



May 2015

The Park Bench

Seniors in the Park Newsletter

VOLUNTEER APPRECIATION

Friday, May 8, 3:00pm



Volunteers are the life blood of our programs. They make everything we do possible. In 2014, 1,938 hours were devoted at a value of \$43,101, helping us to achieve our mission of enhancing the lives of older adults. Please thank our volunteers with a kind word or gesture. In appreciation for your dedication, we salute you with a Wine Tasting by Staller Winery, paired with

chocolates and cheese. NA wine and other beverages will be available. Reservation deadline is May 1. Cost for a guest \$5.00

The annual volunteer training will be at 2:00. Please RSVP.

OLDER AMERICAN MONTH

Each May, the Administration for Community Living celebrates Older Americans Month to recognizing their contributions to the nation.



This year, in honor of the 50th anniversary of the Older Americans Act (OAA), we are focusing on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others. The theme for Older Americans Month 2015 is *Get into the Act*.

Older Americans Month provides an opportunity to raise awareness of the importance of community engagement as a tool for enhancing the wellbeing of older adults. Now is the time to *Get into the Act* to make the benefits of community living a reality for more older Americans. Together we can promote healthy aging, increase community involvement for older adults, and tackle important issues like the prevention of elder abuse.

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

Volume XV Issue 5

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Seniors in the Park Promotes & Enhances a Vital Aging Community

PEGS AND JOKERS

Tuesday, May 19, 10:00 am

We still need a few more people to play this game. 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, May 14

MAH JONGG INSTRUCTION

Mondays in May, 1:00 pm

Always wanted to learn something new? This challenging game with tiles will kick your brain into high gear.

Instructor: Diane Schwab
Please RSVP by April 28



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.

ESTATE PLANNING SEMINAR



May 13, 10:30 am

Whether you are single, married, or widowed, you need to have a good estate plan to protect your family and pass your assets, without delay and the cost of Probate. (From personal experience this is important! If your POA is

incomplete, you may not be able to access needed funds and /or your health wishes may not be met.)

- * What are the most important estate planning documents, what they do, and who needs them.
- * What is Probate: Simple ways to avoid it!
- * Medicare: What does it cover for Nursing Homes?
- * New Medicaid eligibility rules and how they can affect you and your family. (Note: they now go back several years and look at 'gifts'.)
- * Long Term Care options and alternatives
- * Preparing for your final expenses; what are your choices?

Please register for this seminar by Thursday, May 7.

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. 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 so we have enough food for everyone! Thanks to Commercial Bank for sponsoring a portion of the meal.

Fee: \$2.00 Deadline to register is June 24



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.**

COMMUNITY CONVERSATIONS ON DEATH AND DYING

**Life asked Death, “Why do people like me but hate you?”
Death responded, “Because you’re a beautiful lie and I’m
painful truth.”**

Wednesday, May 13, 6:00 pm

Many of us find it difficult to talk about matters related to death and dying. In our society, casual conversation about end-of-life is not the norm; in fact, it’s almost taboo. People often feel shame, fear, repulsion, and uncertainty when talking about these things. Unfortunately, this discomfort in seeing, acknowledging, or talking about death can result in terrible consequences. Having so few opportunities to discuss something that we all know is inevitable, leaves us unaware and unprepared when the time comes. Simply giving ourselves permission to talk about these things can make all the difference in the world. Fear is often lessened, and it can be a time when people create profound and meaningful insights and very positive results.

Community Conversations about Death and Dying offers a unique opportunity to make these topics a bit more comfortable, allowing participants to explore their own 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. To add a little more sweetness to the occasion, light refreshments are served.

If you are interested in attending the next Community Conversation on Death and Dying, join us on **Wednesday, May 13, 2015** at the Starin Park Community Center, located at 504 W. Starin Rd., in Whitewater. The meeting will begin promptly at 6:00 pm and end at 8:00 pm.

There is no cost for this event. To prepare the space set up and refreshments, those planning to attend are encouraged to 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.

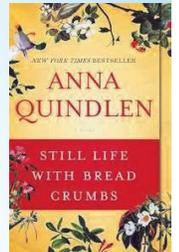
**Checks for activities, classes, and trips are made out to:
City of Whitewater, unless indicated otherwise.**

BOOK WORMS

Monday, May 4, 10:30 am

The Book Club will discuss *The All-Girl Filling Station’s Last Reunion* by Fannie Flagg.

The book for June is *Still Life With Bread Crumbs* by Anna Quindlen. *Still Life with Bread Crumbs*, is an insightful tale of a photographer who flees city life to live in a rustic cottage to save her bank account, and she ends up with a new outlook on life. At 60, Rebecca



Winter realizes that her career is more or less dead when she receives an award for her oeuvre. When she relocates to the country, she finds new inspiration for her work, a new way of looking at life, and even love. The heartwarming story told in *Still Life with Bread Crumbs* explores powerful ideas about life, and is rife with symbolism.

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: May 5, 12, 19 or 26

Time: 9:30 am

Cost: \$5.00 residents

\$6.25 non-residents

Register at least 3 days in advance

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

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
 Min/Max: 3/6 People

Session 1:
 Date: Thursday, May 28
 Time: 10:30 am
 Class #: 5301.21
 Deadline: Thursday, May 21



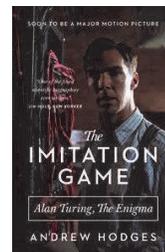
Checks for activities, classes, and trips are made out to:
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MOVIES: SPONSORED BY MULBERRY GLEN

"Imitation Game"

Tuesday, May 12, 12:30 pm
 Rated PG-13, 1 hr. 54 min.

Based on the real life story of legendary cryptanalyst Alan Turing, the film portrays the nail-biting race against time by Turing and his brilliant team of code-breakers at Britain's top-secret Government Code and Cypher School at Bletchley Park, during the darkest days of World War II. (2014)



"Wild"

Tuesday, May 26, 12:30 pm
 Rated R, 1 hr. 55 min.

With the dissolution of her marriage and the death of her mother, Cheryl Strayed has lost all hope. After years of reckless, destructive behavior, she makes a rash decision. With absolutely no experience, driven only by sheer determination, Cheryl hikes more than a thousand miles of the Pacific Crest Trail, alone. (Rated R for sexual contact, nudity, drug use, and language) (2014)



PORTRAITS 101- THE BASICS OF PAINTING A PORTRAIT IN WATERCOLOR

A four-week session, focusing on the basics of painting the head in watercolor. We will explore the underdrawing, how to "see" and interpret the shapes and planes of the face and head, and how to choose and apply color and value. One session will be devoted to understanding and painting features—eyes, nose, mouth, and ears. Students should bring a color photograph of the head (portrait) of a person they would like to paint, and a black and white photocopy of the photograph, enlarged to 11x14. The class is open to any skill level, and there will be plenty of time for one-on-one instruction. It is helpful to have the following materials: Raw sienna, permanent rose, and ultramarine blue paint; 11x14" Arches 140 or 300 lb paper; Small board to mount paper on; Clear or white tape to secure board. These materials will also be available for a small fee (\$3) at the class.

Dates: Thursdays, May 7, 14, 21, 28
 Cost: \$40, Payable to instructor on the first day of class
 Deadline: Monday, May 4
 Instructor: Jan Hamilton Crowley, www.jancrowley.com
 Walk ins are welcome at \$15 per person. Contact instructor by phone, 262-442-0324, or by email, briarhillstudio@gmail.com.

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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.

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.

May 1—Breakfast Ride to the Blue Egg in Milwaukee, riding through the rolling terrain of Waukesha County. Depart 8:30; Back by 1 pm. Group Leader—Tim Otterbacher

May 20—Volo Auto Museum. Stop for lunch, then tour the Volo Auto Museum. \$13.95 under 65, \$11.95 for 65+. Depart 10:00 am. Rain date May 22. Leader is Jim Harmon. Round trip approx. 130 miles.

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—Potosi has been suggested.

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.

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, BUT if we get 50 people, they will add a second boat. Keep signing up!

GREEN BAY



Thursday, August 6

Spend the day in Green Bay touring Lambeau Field and the Green Bay Botanical Gardens. The Hall of Fame will be a hit and the gardens are glorious! They even have a hobbit house (restrooms) in the children's gardens. Lunch is included. More info next month.

Fee: \$80 (checks made out to the Fort Atkinson Senior Center)
Deadline: July 2



MILWAUKEE BREWERS GAME

Thursday, May 7

Fee: \$45.00, includes game ticket, coach bus transportation, cookie, and 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.)



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.



Registration begins May 1.

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.

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

LUNCH BUNCH

Thursday, May 14, 10:30 am

Lunch will be at Blue Gilley's in Newville. Option to eat outside. Dessert at Culver's or stop at the Cheese Store.

Fee: \$5.00

RSVP by Tuesday, May 12

JANESVILLE SHOPPING

Wednesday, May 6, 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, May 5.

SUNNY SIDE UP BREAKFAST CLUB

Thursday, May 21, 8:30 am

Venture to Joni's Diner in Lake Geneva. Depart at 8:30 am, and return approximately 11:30 am. There may be a stop at a custom motorcycle shop.

Fee for transportation: \$5.00

RSVP by Tuesday, May 19

Congratulations to Mark Dorn for submitting the winning name for the group.

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

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 three, 3.5 mile sections from Fontana 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.

Registration begins May 1

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. Registration begins April 1.

Fee: \$26.00

Deadline: Wednesday, May 20

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



EPIC AND THE FLOWER FACTORY

Wednesday, May 27

There will be a lot of walking on this trip.

WAIT LIST ONLY— A second tour is being booked in July.

Fee: \$10.00

Deadline: Wednesday, May 6

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

Activity Calendar

May 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p>Activities take place at the Starin Park Community Building unless otherwise noted.</p> <p>(A)=Downtown Armory (OR)=Oak Ridge Golf Course, Milton (L)=Cravath Lakefront</p>				<p>1 May Basket Day 8:30 Motorcycle trip departs 9:30 Indoor Walking 12:30 Pickleball (A)</p> 
<p>4</p> <p>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 1:00 Mah Jongg Instruction</p>	<p>5 Cinco de Mayo</p> <p>9:00 Pickleball (A) 9:30 Computer Tutor 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 12:30 Foot Clinic 1:00 Pinochle 1:00 Sheepshead</p>	<p>6</p> <p>9:00 Janesville Shop 9:30 Indoor Walking 11:00 Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess 2:00 Line Dance</p>	<p>7</p> <p>8:45 Core & More 9:30 FUNctional Fit 10:30 Brewer Game departs 1:00 Watercolor</p>	<p>8</p> <p>9:30 Indoor Walking 12:30 Pickleball (A) 2:00 Volunteer Training 3:00 Volunteer Appreciation</p>
<p>11</p> <p>8:30 Golf (OR) 8:45 Core & More 9:30 FUNctional Fit 12:30 Pickleball (A) 1:00 Euchre 1:00 Mah Jongg 1:00 Mah Jongg Instruction</p>	<p>12</p> <p>9:00 Pickleball (A) 9:30 Computer Tutor 10:00 Mulberry Glen Bingo 12:30 Mulberry Glen Movie "The Imitation Game" 1:00 Sheepshead</p>	<p>13</p> <p>9:30 Indoor Walking 10:30 Estate Planning 11:00 Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess 2:00 Line Dance 6:00 Community Conversation on Death and Dying</p>	<p>14</p> <p>8:45 Core & More 9:30 FUNctional Fit 10:30 Lunch Bunch 1:00 Watercolor</p>	<p>15</p> <p>9:30 Indoor Walking 12:30 Pickleball (A)</p>
<p>18</p> <p>8:30 Golf (OR) 8:45 Core & More 9:30 FUNctional Fit 12:30 Pickleball (A) 1:00 Euchre 1:00 Canasta 1:00 Mah Jongg 1:00 Mah Jongg Instruction</p>	<p>19</p> <p>9:00 Pickleball (A) 9:30 Computer Tutor 10:00 Pegs & Jokers 10:00 Scrabble 10:30 Meal Site Game Day 1:00 Sheepshead</p>	<p>20</p> <p>9:30 Indoor Walking 10:00 Volo Motorcycle trip departs 11:00 Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess 2:00 Line Dance</p>	<p>21</p> <p>8:30 Men's Breakfast departs 8:45 Core & More 9:30 FUNctional Fit 1:00 Watercolor</p>	<p>22</p> <p>9:30 Indoor Walking 12:30 Pickleball (A)</p>
<p>22</p> <p>CLOSED</p>  <p>Memorial Day</p>	<p>26</p> <p>9:00 Pickleball (A) 9:30 Computer Tutor 10:00 City Bingo 12:30 Mulberry Glen Movie "Wild" 1:00 Sheepshead</p>	<p>27</p> <p>9:30 Indoor Walking 10:45 EPIC tour departs 11:00 Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess 2:00 Line Dance</p>	<p>28</p> <p>8:45 Core & More 9:30 FUNctional Fit 10:30 Pole Walking 1:00 Watercolor</p>	<p>29</p> <p>9:30 Indoor Walking 12:30 Pickleball (A)</p>

10 Walworth County Nutrition Menu

May 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.				
4 Salisbury Steak Sweet Potato Peas Fruit Cocktail Dinner Roll	5 @ Starin Park Scallope. Chic. w/mush. Rice Pilaf Sliced Beets; Gr. Beans Peaches Wheat Bread	6 Beef Stew with potatoes Cauliflower Pineapple with grapes M&M Cookie Baking Powder Biscuit	 7 Grilled Pork Chops Carrots Red Cabbage Melon Mix Wheat Bread	1 Western Meatloaf Au gratin Potatoes Garden Vegetable Tropical Fruit Wheat Bread
11 BBQ Pork Sandwich Baked Beans Carrots Peaches Hamburger Bun	12 @ Starin Park Polish Sausage San Fran. Blend Veggies Rosemary Red Potatoes Vanilla Pudding Wheat Roll	13 Penne Pasta w/Tomato Herb Meat Sauce Squash & Broccoli Melon Mix Bread Stick	14 Chick. Pasta Caesar Salad Tossed Salad Applesauce Sugar Cookie Dinner Roll	8 Grilled Rasp. Chicken Hot Peaches w/Granola Tossed Salad Carrot Cake Wheat Bread
18 Hot Dog Hot Dog Bun Cauliflower Green Beans Peaches	19 @ Starin Park Pork & Sweet Potato Hash Wisconsin Blend Veg Broccoli Slaw Cinnamon Applesauce Wheat Dinner Roll	20 Battered Fish Red Potatoes Mixed Veggies Lemon Chiffon Dessert Wheat Bread	21 Baked Herb Chicken Thigh Mashed Potatoes Brussels Sprouts Apple Cake Wheat Dinner Roll	15 Moroccan Chicken Br. Rice; Stew. Tomatoes Green and Gold Beans Chocolate Chip Cookie Wheat Bread
25 Memorial Day Dining Center Closed	26 @ Starin Park Creamy Chicken w/Pasta Stewed Tomatoes Calif. Mixed Veggies Cantaloupe Dinner Roll	27 Beef Goulash Squash Garden Blend Veggies Fruit Salad Wheat Bread	28 Swiss Steak Mashed Potatoes Mixed Vegetables Butterscotch Pudding Wheat Roll	22 Green Pepper Casserole with rice Garden Blend Veggies Watermelon; Jell-O Dinner Roll
29 Grilled Chick. Cob Salad Mandarin oranges Pineapple Cherry Crisp Wheat Bread				

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SERVICES AT A GLANCE

Toenail Clinic: Tuesday, May 5, 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.



Bingo donations: **Dorothy Moyer, John Rowe and Linda Norton**

Brain Fitness participants,
Volunteers and businesses: **The UW-W Aging and Leisure class, Mary Meikle –Line Dance, Sydney Beatty-Personal Training, Edward Jones, Volunteer Connections, Fort Healthcare, Blue Lotus Massage, Fairhaven—Chair Fitness, Lake Geneva YMCA—Chair Yoga, NASCO and the Irvin L Young Memorial Library—online brain fitness**

DONATIONS NEEDED

Small Bath Towels—Used and clean is fine. For the foot clinic when people forget their towels

BINGO

Tuesdays, 10:00 am

May 5: Culver's

May 12: Mulberry Glen

May 26: City Bingo



BINGO SPONSORS

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

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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 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

Bill Holcomb has been volunteering with Seniors in the Park for six years; he has been helping with our Senior Golf League. Bill says that he loves the game of golf and enjoys having fun with the Seniors at Oakridge Golf Course in Milton.

Bill and his wife, Cindy, volunteer delivering Meals on Wheels in Palmyra. He is also on the Planning and the Police and Fire Commissions in Palmyra. His other interests are duck hunting and fishing, including ice fishing. Bill and his wife also enjoy watching their grandchildren play baseball and gardening. He is retired from Krone's Manufacturing as a manager of production.

Bill would like everyone to know about the activities that take place at Seniors in the Park, such as the foot clinic, the trips, and all the card games. Bill enjoys the camaraderie that takes place at Seniors in the Park.

Thanks Bill for all your help, we appreciate it!



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

“Play, Competition and Inappropriate Behavior”

The subject of competition and inappropriate behavior has come up several times in the past few days. All of our current activities are offered as recreational and social. Time to meet new or old friends intermingle and enjoy what you are doing. Being overzealous or competitive can make participation unpleasant, uncomfortable and turns people away from our programs. We work to be inclusive and welcoming. Assisting others to learn a game and being cordial when they make errors is always appreciated. We are all human.

I recently ran across an interesting article on play for both adults and children. Here are some excerpts from “The Psychological Case for Adult Playtime” by Jared Keller (April 14, 2015)

It's very, very hard to define what play really is. There are three main characteristics that we tend to use when we talk about play: It's voluntary in the sense that you're not obligated to do it; it's flexible and can be changed or manipulated, like Play-Doh for your life; and it's enjoyable and fun. But play isn't a human luxury. We know that goats play and dogs play and monkeys play and humans play—you don't have to be taught it, and there must be an evolutionary reason for that. By abandoning play, we're abandoning an important part of ourselves. Play matters, no matter how old you are. The only thing that's changed is the stigma. We associate play with childhood, and therefore “playing” is childishness.

But our capacity for play certainly shifts. I think we lose our imagination a bit as we go through school and we're told that there's one right answer for everything the world will throw at us. The less we're in situations where we feel it's OK to fail, the more likely we are to stop playing. And when we do play, it's more like “play by the rules”: We're more likely to play tennis or football or soccer than we are to sit down and simply play in an unstructured manner. But it's not even that our hobbies have changed. The structure of daily life is so busy that we've drummed out a lot of space for natural play. Play is a crucible not just for self-discovery and freedom, but for joy. We don't have much pure joyfulness in our lives. Put joy and creativity back into your life—PLAY!

Below is the link to the entire article.

<http://www.psmag.com/health-and-behavior/throw-out-your-computer-and-grab-some-legos>



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.

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

WHITEWATER PD K9 5K/10K RUN WALK

Saturday, May 30

The Whitewater Police Department's 3rd Annual K9 5K/10K Run/Walk starts at the Cravath Lakefront Park, 341 S. Fremont St.

Registration is from 7:30 am to 8:30 am. The kiddie 1-mile sprint (ages 1 through 12) begins at 8:30 am and the 5K walk/run and 10K walk/run begin at 9:00 am. The cost to participate is \$10 for the kiddie 1-mile sprint, \$15 per person (team) and \$20 (individual) for the 5K walk/run, and \$20 per person (team) and \$25 (individual) for the 10K walk/run. Chip timing will be provided by Absolute Race Timing. The top three finishers in multiple age categories will receive a race medal, and all participants will receive a long-sleeve t-shirt, donated by Whitewater Manufacturing, along with one of our new K9 Unit trading cards.

There were 198 race participants, with approximately 60 dogs, at last year's event. We are looking forward to an increase in participation this year in order to continue to fund our K9 Unit. Officer Matteson and canine, Boomer, will be on hand at this year's race to cheer on the race participants and their canine companions.

For more race information or to register, visit the race website at www.wwk9run.com and "like" our Whitewater Police K9 Facebook page to learn more about other K9 events.



GLENWOOD OPEN HOUSE

Tuesday, May 21, 11:00 am—1:00 pm

Glenwood at Mulberry is hosting an open house. Come tour our beautiful remodeled community & meet the team. Enjoy our free taco bar. Please RSVP Mulberry Glen by Thursday, April 30, at 262-473-9876.



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). 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

TECHNOLOGY TIDBIT

The Federal Emergency Management Agency (FEMA) launched a new feature to its free app that will enable users to receive weather alerts from the National Weather Service for up to five locations across the nation.

Every minute counts when severe weather threatens and mobile apps are an essential way to immediately receive the life-saving warnings provided by NOAA's National Weather Service. The app provides a customizable checklist of emergency supplies, maps of open shelters and Disaster Recovery Centers, and tips on how to survive natural and manmade disasters. The FEMA app also offers a "Disaster Reporter" feature, where users can upload and share photos of disaster damage. The latest version of the FEMA app is available for free in the App Store for Apple devices and Google Play for Android devices. The new weather alerts feature in the FEMA app does not replace Wireless Emergency Alerts (WEA) function available on many new smartphones. WEAs have a special tone and vibration and are sent for emergencies such as extreme weather, AMBER alerts, or Presidential Alerts.

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Tenzies



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Line Dance

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- 4 Betty Sweno
- 5 Elmer Keske
- 16 Jean Bromley
- 19 Thelma Robbins
- 27 Mark Dorn



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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

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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 _____
