



June 2015

The Park Bench

Seniors in the Park Newsletter

SUMMER PICNIC

Tuesday, June 30 11 am—2 pm

It's time for some summer fun! We will roll out the yard games and some indoor ones, too. If you have a bean bag/corn hole game or a ladderball toss, we would like to borrow it for the day. We'll be serving brats or hamburgers, salads, dessert, and a beverage. Meal service will begin around noon, and you are welcome to come early or stay late (or both) and participate in the fun. **Please RSVP by June 24**, so we have enough food for everyone! Thanks to **Commercial Bank** for sponsoring a portion of the meal. All events will be held inside in case of wet weather.

Contact Deb if you have an outdoor or indoor game to share or if you are willing to make a pan of brownies or a batch of cupcakes. Those donating dessert will get in free.

Fee: \$2.00 Deadline to register is June 24



Corn Hole game



Watermelon Seed Spitting Contest

Volume XV Issue 6

WHAT'S INSIDE

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

5.....*Support Our Sponsors*

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

9-10.....*Calendars*

11.....*Support Our Sponsors*

12.....*Activities, Services & Thanks*

13.. *Your Senior Center and Coordinator's Comments*

14-15... *Info & Community*

Back*ADDRESS, Phone Numbers, and Subscription info*

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

Seniors in the Park Promotes & Enhances a Vital Aging Community

PEGS AND JOKERS

Tuesday, June 16, 10:00 am

Pegs and Jokers is a North American race game, using playing cards to move pegs around a board. It is a partnership game played with standard playing cards on a special board. It allows extra scope for strategy by giving players a choice of cards to play. Barb Dosemagen will teach a group of 6 to play. Please sign up by Thursday, June 11

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: June 16, 23, 30

Time: 9:30 am

Cost: \$5.00 residents

\$6.25 non-residents

Register at least 3 days in advance

SENIOR GOLF LEAGUE

Have fun with this recreational Golf League. Golfers must be 60 years old as of April 6 or spouse must be 60. Tee times are at 8:30 am; flag prizes are awarded weekly; and there is a luncheon to conclude the season. Play is at Oak Ridge Golf Course on Bowers Lake Road, Milton. The membership fee is \$6.00 and is paid on site.

KAYAK CLASS

Learn basic kayak skills, including safety. You will be on the water for 1 – 1 ½ hours. Please wear attire that can get wet such as quick dry shorts/shirt (no cotton) and/or swim suit. You must wear shoes that can get wet, no flip-flops. Optional are a hat and sunglasses with strap. Please no jewelry. When registering on wwparks.org, use the class numbers.



Instructor: Kris Koeffler, certified Kayak instructor

Time: 1:00 – 4:00 pm

Location: Whitewater Lake Beach, State Park Rd.

Fee: \$12.00, includes lake access fee

Minimum: 2/max 4

Deadline: June 15 (both classes)

Rain date: Monday, June 29

Session One: Thursday, June 25 Class # 4461.21

Session Two: Friday, June 26 Class # 4461.22

WATERCOLOR

A three week watercolor class with Karolyn Alexander-Tsharnack returns in June. Class details are available by emailing Karolyn at karolynalexander@att.net or www.Karolyn.biz.

Dates: Thursdays, June 11-25

Cost: \$30, Payable to instructor on the first day of class

Deadline: Monday, June 8



FLASH MOB

I have some ideas and dates for another potential flash mob. If you would like to participate, we will be practicing beginning in July. If you have any ideas

for songs or a theme let me know. The more participation and input we have the better, and more fun, it will be!

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

BEGINNING TAI CHI CH'UAN



Wednesdays, 10:30-11:30 am

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.

Continuing students will have class from 10:30—noon

Register for the class by Monday, June 8

COMMUNITY CONVERSATIONS ON DEATH AND DYING

Wednesday, June 10, 6:00—8:00 pm

The first meeting was a success with a wide variety of topics discussed. Talking, exploring and learning about death and dying helps a person to understand and often come to terms with mortality. Not talking about death creates fear, promotes myths and allows us to ignore the inevitable. Take a chance with this a unique opportunity to explore your beliefs, questions, emotions, and experiences about end of life, grief, impermanence, and other related issues. Using a format that is similar to the popular Death Café model (www.deathcafe.com), these gatherings provide a casual, safe, and supportive environment in which to share with and learn from others. Experienced facilitators from Rainbow Hospice Care provide encouragement, insight, and inspiration as participants share their stories—or simply listen to others. Light refreshments are served.

If you are interested in attending the next Community Conversation on Death and Dying, let us know in advance by calling (262) 473-0535 or emailing dweberpal@whitewater-wi.gov; (920) 674-6255, or emailing karen.reppen@rainbowhospicecare.org or online at schedulesplus.com/wwtr or wwparks.org. For more information, visit the Events page at: www.rainbowhospicecare.org.

BOOK WORMS

Monday, June 1, 10:30 am

The Book Club will discuss *Still Life With Bread Crumbs* by Anna Quindlen. The book for July is *Vintage* by Susan Gloss.

Vintage is Susan Gloss' debut novel in the vein of *The Friday Night Knitting Club*, centered around the Hourglass Vintage



clothing shop in Madison, Wisconsin and a group of women who eventually transform the store and each others' lives.

Every item in the boutique has a story to tell and so do the women who are drawn there. Violet Turner has always dreamed of owning a shop like Hourglass Vintage. When she is faced with the possibility of losing it, she realizes that, as much as she wants to, she cannot save it alone. An engaging story that beautifully captures the essence of women's friendship and love, *Vintage* is a charming tale of possibility, of finding renewal and hope, when we least expect it.

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

schedulesplus.com/wwtr

OR

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

POLE WALKING INSTRUCTION

Turn your walk into a total body workout by using poles. Increase your cardio workout by 20% and calorie burn by up to 48% more! Lessen the impact on joints, naturally align your spine, and work your core. Thirty minutes of pole walking equals 50 minutes of regular walking. It's perfect for any age!

Instructor: Deb Weberpal
 Fee per class: \$8.00 Residents;
 \$10.00 Non-Residents
 Date: Wednesday, July 8
 Time: 8:30 am
 Class #: 5301.22
 Deadline: Wednesday, July 1
 Min/Max: 3/6 People



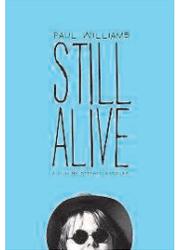
MOVIES: SPONSORED BY MULBERRY GLEN

It's summer, and, in addition to our usual films on the 2nd and 4th Tuesdays, we'll be screening a Foreign Film or documentary on Wednesdays, in the middle of the month. Some films are not in color; most are shown in their original language, with English subtitles. In the "big city," we would be considered an "art house." Enjoy.

"Still Alice"

Tuesday, June 9, 12:30 pm
 Rated PG-13, 1 hr. 41 min.

Julianne Moore's performance as a professor diagnosed and struggling with early-onset Alzheimer's, garnered her Oscar and Golden Globe awards for Best Actress. A solid supporting cast includes Alec Baldwin, Kristin Stewart, and Kate Bosworth.



"Ida"

Wednesday, June 17, 12:30 pm
 Rated PG-13, 1 hr. 22 min.
 Poland, Black and White film

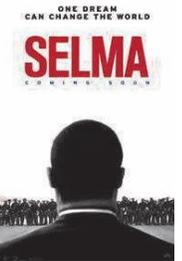
Oscar Winner for Best Foreign Language Film of the Year. Shown in Polish with English subtitles. It is Poland, 1962: Ida, raised by nuns in a Catholic orphanage during the Nazi occupation, is poised to join the order, when she learns she has a surviving relative, an aunt. A trip across Poland to discover her origins ensues.



"Selma"

Tuesday, June 23, 12:30 pm
 Rated PG-13, 2 hrs. 8 min.

Historical drama about Martin Luther King's 1965 march from Selma to Montgomery, Alabama to push for voting rights. Nominated for Best Picture, Oscar and Golden Globes. War II. (2014)



SUMMER RECIPE—CREAMY CHICKEN SALAD

2 c. cubed, cooked chicken breast	3 celery ribs, chopped
1 c. cooked small ring pasta	1/2 c. slivered almonds
1 c. halved, seedless red grapes	1 c. mayonnaise
1 can (11 oz) mandarin oranges, drained	1 c. light whipped topping
1/4 tsp. salt	Lettuce Leaves, optional
1 T grated onion	

In a bowl combine the chicken, pasta, grapes, oranges, celery, almonds and onion. In another bowl combine the mayonnaise, whipped topping and salt. Add to the chicken mixture, stir to coat. Serving in a lettuce lined bowl, if desired. Yield 6 servings. (From the Seniors in the Park cookbook)

AUMANN'S SERVICE INC.

Body Specialists
Quality Painting
24 Hr. Towing
122 E. Dane
(920) 674-2349
After Hours
(920) 674-6164

DR. LUKE J. SMITH
Doctor of Chiropractic

Luedtke-Storm-Mackey Chiropractic Clinic, S.C.

LSM Chiropractic
1173 W. Main St. Ste B
Whitewater, WI 53190
www.lsmchiro.com
Clinic Phone: 262-753-0017



DALEE WATER CONDITIONING

MADE IN THE USA
Water Softeners & Iron Curtains
262-473-5524
www.daleewater.com

OLSEN FUNERAL SERVICES

Whitewater, WI
DIGNIFIED SERVICE IN A HOME-LIKE SETTING
Serving Whitewater & Surrounding area's since 1987
221 S. Center Ave.
Jefferson, WI 53549
262-473-5101

We Care Every Day, In Every Way

Experienced senior care for total peace of mind

Personal Cares (bathing, toileting, dressing assistance) ~ Medication Reminders
Errands ~ Shopping ~ Dr. Appointments ~ Light Housekeeping
Meal Preparation ~ Companionship ~ Respite Care for Families

608-756-4100 or Toll Free 877-276-7039



We offer **FREE** local pick up and delivery service. We service all makes and models.



Downtown Whitewater
262-473-4330



The Works \$29.95

Includes:

- Oil change - Tire rotation
- Brake inspection
- Multi-point inspection
- Fluid top-off - Battery test - Filter check - & Belts and hoses check.



"Make Our House your home"

OUR HOUSE
Memory Care
945 E. Chicago St.
Whitewater, WI

OPEN FOR TOURS & ROOMS AVAILABLE
Please contact Alyssa Kauer
262-473-1011



Dr. Thomas Rowley, D.D.S., S.C.

(262) 473-2242

128 N. Tratt St.
Whitewater, WI 53190

 New Patients Welcomed!
whitwatergentledentistry.com

Love Your Home?



Stay with help you can count on.
Call Society's Assets.
(262) 723-8181

- ▶ Personal Care ▶ Household Tasks
 - ▶ Companionship and Respite
 - ▶ Home Accessibility Solutions
 - Telephones and Gadgets to Increase Independence
 - ▶ Certified WI Medicaid Personal Care Provider
- Call today for information or to arrange a **FREE** in-home needs assessment for yourself or a loved one.



societysassets.org
Caregiving Since 1974

People are looking for your business.



Help them find it by **advertising here.**

Contact Dennis Thompson to place an ad today!
DThompson@4LPi.com
or (800) 950-9952 x2470

HELP PROTECT YOUR FAMILY

With a home security system monitored by ADT professionals 24 hours a day, 7 days a week. As an added benefit, installing a Security System may qualify you for a Homeowners Insurance discount.

CALL NOW! 1-888-891-6806



HOME SECURITY TEAM



"Where life is added to years"

A Continuing Care Retirement Community

- Patio Homes Supportive Services
- Independent Apartments
- Memory Care Assisted Living
- Skilled Nursing & Rehabilitation

Discover the Fairhaven Difference!

Fairhaven Senior Services
435 West Starin Road Whitewater
262-473-2140 www.fairhaven.org



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.

AUTUMN IN THE ADIRONDACKS



October 3—10, 2015

Savor the views on 'Autumn in the Adirondacks' in upstate New York. Highlights include: Saratoga Springs and the famed Race Track; a ride on the Saratoga & North Creek Railway along the Hudson River; narrated lunch on Lake George; Lake Placid tour (site of two Winter Olympics); a 1000 Islands cruise on the St. Lawrence River; and visits to Singer Castle, Antique Boat Museum, George Eastman House, and the Chapman Museum, with dinner in a log cabin; one night at Turning Stone Casino Resort; free home or local pick-up and return; and 13 meals. This is a coach bus tour with Mayflower Tours.

\$1798 per person double; \$2607 Single

Cancellation fee waiver available for \$60.00

Detailed itineraries are available at the Starin Park Community Building, by calling the center or emailing Deb at deberpal@whitewater-wi.gov

SAN DIEGO & BAJA CRUISE

Highlights:

- * San Diego City Tour
- * Lunch at the Hotel del Coronado
- * Old Town San Diego
- * San Juan Capistrano
- * La Jolla
- * 4 night Princess cruise
- * Avalon, Catalina Island
- * Ensenada Mexico*



Tour and staterooms range from \$2145-\$2495 dbl

See itinerary for single supplement

Includes roundtrip airfare from Milwaukee, 15 meals, transfers, Tour Manager, and more! \$100 booking discount if deposit by October 31, 2015

and final payment made with check.

Premier World Discovery

*Passport required for this trip

MOTORCYCLE OUTINGS

We will be offering rides out of Starin Park through October. Meet new people and enjoy a day of sunshine, with the wind in your face. Riders must arrive prior to departure to show proof of insurance (card you should be carrying) and fill out a participation form, if this is your first ride with us in 2015. Helmets are recommended. Call with your email or phone number to text to, and we'll keep you current on upcoming rides and rain dates.

June 7—Rockton Chicken BBQ. Ride through the unglaciated part of the state and the Kickapoo River Valley on your way to an incredible chicken dinner. This trip will depart at 9:00 am from the Westsider Citgo Station (lot west of the station). Group Leader is Bill McCormick. Round trip approx. 300 miles. (This was one of our most popular rides last year.)

June 26—Wisconsin Dells Ramble. Have lunch in the Dells area. Enjoy a relaxing afternoon in the Dells area and then a stop at Norms Hideaway on Lake Koshkonong on the way back for fish fry. Leave at 10:00 am; home by 8:00 pm. Group Leader is Tim Otterbacher. Round trip approx. 200 miles.

July 7—Mystery Ride; lunch included. Group Leader is Bruce Parker.

July 16—Frank's Diner and Russell Military Museum. Museum fee is \$10. Rain date July 17.

August 20-21— Overnight trip to Doc's Harley Davidson, Bonduel, and Green Bay Packer Hall of Fame/Lambeau Field.

September 8—Richland Center and Apple Orchard. Rain Date September 9.

September 18-19—Overnight to Galena and Savannah, IL.

October 3—WI Auto Museum and Mine Shaft. Rain date October 10.



GREEN BAY



Thursday, August 6



Tour historic Lambeau Field and the Hall of Fame. Enjoy an included lunch of comfort food (meatloaf, mashed potatoes, garden salad, and fresh baked cookies) at the stadium. In the afternoon, there will be a guided tour of the beautiful Green Bay Botanical Gardens. They even have a hobbit house (restrooms) in the children's gardens.

Fee: \$80 (checks made out to the Fort Atkinson Senior Center)
Pickup time: Starin Park 7:00 am; K-Mart Parking lot 7:30 am
Estimated return: Fort 6:30 pm; Whitewater 7:00 pm
Deadline to sign up/pay: July 15

CHAIN O' LAKES BOAT TOUR



Wednesday, July 15

Sit back, relax, and enjoy a one-hour boat tour on the Chain O' Lakes, with lunch served at the Port O' Blarney. After lunch, visit the quaint village of Antioch. We'll stop at the Historical Museum, known for its Civil War Dress Exhibit, which

includes dresses, bonnets, parasols, shoes, and children's items. Pickard China is also in Antioch. Pickard China has been made for the White House, Air Force One, kings and queens, corporations, and more. It has a small museum, and you can also purchase items. You will have time to stroll in the town and maybe find a spot for a sweet dessert.

Fee: \$66.00
Deadline: June 15
Depart: 9:00 Fort K-Mart; 9:30 Starin Park
6:00 Starin Park; 6:30 Fort K-Mart

Trip is Waiting List Only. We have to stay above 50 people so please get on the wait list.



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

Van Trips

MADISON MALLARDS

Thursday, July 23

It will be a great night at the Duck Pond beginning with the Pepsi Tailgate. You will have 90 minutes of tailgating bliss, including all-you-can-eat burgers, brats, hot dogs, cranberry walnut chicken salad sandwiches, veggie burgers, potato salad, coleslaw, and chips AND all-you-can drink soda and water. Watch the game from your reserved seat in the Grandstand where you can watch the antics of Maynard and maybe even some of the game.



Fee: \$29.00
Deadline: Wednesday, July 1
Depart Starin Park: 4:15 pm
Return: 11:00 pm (approx)

We are always looking for ideas for extended travel as well as local ideas. Please feel free to share yours.



DON'T LET FINANCES KEEP YOU FROM PARTICIPATING
Scholarships are available for those who cannot afford the required fees for Seniors in the Park programs. Talk to Deb, if you are interested in applying for scholarship funds.

LUNCH BUNCH

Thursday, June 11, 10:30 am

Lunch will be at Spinnakers in Oconomowoc. We will also stop at the Brownberry Bread outlet.

Fee: \$5.00

RSVP by Tuesday, June 9

JANESVILLE SHOPPING

Wednesday, June 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.

Fee: \$5.00

RSVP by Tuesday, June 2.

SUNNY SIDE UP BREAKFAST CLUB

Thursday, June 18, 8:30 am

Venture to the Bass Creek Café in Afton known for their home cooking. Depart at 8:30 am, and return approximately 11:30 am.

Fee for transportation: \$5.00

RSVP by Tuesday, June 16

Please Note—The date in July will be Wednesday, July 22

UPCOMING VAN TRIPS

- Aug.: WI State Fair
Chicago Architectural Tour
- Sept: Larson's Clydesdales
Fall Apple trip
Lake Geneva Hike
- Oct: Holy Hill and Nativity
Collection

NEW VAN TRIP POLICY

Because of the popularity of our van trips, and to make it fair for everyone, we will not take reservations until the first of the month the trip appears in the newsletter. All van trips must be paid for within one week of reservation, or you will be removed from the trip.

LAKE GENEVA HIKE

Wednesday, June 24

Get up close and personal with the Lake Geneva mansions, as you walk a portion of the trail which goes around the entire lake. The hike will consist of two, 3.5 mile sections from Williams Bay to Lake Geneva. The path can be very uneven in places. The van will be available to drop you off at the desired start point or pick you up at the finish of a 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 Return after lunch.



2014 Hikers

EAA MUSEUM AND SWEET TREATS

Wednesday, June 10

Our rest stop on the way to Oshkosh will be Guth's End of The Trail Candy Shoppe in Waupun. At the EAA, you will view a 20-minute movie, and then there will be a one-hour guided tour and time in the gift shop. Lunch will be on your own at La Sure's Cake and Cafe, an award winning bakery and café with homemade food.

Fee: \$26.00 Deadline: Wednesday, May 20

Depart Starin Park: 8:30 am, Return: 4:30 pm

Trip is waiting list only.

EPIC AND THE FLOWER FACTORY

Wednesday, July 29 (tentative)

We begin this adventurous day with lunch on your own Deak's in Stoughton. Afterward, visit the gardens, greenhouses, and a garden train at the Flower Factory. **Epic** is a privately held health care software company, in Verona, which employs more than 8,000 people. Working at Epic is similar to working at Google or Apple. The atmosphere of buildings and workspaces is developed to induce creativity.

There will be a lot of walking on this trip.

Fee: \$10.00

Depart: 10:45 am; Return: 5:30 pm

Activity Calendar

9

June 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
1 8:30 Golf (OR) 8:45 Core & More 9:30 FUNctional Fit 10:30 Book Club 12:00 Senior Forum 12:30 Pickleball (A) 1:00 Euchre 1:00 Canasta 1:00 Mah Jongg	2 9:00 Pickleball (A) 9:30 Computer Tutor 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 12:30 Toenail Clinic 1:00 Pinochle 1:00 Sheepshead	3 9:00 Janesville Shop 9:30 Indoor Walking 11:00 Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess	4 8:45 Core & More 9:30 FUNctional Fit 7:20 am the Torch Run goes through Whitewater	5 9:30 Indoor Walking 12:30 Pickleball (A) 6 7 9:00 Motorcycle trip to Rockton Chicken BBQ—Leave from Westsider
8 8:30 Golf (OR) 9:30 FUNctional Fit 12:30 Pickleball (A) 1:00 Euchre 1:00 Mah Jongg	9 9:00 Pickleball (A) 9:30 Computer Tutor 10:00 Mulberry Glen Bingo 12:30 Mulberry Glen Movie "Still Alice" 1:00 Sheepshead	10 8:30 EAA trip departs 9:30 Indoor Walking 10:30 Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess 6:00 Community Conversation on Death and Dying	11 9:30 FUNctional Fit 10:30 Lunch Bunch 11:30 Watercolor Office closes at 12:00	12 9:30 Indoor Walking 12:30 Pickleball (A)
15 8:30 Golf (OR) 9:30 FUNctional Fit 12:30 Pickleball (A) 1:00 Euchre 1:00 Canasta 1:00 Mah Jongg Office closes at 1:00	16 9:00 Pickleball (A) 9:30 Computer Tutor 10:00 Pegs & Jokers 10:00 Scrabble 10:30 Meal Site Game Day 1:00 Sheepshead Office closes at 12:30	17 9:30 Indoor Walking 10:30 Tai Chi (A) 12:30 Pickleball (A) 12:30 Mulberry Glen Foreign Movie "Ida" 1:00 Chess Office open 11:30—2:30	18 8:30 Sunny Side Up Breakfast Club 9:30 FUNctional Fit 1:00 Watercolor 7:00 Family Fun Night: The Science Alliance (L) Office closes at 1:00	19 9:30 Indoor Walking 12:30 Pickleball (A) 
22 8:30 Golf (OR) 9:30 FUNctional Fit 12:30 Pickleball (A) 1:00 Euchre 1:00 Mah Jongg Office closes at 1:00	23 9:00 Pickleball (A) 9:30 Computer Tutor 10:00 City Bingo 12:30 Mulberry Glen Movie "Selma" 1:00 Sheepshead Office closes at 12:30	24 9:00 Lake Geneva Hike departs 9:30 Indoor Walking 10:30 Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess Picnic RSVP deadline	25 9:30 FUNctional Fit 1:00 Watercolor 1:00 Kayak Class 7:00 Concert - The Dang-Its (L) Office closes at Noon	26 9:30 Indoor Walking 10:00 Dells Motorcycle Trip departs 12:30 Pickleball (A) 1:00 Kayak Class
29 8:30 Golf (OR) 9:30 FUNctional Fit 12:30 Pickleball (A) 1:00 Euchre 1:00 Canasta 1:00 Mah Jongg	30 9:00 Pickleball (A) 9:30 Computer Tutor 11:00 PICNIC 1:00 Sheepshead 			Activities take place at the Starin Park Community Building unless otherwise noted. (A)=Downtown Armory (OR)=Oak Ridge Golf Course, Milton (L)=Cravath Lakefront

10 Walworth County Nutrition Menu

June 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1 Roast Beef and Gravy Mashed Potatoes Beets Strawberry Cake Dinner Roll	2 @ Starin Park BBQ Chicken Leg/Thigh Sweet Potatoes Broccoli Melon Mix Wheat Bread	3 BBQ Chicken Leg/Thigh Sweet Potatoes Broccoli Melon Mix Wheat Bread	4 Chicken Waldorf Salad Tossed Salad Marinated Vegetables Brownie Wheat Bread	5 Italian Wedding Soup Med. Mixed Vegetables Tossed Salad Mand. Orange/Pine. cup Wheat Bread	
8 Baked Chick. Drums. Mashed Potatoes Broccoli Carrot Bar Wheat Dinner Roll	9 @ Starin Park Western Meatloaf Au gratin Potatoes Garden Vegetable Tropical Fruit Wheat Bread	10 Quiche w/Broc. & Cheese Potato Casserole California Mix Veg Pineapple Tidbits Wheat Roll	11 Spaghetti & Meatballs San Francisco Blend Green and Gold Beans Melon Mix French Bread	12 Chicken Salad Tossed Salad Carrot Raisin Apple Salad Apricots; Cheesecake Bar Wheat Dinner Roll	
15 Beef Stew with potatoes Cauliflower Pineapple with grapes M&M Cookie Baking Powder Biscuit	16 @ Starin Park Grilled Pork Chops Carrots Red Cabbage Melon Mix Wheat Bread	17 Salisbury Steak Sweet Potato Peas Fruit Cocktail Dinner Roll	18 Grilled Rasp. Chicken Hot Peaches w/Granola Tossed Salad Carrot Cake Wheat Bread	19 Scalloped Chic. w/mush. Rice Pilaf Sliced Beets; Gr. Beans Peaches Wheat Bread	
22 Turk. Tetra. Penne Pasta Green and Gold Beans Stewed Tomatoes Chocolate Chip Cookie Wheat Bread	23 @ Starin Park Penne Pasta w/Tomato Herb Meat Sauce Squash & Broccoli Melon Mix Bread Stick	24 Chick. Pasta Caesar Salad Tossed Salad Applesauce Sugar Cookie Dinner Roll	25 BBQ Pork Sandwich Baked Beans Carrots Peaches Hamburger Bun	26 Polish Sausage San Fran. Blend Veggies Rosemary Red Potatoes Vanilla Pudding Wheat Roll	
29 Green Pepper Casserole with rice Garden Blend Veggies Watermelon; Jell-O Dinner Roll	30 PICNIC No meal site today. Sign up for the Seniors in the Park Picnic by June 24. See page 1 for more details.				Persons 60 and over and their spouses are eligible. Suggested donation is \$3.00. To reserve a meal, for Tuesday, call 262-903-0436; Monday, Wednesday through Friday, call 10:00 am to noon; or call Walworth County at 1-800-365-1587, ext. 3333 by noon the day prior. Call the 800 number to cancel meals day of by 8:00 am. Mealsite is at Brookdale Manor, 1061 Blackhawk Dr. Monday and Wednesday through Friday.

Mulberry Glen
Senior Living Community

Stop by for your personal tour!

Discover care free retirement living at Mulberry Glen, where it's not just your apartment, it's your home!

We proudly offer:

- 1 & 2 Bedroom apartment styles
- Heat & water included
- No endowment fees
- On-site amenities & services
- Activities & social gatherings
- Amazing move-in specials!

Don't wait! Call today!

262-473-4515

1255 West Main Street • Whitewater
www.CapriCommunities.com

Jessica's Family Restaurant & Banquet Room

Breakfast All Day • Fish Fry Friday
Homemade Potato Pancakes,
Soups & Specials

Now available for parties up to 80 people
Now featuring beer & wine

Call Today 473-9890
140 W. Main St.

PROTECTING SENIORS NATIONWIDE

PUSH TALK

24/7 HELP

\$19.95*/Mo. + 1 FREE MONTH

- > No Long-Term Contracts
- > Price Guarantee
- > American Made

TOLL FREE: 1-877-801-7772

*First Three Months

HOLIDAY SPECIAL




WHY PATIENTS
CHOOSE FORT HEALTHCARE

Fort HealthCare
Center for Joint Replacement

EXCELLENT PATIENT EXPERIENCE

Overall Satisfaction	Definitely Recommend
87% FORT HEALTHCARE	87% FORT HEALTHCARE
67% WISCONSIN	72% WISCONSIN

RAPID RECOVERY & TRANSITION BACK HOME

Days in the Hospital	Go Directly Home
2 DAYS (FORT HEALTHCARE)	91% (FORT HEALTHCARE)
3.7 DAYS (WISCONSIN)	69% (WISCONSIN)

LOW COMPLICATION RATE

In Hospital	Within 30 Days
0% ..FORT HEALTHCARE..	2.5% ..WISCONSIN..
2.6% ..NATIONAL AVERAGE..	4.0% ..WISCONSIN..

McCullough's

PRESCRIPTIONS GIFTS

1173 W. Main Street
473-5065

CREATIVE BALANCE
massage & wellness

953 E. Milwaukee Street
Whitewater

414-750-4321

Are you covered?

Pre-funding your final expenses is a way to avoid leaving financial burden to your survivors

- Policy Benefits paid directly to any Funeral Home
- No underwriting, Guaranteed issue
- Preserve assets to pay for your final expenses, Medicaid exempt

Contact Peggy at Senior Strategies for more information.

Call (262) 716-4301

Website: www.seniorassetprotection.com

Strand's On the Floor

"floor coverings to fit your lifestyle"

1202 E. Bluff Road
Whitewater, WI 53190
262-472-9495
Fax 262-472-9497
www.strandsonthefloor.com

FortHealthCare.com/Joint or call (920) 568-5318

www.creative-balance.com

Support Our Advertisers

Check the ads on this page before you check the yellow pages.

golden living centers

Exceptional Rehabilitation Department
Premier Alzheimer's Care Unit

430 Wilcox St.
Fort Atkinson
(920) 563-5533

Make Yourself at Home
Our Family Caring For Your Family

Celebrating over 150 Years of Service!



Trust Services:

- Administer your Will
- Administer your Trust
- Invest your Funds
- Pay your Bills

Serving Whitewater & East Troy

Member FDIC www.firstcitizensww.com

Home Health United Exceptional Care Comes Home

Home Health • Palliative Care • Hospice
Medical Equipment • Infusion Pharmacy
VoiceCare-Emergency Response System

Providing Quality & Compassionate Home Healthcare

Schedule an Info Visit Today!

1-800-924-2273 • HomeHealthUnited.org



The Nasco Catalog Outlet Stores

Senior Citizen Day

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

AS A SENIOR CITIZEN, YOU ARE ELIGIBLE FOR A 15%* STORE DISCOUNT

901 Janesville Ave. • Fort Atkinson
920-568-5600

SERVICES AT A GLANCE

Toenail Clinic: Tuesday, June 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.



John Rowe and Dorothy Moyer for Bingo prizes.

Bruce Lyon donated Several Western novels for our library.

Ellie Gerhartz and Marion Malo for donating towels for the Toenail Clinic.

DELAYAN CONCERTS IN THE PARK

Phoenix Park Bandshell

Most concerts are on the weekend and range from Jazz to Spiritual to Tribute to Classic Rock. Check out the line-up at phoenixparkbandshell.com. They are also on facebook.

BINGO

Tuesdays, 10:00 am

June 2: Culver's

June 9: Mulberry Glen

June 23: City Bingo



BINGO SPONSORS

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

CITY BINGO SPONSORS:

Topper's Pizza * Rosa's Pizza * Bergey Jewelry * Commercial Bank
Floral Villa * Bejing Buffet * Rick's * Jimmy Johns * Dale's Bootery
Pizza Hut * First Citizens State Bank * Fort HealthCare * Taco Bell
Jessica's Restaurant * McDonald's * Sweet Spot * Eastsider/Westsider
Dental Perfections * Ketterhagen Ford * Mirage Hair Studio
Binning & Dickens Insurance * Rocky Rococo Pizza * Tincher Realty
Fort Community Credit Union * Walworth Co. Nutrition * Subway
Jersey Mike's Sub * Yogurt Shoppe * Taco Fresco * Fairhaven

ACTIVITIES AT A GLANCE

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

Dominoes—First Tuesday 11:45 am

Euchre—Mondays 1:00 pm

'FUN'ctional Fitness—Mon & Thurs. 9:30 am; Residents: \$1.00 per class

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

GREETING CARDS

We have a great selection of Graduation, First Communion, Confirmation, and everyday cards. Most cards are priced from 65 cents to \$1.50. Stop in and check out our selection.



VOLUNTEER SPOTLIGHT



Dorothy Poehler has been volunteering with Seniors in the Park since 1992. Dorothy is active with the senior forum group that meets every month and helps with calling and various other things that help Seniors in the Park. She also has volunteered at the nutrition site, the One Stop Shop fundraiser, and the Easter Bunny Lunch

Dorothy says she enjoys volunteering with the Seniors in the Park because she likes the people and feels needed.

Dorothy also volunteers at the Whitewater Library book sale, St. John's Lutheran Church, and the Lutherdale Bible Camp with mailings and auctions.

Dorothy interests include playing euchre at Seniors in the Park, doing crosswords, and playing Sudoku.

Dorothy was born in the Upper Peninsula of Michigan and had lived in northern Wisconsin before moving to the Whitewater area. She worked in the lab at Larson's Canning Factory in Fort Atkinson, and retired in 1991.

We appreciate all that Dorothy does to help with Seniors in the Park!



Picnic Games: If you have a bean bag game, ladderball or other outdoor (or indoor) game we could borrow for the picnic June 30, please let Deb know.

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.

COORDINATOR'S COMMENTS

Advocacy is very important, no matter your age. Every time you go to the doctor, you have to advocate for yourself to get the care you need. We need to advocate for society and those who cannot advocate for themselves with our elected officials, from the city to the national level. Did you know that at the state level, five phone calls or emails about a specific topic gains their attention. Only 5!! Will you be one of those five?

Currently at both the state and national levels, there are huge things happening with benefits for older adults. The Older Americans Act (OAA) is up for renewal. There has been no increase in funding for OAA in almost 10 years. This means programs like nutrition sites and transportation have actually had decreases in their funding. Ladies, did you know that of those 75+ only 32% women live with a spouse. Many of these women, especially minority's, are often living just above or at the poverty level. Women, on average earn less than men so their benefits are less and they live longer. Maintaining OAA benefits is crucial to many older adults for basic needs.

At the state level, keeping SeniorCare and the Aging and Disability Resource Centers (ADRC) budgets intact has been a hard battle. I use the ADRC frequently, especially the Information and Referral service. They are local, impartial, professional and as a government agency, are not for profit. They advocate for your choice of care, whether in your home or an institution. The state budget proposes to have ADRC services managed by insurance companies, possibly out-of-state companies. I'll let you draw your conclusions.

I get emails and information frequently about OAA renewal and happenings at the state level. If you are interested in staying current with this information, please call or email and I will add you to our Advocacy Email List. You CAN make a difference and it only takes a few minutes.



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



ONLINE REGISTRATION AND PAYMENT AVAILABLE

Register and pay for trips and activities from home by going to 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.

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

FAMILY & FRIENDS CPR

Thursday, July 30, 5:30-6:30 pm (Adult CPR only)

Cravath Lakefront Center

Do you know what to do in an emergency?

Learn and practice adult 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.

Fee Resident: \$5.00 Fee Non Res.: \$6.25 both include book

Free: Senior center volunteers

Class #: 4504.21 (wwparks.org)

Deadline: Monday, July 20



FUN JUNE HOLIDAYS

Here are some fun holidays to help you celebrate June.

I'm sure you can come up with engaging ways to celebrate these "holidays".

June 8: Best Friends Day

June 15: National Smile Day

June 22: Chocolate Éclair Day

June 27: Sunglasses Day

June 10: Iced Tea Day

June 20: Ice Cream Soda Day

June 23: National Pink Day

June 29: Hug Holiday



NUTRITION SITE GAME DAY

The third Tuesday of the month is Game Day. Games begin at 10:00 am. The Nutrition Program is at Brookdale Manor on Monday, Wednesday through Friday. Meals must be reserved by noon a day in advance (call Friday for a Monday meal). On Tuesdays, call 262-473-0536; Monday, Wednesday, Thursday, 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



Please cut out this
"Thank You Coupon"
and present it the next time you
Patronize one of our Advertisers

Thank You

THANK YOU for Advertising with
Seniors in the Park

*I am patronizing your business
because of it!*

Advertiser of the Month



CARS • TRUCKS • SALES • SERVICE
117 North First Street • Phone (262) 473-4330
www.ketterhagenford.com

SUMMER CONCERTS AND FAMILY FUN NIGHTS IN THE PARK

Free at Cravath Lakefront Park, Thursdays, 7:00 pm

June 18 The Science Alliance—Close Encounters of the Chemical Kind.

Demonstrations and hands-on activities to stimulate kids' curiosity.

June 25 The Dang Its

This "Atmospheric" band plays all kinds of music from gritty alt-country to jazzy western swing jump tunes to ballads.

July 9 The Big Rig Gig

Explore dump trucks, tractors, skid loaders, and semis; create your own hard hat, and more.

July 16 The King and Diamond

SPONSORED BY SENIORS IN THE PARK

The Elvis Presley and Neil Diamond Tribute Show.

July 23 Messy Fest

Wear old clothes and paint your feet, catch cheese puffs with your head, and many more exciting surprises for kids.

July 30 Funky Blue Reaction

Band of misfits that plays Rockin' Music from the 50's, 60's, 70's, and more.

August 6 David Stokes

David uses live creatures, animal artifacts, songs and short stories to make learning fun.

August 13 Piper Road Spring Band

Band born into the age of rock and roll with individual backgrounds as diverse as classical, folk and Dixieland.

Summer dinner baskets are available for purchase from The Black Sheep to enjoy at the park during the above events. Stop in or call ahead at www.eatatblacksheep.com or 262-458-4751.



PARKS & RECREATION

Visit wwparks.org for the Winter/Spring brochure or pick one up at the Community Building.

VOLUNTEER APPRECIATION



Volunteer of the Year
Romelle Koch

ATTRACTION TICKETS

Discounted tickets to the Milwaukee Zoo, Mt. Olympus (Wisconsin Dells), Noah's Ark (Wisconsin Dells), and Six Flags Great America & Hurricane Harbor are available for purchase at the Municipal Center, First Floor, Finance window, between 8:00 am—4:30 pm, Monday through Friday. Tickets are available now through August 28. Payment can be made by cash, credit card, or check. Savings can be found in the 2015 Summer & Fall Guide or on line at wwparks.org.



Seniors in the Park

PO Box 178
Whitewater WI 53190



Accredited by the
Wisconsin Assoc.
of Senior Centers

MEMBER:

Wis. Association of Senior Ctrs.
Wis. Parks & Recreation Assn.
National Council on Aging
Nat'l Institute of Senior Centers
Nat'l Parks & Recreation Assn.
Intern'l Council on Active Aging

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

Nate Karraker

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

NEWSLETTER SUBSCRIPTION OR PICK-UP SITES

To have the Seniors in the Park Newsletter mailed to your home for one year, send **\$8.00** with this coupon. To receive the newsletter **FREE**, go online to www.whitewater-wi.gov, click on Departments, then Seniors in the Park or www.whitewaterbanner.com and look for the link in the left column or www.seekandfind.com. The newsletter is available for pick up at the Starin Park Community Building, Municipal Building, the Whitewater Aquatic and Fitness Center, the Irvin L. Young Memorial Library and other businesses in Whitewater.

Name _____

E-Mail _____

Address _____
