



March 2015

The Park Bench

Seniors in the Park Newsletter

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 (wwparks.org)

Fee: \$3.00

Deadline: Tuesday, March 10



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, its 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

Volume XV Issue 1

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Seniors in the Park Promotes & Enhances a Vital Aging Community

PEGS AND JOKERS

Third Tuesday, 10:00 am

Pegs and Jokers is a North American race game for four, six, or eight players, using playing cards to move pegs around a board. Pegs and Jokers 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, March 12.

EUCHRE RETURNS

Mondays, 1:00

I have had requests to play Euchre instead of Bid Euchre. Call a friend and show up to play. We'd love to see you.



SKYPE CLASS

Monday March 9; 2:00 pm

No Facebook this month, instead we will be learning how to use Skype. Video chat with family and friends far away. You must bring a laptop or tablet with a camera.

Register by Thursday, March 5.



SINGING GROUP

Thanks to those that have signed up. We will be starting a group in the fall. There's still time to ask a friend to join!

FAMILY AND FRIENDS CPR

Thursday, March 12, 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.

Deadline: Monday, March 9

Fee Resident: \$5.00 includes book

Fee Non Res.: \$6.25 includes book

Free: Senior center volunteers



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

Wednesdays, 1:00 pm



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.

AARP TAX ASSISTANCE

Wednesdays

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.



NUTS IN A NUTSHELL

Rescheduled to Monday, March 23, 1:00 pm

Nuts are an easy way to add flavor and nutrition to any meal or snack. They are packed with important vitamins, minerals, and plant compounds that may help reduce the risk for chronic disease. Research shows that adding nuts can be a very beneficial nutritional practice. Which nuts should you eat daily? Don't know the difference between a macadamia or pistachio? Pecan or walnut? We'll discuss the basics of the nut family, along with samples and suggestions for adding nuts to your diet.

Presenter: Jenny Wehmeier, UW-Extension

Fee: \$2.00

Deadline: Wednesday, March 16



WATERCOLOR: ADDING COLLAGE TO A WATERCOLOR PAINTING

This two-week watercolor session will focus on adding collage to a watercolor painting. Topics will include color, texture, values, and composition. Subject matter may include floral, landscape, or still life. 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.



Dates: March 5 and March 12, 1:00-4:00 pm

Cost: \$20 payable to instructor on March 5 by cash or check.

Deadline: Monday, March 2

Instructor: Karolyn Alexander Tscharnack, www.karolyn.biz

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.

BRAIN FITNESS FAIR

Wednesday, April 15, 1:00pm-3:00pm

You are invited to take part in our upcoming Brain Fitness Fair. Our desire is to make this event not only informative, but more importantly, as interactive as possible so that you will leave with a better understanding of how to keep your mind healthy. We would love for you to participate in this event and use your brain to its fullest capacity through the implementation of games, activities, and interaction.

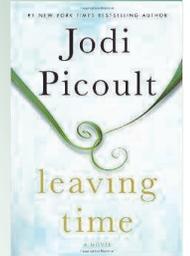


BOOK WORMS

Monday, March 2 10:30 am

The Book Club will discuss *The Complete Maus: A Survivor's Tale* by Art Spiegelman. The book for April is "*Leaving Time*" by Jodi Picoult.

For more than a decade, Jenna Metcalf has never stopped thinking about her mother, Alice, who mysteriously disappeared in the wake of a tragic accident. Refusing to believe she was



abandoned, Jenna searches for her mother regularly online and pores over the pages of Alice's old journals. Desperate to find the truth, Jenna enlists two unlikely allies in her quest: Serenity Jones, a psychic who rose to fame finding missing persons, only to later doubt her gifts, and Virgil Stanhope, the jaded private detective who'd originally investigated Alice's case along with the strange, possibly linked death of one of her colleagues. As the three work together to uncover what happened to Alice, they realize that in asking hard questions, they'll have to face even harder answers.

As Jenna's memories dovetail with the events in her mother's journals, the story races to a mesmerizing finish. A deeply moving, gripping, and intelligent page-turner, *Leaving Time* is Jodi Picoult at the height of her powers.

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

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

**Last Core and More
class is March 16. See
you in April**

SENIOR FORUM

The Senior Forum group would like your input. Our fund raising account is currently rather healthy. We would like to move approximately \$2400 to a van fund to start setting aside for a new van or for repairs, if needed. If anyone has issues with this or thinks it is a grand idea, please call, email or attend the next Senior Forum on Monday March 2 at noon. Thanks for your input!



MOVIES:

SPONSORED BY MULBERRY GLEN

"Birdman: The Unexpected Virtue of Ignorance"

Tuesday, March 10, 12:30 pm

Rated R, 1 hr. 59 min.



Nine Oscar Nominations, including Best Actor nominee Michael Keaton as a washed up actor, still best-known for playing an iconic superhero (think Batman), who attempts to recover his career, his family, and himself in the days leading up to his hoped for Broadway comeback. An odd, quirky, black, surreal comedy/drama. (Rated R for language, sexual conduct, brief violence)

"The Theory of Everything"

Tuesday, March 24, 12:30 pm

Rated PG-13, 2 hr. 3 min.

5 Oscar Nominations. The real life story of astrophysicist Stephen Hawking, his discoveries, the diagnosis of ALS that almost stopped him, and the love of the woman who kept him going. Based on Jane Hawking's memoir.



"The Judge"

Tuesday, March 31, 12:30 pm

Rated R, 2 hours, 21 min.



A hotshot, big-city lawyer (Robert Downey, Jr.) returns to his small Indiana hometown for his mother's funeral, to learn that his estranged father, a strict, authoritarian, by-the-book town judge (Robert Duvall) has been arrested for murder. The son's reluctance and attempt to defend his cold, detached father results in the two actors' emotional tour de force. (Rated R for language)

VOLUNTEER APPRECIATION

Mark your calendars for our annual event which will be held on Friday afternoon, May 8. We will be having a wine tasting paired with chocolates and cheese. NA wine and other beverages will be available. We are currently working with a winery to schedule the event. More info next month.



SAVE THE DATE

May 13, 10:30 am

"Asset Protection Planning Strategies for Seniors"

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

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. Deposits due by April 1.

AUTUMN IN THE ADIRONDACKS

October 3—10, 2015

Savor the views of Autumn in the Adirondacks of upstate New York. Highlights include: Saratoga Springs and the famed Race Track, ride the Saratoga & North Creek Railway along the Hudson River, narrated lunch on Lake

George, tour the town of Lake Placid, site of two Winter Olympics, a 1000 Islands cruise on the St. Lawrence River & visit Singer Castle, Antique Boat Museum, George Eastman House, the Chapman Museum and 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



Trip Preview
Fri. March 6
11:00 am
RSVP by
March 3

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. **This is a fly/drive trip.**

\$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. Deposits due March 11

Trip Preview
Wed. March 11
11:00 am
RSVP by
March 8

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

THE GREAT CHICAGO FIRE & A CITY REBORN

Wednesday, April 29



****Note: Lunch venue change****

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 at Pompeii.** 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, \$3 off dinner, \$2 off lunch for day 2, and free breakfast at Island Resort.

Depart: K-Mart in Fort 8:00 am; Return: Approx. 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

Wait List only



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 afterward at the Port O' Blarney. After lunch visit the quaint village of Antioch. We'll stop at the Historical Museum which is know for its Civil War Dress Exhibit. Pickard China is in Antioch. Pickard China has been made for the White House, Air Force One, kings & queens, corporations and more. It has a small museum and you can purchase items, too. You will have time to stroll in the town and maybe find a spot for a sweet dessert.

Fee: TBD

Deadline: June 15

(More info next month)

Van Trips

LUNCH BUNCH

Thursday, March 12, 10:30 am

Lunch will be at the Cracker Barrel in Janesville with a stop to smell the flowers at K&W Greenery. Enjoy lunch, meet new friends or socialize with old friends.

Fee: \$5.00

RSVP by Tuesday, March 10.

JANESVILLE SHOPPING

Wednesday, March 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, March 3.

UPCOMING VAN TRIPS

- June: EAA Air Museum
Snappers Baseball
Lake Geneva Hike
- July: Mallards Baseball
- August: WI State Fair
Chicago Architectural Tour
- Sept: Larson's Clydesdales
Fall Apple trip
Lake Geneva Hike
- Oct: Holy Hill and Nativity
Collection



MEN'S BREAKFAST GROUP

Tuesday, March 10, 8:30 am

Travel to the Genesee Depot Café.

There has been a request from some who can't make a Tuesday breakfast. If you are able to attend a first or third Thursday morning breakfast, please let Deb know by March 10.

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

Fee: \$5.00 (transportation)

Deadline: Friday, March 6



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. This year they are featuring music from Neil Diamond, Queen, Wicked, and the Wizard of Oz. Dinner will be on your own at the Coliseum Bar. A great place to eat, along with a history of UW athletics.



Fee: \$31 (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

EPIC AND THE FLOWER FACTORY

Wednesday, May 27

We begin this adventurous day with lunch on your own in Stoughton. Afterward, the colors and scents of the Flower Factory will amaze you. They have gardens, greenhouses and a garden train (weather permitting). **Epic** is a privately held health care software company, whose systems are installed in large major hospitals, and hold the medical records of 54% of patients in the U.S. Epic is headquartered in Verona, where it employs more than 8,000 people. In 2015, it plans the fifth phase of expansion with five new buildings each planned to be around 100,000 square feet. The unique and quirky buildings have names such as Ganymeade, Miss Kitty, Heaven, Kohoutek and more. The parking area is covered with solar panels. 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

Deadline: Wednesday, May 6

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

Activity Calendar

9

March 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
2 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	3 9:00 Pickleball (A) 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 1:00 Pinochle 1:00 Sheepshead	4 9—3 AARP Tax Assistance 9:00 Bowling (HB) 9:00 Janesville Shop 9:30 Indoor Walking 12:30 Pickleball (A) 1:00 20's & 30's lecture 1:00 Chess 2:00 Line Dance	5 8:45 Core & More 9:30 FUNctional Fit 1:00 Ladies Poker 1:00 Watercolor 2:00 Morocco trip Document Meeting	6 9:30 Indoor Walking 11:00 Adirondack Trip Preview 11:30 "Flavors" Trip Document meeting 12:30 Pickleball (A)
9 8:45 Core & More 9:30 FUNctional Fit 12:30 Pickleball (A) 1:00 Euchre 1:00 Mah Jongg 2:00 Skype Class	10 8:30 Men's Breakfast departs 9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 12:30 Mulberry Glen Movie "Birdman" 1:00 Sheepshead	11 9:00 Bowling (HB) 9—3 AARP Tax Assistance 9:30 Indoor Walking 11:00 Cape Cod Preview 12:30 Pickleball (A) 1:00 Chess 2:00 Line Dance	12 8:45 Core & More 9:30 FUNctional Fit 10:30 Lunch Bunch 1:00 Watercolor 1:30 Family & Friends CPR	13 9:30 Indoor Walking 12:30 Pickleball (A) 14 15 Noon—3 W3llfest at the Whitewater High School
16 8:45 Core & More 9:30 FUNctional Fit 12:30 Pickleball (A) 1:00 Euchre 1:00 Canasta 1:00 Mah Jongg	17 Happy St. Patrick's Day 9:00 Pickleball (A) 10:00 Pegs & Jokers 10:00 Scrabble 1:00 Sheepshead 1:00 Herb Gardening 	18 9:00 Bowling (HB) 9—3 AARP Tax Assistance 9:30 Indoor Walking 11:00 Tai Chi 12:30 Pickleball (A) 1:00 Monarch Presentation 1:00 Chess 2:00 Line Dance	19 9:30 FUNctional Fit 1:00 Ladies Poker	20 9:30 Indoor Walking 12:30 Pickleball (A) First Day of Spring! 
23 9:30 FUNctional Fit 12:30 Pickleball (A) 1:00 Nuts in a Nutshell 1:00 Euchre 1:00 Mah Jongg	24 9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 12:30 Mulberry Glen Movie "The Theory of Everything" 1:00 Sheepshead	25 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	26 9:30 FUNctional Fit Office Closes at Noon	27 9:30 Indoor Walking 12:30 Pickleball (A)
30 9:30 FUNctional Fit 12:30 Pickleball (A) 1:00 Euchre 1:00 Canasta 1:00 Mah Jongg	24 9:00 Pickleball (A) 10:00 Crazy Bingo 12:30 Mulberry Glen Movie "The Judge" 1:00 Sheepshead Chicago Fire Trip payment due			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

March 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2 Chicken Breast Sweet Potatoes Mixed Vegetables Carrot Bar Wheat Bread	3 @ Starin Park Sliced Roast Beef Mashed Potatoes Garden Blend Veggies Apricots Wheat Bread	4 Baked Breaded Fish Potato Casserole Sliced beets Pineapple Tidbits Wheat Bread	5 Chicken Cacciatore Penne Pasta Winter Blend Veggies Carrots; Bread Stick Mandarin Oranges	6 Corn Chowder Tossed Salad 1/2 Turkey Sandwich Lemon Poppy Seed Cake	
9 Sloppy Joes Hamburger Bun Green Bean Casserole Squash Apricots w/Diced Peaches	10 @ Starin Park Chicken and Wild Rice Soup Mediterranean Blend Applesauce with Peaches Tossed Salad & Roll	11 Hot Shaved Turkey Mashed Potatoes Broccoli with Peppers Apple Cake Wheat Bread	12 Chicken Ala King Baking Powder Biscuit Carrots Peas Chocolate Chip Cookie	13 Parmesan Crusted Pork Loin Red Potatoes California Mixed Veggies Pears; Wheat Dinner Roll	
16 Beef Noodle Soup Peas Hot Cinn. Apple Sauce Tossed Salad Wheat Dinner Roll	17 @ Starin Park Corned Beef Cabbage Carrots Red Potatoes Mint Brownies	18 Chicken Drumsticks Mashed Potatoes/Gravy Carrots Pineapple Cake Wheat Bread	19 Spin/Cheese/Bac Quiche California Mixed Veggies Tossed Salad Peaches with Granola Dinner Roll	20 Hot Sliced Pork Sandwich Hamburger Bun Baked Beans Cauliflower Snickerdoodle Cookie	
23 Broc. Chicken Rice Cass. Stewed Tomatoes Cauliflower Diced Pears Wheat Bread	24 @ Starin Park Chopped Steak Au Gratin Potatoes Red Cabbage Mandarin Oranges Wheat Bread	25 Swed. Meatballs/Egg Noodles San Fran. Blend Veggies Toss. Salad; Wheat Bread Apricots & Peaches	26 Cheesy Pot. Bacon Soup Green Beans Carrots Pumpkin Bar Dinner Roll	27 Pork Pot Roast Brussels Sprouts Red Potatoes Pineapple Tidbits Baking Powder Biscuit	
30 Tuscan Chick. Veg. Soup Hot Spiced Apples Tossed Salad M&M Cookie Wheat Roll	31 Spaghetti & Meatballs Calif. Mixed Veggies Tossed Salad Pineapple Orange Cup Garlic Bread				Persons 60 and over and their spouses are eligible. Suggested donation is \$3.00. To reserve a meal, on Tuesday, call 262-473-0536; Monday, Wednesday through Friday, call 262-903-0436 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. For more information about the Nutrition Program – contact the Nutrition Program at the 800 number 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.



The **Delta Zeta Sorority** for assisting at the Valentine lunch and Freeze Fest.

Marion Malo for donating fudge for a door prize.

John Rowe for donating wooden Holiday crafts for Bingo.

Barb Dosemagen for instructing the new Pegs and Jokers game.

Lyn Wolfe for assisting with breakdown of equipment after every fitness class.

Patti Grosskreutz for donating an electric can opener to the center.

All the Chili Cook-off Competitors: **Blake Scharine, Sable House, Patti Storlie, Joe Murn, UW-W CSO's and Seniors in the Park.**

BINGO

Tuesdays, 10:00 am

Mar. 2: Culver's

Mar. 10: Mulberry Glen

Mar. 24: City Bingo

March 31: Crazy Bingo Returns!!! Dress CRAZY for door prize eligibility.



BINGO SPONSORS

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

CITY BINGO SPONSORS:

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 Jessica's Restaurant * Taco Bell * Tincher Realty * Eastsider/Westsider
 Mirage Hair Studio * Dental Perfections * Ketterhagen Ford
 Binning & Dickens Insurance * Rocky Rococo Pizza * McDonald's
 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

Core and More—Mondays and Thursdays. Residents: \$1.00 per class

Dominoes—First Tuesday 11:45 am

Euchre—Mondays 1:00 pm

'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

GREETING CARDS

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



VOLUNTEER SPOTLIGHT



Mark Dorn has been volunteering with Seniors in the Park for about 4 years. He shows the movies and also helps with other activities, such as Accreditation. Mark enjoys volunteering at Seniors in the Park because he likes the camaraderie and helping others. Mark also volunteers at Mulberry Glen, Special Olympics Polar Plunge, and the Whitewater

Community Foundation.

Mark was born in Milwaukee, Wisconsin and has lived in Whitewater for 38 years. Mark was the Director of Alumni at UW-W and retired in 2007.

Mark's other interests include the Brewers, the Packers, the Bucks, the Warhawks, reading and, of course, movies!

Mark would like everyone to know that Seniors in the Park offers wonderful opportunities to everyone from boomers to seniors. He would like to see more people come and participate and make new friends and see really great movies!

Thank you, Mark, for all you do for Seniors in the Park!



Once a Month:

- * Clean out the water lines of the coffee maker. Training will be provided.

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.

ADVOCACY—YOU CAN MAKE A DIFFERENCE

With the current financial climate in the state, several very important items have surfaced concerning program funding for older adults such as the following item. "...The proposal would also allow the state to contract with anyone for the Aging/Disability Resource Centers (ADRCs), which are currently run by the counties and tribes. Additionally, the state would also abolish ADRC governing boards and long term care councils."

Wisconsin's system of community-based aging services and has been a model for the nation. The programs include both citizens and local officials in their oversight and planning. The strong linkage with local government and citizens, both county and tribal, has insured the development of cost-effective services, designed to meet local needs. To disregard this demonstrated model of serving our most vulnerable citizens for the sake of some potential budget savings is appalling." Check out this commentary. <http://cognidissidence.blogspot.com/2015/02/scott-walkers-most-heinous-budget-stunt.html>

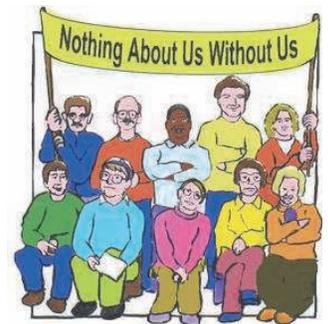
This is only one issue. They are looking at changing SeniorCare which is a model of Prescription coverage more efficient and better than Medicare Part D. Removing tax dollar funding from State Parks is also being looked at.

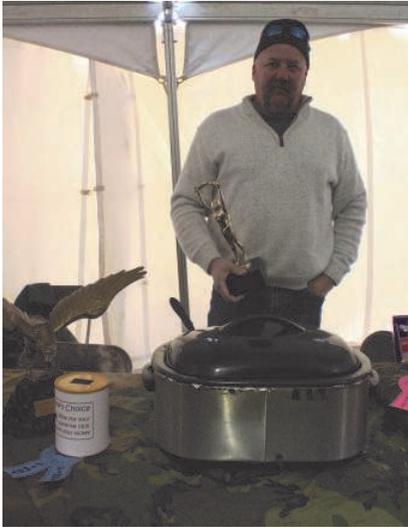
I am proposing two different avenues for advocacy, 1) I am willing to forward emails to you concerning attacks on senior programming/funding in the state and you can contact your local legislator or for national issues, your congress person or senator. 2) I am looking for a core group of people interested in advocacy for older adults.

There are people at the State with the job of advocacy, that would assist in forming and training a group on the proper recourse and verbiage to use when advocating for what YOU want or is important for our aging population. We need to stand up for our older adults who often, like children, cannot advocate for themselves. Someday you may need the services and community support we currently have in place. Let's work together to keep Wisconsin the strong and progressive state we have been in the past.

For State Legislature issues and contacts go to legis.wisconsin.gov

For the US House of Representatives go to www.house.gov. For the US Senate go to www.senate.gov





CHILI COOK-OFF RESULTS

- ← First Place—The General's Chili—Blake Scharine
 Second Place—Joe's Chili—Joe Nurn
 Peoples Choice—Seniors in the Park and Blake Scharine
 Best Decorated—The General's Table



GAMES WORTH PLAYING



Get ready! It's coming! The Wisconsin Senior Games offers competitive events for seniors

fifty and older. From June 6 – 20, events are held in Madison and the surrounding area. Registration books will be available March 30 or check

www.WiSeniorGames.org. Registration opens April 1.

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.



4TH ANNUAL W3LLFEST

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, healthy eating sessions, fitness classes including Zumba, Bootcamp, Tai Chi*, yoga, gardening tips, snacks, prizes, giveaways and more! The event is free and open to the public. W3 (Working for Whitewater's Wellness) sponsors the event.

*The Tai Chi instructor from Fort Healthcare will be at the event along with area students. He is one of the best in the Midwest. There will be a demonstration, discussion and time to try it.

Live.Life.Healthy

NUTRITION SITE UPDATES

The Nutrition site will be at the Starin Park Community Building on Tuesdays only. 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). Tuesday, 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.

[Walworth County Nutrition](#)

REMARKABLE WOMEN

Fairhaven Lecture Series

Fairhaven Fellowship Hall, 435 W Starin Rd., 3:00 pm

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.

Mar. 3: The Wisdom of Maya Angelou

Beverly Kopper, Provost & Vice Chancellor

Mar. 9: The Women and Girls of Eagleswood School: Abolitionism, Utopianism, and Educational Experimentation

Anne Durst, Chair, Educational Foundations

Mar. 16: Representing Shakespeare's Kate (from *Taming of the Shrew*) on Stage and Screen

Donald Jellerson, Asst. Prof., Languages & Literatures

Mar. 30: Women Who Rock: Progress and Setbacks for Female Musicians

Akiko Yoshida, Asst. Prof., Sociology, Criminology, & Anthropology

Apr. 6: *Mulas* and Queenpins: Women in the Illicit Drug Trade in the Americas

Ellie Schemenauer, chair, Women's & Gender Studies

PUBLIC INPUT NEEDED FOR PARKS AND OPEN SPACE PLAN

The public is invited to give input on the Parks and Open Space Plan at the next Park Board meeting on Tuesday, March 11 at 5:30 pm. The plan will be available online after March 2 at wwparks.org.



HAPPY MARCH BIRTHDAYS TO:

- 13 Sharron McCarthy
- 17 Orville Klima
- 25 Romelle Koch
- 26 Audrey Peplinski
- 29 Donna Wilson



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

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

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

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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
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 _____
