



February 2015

# The Park Bench

Seniors in the Park Newsletter

## THE ROARING 20s & 1930's DEPRESSION : LECTURE SERIES

Wednesdays, 1:00 pm

**February 11:** Calvin Coolidge's 1920s America: Politics and Prosperity

**February 18:** Jazz Age Controversies: Prohibition, Religion, and Immigration [sound familiar??!!]

**February 25:** Herbert Hoover, the Forgotten Progressive, and the Great Depression

**March 4:** Franklin Roosevelt's 1930s America: Great Depression & New Deal

Presenter: R. Richard Haney, Emeritus UW-W

Thanks to the UW-W Continuing Education Department for funding the lecture series.



## FREEZE FEST & CHILI COOK-OFF 2015



**Saturday, February 14**

Save the Date!!!! Think about being part of a plunge team, helping with the Chili Cook-off, or supporting a plunger. It's a fun event, especially when the weather cooperates. Polar Plunge coffee mugs (\$10) are on sale! Bring it to the Chili Cook-off for FREE samples of chili. You can also bring last years mug, and purchase a sticker for \$5. You can support the plunge by donating \$1 to get your name on a polar bear here at the center. Click [HERE](#) for more information or to donate.



### Schedule of Activities:

- 10:30—11:30 Mini-Maker Faire Lakefront Building
- 11:00—1:00 Snow Dogs at ILY Memorial Library
- 11:00—3:00 Horse Drawn Wagon Ride around Downtown
- 11:00—2:00 Chili Cook-off
- 12:00—2:30 Polar Plunge
- 3:00 Broomball Baseball Tournament—Big Brick Park

Volume XV Issue 1

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

## PINOCHLE

February 3, 1:00 pm

We have enough people to keep the group going. Stop in and enjoy the fun.



## FACEBOOK FRENZY

Monday February 23; 2:00 pm

Each month a different aspect of Facebook is covered.



There is so much information and so many cool pages to "like" on Facebook. What's the good, the bad, and the ugly about "liking" pages. If you have a page or pages you would recommend, please bring your list to the class. Register by Tues., February 17

## BRING JOY TO YOUR LIFE WITH MUSIC



We have a core group of people interested but need a few more voices.

Do you love making music? Are you interested in singing with a group? Do you play the piano? We are looking for singers to start a vocal group. Come and make a joyful noise with us. Lori Heidenreich has agreed to lead the group. Please call if you are interested, 262-473-0535

## FAMILY AND FRIENDS CPR

Monday, February 9, 1:30 pm

Starin Park Community Building

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.

Date/Time: Class #4504.11

Deadline: Monday, February 2

Fee Resident: \$5.00, includes book

Fee Non Res.: \$6.25, includes book

Free: Senior center volunteers



## FIRST AID & CPR CERTIFYING CLASSES

February 23 & 24, 6:00-9:30 pm

To register go to [wwparks.org](http://wwparks.org); class numbers #4501.11 First Aid—\$25 and #4502.11 CPR—\$25 or for both classes #4503.11—\$35.

Deadline is Thursday, February 12

## AN ISLAND GET-AWAY FOR VALENTINE'S DAY

Friday, February 13

Doors open at 11:30; Lunch at Noon

Come in out of the cold and enjoy the warmth of the tropics for a day. Bahama Bob will instantly transport you to the Islands. Often referred to as the "happiest music on earth", Bahama Bob performs Caribbean/Island music on a traditional 'hand-made' steel drum from Trinidad. Wear your tropical best (we'll turn up the thermostat), and get away for the day! Begin your day away with lunch, consisting of either Hawaiian Chicken Kabobs or Baked Ham with Pineapple and Mango, Sweet Potato Mash, Hawaiian Cole Slaw, Dinner Roll, and Hawaiian Cake Dessert from Capn's Catering. If you need a ride, let us know when you purchase your ticket. Bring your honey, a friend, or yourself and bask in the warmth of a tropical get-away. **ONLY 65 TICKETS WILL BE SOLD!!**

Tickets: \$12.00 per person

Deadline: February 3



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

## WATERCOLOR: ADDING WATERCOLOR PENCILS AND CRAYONS



This four week watercolor class will focus on adding watercolor pencil and watercolor crayons to enhance your watercolor paintings. Topics will include basic composition, drawing, color, and value choices. Attendees may start new paintings or work on paintings in progress. Subject matter will be spring flowers. Beginning, intermediate, and advanced concepts will be covered. There will be 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, February 5-26; 1:00 – 4:00 pm  
**Cost:** \$20 payable to the instructor by cash or check.  
**Deadline:** Monday, February 2  
**Minimum:** 6 people. If the minimum number is met, walk-ins are welcome at \$15.00 per person per session. Walk-ins please check to make sure the class minimum has been met by calling 262-473-0535 or emailing [karolynalexander@att.net](mailto:karolynalexander@att.net).

## HERB GARDENING



**Tuesday, March 17, 1:00 pm**

There is nothing like fresh herbs to stimulate the senses and get you through what's left of our winter! Come enjoy a hands-on workshop, and create a small indoor herb garden for your home. Herbs are easy to grow indoors, and can be put outside during the summer to use in your favorite recipes!

**Presenter:** Christine Wen, UW-Extension Horticulturalist

**Class #:** 5407.11

**Fee:** \$3.00 residents; \$3.75 non-residents

**Deadline:** Tuesday, March 10

## DON'T LET FINANCES KEEP YOU FROM PARTICIPATING

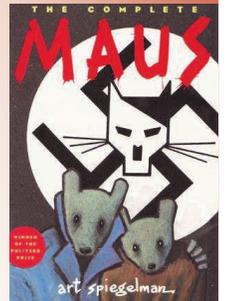
Scholarships are available for those who cannot afford the required fees for Seniors in the Park programs. Talk to Deb, if you are interested in applying for scholarship funds.

## BOOK WORMS

**Monday, February 2 10:30 am**

The Book Club will discuss *Looking For Me* by Beth Hoffman. The book for March is a graphic (picture) novel *The Complete Maus: A Survivor's Tale* by Art Spiegelman. (Suggested by Mark Dorn).

Combined for the first time, here are Maus I: A Survivor's Tale, Spiegelman and his wife, living and surviving in Hitler's Europe. By addressing the horror of the Holocaust through cartoons, the author captures the everyday reality of fear and is able to explore the guilt, relief, and extraordinary sensation of survival - and how the children of survivors are in their own way affected by the trials of their parents. A contemporary classic of immeasurable significance.



## PICKLEBALL

**Mondays, Wednesdays, Fridays, 12:30-2:30 pm**

**Tuesdays, 9:00-11:00 am**

**Downtown Armory**

Pickle Ball is a fun, social, easy-to-learn game that is a cross between badminton, table tennis, and tennis. It's played on a smaller court, with large paddles and a wiffle-like ball. It takes 15 minutes to learn, and you can be playing well in 1-2 sessions. You don't need to be athletic or strong to play.



## LINE DANCE

Downtown Armory

Wednesdays, 2:00-3:00 pm

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.

### Session 2

Class #: 5305.12

Dates: March 4-April 15  
(no class Mar. 25)

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

**Deadline: Thurs., Feb.26**

### Session 3

Class #: 5305.13

Dates: April 29-May 20

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

**Deadline: Thurs., April 23**

## ALL ABOUT MONARCHS – THEIR LIFE AND THEIR MIGRATION

Wednesday, March 18  
1:00 pm

Monarch butterflies are known to everyone because of their bright colors, large size, and phenomenal migration to Mexico. With the aid of photographs, you will learn all about the Monarch butterfly, it's life cycle, and needs in a landscaped yard. The difficulties that it faces today with climate change and habitat destruction will be discussed, along with information on what we can do to help.

Presenters: Larry and Emily  
Scheunemann

Deadline: Monday, March 16



## MOVIES:

### SPONSORED BY MULBERRY GLEN



#### "Boyhood"

Tuesday, February 10, 12:30 pm

Rated R, 2 hr. 45 min.

The life of a young man, Mason (Ellar Coltrane), from age 6 to 18, actually filmed over 12 years. Director Richard Linklater shot with the same cast over all those years. This film has been nominated for 5 Golden Globes, including Best Motion Picture (Drama), Best Director, Best Supporting Actress (Patricia Arquette), Best Supporting Actor (Ethan Hawke), and Best Screenplay. (Rated R for language).

#### "Gone Girl"

Tuesday, February 24, 12:30 pm

Rated R, 2 hr. 29 min.

When a man's wife disappears, he becomes suspect Number One---especially after their lives become tabloid fodder in a media circus. Based on the popular Bestseller by Gillian Flynn, this film has been nominated for 4 Golden Globes (Best Director, David Fincher; Best Actress, Rosamund Pike; Best Screenplay, author Flynn; and Best Score). Also stars Ben Affleck, Neil Patrick Harris, and Tyler Perry. (Rated R for violence, nudity, language).



## AARP TAX ASSISTANCE

### Wednesdays, beginning February 11

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

You must bring:

- Photo ID and Social Security Card
- Copy of 2013 tax returns
- Proof of 2014 income
- Blank check for electronic refund deposit

If you are filing Wisconsin Homestead Credit, you will need either a 2014 real estate tax bill OR Certificate of Rent form signed by your landlord. 2014 taxes do not have to be paid to file Homestead Credit. **IMPORTANT NOTE:** Preparers will not do returns for people who are married, but file separately, or who become divorced in 2014; schedules for business, rental income, farms, moving expense forms, forms for nondeductible IRAs, and child investment income tax.

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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](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.

## 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.

## FEBRUARY IS HEART MONTH



Heart disease is the #1 killer of women and men. Know your numbers, HDL, LDL and cholesterol. Keep your blood pressure (BP) down by avoiding these 6 things: **BPA**, the chemical in plastic bottles and some can linings. Chronic exposure is associated with heart disease and high BP. **SUGAR** is worse for your BP than salt. Watch for it in processed foods and regular soda. **SLEEP APNEA**—Frequent drops in your blood oxygen level, along with reduced quality of sleep, can also trigger the release of stress hormones, which raise your heart rate and increase your risk for high BP. **LONLINESS** causes stress which elevates BP. Some **MEDICATIONS** can increase your BP. **THYROID PROBLEMS** - There is correlation between Hypothyroidism and higher blood pressure readings. The heat from **SAUNAS/HOTTUBS** causes blood vessels to open up (similar to normal activities, like a brisk walk), the AHA says that if your doctor has told you to avoid moderate exercise, you should use caution when considering hot tubs and saunas.

## 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



Register for trips and classes online at home:  
[schedulesplus.com/wwtr](http://schedulesplus.com/wwtr)

## THE GREAT CHICAGO FIRE & A CITY REBORN

April 29



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: March 31

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

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

## HIGH ROLLERS CASINO AND ISLAND RESORT BUS TRIP

April 12-13

The Island Resort is located near Escanaba in the Upper Peninsula of Michigan. The hotel has an indoor pool and sauna. Michigan allows craps, let it ride, and table poker gaming, along with slots and blackjack. Trip includes deluxe motorcoach transportation, 1-night stay at Island Resort, \$40 free credits on your Players Card at Island Resort (\$20 each day) good toward slots only, (Note: additional rebates can be earned each day with increase play.), \$3 off dinner, \$2 off lunch for day 2, and free breakfast at Island Resort.

Depart: K-Mart in Fort 8:00 am; Return: Approximately 7:30 pm

Cost: \$75 per person (double), \$175 (single) \$70 (triple).

Make checks out to High Rollers

Deadline: March 13



## MILWAUKEE BREWERS GAME

Thursday, May 7

Join the Fort Atkinson Senior Center for a day at Miller Park as the Milwaukee Brewers take on the Los Angeles Dodgers at 12:40 pm. It is "Spring Fling" day at Miller Park, with \$1 hot dogs and \$1 Pepsi products. Sign up soon, seats will go quickly!

Fee: \$45.00, includes game ticket, coach bus transportation, cookie, & bottle of water

Depart: Fort K-Mart 10:00 am;  
Starin Park 10:30 am

Return: Starin Park 5:30 pm  
Fort K-Mart 6:00 pm  
(Return times approx.)

Deadline: Monday, April 6



## 2015 MOTORCYCLE TRIP PLANNING MEETING

Thursday, February 19; 10:00 am

Plan for the 2015 riding season. Start collecting ideas, addresses, costs, potential dates, etc., and send them in or bring them to the planning meeting. Does the attraction need reservations? Pay in advance? How far away, and what else is nearby for lunch. We'll have coffee, tea, hot chocolate and treats.



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

## LUNCH BUNCH

**Thursday, February 12, 10:30 am**

Lunch will be at the Jefferson Café (formerly Deegs). Enjoy lunch, meet new friends or socialize with old friends.

RSVP by Tuesday, February 10.

## JANESVILLE SHOPPING

**Wednesday, February 4, 9:00 am**

Get picked up at your home and shop in Janesville. There should be lots of after holiday sales. Participants decide where to shop. Bring a new friend and your ride is free.

Fee: \$5.00

RSVP by Tuesday, February 3.

**Register and pay for trips  
and classes online at  
home:**

**[schedulesplus.com/wwtr](http://schedulesplus.com/wwtr)**

**OR**

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

## FINALISTS FOR NAMING THE MEN'S BREAKFAST GROUP



We had so many great submissions (21), that in January, the trip participants voted on their top three. On the February trip you can vote for the winner. The new name and winner will be posted in the March newsletter. If you can't make the Men's Breakfast and want to vote, call in or email your vote for one of the

following:

- \* Studs and Grub
- \* Caffeine Coach
- \* The Cereal Killers
- \* Sunny Side Up Breakfast Club
- \* Boys Breakfast Out

Thanks to everyone who submitted a name for our breakfast group.

## MEN'S BREAKFAST GROUP

**Tuesday, February 10, 8:30 am**

Travel to Johnson Creek to The Pine Cone Restaurant known for their GIGANTIC bakery and hearty breakfasts. If the group would like, they can stop at Rock River Power Sports

Depart: 8:30 am; Return (approx) 11:30 am

Fee: \$5.00 (transportation)



## UW VARSITY BAND CONCERT

**Thursday, April 16**

The UW Marching Band is known throughout the country. These talented and energetic students and their leader Mike Leckrone put on the most amazing show.

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

Fee: TBA Tickets go on sale Feb 3 (Will be approx \$32.00 & includes transportation, parking and ticket to concert)

Deadline: March 20

Departure times: Starin Park 4:25 pm; Fort Pick N Save 4:45 pm

Returning Approx: Fort Pick N Save 11:30; Starin Park 11:45



# Activity Calendar

9

## February 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<b>2</b> 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	<b>3</b> 9:00 Pickleball (A) 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 1:00 Pinochle 1:00 Sheepshead	<b>4</b> 9:00 Bowling (HB) 9:00 Janesville Shop 9:30 Indoor Walking 12:30 Pickleball (A) 1:00 Chess <b>1:00 Nuts in a Nutshell</b> 2:00 Line Dance	<b>5</b> 8:45 Core & More 9:30 FUNctional Fit 1:00 Ladies Poker 1:00 Watercolor	<b>6</b> 9:30 Indoor Walking  <b>No Pickleball - Kiwanis Pancake breakfast set-up</b>
<b>9</b> 8:45 Core & More 9:30 FUNctional Fit 12:30 Pickleball (A) 1:00 Bid Euchre <b>1:30 Family &amp; Friends CPR</b> 1:00 Mah Jongg	<b>10</b> <b>8:30 Men's Breakfast departs</b> 9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 12:30 Mulberry Glen Movie "Boyhood" 1:00 Sheepshead	<b>11</b> 9:00 Bowling (HB) 9—3 AARP Tax Assistance 9:30 Indoor Walking 12:30 Pickleball (A) 1:00 Chess 1:00 20's & 30's Lecture 2:00 Line Dance	<b>12</b> 8:45 Core & More 9:30 FUNctional Fit 10:30 Lunch Bunch 1:00 Watercolor	<b>13</b> 9:30 Indoor Walking <b>12:00 Island Get Away</b> 12:30 Pickleball (A)  <b>14</b> <b>Freeze Fest &amp; Chili Cook-off</b>
<b>16</b> 8:45 Core & More 9:30 FUNctional Fit 12:30 Pickleball (A) 1:00 Bid Euchre 1:00 Canasta 1:00 Mah Jongg	<b>17</b> 9:00 Pickleball (A) 10:00 Scrabble 1:00 Sheepshead	<b>18</b> 9:00 Bowling (HB) 9—3 AARP Tax Assistance 9:30 Indoor Walking 11:00 Tai Chi 12:30 Pickleball (A) 1:00 Chess 1:00 20's & 30's Lecture 2:00 Line Dance	<b>19</b> 8:45 Core & More 9:30 FUNctional Fit <b>10:00 Motorcycle Trip Planning</b> 1:00 Ladies Poker 1:00 Watercolor	<b>20</b> 9:30 Indoor Walking 12:30 Pickleball (A)
<b>23</b> 8:45 Core & More 9:30 FUNctional Fit 12:30 Pickleball (A) 1:00 Bid Euchre 1:00 Mah Jongg <b>2:00 Facebook Frenzy</b> <b>6:00 First Aid (certifying)</b>	<b>24</b> 9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 12:30 Mulberry Glen Movie "Gone Girl" 1:00 Sheepshead <b>6:00 CPR/AED (certifying)</b>	<b>25</b> 9:00 Bowling (HB) 9—3 AARP Tax Assistance 9:30 Indoor Walking 11:00 Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess 1:00 20's & 30's Lecture	<b>26</b> 8:45 Core & More 9:30 FUNctional Fit 1:00 Watercolor	<b>27</b> 9:30 Indoor Walking 12:30 Pickleball (A)



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

## February 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Baked Chick. Drumsticks Mashed Potatoes/Gravy Carrots Pineapple Cake Wheat Bread	<b>3 @ Starin Park</b> Italian Pasta Bake Squash Green Beans Mandarin Oranges Wheat Bread	<b>4</b> Spin/Cheese/Bac Quiche California Mixed Veggies Tossed Salad Peaches with Granola Dinner Roll	<b>5</b> Hot Sliced Pork Sandwich Hamburger Bun Baked Beans Cauliflower Snickerdoodle Cookie	<b>6</b> Beef Noodle Soup Peas Hot Cinn. Apple Sauce Tossed Salad Wheat Dinner Roll
<b>9</b> Cheesy Pot. Bacon Soup Green Beans Carrots Pumpkin Bar Dinner Roll	<b>10 @ Starin Park</b> Broc. Chicken Rice Cass. Stewed Tomatoes Cauliflower Diced Pears Wheat Bread	<b>11</b> Pork Pot Roast Brussels Sprouts Red Potatoes Pineapple Tidbits Baking Powder Biscuit	<b>12</b> Chopped Steak Au Gratin Potatoes Red Cabbage Mandarin Oranges Wheat Bread	<b>13</b> Swed. Meatballs/Egg Noodles San Fran. Blend Veggies Tossed Salad Apricots & Peaches Wheat Bread
<b>16</b> Spinach/Cheese Stuffed Chicken Breast Squash, Broccoli Fruit Whip Wheat Bread	<b>17 @ Starin Park??</b> Spaghetti & Meatballs Calif. Mixed Veggies Tossed Salad Pineapple Orange Cup Garlic Bread	<b>18</b> Tuscan Chick. Veg. Soup Hot Spiced Apples Tossed Salad M&M Cookie Wheat Roll	<b>19</b> Shepherd's Pie Mashed Potatoes Winter Mix Vegetables Chunky Applesauce Wheat Bread	<b>20</b> Savory Pork Brown Rice Carrots, Peas Chocolate Cake Dinner Roll
<b>23</b> Bake Chick. Leg & Thigh Red Potatoes Med. Blend Veggies Brownie Dinner Roll	<b>24 @ Starin Park</b> Chili Carrots Peaches Jell-O Corn Bread	<b>25</b> Western Meatloaf Au Gratin Potatoes Broccoli Sugar Cookie Dinner Roll	<b>26</b> Rosemary Pork Loin Sweet Potatoes Peas Pears Wheat Bread	<b>27</b> Burgundy Tips Egg Noodles Beets, Wis. Blend Veg Diced Fruit Mix Dinner 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. Mealsite is at Brookdale Manor, 1061 Blackhawk Dr. Monday and Wednesday through Friday.

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## SERVICES AT A GLANCE

**Toenail Clinic: Tuesday, March 3, 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.



## GREETING CARDS

We have a great selection of Valentine's Day, everyday, special event, and holiday cards. Most cards are priced from 65 cents to \$1.50. Stop in and check out our selection.

**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.**

## BINGO

**Tuesdays, 10:00 am**  
Feb. 2: Culver's  
Feb. 10: Mulberry Glen  
Feb. 24: City Bingo



## BINGO SPONSORS

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**Thank you to all our Bingo Sponsors. They donated over \$1800 in bingo prizes and treats in 2014. Please thank these sponsors when you visit them.**

## 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

**Pickleball**—Monday, Wednesday, and Friday 12:30-2:30 and Tuesday 9:00-11:00 at the Downtown Armory

**Pinochle**—First Tuesday, 1:00 pm

**Potluck**—First Tuesday 11:15 am

**Scrabble**—Third Tuesday, 10:00 am

**Sheepshead**—Tuesdays, 1:00 pm

**Walk Away the Pounds**—(Indoors) Wednesday & Friday, 9:30 am

## VOLUNTEER SPOTLIGHT



Janet Nell has been volunteering with Seniors in the Park for about 7 years—she has helped with reception duties and AARP tax preparations.

Janet enjoys volunteering at Seniors in the Park because it gives her the opportunity to share her skills with others and, in return, she makes new friends and learns about the community and the

experiences and skills of others. She also volunteers at St. Patrick church and UWW-Young Auditorium.

Janet was born in Kenosha, Wisconsin and has lived in Whitewater for about 8 years. She has been married to Gerry for 35 years, and they have 2 children and 2 grandchildren.

Janet is retired from the City of Milwaukee Health Department as an accountant. Her other interests are working with numbers, reading, traveling, and using her computer skills.

Janet says that Seniors in the Park offers many programs and activities that allow seniors to remain an energized group in Whitewater.

Thank You, Janet, for all you do for Seniors in the Park!

## WE NEED YOU!

### Once a Month:

- \* Clean our new popcorn popper (2x per month, Tuesdays at 3:00 pm)
- \* Clean out the water lines of the coffee maker

Training will be provided. You can choose either or both.



**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.

## ONLINE REGISTRATION & PAYMENT AVAILABLE

Register and pay for trips and activities from home by going to [schedulesplus.com/wwtr](http://schedulesplus.com/wwtr) using either **Google Chrome or Firefox browser**. Payment on this site is through PayPal. Paying in person is still an option. On the SchedulesPlus site you can 1) See What's Going On Today, 2) See the Activity Calendar and register to attend, 3) Log Volunteer Hours, 4) Add Prepayment to Your Account, 5) See What I have signed up For, 6) Sign up to Volunteer, and 7) Make a donation. You can also pay online for some classes at the Parks and Recreation website: [wwparks.org](http://wwparks.org).

THANK YOU

Bingo Donations from **Deb Weberpal, Marion Malo, Dorothy & Perry Moyer, and John Rowe**

**Henry and Marion Malo** for the Holiday treat bags for the bowling group.

## RECYCLING ELECTRONICS



Receive new electronics and want to dispose of your old? Seniors in the Park recycles cell phones, digital cameras, laptops, game systems, ipods, and cordless phones as a fundraiser. Bring the items to the Starin Park Community Building during our open hours. Large computers, monitors, and televisions can be recycled at the City Garage on Starin Rd. There is a large bin just inside the gate on the left side.

## BAD WEATHER CLOSINGS

In case of inclement weather, (Snow that four letter "S" word), program cancellations will be on Whitewater Cable Channel 98, digital 990, or radio stations WFAW 940 AM, and WSJY 107.3 FM, or online on the Whitewater Banner. We DO NOT always close when the schools close. Please check out the above sites for Seniors in the Park cancellation/closing.



## HEALTH & INSURANCE ENROLLMENT FAIR



**Tuesday, February 10**

**12-6:00 pm at the Irvin L Young Memorial Library**

There will be free blood pressure checks, Heart Health Education, Insurance Enrollment Assistance (deadline to sign up for insurance is February 15) and earn a Kohl's Gift Card. For more information call the library at 473-0530.

## 4TH ANNUAL WELLFEST

**Sunday, March 15 Noon-4:00pm**

**At the Whitewater High School**

The event gets bigger and better every year. There will be a resource fair, cooking Demos, Fitness Classes, Prizes, giveaways and more! The event is free and open to the public.



## THE CHILLY WILLIES



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

## NUTRITION SITE UPDATES

The Nutrition site will be at the Starin Park Community Building on Bingo Tuesdays only, until they hire a regular site coordinator. The Nutrition Program is at Brookdale Manor on Monday, Wednesday, Thursday, and Friday. Meals must be reserved by noon a day in advance (call Friday for a Monday meal). Tuesday, call 262-473-0536; Monday, Wednesday, Thursdays, and 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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## MEAL SITE CLOSING INFORMATION

Meal site closings will be posted on television: Ch 4 (NBC Milw), Ch. 6 (Fox Milw.), Ch 12 (ABC Milw.), and on Radio stations: WTMJ 620 AM, WOKY 920 AM, WFAW 940 AM, WISN 1130 AM, WSLD 104.5 FM, WSJY 107.3, and WKTI 94.5 FM

## REMARKABLE WOMEN

### Fairhaven Lecture Series

3:00 pm

Fairhaven Fellowship Hall, 435 W Starin Rd.

What can we learn about the leadership of women in business, education, literature, science and politics, and how their accomplishments have shaped who we are today? The stories of these women across the world intrigue us, inspire us and they remind us how their creativity and perseverance continue to impact our lives. Join us this spring as we examine a series of remarkable women across the globe and throughout history.

- Feb. 2: Stockbridge Indian Electa Quinney: Wisconsin's First Public School Teacher  
*Karyn Saemann, Author, WI Historical Society*
- Feb. 9: Establishing the Link Between Pollution and Health: Women Scientists Who Led the Way  
*Elisabeth Harrahy, Asst. Prof., Biological Sci.*
- Feb. 16: May it Please the Court to Remember the Ladies: Women on the Supreme Court  
Jolly Emrey, Chair, Political Science
- Feb. 23: Harriet Beecher Stowe and *Uncle Tom's Cabin*: A "Moral Battle Cry of Freedom"  
*Beth Lueck, Prof. Languages & Sciences*



## COORDINATOR'S COMMENTS

### YOUR Senior Center:

As we start the state Accreditation process, one of the most important items is input from participants and community members. In other words, YOU! Do we need new or different programs, outdoor activities, a new name, or a bigger facility? Do we need to offer evening or weekend programming? Do we need to offer adult programming (you're all adults), with some programs having age limits? How do we serve the elderly and the boomers?



We have so many questions that only YOU can answer. The Accreditation Committee is working on several areas and developing five year goals. What do you think our programs should look like in five years? Feel free to chime in on any of the above questions. There will also be a few surveys going out over the next few months.



Please take the time to share your thoughts.

Together we can keep Seniors in the Park a stellar program for the Whitewater community.

## HAPPY FEBRUARY BIRTHDAYS TO:

- 20 Madeleine Isch
- Dan Sable
- 21 Marie Roe
- 22 Gene Lee



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!

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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 (T/TH).. 262-473-0536  
Nutrition Site (M/W/F) 262-903-0436  
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

Interim: Brooke Friess

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

Name \_\_\_\_\_

E-Mail \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_