



October 2014

The Park Bench

Seniors in the Park Newsletter

HISTORY YOUR TEXTBOOK FORGOT

Wednesdays, 1:00 pm

Oct. 1: Assassinations of American and World Leaders: Too Many

Oct. 8: Assassinations . . . Still More

Oct. 15: America's First Ladies: Who Where They? From Martha And Abigail to

Oct. 22:to Laura and Michelle

Presenter: Richard Haney, UW-W Emeritus

Lecture series is sponsored by the UW—Continuing Education Department.



UNIVERSITY OF WISCONSIN
WHITEWATER

HOW TO PRESERVE AND PROTECT ASSETS WITH ESTATE PLANNING

Thursday, October 2; 1:30 pm

Topics covered will be:

Will, Trust, or Marital Property Agreement: What do you need? What bypasses Probate?

What is Probate, and do you want your family to go through it?

Long Term care options: In-home care vs. Nursing Home costs?

Final Expense planning: Why it is good to plan this now, how much can we protect?

Information only will be given. Refreshments will be provided.

Program Presenter: Peggy Smithson, Senior Strategies

Registration deadline: September 30



Volume XIV Issue 10

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Seniors in the Park Promotes & Enhances a Vital Aging Community

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: October 1, 2, 8, 9, 14, 15, 21, 22, 29, and 30

Time: 9:30 am

Cost: \$5.00 residents

\$6.25 non-residents

Register at least 3 days in advance



FACEBOOK FRENZY

Tuesday, October 21, 2:00 p.m.

Do you feel like Facebook is too public for you? It's fun to connect with grandkids, old friends or colleagues, but there may be some things that you want to keep to just your friends or yourself. This month's Facebook class will be about security. Facebook does an awesome job letting YOU decide who can see your posts and profile. This class is offered Tuesday, October 21 at 2:00 pm. See you there!

Please bring your laptop or tablet to work on and register by October 16.



COFFEE WITH CARE-PARTNERS

Thursday October 16, 10:00 am

Our permanent meeting time will be 10:00 am on the third Thursday. All care partners are encouraged to attend with the person you are caring for. Lori Muzatko, Director of the Walworth County Aging and Disability Resource Center, will be here to share information on county and local resources and information. There will be time to share challenges, opportunities and successes. Coffee and treats will be served. Please RSVP by October 6 so we have enough food for everyone.



WATERCOLOR: AUTUMN HARVEST



Express your creativity in this three-week watercolor session. The focus of this session will be autumn harvest with a subject matter of fruits, vegetables, berries, and etc. Masa paper will be used for one demonstration. The elements of design –

color, line, shape, value, texture, etc. and color mixing will be reviewed. 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, October 16—30; 1:00 – 4:00 pm

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

Deadline: Tuesday, October 14

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.

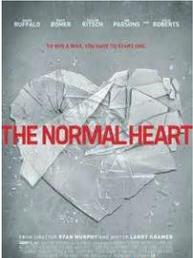


**Checks for activities, classes and trips are made out to:
City of Whitewater, unless indicated otherwise.**

MOVIES: SPONSORED BY MULBERRY GLEN

"The Normal Heart"

Tuesday, October 14, 12: 30 pm
 Rated TV-MA, 2 hr 12 min.



The story of the onset of the HIV/AIDS crisis in New York City in the early 80's, based on the Tony Award winning play of the same name, takes an unflinching look at the nation's sexual politics as gay activists and their allies in the medical community fight to expose the truth about the burgeoning epidemic to a city and nation in denial. This HBO production recently received the Emmy for Outstanding Television

Movie, and stars Julia Roberts, Kenosha native Mark Ruffalo, Matt Bomer, and Jim Parsons. (2014)

Tuesday, October 28, 12:30 pm

3rd ANNUAL CREATURE DOUBLE FEATURE

We'll have two ghastly, ghoulish films, popcorn, and free tricks 'n treats. Please bring your own crucifix, garlic, wooden stakes, and silver bullets. Ghoulish attire is optional.

"The Pit and the Pendulum"

Rated PG-13, 1 hr 20 min.

Vincent Price at his most malevolent, in an adaptation of the Edgar Allan Poe classic, directed by cult film director Roger Corman. (1961)



"The House of Dark Shadows"

Rated PG-13, 1 hr 30 min.

Directed by Dan Curtis ("Winds of War," "War and Remembrance").

The original feature film based on the classic Gothic soap that aired on ABC, 1966-'72 (this is NOT the 2012 Johnny Depp remake). Stars Joan Bennett as family matriarch Elizabeth Collins Stoddard; Kathryn Leigh Scott as Maggie Evans/Josette; and Jonathan Frid as Barnabas Collins. This is the ONLY soap opera that Mark has EVER been hooked on, in high school and at UW-W. (Deb's

favorite, too! Raced home from school everyday to watch it.) (1970)



COMING IN NOVEMBER

Brain Fitness: Thursday, November 13, 2:00—4:00 pm

PayPal Class: TBD. Learn how to set up a PayPal account. It's safe and easy.

SCHOOL DISTRICT INFORMATION AND REFERENDUM

Monday, October 13, 11:00 am

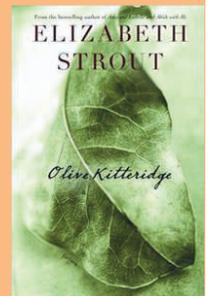
Eric Runez, district administrator, and Nathan Jaeger, business manager, from the Whitewater Unified School District, will present on the state of the district and provide information on the upcoming referendum renewal. They will share some of the recent district successes and achievements, explain how spending has been reduced, outline the needs of the district, explain what the renewed referendum will continue to provide, and explain the neutral tax levy impact.

BOOK WORMS

Monday, October 7, 10:30 am

The Book Club will discuss *The Newlyweds* by Nel Freudenberger. The book for November is *Olive Kitteridge* by Elixabeth Strout.

This book presents a portrait of the title character and a number of recurring characters in the coastal town of Crosby, Maine. It takes the form of 13 short stories that are interrelated but discontinuous in terms of narrative. It won the Pulitzer Prize for Fiction in 2009 and was a finalist for the 2008 National Book Critics Circle Award. HBO is producing a four-part mini-series, based on the novel, that will feature Frances McDormand in the title role and is slated to air on November 2 and 3, 2014



WALK AWAY THE POUNDS—INDOORS

Wednesdays and Fridays, 9:30 am
NEW TIME

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.

LAKE GENEVA HIKE

Wednesday, October 8

Get up close and personal with the mansions around the lake, as you walk a portion of the trail which goes around the entire lake. The hike will



consist of three, 3.5 mile sections from Fontana to Lake Geneva. The path can be very uneven in places. The van will be available to pick you up at the finish of each section and can take you to Lake Geneva to wait (or shop) for the rest of the group.

Fee: \$5.00

Depart 9:00 am

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, October 9

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

LINE DANCE CLASS

October 22-November 26, 2:00—3:00 pm

New Time

Downtown Armory Dance Studio

Kick up your heels and have fun with Line Dance Instructor Nancy Wensch. She loves teaching all levels of students and making dancing fun for them.

Class # 5305.32

Deadline: Thursday, October 15

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

(Class must be paid for by the deadline at the Community Building or online at wwparks.org or schedulesplus.com/wwtr)



WHITEWATER HALLOWEEN EVENTS

Ghouls Night Out

Thursday October 23; 4:00—7:00 pm

There will be lots of activities, games, special sales, trick-or-treating and opportunities to win prizes for all ages throughout the businesses on Whitewater's West side.

Trick or Treat the Triangle

Saturday October 25; 2:00—6:00 pm

From 2:00—4:00 there will be music, sidewalk chalk art, pumpkin carving, games and more. Trick-or-Treat the triangle businesses from 4:00—6:00 and enjoy the 2000 luminaries throughout the downtown area.

Youth Halloween Party

Saturday October 25; 6:00—7:30 pm

Admission is one food item for the food pantry or 50 cents.

Join us for fun, fair games and prizes geared for preschool and elementary age children. Parents and grandparents are encouraged to attend with their children and are free.

Whitewater Trick or Treat Hours: 4:00—7:00 pm



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

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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 September 16**

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 tradition 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.

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



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.

Mayflower Tours

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



Van Trip

BLACK POINT ESTATE

Monday, October 20 or Tuesday, October 21

Black Point Estate, historic house and gardens overlooking Geneva Lake, was the summer home for Chicago business mogul Conrad Seipp and four generations of his descendants. The Queen Anne-style summer cottage was built in 1888. With no roads, building materials were transported from Chicago by rail to Williams Bay, and then across Geneva Lake by boat. Visit the estate by van; no climbing stairs from the dock. Start the day with a late breakfast at Egg Harbor. There will be time to visit the shops before driving to Black Point Estate for an 11:45 tour.

Fee: \$30 Deadline: October 1 (**Waiting List only on both dates**)

Depart Starin Park at 8:30 am; Return approx 2:30 pm



LUNCH BUNCH

Thursday, October 9, 10:30 am

Lunch will be at the Bass Creek Café in Afton known for it's simple but delicious food and espresso. After lunch, visit Skelly's Farm Market for fall goodies and bakery.

Fee: \$5.00.

RSVP by Tuesday, October 7



JANESVILLE SHOPPING

Wed., October 1, 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 Tuesday, September 30

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!

OF HEAVEN AND EARTH AT THE MILWAUKEE ART MUSEUM

Thursday, November 7

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

12 seats available



HOLY HILL AND CHOCOLATE

Thursday, October 16

Visit the Shrine of Holy Hill in Hubertus. As early as 1903, Holy Hill was declared a Shrine of Mary, Help of Christians. In 2006, the Shrine was raised to the status of Minor Basilica. But as far back as the 1700s and perhaps earlier, the American Indians came to Holy Hill because they considered it a sacred place. The views are

brehtaking this time of year. If you can, climb to the top of the tower to see over the countryside. Lunch will be on your own at the Mine Shaft. After lunch, travel to Theresa for dessert at Confections for Any Occasion by Joel. Joel is a blind chef who makes the most delicious chocolate. (The dark is fabulous!) His shop also carries nostalgic candies, gifts and unique food items, as well as ice cream. The last stop of the day will be Widmer Cheese. Feel free to bring a small cooler for all your goodies.

Fee: \$12.00

Deadline: October 8

Depart 8:00 am; Return 4:00 (approx)



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.

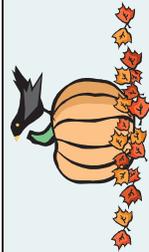
Activity Calendar

9

October 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p>Activities take place at the Starin Park Community Building unless otherwise noted.</p> <p>(A)=Downtown Armory (HB)=Hawk Bowl (L)=Cravath Lakefront</p>		<p>1</p> <p>9:00 Bowling (HB) 9:00 Janesville Shop 9:30 Computer Tutor 9:30 Indoor Walking 11:00 Tai Chi (A) 12:30 Pickleball (A) 1:00 History Lecture 1:00 Chess</p>	<p>2</p> <p>8:45 Core & More 9:30 Computer Tutor 9:30 FUNctional Fit 1:00 Ladies Poker 1:30 Protect Your Assets</p>	<p>3</p> <p>9:30 Indoor Walking 12:30 Pickleball (A)</p> <p>4</p> <p>3:-00—6:00 Clean Sweep at Public Works</p> <p>3:00—8:30 Field of Dreams Grand Opening</p>
<p>6</p> <p>8:45 Core & More 9:30 FUNctional Fit 10:30 Book Club 12:00 Senior Forum 12:30 Pickleball (A) 1:00 Bid Euchre 1:00 Canasta 1:00 Mah Jongg</p>	<p>7</p> <p>9:00 Pickleball (A) 9:30 Computer Tutor 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 12:30 Foot Clinic 1:00 Sheepshead</p>	<p>8</p> <p>9:00 Bowling (HB) 9:30 Computer Tutor 9:30 Indoor Walking 11:00 Tai Chi (A) 12:30 Pickleball (A) 1:00 History Lecture 1:00 Chess</p>	<p>9</p> <p>9:30 Computer Tutor 9:30 FUNctional Fit 10:30 Lunch Bunch</p>	<p>10</p> <p>9:30 Indoor Walking 12:30 Pickleball (A)</p>
<p>13</p> <p>8:45 Core & More 9:30 FUNctional Fit 11:00 School District Info 12:30 Pickleball (A) 1:00 Bid Euchre 1:00 Mah Jongg</p>	<p>14</p> <p>9:00 Pickleball (A) 9:30 Computer Tutor 10:00 Mulberry Glen Bingo 12:30 Mulberry Glen Movie "The Normal Heart" 1:00 Sheepshead</p>	<p>15</p> <p>9:00 Bowling (HB) 9:00 Geneva Hike 9:30 Computer Tutor 9:30 Indoor Walking 11:00 Tai Chi (A) 12:30 Pickleball (A) 1:00 History Lecture 1:00 Chess</p>	<p>16</p> <p>8:45 Core & More 9:30 FUNctional Fit 10:00 Coffee with Care-Partners 1:00 Ladies Poker 1:00 Watercolor</p>	<p>17</p> <p>9:30 Indoor Walking 12:30 Pickleball (A)</p>
<p>20</p> <p>8:30 Black Point departs</p> <p>8:45 Core & More 9:30 FUNctional Fit 12:30 Pickleball (A) 1:00 Bid Euchre 1:00 Canasta 1:00 Mah Jongg</p>	<p>21</p> <p>8:30 Black Point departs</p> <p>9:00 Pickleball (A) 9:30 Computer Tutor 10:00 Scrabble 1:00 Sheepshead 2:00 Facebook Frenzy</p> 	<p>22</p> <p>9:00 Bowling (HB) 9:30 Computer Tutor 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)</p>	<p>23</p> <p>8:45 Core & More 9:30 FUNctional Fit 1:00 Watercolor</p> <p>4:00 –7:00 Ghouls Night Out</p> 	<p>24</p> <p>9:30 Indoor Walking 12:30 Pickleball (A)</p> <p>25</p> <p>2—6:00 Trick or Treat the Triangle 6—7:30 Youth Halloween (A)</p>
<p>27</p> <p>8:45 Core & More 9:30 FUNctional Fit 12:30 Pickleball (A) 1:00 Bid Euchre 1:00 Mah Jongg</p>	<p>28</p> <p>9:00 Pickleball (A) 10:00 City Bingo 12:30 Mulberry Glen Movie: Creature Double Feature 1:00 Sheepshead</p>	<p>29</p> <p>9:00 Bowling (HB) 9:30 Computer Tutor 9:30 Indoor Walking 11:00 Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess 2:00 Line Dance (A)</p> <p>Office closed at Noon</p>	<p>30</p> <p>8:45 Core & More 9:30 Computer Tutor 9:30 FUNctional Fit 1:00 Watercolor</p>	<p>31</p> <p>9:30—Indoor Walking</p> <p>Happy Halloween Trick or Treat 4-7 pm</p> 

Walworth County Nutrition Menu



October 2014



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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. Call the 800 number to cancel meals day of by 8:00 am. For more information about the Nutrition Program – contact the Nutrition Program office at the phone number listed above.</p>	<p>1 Baked Chicken Drums. Mashed Potatoes & Gravy Carrots Pineapple Cake Wheat Bread</p>	<p>2 Italian Pasta Bake Squash Green Beans Mandarin Oranges Wheat Bread</p>	<p>3 Spin./Cheese/Bac. Quiche California Mixed Veggies Tossed Salad Peaches with Granola Dinner Roll</p>	
<p>6 Chopped Steak Au Gratin Potatoes Red Cabbage Mandarin Oranges Wheat Bread</p>	<p>7 Swedish Meatballs Egg Noodles San Fran. Blend Veggies Tossed Salad/Wheat Br. Apricots & Peaches</p>	<p>8 Cheesy Potato Bacon Soup Green Beans Carrots Pumpkin Bar Dinner Roll</p>	<p>9 Broc. Chicken Rice Cass. Stewed Tomatoes Cauliflower Diced Pears Wheat Bread</p>	<p>10 Dining Centers will be closed for a staff inservice</p>
<p>13 Shepherd's Pie Mashed Potatoes Winter Mix Vegetables Chunky Applesauce Wheat Bread</p>	<p>14 Savory Pork Brown Rice Carrots/Peas Chocolate Cake Dinner Roll</p>	<p>15 Spaghetti & Meatballs Calif. Mixed Veggies Tossed Salad Pineapple Orange Cup Garlic Bread</p>	<p>16 Spinach & Cheese Stuffed Chicken Breast Squash/Broccoli Fruit Whip Wheat Bread</p>	<p>17 Tuscan Chick. Veg. Soup Hot Spiced Apples Tossed Salad M&M Cookie Wheat Roll</p>
<p>20 Rosemary Pork Loin Sweet Potatoes Peas Pears Wheat Bread</p>	<p>21 Burgundy Tips Egg Noodles Sliced Beets/Dinner Roll Wis. Blend Veggies Diced Fruit Mix</p>	<p>22 Baked Chicken Leg & Thigh Red Potatoes Mediter. Blend Veggies Dinner Roll</p>	<p>23 Chili Carrots Peaches Jell-O Corn Bread</p>	<p>24 Western Meatloaf Au Gratin Potatoes Broccoli Sugar Cookie Dinner Roll</p>
<p>27 Chicken Cacciatore Penne Pasta Winter Blend Vegetables Carrots/Bread Stick Mandarin Oranges</p>	<p>28 Corn Chowder Tossed Salad 1/2 Turkey Sandwich Lemon Poppy Seed Cake</p>	<p>29 Chicken Breast Sweet Potatoes Mixed Vegetables Carrot Bar Wheat Bread</p>	<p>30 Sliced Roast Beef Mashed Potatoes Garden Blend Veggies Apricots Wheat Bread</p>	<p>31 Happy Halloween Baked Breaded Fish Cheesy Potatoes Sliced beets Pineapple Tidbits Wheat Bread</p>

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SERVICES AT A GLANCE

Foot Clinic: Tuesday, Oct. 7,
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 OCTOBER BIRTHDAYS TO:

22 John Rowe

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

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).**

BINGO

Tuesdays, 10:00 am

Oct. 7: Culver's
Oct. 14: Mulberry Glen
Oct. 28: City Bingo



BINGO SPONSORS

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

CITY BINGO SPONSORS:

Topper's Pizza * Rick's * Bergey Jewelry * Headquarters Salon
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Rosa's Pizza * Jessica's Restaurant * Taco Bell * Dalee Water Cond.
Mirage Hair Studio* Dental Perfections* Ketterhagen Ford * Fairhaven
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Fort Comm. Credit Union * Eastsider/Westsider * Walworth Co. Nutrition
Jersey Mike's Sub * Yogurt Shoppe * Taco Fresco * Tincher Realty

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
New Day!

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.

VOLUNTEER SPOTLIGHT

Romelle Koch is the volunteer editor of the newsletter, The Park Bench. She says she likes volunteering at Seniors in the Park because she gets to meet new people and enjoys the camaraderie. Romelle was born in Greenfield, Wisconsin, and has lived in Whitewater since 1959. She taught at Milwaukee Vocational school and is retired. She volunteers at St Patrick's church and is the editor of their bulletin and also volunteers at the UW-W Young Auditorium as an usher. Romelle has three daughters and her husband passed in 2008. Her other interests include playing bridge, pinochle, hand and foot canasta, and any card games that make you think.



Romelle encourages everybody to be active with Seniors in the Park and take advantage of the programs they offer. Romelle especially enjoys the trips and going out to eat.

We appreciated all that Romelle does for us and thank her for the time she gives to Seniors in the Park.

ONLINE REGISTRATION & PAYMENT



This feature will allow you to register for more trips and activities from home. Functional Fitness and Core and More have started using prepay. This allows you to put money into your account, which will be automatically deducted every time you check in for an event that has a fee. The balance in your account will show on the check-in screen. You are now able to add money to your account or pay for classes and trips online through Paypal. Paying in person is still an option. To register/pay for classes and trips, see the calendar of events, and log volunteer hours go to schedulesplus.com/wwtr using either **Google Chrome or Firefox browser**. (Not Internet Explorer). You can also pay online at the Parks and Recreation website: wwparks.org.

GRAND OPENING TREYTON KILAR FIELD OF DREAMS

Saturday, October 4 3:00—8:30 pm

You've seen the construction in the park that started last fall, now see the results! The Opening Ceremony



is at 3:00. There will be a youth baseball game, time for kids to run the bases, lots of kids activities, and concessions. The event ends with an outdoor showing of the movie "Angels in the Outfield" at 7:00 pm.



Open House
Volunteers
**Dan Sable and
Mark Dorn.**

Diane Schwab for
teaching

another group
of eager learners, Mah Jongg
College Student, **Theresa Verick**,
for teaching the technology and
Facebook classes.

Liesl Schultz-Hying for leading the
Nature Hike.

Jim Mikulich for teaching Tai Chi.

Jacob Taylor for doing his
Community Service here.



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

Accreditation: Work Groups are
being formed to look at different ar-
eas 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

GREETING CARDS

We have a great selection
of Halloween, everyday,
special event, and holiday
cards. NEW cards will
arrive this month! Most cards are
priced from 65 cents to \$1.50. Stop
in and check out our selection.





COORDINATOR'S COMMENTS

I attended the State Aging Conference in September.

What a wonderful opportunity to meet and network with aging professionals from around the state. The focus of the sessions I attended were wellness and dementia. Dementia Friendly Communities was by far the most interesting. The purpose is to get rid of the stigma of dementia and to provide education and resources for the community including business owners, banks, pharmacies, churches and emergency services. It encourages physicians to make an early diagnosis so that an interventions can prolong the “good days” or reverse the dementia, if there is a physical cause. Dementia will become more of an issue as the population ages. Those 85 and over have a 48% chance of developing dementia and care partners are also at risk of succumbing to disease because of the stress of caring for a partner or family member with dementia. Wellness programming encompasses the eight dimensions of wellness: Social, physical, emotional, psychological, spiritual, vocational, environmental, and financial. Balance in all these areas is needed to be “well”. The programming here is as all encompassing of the dimensions of wellness, as possible. Stretch your horizons, try something new for both wellness and brain health.

END OF LIFE PREPAREDNESS

We can make our passing easier for the ones we leave behind by being PRE-pared and talking about it with our loved ones.

This workshop is based on a workbook called *And Then There was One* written by Charlotte Fox. The workbook has 70 checklists and memory prompter pages for you to complete.

You can find out more at her website: www.therewasone.com

The free workshop includes speakers: a lawyer, a banker, a hospice representative and a tax specialist. The workbook cost is \$30. You are not required to purchase a workbook to attend. The workshop at the Irvin L Young Library, is being held on October 7 & 14 from 5:30—7:30 both nights. Please register by calling 262-473-0530 to assist with planning for copies, etc.



CONVENIENCE, VARIETY, AND CONVERSATION

The October menu is the beginning of the “winter” menu with soups, sandwiches and lots of other new meals. The meal site is a great way to eat a variety of well balanced, nutritional meals. 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 Wednesdays and Fridays. 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://WalworthCountyNutrition.com)

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MEDICARE BENEFICIARIES NEED TO PAY ATTENTION

Medicare beneficiaries need to pay attention to the paperwork they receive in the mail this Fall! Centers for Medicare and Medicaid Services, CMS, will be sending notices out to beneficiaries that receive extra help through Medicare for their drug costs. These letters can come in multiple colors, brown, gray, tan, and gold. The letter will tell you if your benefits are changing for 2015. Review the letter carefully to see whether you need to take action on your drug coverage benefits.



Beneficiaries, whether you receive “extra help” or not, will be receiving a letter from your current Medicare Part D plan. This letter is going to explain what your Medicare Part D plan is going to be like in 2015. For example, if there will be an changes in your premium, co-pays, and what drugs your plan will cover. In order to find the least expensive plan for 2015 it is important that Medicare beneficiaries go on the Medicare website at www.medicare.gov. In the November Aging and Disability Resource Center Newspaper there will be a step by step explanation on how to find the best Medicare Part D plan for you in 2014. If you have questions contact the Elderly Benefit Specialist or the Disability Benefit Specialist at the Aging and Disability Resource Center of Walworth County at 262-741-3400 or 800-365-1587

CLEAN SWEEP PROGRAM FOR HAZARDOUS PRODUCT WASTES

Friday, October 3, 3:00-6:00 pm
City of Whitewater Public Works Complex,
150 E. Starin Rd.



The Walworth County Public Works Department is sponsoring a Clean Sweep program. This event is designed to help household residents, businesses, and institutions properly dispose of damaged, banned, unusable, or unwanted products that contain volatile chemicals.

Products with a WARNING label on the container generally fit the bill and the waste portion needs to be discarded properly. Some examples are pesticides, herbicides, waste oil, antifreeze, brake fluid, old fuel, solvent-based paints, varnish, adhesives, pool chemicals, fluorescent bulbs, and rechargeable batteries. Clean Sweep program services are provided free-of-charge to household residents, who may drop off items without an appointment.

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.

Oct. 6: “The Arab Spring: Democracy and Social Protest in the Middle East”

Molly Patterson, Asst Professor, History

Oct. 13: “Democracy in Retreat? The Challenge of Democracy After the “Third Wave””

F. Peter Wagner, Assoc. Prof., Pol. Sci.

Oct. 27: “The Transition to Democracy in Mexico: A Check-Up”

Bert Kreitlow, Lecturer, History

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

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Websites: www.whitewater-wi.gov
www.wwparks.org

Seniors in the Park is a division of
Whitewater Parks and Recreation

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 _____

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