



# The Park Bench

September 2014

Seniors in the Park Newsletter

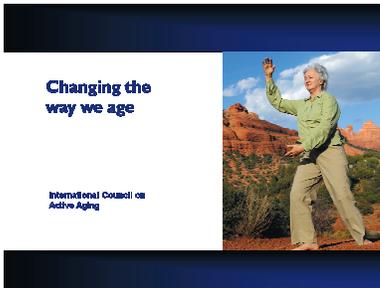
## EXPLORE THE CENTER ON NATIONAL CHEESE PIZZA DAY

Friday, September 5; 11:00 am – 1:00 pm  
September is Senior Center Month. Stop in for a slice of cheese pizza and check out all there is to do, learn, and experience at Seniors in the Park. There will be information and demonstrations.



Volume XIV Issue 9

## WHAT'S INSIDE



At 1:00 pm, there will be a presentation on “Changing the Way We Age.” It will look at what you can do to change the way we age, key trends in active aging based on the seven dimensions of wellness and what all this means to you.

2-4..... *Classes and Activities*

5..... *Support Our Sponsors*

6-8..... *Travel Opportunities*

9-10..... *Calendars*

11 ..... *Support Our Sponsors*

12 ..... *Activities & Services*

13 ..... *Your Senior Center*

14 ..... *More Activities*

15 ..... *Community*

Back ..... *ADDRESS, Phone Numbers, and Subscription info*

## THE SANDWICH GENERATION: CHALLENGES OF CARING FOR PARENTS, CHILDREN, AND YOURSELF

Wednesday, September 10; 12:00 pm  
This presentation, for working or retired adults, will include Tips and Tools for Caring for your Parents and also Caring for Parents with Dementia, Legal Intervention, How to Cope with Impending Loss, Caring for Yourself, and Asking for Help.  
Presenter: Mary Borland, Home Health United  
Registration Deadline: September 3  
Location: Starin Park Community Building  
(See page 2 for information on a Caregiver Support Group)



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

## BOWLING LEAGUE

Wednesdays, 9:00 am  
Begins September 3



This fun and recreational league at Hawk Bowl, goes into March. League begins September 3 with a fun play day. To sign up for the league contact Henry Malo, 262-472-0262.

## ACTIVE AGING WEEK ACTIVITIES

Brain teasers and Ladderball all week.

**Monday, September 22**

8:45 Core and More

9:15 "FUN'ctional Fitness

1:00 "There's an App for That"

**Tuesday, September 23**

10:00 Adventure Bingo

12:30 Adventure Movie

**Wednesday, September 24**

1:00 Home Sweet Home

**Thursday, September 25**

11:00 Balance and Coordination

1:00 Hike with Naturalist

**Saturday, September 27**

10:00 Motorcycle ride—Holy Hill/  
Fox & Hounds

See Pages 2-5 for more information

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

## COFFEE WITH CAREGIVERS

Wednesday, September 17, 9:00 am.

We will meet and discuss a permanent meeting day/time, meeting frequency, expectations, resources and information you need to assist you in your role as caregiver. If you cannot make it on the 17th, please call with your availability and ideas.



## HOME SWEET HOME

Wednesday September 24, 1:00 pm

Aging well in place is important to most people. Find out how you can modify your home and live there for years to come. The two presenters have years of experience in modifying homes with lots of useable ideas.

Presenters: Geoff Hale, Home Lumber and Greg Greenwood, Century 21 Affiliated

Deadline: Monday, September 22

## MAH JONGG INSTRUCTION

Mondays in September, 1:00 pm

Always wanted to learn something new?

This challenging game with tiles will kick your brain into high gear.

Instructor: Diane Schwab

Please RSVP by September 5



## WATERCOLOR: GRAPES & LEAVES



This two-week watercolor session with Karolyn Alexander Tscharnack will focus on texture – an element of design—color, line, shape, value, texture, etc. Stamping and stenciling techniques will be demonstrated, using wax paper and actual grape leaves in the process. Beginning, intermediate, and advanced concepts will be covered. Each session will include a demonstration on a technique or concept and plenty of time for individual painting with optional one-on-one coaching. Attendees are always encouraged to paint from personal references, sketches, photos, or ideas.

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

Dates/Times: Thursdays, September 4 & 11; 1:00 – 4:00 pm

Cost: \$20 payable to the instructor by cash or check.

Deadline: **Tuesday, September 2**

## 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.



## 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 26



## GREEN AND GOLD BINGO

**Tuesday, September 30; 10:00 am**

Start celebrating another Packer season at our Green and Gold Bingo event. All prizes are either green (like cold hard cash maybe?!) or gold (hmmmm...could be a lot of choices for that!). Play two cards, and win lots of fantastic prizes; it is sure to be something everyone will be talking about. Don't miss out on the fun. No reservations are needed. Green and gold treats will be served. Come wearing green and gold to be eligible for added prizes.



## 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: September 2, 4, 15, 18, 22, 23, 29, 30

Time: 9:30 am

Cost: \$5.00 residents

\$6.25 non-residents

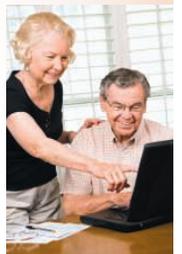
Register at least 3 days in advance

## FACEBOOK FRENZY

**Tuesday, September 16, 2:00 p.m.**

One of the most popular features of Facebook is having the ability to upload and share pictures with friends and family. It helps you stay in touch with each other and get a visual representation of what is happening in each others lives. To learn how to do this, come down to our monthly Facebook meeting

Please register by September 9.



## THERE'S AN APP FOR THAT

**Monday September 22, 1:00 p.m.**

Cell phone apps are taking over the technology industry and it's time you learned how to use them to your advantage. There are thousands of apps available on your smart phones, but we will teach you about five that will make your life easier and more convenient. Come and learn how you can easily master your smart phone and make your life simpler. All you have to do is "app"ly yourself!

Please register by September 15

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

## WALK AWAY THE POUNDS—INDOORS

Wednesdays, 10:00 am

Fridays, 9:00 am NEW

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.

## CORE AND MORE RETURNS!



**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.

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

Class Begins Monday, September 22

## NATURE HIKE

**Thursday, September 25. 1:00 pm.**

Come explore the UW-Whitewater Prairie, Woods, and Wetland. Discover early Autumn colors, sounds, textures, sights, and habitats. We'll look down, up, and all around to explore all that Mother Nature shares with us. Join Liesl Schultz Hying, a life-long enthusiast of the natural world, and environmental educator on the hiking trail for an afternoon of discovery.

Meet at the shelter on E. Stadium Drive across from the UWW prairie. Bring binoculars and water bottle, if you have them.

## LINE DANCE CLASS

September 3-October 1, 2:30—3:30 pm

**New Time**

**Downtown Armory Dance Studio**

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



Session 1: September 3—October 1 (No class Sept 17)

Class # 5305.31 (wwparks.org)

**Deadline: Thursday, August 28**

Fee: \$16.00 residents; \$20.00 non-residents

Session 1: October 22-November 26 (No class Nov. 19)

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](http://wwparks.org))

## TAI CHI CH'UAN

**Wednesdays, 11:00 am, beginning September 17**

**Downtown Armory Dance Studio**

T'ai Chi Ch'uan is a traditional Chinese exercise practiced for health, relaxation, meditation, and self-defense. The exercise is performed slowly and continuously, taking about ten minutes to complete one "round" or "set". It requires no special equipment and can be done in a small space.

The value of T'ai Chi as a health exercise and self-defense system lies in its emphasis on total body integration and developing "internal" strength, relaxation, and coordination. It is a gentle exercise, which is suitable for people in a wide variety of physical conditions. The movements are adjustable to fit the health and strength levels of each individual.

Recent studies show the daily practice of Tai Chi promotes cell renewal (anti-aging), better sleep, physical functioning, balance, flexibility, and coordination. It increases immune function, bone density, and well-being and decreases pain, stress levels and depression.

Please register by Wednesday September 10

**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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### Cancer Information Service



**1-800-4 CANCER**

Trained staff member or volunteer gives confidential answers to caller questions on a variety of subjects from cancer detection and treatment to coping with this disease.



### Apartments at Fairhaven

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### Fairhaven Senior Services

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

# 6 Motorcycle & Motorcoach Trips

## THE GREAT CHICAGO FIRE & A CITY REBORN

**October 9, 2014**

Chicago was a growing and prosperous city, and then came the devastating fire. Hear the story of the fire, the path it took, what was destroyed, what was saved, and what was created. Visit the Chicago Fire Academy, the actual site of the O'Leary barn. Learn about the rigorous training candidates experience in one of the busiest fire departments in the country. At the Chicago History Museum, see a fascinating film on the Fire and its aftermath. Discover the museum's extraordinary collection and a dramatic recreation of the fire's path, then on to the city's rebirth and creation of the modern cityscape. Enjoy a special lunch in the museum café. Visit a survivor of the fire, the Holy Family Church. Although the fire started less than a mile away, it did not destroy the church or the parishioners' homes. Last you will explore the contributions of such outstanding architects as Daniel Burnham and John Root, who designed the magnificent Landmark Rookery Building in 1884.

Fee: \$81.00 Deadline: September 4

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

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



## MOTORCYCLE: GALENA & SAVANNAH, IL

**Monday & Tuesday, September 15-16**

Ride to the beautiful town of Galena Illinois. Check out the shops and history of the area. The overnight will be in Savannah on the Mississippi River. Here, motorcycle enthusiasts will find a wide variety of live entertainment, pubs and bars, motorcycle gear and even a wedding chapel. The beautiful rolling hills of the countryside lead you right to the doors of two of the most interesting and entertaining bike meccas in the Northwest, Poopy's Pub N Grub and the Ironhorse Social Club.

Riders must arrive prior to departure to check-in and/or show proof of insurance and fill out a participation form if this is your first ride with us. Helmets are recommended. The leader for this outing is Tim Otterbacher.

Reservations for this trip are needed by Monday, September 7. Depart at 9:00 am. Hotel information will be available when you make your reservation.



## AMISH MARKESAN

**Friday, September 12**

Depart: Fort Atkinson K-Mart 7:30 am;

Approx. return: 5:45 pm

(Note: Trip departs from Fort Atkinson only)

## MOTORCYCLE: HOLY HILL & FOX AND HOUNDS

**Saturday, September 26**

Visit the beautiful shrine at Holy Hill. You can climb to the tower and the view of the area is phenomenal! You can walk the grounds and the Way of the Cross is very inspirational. Lunch will be on your own at the Fox and Hounds, a very unique restaurant. For dessert we will travel to Theresa and Chocolates by Joel. This unique shop has old fashioned candy, unique items, ice cream and chocolate made on site by Joel, a blind confectioner. The dark chocolate is incredible! Enjoy our last ride on a beautiful fall day.

Riders must arrive prior to departure to check-in and/or show proof of insurance and fill out a participation form if this is your first ride with us. Helmets are recommended. The leader for this outing is Gary Kiger. Depart at 10:00 am.

**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.**

Trips are open to adults of ALL AGES. For detailed itineraries on any of the extended trips, call 262-473-0535, send an email to [dweberpal@whitewater-wi.gov](mailto:dweberpal@whitewater-wi.gov), go to the city website at [www.whitewater-wi.gov](http://www.whitewater-wi.gov), (Departments, Seniors in the Park) or stop in to the Starin Park Community Building.

## 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**



## 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.



## 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.

**TRIP PREVIEW**  
**Thurs., Sept. 18**  
**1:00 pm**  
**RSVP by Sept. 11**

# Van Trips

## LUNCH BUNCH

**Thursday, September 11, 10:30 am**  
Lunch will be at the Blue Bay Family Restaurant. After lunch we'll stop at the Elegant Farmer. Fee: \$5.00.  
RSVP by Tuesday, September 9

## JANESVILLE SHOPPING

**Wed., September 3, 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 2

## CIRCUS WORLD

**Thursday, September 18**  
After a quick stop at Clausen's European Bakery, we head for Dr. Evermor's Forevertron. This unique stop will have you amazed. Then it's on to the big top and Circus World Museum. Illusionist Tristan Krist dazzles and delights audiences with a live magic show at 2 pm. The fascinating world of the circus is examined on the giant screen in the Circus Cinema, while several buildings full of fascinating circus memorabilia can be seen. Tour historic Ringling structures and uncover the lure of the big top in a variety of appealing exhibits. Experience the Merrimac Ferry on the way home.  
Fee: \$28  
Deadline: September 5  
Depart Starin Park at 9:00 am  
Return approx 6:00 pm

## BLACK POINT ESTATE

**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

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

## Extended Travel

### 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.

# Activity Calendar

9

## September 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p><b>1</b></p> <p><b>Labor Day Closed</b></p>	<p><b>2</b></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><b>3</b></p> <p>9:00 Bowling (HB) 9:30 Janesville Shop 10:00 Indoor Walking 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Ladies Poker 1:00 Chess 2:30 Line Dance (A)</p>	<p><b>4</b></p> <p>9:30 Computer Tutor 9:30 FUNctional Fit 1:00 Watercolor</p>	<p><b>5</b></p> <p>9:00 Indoor Walking <b>11:00—1:00 Open House and National Cheese Pizza Day</b> <b>1:00 Changing the Way We Age Presentation</b> 12:30 Pickleball (A)</p>
<p><b>8</b></p> <p>8:30 Golf (OR) 9:30 FUNctional Fit 10:30 Book Club 12:00 Senior Forum 12:30 Pickleball (A) 1:00 Bid Euchre 1:00 Mah Jongg <b>1:00 Mah Jongg Instruction</b></p>	<p><b>9</b></p> <p>9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 12:30 Mulberry Glen Movie "Non-Stop" 1:00 Sheepshead</p>	<p><b>10</b></p> <p>9:00 Bowling (HB) 10:00 Indoor Walking <b>12:00 Sandwich Generation</b> 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Chess 2:30 Line Dance (A)</p> <p><b>Office closed 1:00</b></p>	<p><b>11</b></p> <p>9:30 FUNctional Fit 10:30 Lunch Bunch 1:00 Watercolor</p> <p><b>Office closed 1:00</b></p>	<p><b>12</b></p> <p>9:00 Indoor Walking</p> <p><b>Bloodmobile @ the Armory</b></p> 
<p><b>15</b></p> <p>8:30 Golf (OR) <b>9:00 Savannah Cycle trip departs</b> 9:30 Computer Tutor 9:30 FUNctional Fit 12:30 Pickleball (A) 1:00 Bid Euchre 1:00 Canasta 1:00 Mah Jongg 1:00 Mah Jongg Instruction</p>	<p><b>16</b></p> <p>9:00 Pickleball (A) 10:00 Scrabble 1:00 Sheepshead <b>2:00 Facebook Frenzy</b></p> 	<p><b>17</b></p> <p>9:00 Bowling (HB) <b>9:00 Coffee with Caregivers</b> 10:00 Indoor Walking 11:00 Tai Chi (A) 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Ladies Poker 1:00 Chess 2:30 Line Dance (A)</p>	<p><b>18</b></p> <p><b>9:00 Circus World departs</b> 9:30 FUNctional Fit 9:30 Computer Tutor <b>1:00 Cap Cod Preview</b></p> 	<p><b>19</b></p> <p>9:00 Indoor Walking 12:30 Pickleball (A)</p>
<p><b>22 ACTIVE</b></p> <p>8:45 Core &amp; More 9:30 Computer Tutor 9:30 FUNctional Fit 12:30 Pickleball (A) 1:00 Bid Euchre 1:00 Mah Jongg 1:00 Mah Jongg Instruction <b>1:00 There's An App for That</b></p>	<p><b>23 AGING</b></p> <p>9:00 Pickleball (A) 9:30 Computer Tutor 10:00 City Bingo 12:30 Mulberry Glen Movie "Premium Rush" 1:00 Sheepshead</p>	<p><b>24 WEEK</b></p> <p>9:00 Bowling (HB) 10:00 Indoor Walking 11:00 Tai Chi (A) 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Chess <b>1:00 Stay in Your Home</b> 2:30 Line Dance (A)</p>	<p><b>25</b></p> <p>8:45 Core &amp; More 9:30 FUNctional Fit <b>11:00 Balance &amp; Coordination</b> <b>1:00 Nature Hike (UWW Arboretum)</b></p>	<p><b>26</b></p> <p>9:00 Indoor Walking 12:30 Pickleball (A)</p> <p><b>27</b></p> <p><b>10:00 Holy Hill Cycle Trip departs</b></p>
<p><b>29</b></p> <p>8:45 Core &amp; More 9:30 Computer Tutor 9:30 FUNctional Fit 12:30 Pickleball (A) 1:00 Bid Euchre 1:00 Canasta 1:00 Mah Jongg 1:00 Mah Jongg Instruction</p>	<p><b>30</b></p> <p>9:00 Pickleball (A) 9:30 Computer Tutor <b>10:00 Green &amp; Gold Bingo</b> 12:30 Mulberry Glen Movie "Last Vegas" 1:00 Sheepshead</p>	<p><b>1</b></p> <p>9:00 Bowling (HB) 10:00 Indoor Walking 10:00 Pole Walking 11:00 Tai Chi (A) 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Chess 2:30 Line Dance (A)</p>	<p><b>2</b></p> <p>8:45 Core &amp; More 9:30 FUNctional Fit <b>1:30 Preserve and Protect Assets</b></p> 	<p>Activities take place at the Starin Park Community Building unless otherwise noted.</p> <p>(A)=Downtown Armory (HB)=Hawk Bowl (L)=Cravath Lakefront (OR)=Oak Ridge Golf Course</p>

# Walworth County Nutrition Menu

## September 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>Labor Day</b> Dining Centers Closed	<b>2</b> Breaded Fish Red Potatoes Broccoli Lemon Bars Rye Roll	<b>3</b> Chicken Tetrazzini Sweet Potatoes Mixed Vegetables Melon Mix Dinner Roll	<b>4</b> Turkey/Cheese Sub with Lettuce and Tomato Potato Salad Sliced Peaches Sugar Cookie	<b>5</b> Turkey and Gravy Mashed Potatoes Carrots Pineapple Tidbits Wheat Bread
<b>8</b> Roast Beef and Gravy Red Potatoes Sliced Beets Strawberry Cake Dinner Roll	<b>9</b> Chicken Waldorf Salad Tossed Salad Mand. Oranges and Pine. Coleslaw Wheat Bread	<b>10</b> Hungarian Pork Goulash Egg Noodles Wis. Mixed Veggies Squash Fruit Jell-O, Wheat Bread	<b>11</b> Baked Herb Chick. Thighs Mashed Potatoes Carrots Fruit Whip Salad Wheat Roll	<b>12</b> Italian Wedding Soup Mediter. Blend Veggies Brussels Sprouts Cheesecake Bars Wheat Bread
<b>15</b> Salisbury Steak Sweet Potato Cauliflower Orange & Pineapple Cup Dinner Roll	<b>16</b> Baked Chicken Drum. Mashed Potatoes/Gravy Broccoli Peanut Butter Cookie Wheat Roll	<b>17</b> Spaghetti & Meatballs Calif. Mixed Veggies Tossed Salad Melon Mix Garlic Bread	<b>18</b> Grilled Raspberry Chicken Hot Peaches w/Granola Tossed Salad Carrot Cake Wheat Bread	<b>19</b> Cowboy Stew Squash Coleslaw Hot Spiced Apples Wheat Roll
<b>22</b> Rosemary Pork Roast Peas and Carrots Red Cabbage Pineapples and Grapes Wheat Bread	<b>23</b> Scallop. Chick. w/Mush. Rice Pilaf Sliced Beets Peaches Dinner Roll	<b>24</b> Beef Stew with Potatoes Cauliflower with Peppers Diced Fruit M&M Cookie Baking Powder Biscuit	<b>25</b> Quiche with Broccoli Cheesy Potato Casserole Carrots Watermelon Wheat Roll	<b>26</b> Chick. Sal. on Tossed Salad Three Bean Salad Mandarin Oranges Brownie Wheat Roll
<b>29</b> BBQ Pork Sandwich Hamburger Bun Baked Beans Carrots Chocolate Chip Cookie	<b>30</b> Polish Sausage San Fran. Blend Veggies Rosemary Red Potatoes Fruit Whip Wheat Roll		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.	

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RAPID RECOVERY & TRANSITION BACK HOME

Days in the Hospital: **2** DAYS (FORT HEALTHCARE) vs 3.7 DAYS (WISCONSIN)

Go Directly Home: **91%** FORT HEALTHCARE vs 69% WISCONSIN

LOW COMPLICATION RATE

In Hospital: **0%** ..FORT HEALTHCARE.. vs 2.6% ..NATIONAL AVERAGE..

Within 30 Days: **2.5%** vs 4.0%

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## SERVICES AT A GLANCE

**Foot Clinic: Tuesday, Sept. 2,**  
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 SEPTEMBER BIRTHDAYS TO:

- 3** William Wilson  
**21** Bea Jacobs  
**28** Doris Wutke

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

## 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**

Sept. 2: Culver's

Sept. 9: Mulberry Glen

Sept. 23: City Bingo

Sept. 30: Green & Gold Bingo



### BINGO SPONSORS

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

### CITY BINGO SPONSORS:

Randy's \* Topper's Pizza \* Rick's \* Bergey Jewelry \* Headquarters Salon  
Floral Villa \* Bejing Buffet \* Jimmy Johns \* Dale's Bootery \* Subway  
Pizza Hut \* First Citizens State Bank \* Fort HealthCare\* Commercial Bank  
Rosa's Pizza \* Jessica's Restaurant \* Taco Bell \* Dalee Water Cond.  
Mirage Hair Studio\* Dental Perfections\* Ketterhagen Ford \* Fairhaven  
Binning & Dickens Insurance \* Rocky Rococo Pizza \* McDonald's  
Fort Comm. Credit Union \* Eastsider/Westsider \* Walworth Co. Nutrition  
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 beginning Sept. 22. 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 Wednesday at 1:00 pm

**Mah Jongg**—Mondays, 1:00 pm

**Potluck**—First Tuesday 11:15 am

**Pickleball**—Monday, Wednesday, and Friday 12:30-2:30  
and Tuesday 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, Wednesdays, 10:00 am & Fridays, 9:00 am



## 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 SPOTLIGHT

Jim and Pat Jacobson are volunteers at Seniors in The Park with our Pickleball group at the Armory. They help to open and close the building and set up and take down equipment. Jim and Pat say that volunteering adds so many pluses to their lives. Meeting new people and getting to know others better, is the best part. They encourage and help new players and think it is the best way to have fun, exercise and meet others.

Jim and Pat volunteer at First English Lutheran church, Pat also volunteers at Whitewater Center of Arts and the Thrift Shoppe and Jim volunteers at the Food Pantry. Jim and Pat's other interests include following their grandchildren's activities, tennis, biking, and reading. Jim and Pat were born in Marquette, Michigan and have lived in Whitewater since 1970. Jim is a retired principal from the Adams-Friendship and Whitewater school districts, and Pat is retired from the Whitewater school district. They have been married 51 years and have 3 daughters and 8 grandchildren.

We would like to thank Jim and Pat for all they do to help 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. Beginning in September, you will be able to add money to your account or pay for classes and trips online through Paypal. Paying in person is still an option. Register/pay for classes and trips, see the calendar of events and log volunteer hours at <http://schedulesplus.com/wwtr/kiosk>. You can also pay online at the Parks and Recreation website: [wwparks.org](http://wwparks.org).

## FLASH MOB FUN!!



## THANK YOU TO...

- \* All the ladies who participated the Flash Mob. You Rock!!
- \* Mark Dorn for assisting at the Concert in the Park and proofing the newsletter.

## GREETING CARDS

We have a great selection of 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.



## OPEN HOUSE –September 5

- 9:30: Set—up for the event
- 11:00—1:00: Promote your class or activity at a table or with a demo.
- 11:00—1:00: Help serve pizza and beverages
- 2:30ish: Help clean up.

## DISCOVER WHITEWATER HALF MARATHON—

- \* Saturday, September 20 shifts from 10:00 am—10:00 pm
- \* Sunday, September 21 shifts from 5:00 am—3:00 pm
- \* To volunteer go to [www.runwhitewater.com/](http://www.runwhitewater.com/) volunteer or email [info@runwhitewater.com](mailto:info@runwhitewater.com)



## MOVIES: SPONSORED BY MULBERRY GLEN



### "Non-Stop"

Tuesday, September 9 12:30 pm Rated PG-13, 1 hr., 47 min.

On a commercial flight at 40,000 feet, Federal Air Marshall Bill Marks (Liam Neeson) starts receiving text messages from a threatening blackmailer who claims he's on the airplane, too. Can Marks identify his adversary before he begins killing passengers and the airline transfers \$150 Million into an off-shore account? (2014)

### "Premium Rush"

Tuesday, September 23 12:30 pm Rated PG-13, 1 hr., 31 min.

It's Active Aging Week, and our Adventure Movie today will literally have you on the edge of your seat! In Manhattan, a bike courier (Joseph Gordon-Levitt) picks up an envelope for delivery that attracts the attention of a corrupt NYC detective (Michael Shannon) who chases the cyclist throughout the entire city. Levitt did ALL of his own cycling and stunts for this breathtaking, adrenaline rush adventure!!! (2013)



### "Last Vegas"

September 30 12:30 pm Rated PG-13; 1 hr., 45 min.

Three "Sixty-Something" pals take a break from their day-to-day lives to throw a bachelor party in Las Vegas for their last remaining single "bud." The "Bro's" are Michael Douglas, Robert DeNiro, Kevin Kline, and Morgan Freeman. Chip-in on this fun flick! (2013)



## BOOK WORMS

**Monday, September 8, 10:30 am**

The Book Club will discuss *State of Wonder* by Anne Patchet. The book for October is *The Newlyweds* by Nel Freudenberger.

A story of love and marriage, secrets and betrayals, that takes us from the backyards of America to the back alleys and villages of Bangladesh. Follow the story of Amina Mazid, who at age 24 moves from Bangladesh to Rochester, New York, for love. A hundred years ago, Amina would have been called a mail-order bride. But this is an arranged marriage for the twenty-first century: Amina is wooed by—and woos—George Stillman online.

For Amina, George offers a chance for a new life and a different kind of happiness than she might find back home. For George, Amina is a woman who doesn't play games. But each of them is hiding something: someone from the past they thought they could leave behind. It is only when they put an ocean between them—and Amina returns to Bangladesh—that she and George find out if their secrets will tear them apart, or if they can build a future together.

## CONVENIENCE, VARIETY AND CONVERSATION

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, 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://WalworthCountyNutrition.com)

## OPEN ENROLLMENT IS HERE!

The Annual Open Enrollment Period for Medicare Part D drug plans and Medicare Advantage plans is October 15, 2014 to December 7, 2014.

The following is a list of actions you can take during the Open Enrollment Period:

- Switch from a Medicare Part D plan to a different Medicare Part D plan
- Cancel your Medicare Part D plan
- Enroll in a Medicare Part D plan if you had not had a drug plan previously
- Switch from a Medicare Advantage plan to a different Medicare Advantage plan
- Enroll in a Medicare Advantage plan
- Dis-enroll from a Medicare Advantage plan and go back to original Medicare

Changes made during the Open Enrollment Period become effective 1/1/15.

Information on Medicare Advantage plans, also called Medicare Health Plans, are located in the back of your 2015 Medicare & You handbook. Medicare & You handbooks are delivered to your home in October every year.

The Medicare & You handbooks also contain a list of the Medicare Part D plans available in Wisconsin.

Medicare Part D plans are also listed on the Medicare website.

The website is located at [www.medicare.gov](http://www.medicare.gov).

Assistance in choosing a Medicare Part D plans is available at the Medigap Part D Help and Prescription Drug Helpline. For seniors 60 and older, call 1-855-677-2783 to speak to the Drug Helpline. For Medicare Beneficiaries under age 60, call the Disability Drug Benefit Helpline at 1-800-926-4862.

Many people review their Medicare Supplement Insurance policies during this time, but Medicare Supplement policies can be changed anytime during the year. If a beneficiary changes supplement insurance policies the insurance companies will be able to ask health questions. Supplement insurance companies can deny a new policy to a Medicare beneficiary because of pre-existing conditions.

## SQUARE DANCE LESSONS

The Limber Timbers Square Dance club, in conjunction with the Elkhorn, WI recreation department, will be offering two sessions of modern, western square dance lessons. Lessons begin Monday, October 6, at 7:15 pm at the Elkhorn Park and Recreation Department, 200 Devendorf Street. Residents from all area cities are welcome to attend. For more information call Barb at 608-883-2017 or Linda at 262-248-1339.

## STATE LEGISLATURE WEBSITE UPDATED

The site still includes "How to find my legislator" information and adds an interactive map that enables you to search by address or map location. The updated site provides additional details on legislators websites regarding legislative staff information, authored legislation, voting records, and committee information. Check out all this and more on the new version of their website <http://legis.wisconsin.gov/>.

## Advertiser of the Month

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EXCELLENT PATIENT EXPERIENCE

<p><b>Overall Satisfaction</b></p> <div style="display: flex; justify-content: space-between;"> <span style="background-color: #0056b3; color: white; padding: 2px 5px; border-radius: 5px;">87% FORT HEALTHCARE</span> <span style="background-color: #ccc; padding: 2px 5px; border-radius: 5px;">67% WISCONSIN</span> </div>	<p><b>Definitely Recommend</b></p> <div style="display: flex; justify-content: space-between;"> <span style="background-color: #0056b3; color: white; padding: 2px 5px; border-radius: 5px;">87% FORT HEALTHCARE</span> <span style="background-color: #ccc; padding: 2px 5px; border-radius: 5px;">72% WISCONSIN</span> </div>
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RAPID RECOVERY & TRANSITION BACK HOME

<p><b>Days in the Hospital</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <span style="background-color: #0056b3; color: white; padding: 2px 5px; border-radius: 5px;">2</span> DAYS                             </div> <div style="text-align: center;"> <span style="background-color: #ccc; padding: 2px 5px; border-radius: 5px;">3.7</span> DAYS                             </div> </div>	<p><b>Go Directly Home</b></p> <div style="display: flex; justify-content: space-around;"> <span style="background-color: #0056b3; color: white; padding: 2px 5px; border-radius: 5px;">91% FORT HEALTHCARE</span> <span style="background-color: #ccc; padding: 2px 5px; border-radius: 5px;">69% WISCONSIN</span> </div>
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LOW COMPLICATION RATE

<p><b>In Hospital</b></p> <div style="display: flex; justify-content: space-around;"> <span style="background-color: #0056b3; color: white; padding: 2px 5px; border-radius: 5px;">0% FORT HEALTHCARE</span> <span style="background-color: #ccc; padding: 2px 5px; border-radius: 5px;">2.6% NATIONAL AVERAGE</span> </div>	<p><b>Within 30 Days</b></p> <div style="display: flex; justify-content: space-around;"> <span style="background-color: #0056b3; color: white; padding: 2px 5px; border-radius: 5px;">2.5%</span> <span style="background-color: #ccc; padding: 2px 5px; border-radius: 5px;">4.0%</span> </div>
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## SENIORS IN THE PARK



504 W Starin Rd, PO Box 178  
Whitewater WI 53190

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

### Senior Coordinator

Deb Weberpal, CPRP  
dweberpal@whitewater-wi.gov

### Volunteer Editor

Romelle Koch

### Director

Matt Amundson, CPRP

### Recreation & Community

#### Events Coordinator

Michelle Dujardin, CPRP

#### Sports Coordinator

Abby Schultz

Websites: [www.whitewater-wi.gov](http://www.whitewater-wi.gov)  
[www.wwparks.org](http://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](http://www.whitewater-wi.gov), click on Departments, then Seniors in the Park or [www.whitewaterbanner.com](http://www.whitewaterbanner.com) and look for the link in the left column or [www.seekandfind.com](http://www.seekandfind.com). The newsletter is available for pick up at the Starin Park Community Building, Municipal Building, the Whitewater Aquatic and Fitness Center, the Irvin L. Young Memorial Library and other businesses in Whitewater.

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Address \_\_\_\_\_

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