. Once on the floor, we stay there until the end of class. Modifications for all levels of ability will be demonstrated. Please bring an exercise mat.

NO CLASS Thursday, Nov. 6, 17, 27

Prepay Residents: \$1.00 per class
Prepay Non-Residents \$1.25/class
Residents Cash: \$2.00 per class;
Non-Residents Cash: \$2.50 per class

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

FAMILY AND FRIENDS CPR

Wednesday November 12, 1:00—2:30 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. (Child and infant CPR are optional.)

Deadline: November 7

Fee Resident: \$5.00 includes book

Fee Non Res.: \$6.25 includes book



HOLIDAY PARADE

Friday, December 5 5:30—7:00 pm

Walk along with our van and the Parks and Recreation float and hand out treats or ride on the van and wave to the crowd. Anyone interested in making our own float? Anyone interested in a walking group and a short performance? There is an indoor area to work on a float. A walking group would need a theme and very short idea to perform or synchronize.



MOVIES: SPONSORED BY MULBERRY GLEN



"Chef"

Tuesday, November 11, 12:30 pm

Rated R, 1 hr 55 min.

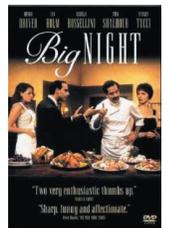
After a talented chef (Jon Favreau) loses his job, he ends up on the road in a food truck, with the young son he's been neglecting, along for the ride. This comedy/drama also features Dustin Hoffman, Robert Downey Jr., Scarlett Johansson, and Sofia Vergara ("Modern Family"). Rated R for language, suggestive references. (2014)

"Big Night"

Tuesday, November 25, 12:30 pm

Rated R, 1 hr., 47 min.

Endearing story of Italian immigrant brothers trying to survive as restaurateurs in the 1950's. Their "big night" is an attempt to save their restaurant with critics' reviews, on one special evening, hosting then-pop culture personality Louis Prima. The feast on-screen is mouthwatering. Stars Green Bay native Tony Shaloub ("Monk," "Feed the Fish"), Stanley Tucci, Minnie Driver, Isabella Rossellini. Rated R for language.(1996)



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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.

JEWELS OF MOROCCO

March 19-29, 2015 (Spring Break 2015)

In Marrakesh, step back in time as you wander through the Jemaa-el-Fna, an exotic bazaar offering some of the greatest open-air entertainment. Listen to storytellers (an integral part of the culture) and browse for handicrafts. In Fez, take an optional tour to see the ancient medina. Founded in the 9th century, it is one of the largest medieval cities in the world. Stroll through its souks and alleys, which are virtually unchanged since the Middle Ages. Taste authentic Moroccan cuisine and take in the sights and sounds of this fascinating city. Also visit Casablanca, Meknes, Ouarzazate, Ifrane, Erfoud, and Rabat, Morocco's vibrant capital. Admire changing scenery on the Road of a Thousand Casbahs, as the Middle Atlas Mountain range transforms to desert approaching the Erfoud oasis—a once-in-a-lifetime vacation.



Per person price based on double occupancy: \$2,700.00 For single and triple rates, please contact Deb Weberpal. Price includes: Air from ORD, land tour, sightseeing, hotels and meals as specified in the itinerary, and the services of a professional tour director. (Air is estimated and is subject to change). Travel Protection Plus is available for an additional \$169.00 per person. Deposit Due: \$550 per person. \$719.00 with Travel Protection. Please make checks payable to Cosmos. **Deposit deadline is November 13.**

IMPERIAL CITIES: PRAGUE, BUDAPEST AND VIENNA

October 5-15, 2015

Explore three of the most beautiful cities in the world. In Prague, tour Hradcany Castle, and visit the statue-lined Charles Bridge. Enjoy a traditional evening of Czech food and dancing. There will be time to explore on your own or take an optional excursion to the Old Jewish Quarter. In Vienna, visit magnificent Schoenbrunn Palace and St. Stephen's Cathedral. Cruise on the Danube River and visit the 11th Century Melk Abbey. Visit Bratislava and then travel on to Budapest, where you will discover Matthias Church, the Fisherman's Bastion, historic Old Buda, and Gellert Hill. There is an optional excursion to the Hungarian Plain to visit Csikos, Hungarian equestrians. Also visit the baroque town of Szentendre. Enjoy a 14th century castle and a Renaissance-style dinner.

Fee: \$3499 pp Dble (thru 4/6/2015); Single supplement of \$750.00

Cancellation waiver insurance available for \$260 per person. Includes round trip air from O'Hare, Air Taxes and Fees/Surcharges (Rates subject to change until paid in full), hotel transfers, tour guide, and all venues per the itinerary.

TRIP PREVIEW

Wed. January 21

1:00 pm

RSVP by January 15

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

TENNESSEE RAILS AND SAILS RECAP



Wednesday November 12, 5:00 pm

Get together and share stories and pictures of your wonderful trip to Tennessee. Bring a dish to pass. We will provide water, coffee and tea. If you prefer something else, please bring it. RSVP by Monday, November 13.

CAPE COD & THE ISLANDS

September 6-12, 2015

Enjoy Cape Cod and the Islands with a one hotel stay at the Doubletree Hotel Hyannis. Highlights of the trip include: Hyannisport, Kennedy Memorial and St. Francis Church, Plimoth Plantation, the Mayflower II, Plymouth Rock, the charming village of Sandwich, Heritage Plantation, and a Nantucket Island Tour. The Boston City Tour includes: Boston Commons, Old State House, Old North Church, Old South Meeting House, Beacon Hill, Old Ironsides, Faneuil Hall, and Quincy Market. The Martha's Vineyard tour includes: a scenic ferry ride, Victorian cottages of Oak Bluff, Edgartown, Aquinnah Lighthouse, and Gay Head. In Newport, RI visit: Touro Synagogue, the International Tennis Hall of Fame, the estates along Bellevue Avenue, a guided tour of the Breakers Mansion, follow the "Ten Mile Drive" and explore Newport's galleries and quaint shops. Enjoy a traditional New England Lobster Dinner.



\$1945 per person double; \$600 single supplement. A deposit of \$300 is due with your reservation. Optional Cancellation Waiver fee is \$195 per person.
Premier World Discovery

FLAVORS OF THE SOUTH

March 15-22, 2015



Enjoy the beautiful south, including **New Orleans, Memphis, and the Louisiana Creole Nature Trail**. Highlights of the tour include two nights in New Orleans, dinner in the French Quarter, National WWII Museum, the New Orleans School of Cooking with dinner, and two nights in beautiful Lake Charles on the Creole Nature Trail. Visit the Mardi Gras Museum, decorate a King Cake, and see the Diamond Dancers; savor the regional cuisine at LeBleu's Landing; be fascinated with a guided tour on the Creole Nature Trail through Louisiana's coastal wetlands. Visit the Duck Commander Warehouse and Store for TV's Duck Dynasty. Enjoy a musical tour of Memphis, where you spend 2 nights. Visit Graceland, tour the Gibson Guitar Factory, and enjoy dinner and entertainment at the famous Alfred's on Beale. Cost of the trip is \$1339 per person double, add \$519 for a single room. Deposit \$150. Cancellation insurance is available for \$60. This is a Mayflower Value Tour, and includes home pick up in

Walworth Co. or at Starin Park.

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.

LUNCH BUNCH

Thursday, November 13, 10:30 am



Lunch will be at the Milwaukee Grill in Janesville. After lunch, visit K & W Greenery to see their Christmas displays.

RSVP by Tuesday, November 11

JANESVILLE SHOPPING

Wed., November 4, 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.

Fee: \$5.00

RSVP by Tuesday, November 3

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!

Can't make an activity because of when it is scheduled. Let us know you are interested, and some classes can be rescheduled if there is enough interest.

OF HEAVEN AND EARTH AT THE MILWAUKEE ART MUSEUM

Thursday, November 6

Bellini. Botticelli. Titian. *Of Heaven and Earth: 500 Years of Italian Painting from Glasgow Museums* celebrates the richness of Italy's artistic legacy. It features religious paintings of the late Middle Ages and Renaissance, along with secular Neoclassical and genre paintings of the nineteenth century—with the principal artistic centers, such as Bologna, Florence, Milan, Naples, Rome, and Venice, represented. Milwaukee is the only Midwest stop on the tour of this rare exhibition. Audio guides are recommended, fee is \$5.00.

Fee: \$10.00 (includes transportation and parking)

Deadline: October 15

Depart Starin Park at 9:00 am; Return approx 3:00 pm

Wait List Only



OF HEAVEN AND EARTH AT THE MILWAUKEE ART MUSEUM

VAN #2

Monday, November 17

Same trip as above but you will have to pay the \$14 for adults or \$12 for 65+ entrance fee to the museum.

Fee: \$10.00 (includes transportation and parking)

Deadline: November 6

Depart Starin Park at 9:00 am; Return approx 3:00 pm



These ladies hiked from Williams Bay to Lake Geneva on one of our trips.

Activity Calendar

9

November 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
3 8:45 Core & More 9:30 FUNctional Fit 10:30 Book Club 12:00 Senior Forum 1:00 Bid Euchre 1:00 Canasta 1:00 Mah Jongg	4 VOTE 9:30 Computer Tutor 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 12:30 Foot Clinic 1:00 Sheepshead	5 9:00 Bowling (HB) 9:00 Janesville Shop 9:30 Computer Tutor 9:30 Indoor Walking 11:00 Tai Chi (A) 1:00 Chess 2:00 Line Dance Office Closed	6 9:00 MAM departs 9:30 FUNctional Fit 1:00 Ladies Poker 1:00 Pinochle Office closed at Noon	7 12:30 Pickleball (A)
10 8:45 Core & More 9:30 FUNctional Fit 12:30 Pickleball (A) 1:00 Bid Euchre 1:00 Braving the Holidays 1:00 Mah Jongg	11 Veteran's Day 9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 12:30 Mulberry Glen Movie "Chef" 1:00 Sheepshead 	12 9:00 Bowling (HB) 9:30 Computer Tutor 9:30 Indoor Walking 11:00 Tai Chi (A) 12:30 Pickleball (A) 1:00 Blackhawk 1:00 Chess 1:00 Family & Friends CPR 2:00 Line Dance 5:00 Tennessee Recap	13 9:30 Computer Tutor 9:30 FUNctional Fit 10:30 Lunch Bunch 1:00 Watercolor 2:00 Brain Fitness Morocco Deposit Deadline	14 9:30 Indoor Walking 12:30 Pickleball (A)
17 9:00 MAM departs 9:30 FUNctional Fit 12:30 Pickleball (A) 1:00 Bid Euchre 1:00 Canasta 1:00 Mah Jongg Office closed at Noon	18 9:00 Pickleball (A) 9:30 Computer Tutor 10:00 Scrabble 1:00 Sheepshead 2:00 Facebook Frenzy 	19 9:00 Bowling (HB) 9:30 Indoor Walking 11:00 Tai Chi (A) 12:30 Pickleball (A) 1:00 Healthy Homes 1:00 Chess	20 8:45 Core & More 9:30 Computer Tutor 9:30 FUNctional Fit 10:00 Coffee with Care-Partners 1:00 Ladies Poker 1:00 Watercolor	21 9:30 Indoor Walking 12:30 Pickleball (A)
24 8:45 Core & More 9:30 Computer Tutor 9:30 FUNctional Fit 12:30 Pickleball (A) 1:00 Bid Euchre 1:00 Mah Jongg 1:00 PayPal Class	25 9:00 Pickleball (A) 9:30 Computer Tutor 10:00 City Bingo 12:30 Mulberry Glen Movie: "Big Night" 1:00 Sheepshead	26 9:00 Bowling (HB) 9:30 Indoor Walking 11:00 Tai Chi (A) 12:30 Pickleball (A) 1:00 History Lecture 1:00 Chess 2:00 Line Dance (A)	27 CLOSED HAPPY THANKSGIVING 	28 CLOSED HAPPY THANKSGIVING
		3 2:00 Decorate the Community Building 	4 Decorate the van, build a float and prep for Holiday Parade	Activities take place at the Starin Park Community Building unless otherwise noted. (A)=Downtown Armory (HB)=Hawk Bowl (L)=Cravath Lakefront

Walworth County Nutrition Menu

November 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Ala King Baking Powder Biscuit Carrots Peas Chocolate Chip Cookie	4 Parmes. Crust. Pork Loin Red Potatoes California Mix Pears Wheat Dinner Roll	5 Sloppy Joes Hamburger Bun Green Bean Casserole Squash Apricots w/Diced Peaches	6 Chicken & Wild Rice Soup Mediterranean Blend Applesauce with Peaches Tossed Salad Dinner Roll	7 Hot Shaved Turkey Mashed Potatoes Broccoli w/Red Peppers Apple Cake Wheat Bread
10 Hot Sliced Pork Sandwich Hamburger Bun Baked Beans Cauliflower Snickerdoodle Cookie	11 Veteran's Day Thanks for your service Salisbury Steak Mashed Potatoes Mixed Vegetables Dinner Roll Cookie	12 Italian Pasta Bake Squash Green Beans Mandarin Oranges Wheat Bread	13 Spin./Cheese/Bacon Quiche California Mixed Veggies Tossed Salad Peaches with Granola Dinner Roll	14 Baked Chicken Drumsticks Mashed Potatoes & Gravy Carrots Pineapple Cake Wheat Bread
17 Swedish Meatballs Egg Noodles San Fran. Blend Veggies Tossed Salad/Wheat Bread Apricots & Peaches	18 Cheesy Pot. Bacon Soup Green Beans Carrots Pumpkin Bar Dinner Roll	19 Broc. Chicken Rice Cass. Stewed Tomatoes Cauliflower Diced Pears Wheat Bread	20 Pork Pot Roast Brussels Sprouts Red Potatoes Pineapple Tidbits Baking Powder Biscuit	21 Chopped Steak Au Gratin Potatoes Red Cabbage Mandarin Oranges Wheat Bread
24 Tuscan Chick. Veg. Soup Hot Spiced Apples Tossed Salad M&M Cookie Wheat Roll	25 Roast Turkey with Gravy Mashed Potatoes Corn Bread Dressing Green Beans/Wheat Roll Pumpkin Pie	26 Spaghetti & Meatballs Calif. Mixed Veggies Tossed Salad Pineapple Orange Cup Garlic Bread	27 Thanksgiving Holiday Dining Centers Closed	28 Thanksgiving Holiday Dining Centers Closed

Persons 60 and over and their spouses are eligible.
 Suggested donation is **\$3.00**. Meals are served at 11:30 am, at Brookdale on Mondays, Wednesdays and Fridays. To reserve a meal, call 262-473-0536 Tuesday and Thursday or Monday, Wednesday Friday 262-903-0436 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.



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SERVICES AT A GLANCE

Foot Clinic: Tuesday, Nov. 4,
by Appointments only.
Please bring a towel. \$15.00.

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.

HAPPY NOVEMBER BIRTHDAYS TO:

- 4 Elaine Schultz
23 Jan Schmeling
28 Janet Hintz
Janice Batten



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 Thanksgiving, everyday, special event, and holiday cards. **NEW** cards have arrived! Most cards are priced from 65 cents to

\$1.50. Stop in and check out our selection.



BINGO

Tuesdays, 10:00 am

Nov. 4: Culver's
Nov. 11: Mulberry Glen
Nov. 25 City Bingo



BINGO SPONSORS

Culver's, Mulberry Glen and City Bingo Cover All: Our House

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GREEN AND GOLD BINGO

VOLUNTEER SPOTLIGHT



Dan Sable has been volunteering at Seniors in the Park for 17 years. Dan helps in many activities that are provided at Seniors in the Park. He's always willing to lend a hand especially putting away tables and chairs. Dan was born in Rockford Illinois and has lived in Whitewater since 1966. Dan says that volunteering at Seniors in the Park is a positive experience and he enjoys participating in the activities that are offered here. Dan's other interests include fishing, hunting, woodcarving and travel. Dan is retired from University of Wisconsin, Whitewater as a professor of biology for 31 years and has 3 children, 7 grandchildren and 1 great grandchild. He encourages people to stop by and see what is offered at Seniors in the Park.



John and Eunice Rowe for donating Taffy for Bingo.
Dan Sable and Hank Mol for volunteering to be interviewed
Dan Sable for putting chairs and tables away after movies and lectures.

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
- Core and More**—Mondays and Thursdays . Fees on page 4
- Dominoes**—First Tuesday 11:45 am
- 'FUN'ctional Fitness**—Mon & Thurs. 9:30 am; Residents: \$1.00 per class
- Ladies Poker**—First and third Thursday 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 9:00-11:00 at the Downtown Armory
- Scrabble**—Third Tuesday, 10:00 am
- Sheepshead**—Tuesdays, 1:00 pm
- Walk Away the Pounds**—Indoor walking, Wednesday & Friday, 9:30 am

PARKS & RECREATION

Visit wwparks.org for the Fall/Winter brochure. It is only available online.



Receptionist: Wednesday or every other Tuesday morning. Training provided.

Accreditation: Work Groups are being formed to look at different areas of Accreditation, tweaking what is already in place and will meet 2-3 times at your convenience. Work groups include:

- Purpose and Mission
- Advocacy and Partners
- Public Info/PR/Marketing
- Community Planning
- Programming

Park Bench TV: Are you in touch with the happenings in Whitewater? Do you read the papers? If so, you would be perfect to assist with finding interesting people or groups to interview on our TV show, The Park Bench. We do one interview a month.

Holiday Parade: Friday, December 5, 5:30 —7:00 pm

- * We need people to walk with the van and hand out treats.
- * Anyone interested in making a float (indoors). Contact Deb. We need to plan it and can build it Thursday, December 4.
- * Anyone interested in a "marching unit" to "perform" a short little synchronized candy cane routine? We would begin practicing the week of November 10.



COORDINATOR'S COMMENTS

What are you grateful for?

I have so much to be grateful for here at Seniors in the Park. The people who participate are a wonderfully diverse, thoughtful, fun, giving group of people. So many of you step up when asked or just volunteer on your own. You have great ideas that spark new programs, and often you are willing to “run with the ball”. You bring your friends or tell them what great programs we offer and about the welcoming atmosphere here in the park.

I could not do this job without volunteers. Most years, the hours donated are equal to 1.5 full time employees.

Happiness stems from gratitude. Being grateful for what we have and who we are can keep us happy and satisfied. Every day, list three things you are grateful for, big or small. In our busy, or not so busy, lives we often don't pay attention. We have a to-do list to accomplish or just go through our daily routine. Take the time, pay attention, be in the now and focus on the good. Enjoy this month of family and food.

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.

~Melody Beattie

LIBRARY/GAME ROOM REDO

Do you borrow books from our “library”? If so, please let us know you like this service. We do have great, current books on-hand.

If no one is using the library anymore we are looking at how the space can be used more efficiently for small groups. This may mean eliminating the books. Speak up and let Deb or Patti know your thoughts. Thanks!



DECORATE THE COMMUNITY BUILDING



Wednesday, December 2; 2:00 pm.

'Tis the season of beauty and peace. Help bring the jolly holidays to the Community Building. Put up the tree and decorate it. Help hang and put out other decorations with staff. You never know when treats might be involved.

CONVENIENCE, VARIETY, AND CONVERSATION



The meal site is a great way to eat a well balanced, nutritional meal. A variety of interesting and fun people attend the site.

You will be surprised at the multitude of conversation topics. All you have to do is make a phone call by noon a day in advance to reserve your meal. The suggested donation of \$3.00 is anonymous, so a donation of any amount, or nothing, is acceptable. 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 Mondays, Wednesdays and Fridays.** Meals must be reserved by noon a day in advance (call Friday for a Monday meal). Tuesday and Thursday, call 262-473-0536 or Monday, Wednesday Friday call 262-903-0436 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](#)

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MEDICARE PART D APPOINTMENTS

The Open Enrollment Period for Medicare Part D is October 15 thru December 7 of each year. You can now review the 2015 Medicare Part D plans on the www.medicare.gov website. If you are not able to use the website and don't have a friend or family member to assist you, a representative from the Elder Benefit Specialist Program of the Walworth County Aging and Disability Resource Center will be here on **Wednesday, November 12th** and **Thursday, November 13th** conducting free 45-minute Medicare Part D and Senior Care assessments to help you determine the best plan for you.. Call 262-473-0535 to reserve your appointment. Remember to bring your current drug plan card and prescription information including name of drug, dosage and how often you take it. Space is limited.

WISCONSIN SENIOR OLYMPICS

The Senior Olympics were held at the Hitter's Sportplex in Middleton, Wisconsin in August of 2014. Tom Box and Sandy O'Donnell (pictured) were in the pickleball portion of the Olympics. Sandy O'Donnell of Whitewater, who plays at the Downtown Whitewater Armory, and her Women's Doubles partner, Cheryl Nelson, of Janesville, qualified for the National Senior Olympics by taking fourth place in the tournament in the 60-65 age group. Nationals will be held in Minnesota in the summer of 2015. Sandy O'Donnell and Tom Box competed in the Mixed Doubles, but failed to qualify for Nationals. The experience was extremely rewarding and a great way to meet Picklers from all over the state.



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.



DEMOCRACY TODAY: AN INTERNATIONAL PERSPECTIVE

Mondays, 3:00

Fairhaven Retirement Community

In 2008, the United Nations declared September 15 the International Day of Democracy. What is the state of democracy in the world today? Who are the advocates of democracy and how do they make their voices known in the ballot box, in street demonstrations, and via social media channels, such as Twitter and Facebook? Can democracy find root in societies where dictatorship, political exclusion, corruption, and fanaticism have often been seen to dominate? Join us this fall as we explore democracy's challenges and its future from the promise of the Arab Spring to the everyday witnesses of revolution, and in this way, examine our increasingly democratic world and what it really means to participate.

Nov. 3: "Is Democracy Possible in the Middle East? Exploring the Egyptian Spring"

Hala Ghoneim, Assist. Prof., Lang. & Lit.

Nov. 10: "Internet in China: Enhancing Democracy or Net Vigilantism"

Katrina Liu, Assist. Prof., Curriculum. & Instruction

Nov. 17: "Iran and Democracy"

Zohreh Ghavamshahidi, Prof., Poli. Sci.

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Fax 262-473-0537
Nutrition Site (T/TH).. 262-473-0536
Nutrition Site (M/W/F) 262-903-0436
Hours.... Mon-Thurs, 9:00 am-4:00 pm

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Volunteer Editor

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Interim: Brooke Friess

Websites: schedulesplus.com/wwtr
www.whitewater-wi.gov
www.wwparks.org

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 _____
