



The Park Bench

October 2015

Seniors in the Park Newsletter

THE THIRD AGE: LIVING POST-RETIREMENT WITH MEANING, PURPOSE AND CHOICE

Sp E So I

"Third Age" has become a popular way to describe the increasing population of adults who enjoy an active and healthy lifestyle well beyond retirement. Amy Geysler, an MS student in the UW-Whitewater Counselor Education program, will facilitate a six-week group to connect, grow, and share through collaborative discussion and activities focused on Third Age living and other issues that are important to you. Interested individuals please contact Amy Geysler 414-202-4353 or geyslera26@uww.edu or attend a meet-and-greet at the center on Thursday, October 8, 12:30-1:30 pm. The group size will be 6-8 people.
Times: Thursdays, 12:30-1:45pm; October 15-November 19

HEALING MESSAGES

E Sp



Tuesday, October 20, 1:00 pm

Reverend Daniel does everything in his life from the heart with love. This place of love has allowed him to connect more fully to spirit, guides, angels, and loved ones in spirit. His messages are positive, enlightening, thought provoking, and comforting. He is a studied mystic and seer, providing healing messages just for you. He does this by connecting with your angels, guides, Master Teachers, Higher Self, and loved ones who are now in Spirit. He will give a short presentation on what he does and then will pull names from a hat and will speak with you individually.
Fee: \$5.00 to receive a message through Rev Daniel
Please register by Tuesday, October 13

Volume XV Issue 10

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 & FYI*
- 13.. *Your Senior Center and Coordinator's Comments*
- 14-15..... *Info, Activities & Community*
- Back*ADDRESS, Phone Numbers, Staff 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

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: Oct. 6, 13, 20, 27

Time: 9:30 am

Cost: \$5.00 residents

\$6.25 non-residents

Register at least 3 days in advance

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THE POWER OF POSTURE

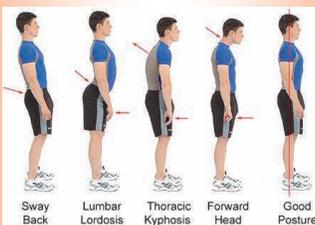
I P

Friday, October 9, 10:30 am

Maintaining good posture with a neutral spine position not only impacts the musculoskeletal system, but also breathing, digestion, concentration, cognition, energy levels, and confidence. Good posture plays a crucial role in fall prevention, also. This class will promote body awareness, alignment, and teach you exercises to strengthen and stretch muscles that are key for good posture. Exercises are done standing, seated, and, if you can, a few on the floor. Other classes we offer that promote good posture are Tai Chi and Core & More.

Fee for the class is \$2.00

Deadline is Thursday October 1.



ONLY YESTERDAY: AMERICA 1945-1960

Wednesdays, 1:00-2:30 pm

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October 7—Truman's Fair Deal and a New World Order

October 14—Ike's 1950s: Peace and Prosperity

October 21—The Technical Revolution Begins: Space, TV, and Interstates.

October 28—Remember Where You Were ... When ... ?!

Join Dr Richard Haney, Emeritus UW-W for interesting and informative history talks. Thanks to UW-W Continuing Education Department for funding the series.

COMMUNITY CONVERSATION ON DEATH AND DYING

So E Sp



Thursday, October 8; 2:00 pm

For October, please try to read the book, "Smoke Gets in Your Eyes". It is the book of the month for book club (page 3). You are welcome to attend the book club discussion of this book on Monday, October 5 at 10:30,

also. The meetings have been successful with a wide variety of topics discussed from loss, to choice, to the afterlife. Take a chance with this unique opportunity to explore your beliefs, questions, emotions, and experiences about end of life, grief, impermanence, and other related issues. Facilitated by Rainbow Hospice. Please RSVP so we have enough snacks for the group.

COLORED PENCIL CLASS



Friday, October 16; 1:00 – 4:00 pm

Learn to work with colored pencils using techniques like stippling, cross hatching, and layering. Learn some color theory and how to combine colors and make a color scheme.

Bring colored pencils, eraser, and sharpener and your own adult coloring book/paper. Otherwise, Katie has paper and some pencils you can borrow or purchase.

Instructor: Katie Swanson

Fee: \$20

Deadline is October 8

So I

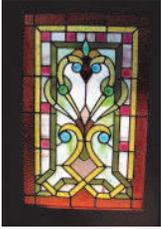
OKTOBERFEST

So



**Friday, October 2 Doors open at 11:30 am;
Dinner at 12 noon**

Ein Prosit! It's time to celebrate! We'll have a great German themed lunch and Val Sigal will be here to regale you with ethnic German music and polkas. **SOLD OUT!**



STAINED GLASS CLASS

I So

Anyone new to this craft can attend and receive one-on-one instruction until you are cutting and soldering like a pro. This three-week class will teach you the basics. More classes will be offered following the beginning class.

Supplies to bring: Safety glasses, an old towel, scissors, and a soldering iron, if you have one.

Instructor: Caroline Britton

Location: Downtown Armory

Day & Time: Saturday October 17 & 24, 9:00 am – Noon

Cost: \$ 17.00 residents; \$21.25 non-residents

Deadline: Thursday, October 8

WATERCOLOR—GRAPES AND LEAVES PLUS COLLAGE

So E I

Thursdays, 1:00-4:00 pm (No class October 15)

Express your personal creativity in this four-week watercolor class. Whether your approach is traditional, expressive, semi-abstract, or something else, you are welcome to join in. Beginning, intermediate, and advanced concepts will be covered. This class will focus on the elements of design – color, line, shape, value, texture, etc. Stamping and stenciling techniques will be demonstrated, using wax paper and actual grape leaves in the process, along with the addition of collage. Each session will include a discussion, demonstration, and optional critique session. There will be plenty of time for individual painting with one-on-one coaching by the instructor. Attendees are always encouraged to paint from personal sketches, references, photos, or ideas.

Instructor: Karolyn Alexander Tscharnack, www.karolyn.biz

Cost: \$40, payable to the instructor by cash or check.

Deadline: September 28

Minimum: 6 people

If the 6-person minimum is met, walk-ins may attend for a \$15 per session fee per person



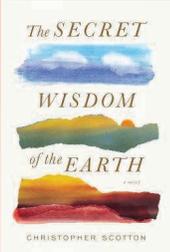
BOOK WORMS

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Monday, Oct. 5; 10:30 am

The Book Club will discuss *Smoke Gets in Your Eyes* by Caitlin Doughty. The book for November will be *The Secret Wisdom of the Earth* by Christopher Scotton.

After seeing the death of his younger brother in a terrible home accident, fourteen-year-old Kevin and his grieving mother are sent for the summer to live with Kevin's grandfather. In this peeled-paint coal town deep in Appalachia, Kevin quickly falls in with Buzzy Fink who schools him in the mysteries and magnificence of the woods. Medgar is beset by a massive mountaintop removal operation and Kevin's grandfather and others in town attempt to rally the citizens against the "company" and its powerful owner. When Buzzy witnesses a brutal hate crime, a sequence is set in play that tests Buzzy and Kevin to their absolute limits in an epic struggle for survival in the Kentucky mountains.



ANNUAL SURVEY

You should have received it by email in September. There are also paper copies at the Starin Park Community Building. The **deadline**



for finishing/turning the survey back in is **October 8**. The survey is a tool to assist us in planning, knowing how we are doing, how we can improve, if we have impacted your life in some way, and what YOU want from your senior center. Please take the time to fill out the survey. Thanks in advance!

SCHOLARSHIP FUNDS

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

SINGING GROUP



Practices will be on Mondays at 11:00 (day and time may change). Thanks to Lori Heidenreich, retired music teacher, for leading the group. Please let us know if you will be attending.

E So I

LINE DANCE **I P**

October 14—November 11
2:00 pm

This five-week class with Nancy Wrensch will have your toes tapping and body moving to easy and fun line dances. Dance is the best activity you can do for brain fitness.

Fee: \$20.00 residents
\$25.00 Non-residents

Class #: 5305.21 (wwparks.org)
Deadline to register is October 7

Session 2 is Nov. 25—Dec. 16

Fee: \$16.00 residents
\$20.00 Non-residents
Class #: 5305.22 (wwparks.org)



FLASH MOB

It's on! Practices Will be on Thursdays at 3:30 pm. and Monday October 26 at 3:30 pm. It will be a spook-tacular activity.

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SENIOR FORUM AND NOVEMBER ANNUAL MEETING

So I



Everyone is encouraged to attend
Monday, November 9, 11:30 am

We will review the annual survey and our goals for 2016-2017 and possibly beyond. What does Whitewater need for older adults? Where can the city do better? What activities and services do we need to be providing that we aren't. This is a chance to make the center and the community a better place to grow old in. A light lunch will be provided. Please sign up by Thursday, November 5, so we have enough food for everyone.

OUTDOOR FITNESS EQUIPMENT



October 8, 10:00—11:30 am

Stop in and check out the outdoor fitness equipment proposal and give your input on the equipment chosen.

MOVIES: SPONSORED BY MULBERRY GLEN

I So E Sp

"The Longest Ride"

Tuesday, October 13, 12:30 pm

Rated PG-13, 2 hr., 19 min.

Based on a Nicholas Sparks novel. A college student finds herself falling for a champion bull rider (Scott Eastwood, Clint's youngest son), who's trying to make a comeback; but if he gets injured, could cut short his life. Meanwhile, they help out a widower (Alan Alda), who shares HIS story of love and challenges dating back to when he was serving in World War II. (2015)



Our Halloween Film will feature feats of strength, amazing escapes, spiritualism, thrills, chills, and free Halloween treats!

"Houdini"

Tuesday, October 27, 12:30 pm

Rated TV-14, 2 Hours, 30 min.



From humble beginnings at circus sideshows, to sold-out concert halls in Europe and America, follow the rise of Budapest native Erich Weiss, as he becomes Houdini. The rabbi's son from Appleton, WI, makes his way through the early 20th Century vaudeville craze and emerges as one of our first media Super Stars. Along the way, the man behind the magic engages in espionage, battles spiritualists, and encounters US Presidents, Sir Athur Conan Doyle, and even Rasputin! Nominated for 4 Emmys. (2014)

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(800) 950-9952 x2465

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.

SAN DIEGO & BAJA CRUISE

January 23-30 2016

E I P So

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

LEGENDARY BLUE DANUBE RIVER CRUISE

E I P So

May 26—June 6, 2016

There is a two-for-one air special (savings of \$750 per person), if trip is booked by September 30, 2015. Enjoy 7 nights on the MS Amadeus Elegant, which accommodates up to 150 passengers. Unpack once and enjoy your included meals.

Highlights of the tour include:

Budapest City tour; Bratislava Slovakia and panoramic tour of the city; Vienna Austria, including city and Schonbrunn Palace tours; Durnstein, Wachau Valley, Melk, Linz and Salzburg, Austria. End your voyage in the fairytale town of Passau, Germany with an included city tour. Journey to Prague, one of the most beautiful cities in Europe, via motorcoach for a two-night stay. Enjoy an included tour of the city and Prague Castle. Rates start at \$4724 per person double (save \$750 per person if booked by Sept 30, 2015). Add \$1799 for a single traveler. Mayflower tours has a Guaranteed Share program for single travelers.



GULF SHORE BREEZES

E I P So

April 9-16, 2016



Highlights of this trip include: Three nights at Perdido Beach Resort, US Space and Rocket Center, GulfQuest National Maritime Museum, dolphin cruise, National Naval Aviation Museum, 2 nights in Nashville, Tour "Music City", RCA's Studio B (Home of the Nashville sound), *Best of Country* Music Show, the Country Music Hall of Fame, 12 meals, and free home or local pick-up.

Fee per person double is \$1498; single room add \$539. Detailed itineraries available.

There is a \$50 booking discount, if you book on or before August 10. Mayflower also has a \$25 discount if this is your first trip with them, and you will receive \$40 in Mayflower money to be used on another trip.



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

SAN FILLIPO

Tuesday, November 17

At San Fillipo, you will view, hear, and learn about automated music machines, their history, restoration efforts, as well as the opulent details of the Residence's French Second Empire setting. Also see some of the most beautiful art glass-front orchestrions ever made, Tiffany art glass lamps and Victorian chandeliers, Mutoscopes (hand-cranked 'movie' viewers), fortune-telling machines, strength testers, and slot machines, replicating an old-fashioned penny arcade and a recreation of a turn-of-the-century casino. Enjoy a mini-concert on the world's largest theater pipe organ. The jewel of the tour is the Eden Palais Carousel. The most complete example of a European salon carousel in existence. Our Docent-Guided Tour is approximately 3 hours. There will be opportunities to sit during the tour. After your included lunch stop at Chessie's with a choice of 4 different entrees, travel to Mellie's Chocolate for a sweet treat.

Fee: \$70 Checks made out to City of Whitewater

Deadline: October 21

Depart: 7:15 am, Fort K-Mart; 7:45 am Starin Park

Return: 4:30 Starin Park; 5:00 pm Fort K-Mart



E I P So

VAN DRIVERS NEEDED

All our current van drivers are fabulous but they all have other places they volunteer or work. If you have a CDL or have had a CDL, are adept at driving large vehicles, have a clean driving record, and work well with others, I would love to have you interview and train to be one of our van drivers. As a driver, you get funding toward your meal and entrance to whatever is on our itinerary.



YOUR TRAVEL CAN BENEFIT SENIORS IN THE PARK

Extended travel and some bus travel raises funds for Seniors in the Park. These funds are used to pay for our eight hour a week receptionist and purchase needed items for the center. In September, new blinds were installed in the main room and lobby.

We partner with Collette Vacations and Mayflower Tours. If you book a trip on your own with either company, please mention you are with Seniors in the Park. You may get a small discount, and we get credit toward our fundraising account. A great win-win for all!

MISSISSIPPI RIVER ROAD TRIP

October 6-9, 2016

Travel the beautiful Mississippi River Road and witness the grandeur of autumn along one of the most scenic stretches of road in the Midwest. Highlights of the trip include:

E I P So

- * Norskedalen Farmstead and a traditional Norwegian lunch
- * Dinner cruise on the LaCrosse Queen
- * Apple Farm and ride through the orchard
- * Watkins Store
- * Unique Marine Art Museum
- * L.A.R.K.'s Toys—antique, wooden and specialty
- * Village of Stockholm
- * Red Wing Pottery & Red Wing Shoe Store
- * Dinner at Historic St. James Hotel
- * National Eagle Center
- * Lunch at Slippery's, made famous in the movie "Grumpy Old Men"
- * 3 nights lodging (2 hotels)
- * 3 breakfast, 2 lunches and 3 dinners
- * VanGalder/Coach USA transportation



Fee: \$639.00 pp double; \$879 pp single

\$100 deposit due with reservation. Deposit to: Group Travel Masters

Final payment due July 30, 2016



LUNCH BUNCH

So

Thursday, Oct. 8, 10:30 am

Lunch will be at the Milwaukee Grill in Janesville, a perennial favorite.

Fee: \$5.00

RSVP by Tuesday, Oct. 6



JANESVILLE SHOPPING

Wednesday, Oct. 7, 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, Oct. 6

SUNNY SIDE UP BREAKFAST CLUB

Thursday, Oct. 15

The group will meet at the River Front Family Restaurant in Fort Atkinson on Hwy 26 (in the K-Mart Shopping center) at 9:00 am. You are welcome to meet at the center at 8:30 to car pool or ride together on cycles. Please note this change in transportation.

So

UPCOMING LUNCH BUNCH DATES

November 12—Moy's

December 10—Highway Harry's

January 14—TBD

February—Capn's Fort Atkinson

March—Citrus Café

HOLY HILL & NATIVITIES

E I P So

Tuesday, October 13

Start the day enjoying the autumn colors as you drive to Holy Hill. Explore Holy Hill's gift shop, fully restored basilica, and the shrine chapel. For those up to climbing the stairs of the tower, you will be rewarded with a gorgeous view. Lunch will be on your own at the Brisco County Wood Grill. After lunch, travel to the Holy Cross Lutheran Church to see and hear about their Nativity collection. Two retired foreign language teachers were drawn to the wide range of artistic interpretations of Christ's birth. When their eclectic collection grew to over 500 from more than 65 countries, it was donated to the church.

Fee: \$16.00

Deadline: September 24

Trip departs at 8:30 am Returns approx 4:30 pm



MOTORCYCLE OUTINGS



Enjoy a beautiful day on the last ride of the year.

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.

E I P So

October 3—WI Auto Museum and Mine Shaft restaurant.

History comes alive at the Wisconsin Automotive Museum. Showcasing transportation history, the museum is Wisconsin's largest auto museum, featuring an ever-changing display of classic and vintage autos and artifacts plus the largest assembled group of Hartford-built Kissel luxury automobiles. Fee for the museum is 62+ - \$8.00 and under 62 - \$10.00. Lunch will be at the Mine Shaft. Trip departs at 9:00 am.

We will be meeting in January or February to plan trips for 2016. Let me know if you are interested in helping and I'll keep you informed

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.

Activity Calendar

9

October 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 (HB)=Hawk Bowl</p>			<p>1</p> <p>8:30 Shldrs & Core 9:30 FUNctional Fit 10:00 Scrabble 1:00 Watercolor 3:30 Flash mob Practice</p>	<p>2</p> <p>9:30 Indoor Walking 12:00 Oktoberfest 12:30 Pickleball (A)</p> <p>3</p> <p>9:00 Motorcycle ride to WI Auto Museum</p>
<p>5</p> <p>8:30 Shldrs & Core 9:30 FUNctional Fit 10:30 Book Club 11:00 Singing Group 12:00 Senior Forum 12:30 Pickleball (A) 1:00 Canasta 1:00 Euchre 1:00 Mah Jongg 1:00 Mah Jongg Instruction</p>	<p>6</p> <p>9:00 Pickleball (A) 9:30 Computer Tutor 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 1:00 Pinochle 1:00 Sheepshead</p>	<p>7</p> <p>9:00 Bowling (HB) 9:00 Janesville Shop 9:30 Indoor Walking 12:30 Pickleball (A) 1:00 Chess 1:00 Only Yesterday History Lecture</p>	<p>8</p> <p>8:30 Shldrs & Core 9:30 FUNctional Fit 10:30 Lunch Bunch 12:30 Third Age Meet 1:00 Watercolor 2:00 Community Conversation on Death & Dying 3:30 Flash mob Practice Survey Deadline</p>	<p>9</p> <p>9:30 Indoor Walking 10:30 Posture Class 12:30 Pickleball (A)</p>
<p>12</p> <p>8:30 Shldrs & Core 9:30 FUNctional Fit 11:00 Singing Group 12:30 Pickleball (A) 1:00 Euchre 1:00 Mah Jongg</p>	<p>13</p> <p>8:30 Holy Hill Trip departs 9:00 Pickleball (A) 9:30 Computer Tutor 10:00 Mulberry Glen Bingo 12:30 Mulberry Glen Movie "The Longest Ride" 1:00 Sheepshead Office closes at 1:00</p>	<p>14</p> <p>9:00 Bowling (HB) 9:30 Indoor Walking 12:30 Pickleball (A) 1:00 Chess 1:00 Only Yesterday History Lecture 2:00 Line Dance Office Noon—2:30</p>	<p>15</p> <p>8:30 Sunny Side Up Breakfast Club 9:30 FUNctional Fit 12:30 Third Age Group 3:30 Flash mob Practice</p>	<p>16</p> <p>9:30 Indoor Walking 12:30 Pickleball (A) 1:00 Colored Pencils</p> <p>17</p> <p>9 am—Noon Stained Glass (A)</p>
<p>19</p> <p>8:30 Golf (OR) 8:30 Shldrs & Core 9:30 FUNctional Fit 11:00 Singing Group 12:30 Pickleball (A) 1:00 Euchre 1:00 Canasta 1:00 Mah Jongg</p>	<p>20</p> <p>9:00 Pickleball (A) 9:30 Computer Tutor 9:30 Pegs & Jokers 1:00 Sheepshead 1:00 Healing Messages</p>	<p>21</p> <p>9:00 Bowling (HB) 9:30 Indoor Walking 10:30 Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess 1:00 Only Yesterday History Lecture 2:00 Line Dance</p>	<p>22</p> <p>8:30 Shldrs & Core 9:30 FUNctional Fit 12:30 Third Age Group 1:00 Watercolor 3:30 Flash mob Practice</p>	<p>23</p> <p>9:30 Indoor Walking 12:30 Pickleball (A)</p> <p>24</p> <p>9 am—Noon Stained Glass (A)</p>
<p>26</p> <p>8:30 Shldrs & Core 9:30 FUNctional Fit 11:00 Singing Group 12:30 Pickleball (A) 1:00 Euchre 1:00 Mah Jongg 3:30 Flash mob Practice</p>	<p>27</p> <p>9:00 Pickleball (A) 9:30 Computer Tutor 10:00 City Bingo 12:30 Mulberry Glen Movie "Houdini" 1:00 Sheepshead Office closed 12:30</p>	<p>29</p> <p>9:00 Bowling (HB) 9:30 Indoor Walking 10:30 Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess 1:00 Only Yesterday History Lecture 2:00 Line Dance Office Noon—2:30</p>	<p>29</p> <p>9:30 FUNctional Fit 12:30 Third Age Group 1:00 Watercolor Office closed 12:30</p>	<p>30</p> <p>9:30 Indoor Walking 12:30 Pickleball (A)</p> <p>31</p> <p>2:00-6:00 Trick or Treat Triangle 4:00-7:00 City Trick or Treat hours 6:00-7:30 Youth Halloween Party (A)</p> 

10 Walworth County Nutrition Menu

October 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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. Meal site is at Brookdale Manor, 1061 Blackhawk Dr., Monday and Wednesday through Friday.</p>			<p>1 Lasagna Casserole Squash Green Beans Mandarin Oranges Bread Stick</p>	<p>2 Quiche with Spinach, Cheese & Bacon Calif. Mixed Vegetables Peaches with Granola Toss. Salad; Dinner Roll</p>
<p>5 Chopped Steak Twice Baked Potato Cass. Red Cabbage Apple Crisp Wheat Bread</p>	<p>6 @ Starin Park Swedish Meatballs Egg Noodles Garden Veg.; Tossed Salad Sugar Cookie Wheat Bread</p>	<p>7 Cheesy Pot. Bacon Soup San Fran. Blend Veggies Pea Salad Pumpkin Bar Dinner Roll</p>	<p>8 Broc. Chicken Rice Cass. Stewed Tomatoes Cauliflower Diced Pears Wheat Bread</p>	<p>9 Pork Pot Roast Brussels Sprouts Red Potatoes Pineapple Baking Powder Biscuit</p>
<p>12 Shepard's Pie Mashed Potatoes Winter Mix Vegetables Tropical Fruit Wheat Bread</p>	<p>13 @ Starin Park Roast Pork Loin Hot German Potato Salad Mediterranean Vegetables AngelFood Cake w/Berry Wheat Bread</p>	<p>14 Spaghetti w/Meatballs Calif. Mix Vegetables Tossed Salad Pineapple Orange Cup Garlic Bread</p>	<p>15 Chicken Florentine Peas; Brown Rice 3-Bean Salad Apricots with Peaches Wheat Bread</p>	<p>16 Dining Centers CLOSED for Staff in-service</p>
<p>19 Roast Turkey Mashed Potatoes Broccoli w/Red Peppers Chocolate Pudding Wheat Bread</p>	<p>20 @ Starin Park Burgundy Tips with Egg Noodles Sliced Beets Tropical Fruit Marble Rye Bread</p>	<p>21 Baked Chicken Thigh & Leg Red Potatoes Garden Blend Vegetable Brownie; Dinner Roll</p>	<p>22 Chili Wis. Blend Vegetable Peaches Fruit Jell-O Corn Bread</p>	<p>23 Western Meatloaf Au gratin Potatoes Green & Gold Beans Cinnamon Applesauce Wheat Bread</p>
<p>26 Chick. Parmesan w/ Pasta Winter Blend Vegetables Mandarin Oranges French Bread</p>	<p>27 Salisbury Steak Sweet Potatoes Cauliflower Pears Wheat Roll</p>	<p>28 Chicken Noodle Soup Broccoli Slaw Peaches with Granola 1/2 Turkey Sandwich Lemon Poppy seed Cake</p>	<p>29 Italian Bread. Pork Chop Garlic Mashed Potatoes 3-Bean Salad Chocolate Cake Marble Rye</p>	<p>30 Chicken Ala King Carrots, Peas Chocolate Chip Cookie Baking Powder Biscuit</p>

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So I E Tuesday Morning

Receptionist is needed every week or every other week from 8:30 am—12:30 pm. Help with Bingo set-up, food/beverage preparation, participant check-in, phone calls, and activity signups. Training provided. Computer experience preferred, but is not necessary. You won't be bored!

So I E 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.

So I P Van drivers needed: Please see page 7.



Thank you to:

Sandi Sorkan for donating a Walking DVD.

Mark Dorn for proofing the newsletter.

John Rowe for his wood crafts he donates for bingo.

BINGO

I So

Tuesdays, 10:00 am
 Oct. 6: Culver's
 Oct. 13: Mulberry Glen
 Oct. 27: City Bingo



BINGO SPONSORS

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

CITY BINGO SPONSORS:

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NEW= Black Sheep * Jimmy's Italian Beef * Century 21 Realty

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

Shoulders, Core & More—Mon. & Thurs. 8:45 am, Residents: \$1.00 per class, Non-Residents \$1.25; beginning Sept. 3

Dominoes—First Tuesday 11:45 am

Euchre—First & third Mondays 1:00 pm

'FUN'ctional Fitness—Mon & Thurs. 9:30 am; Residents: \$1.00 per class, Non-Residents \$1.25

Mah Jongg—Mondays, 1:00 pm

Pegs & Jokers—Third Tuesday **9:30 am**

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—First Thursday, 10:00 am

Sheepshead—Tuesdays, 1:00 pm

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



VOLUNTEER SPOTLIGHT

Jim Mikulich has been volunteering for Seniors in the Park for about a year, he is our Tai Chi instructor and also volunteers with the pickleball group. Jim says that he volunteers with Seniors in the Park because he enjoys playing pickleball and wishes to give back to the community. Jim has been doing Tai Chi for 24 years and started line dancing 3 years ago.



Jim has been married to his wife, Sheila, for 48 years. He is retired from engineering and stays active with his family that includes his three daughters and six grandchildren.

Jim commented that Seniors in the Park offers great opportunities for volunteers to share what they love and practice with everyone. He also said Seniors in the Park offers a variety of great programs for everyone to be involved in.

Thanks Jim for all you do for Seniors in the Park.

COORDINATOR'S COMMENTS: INTELLECTUAL WELLNESS



Intellectual Wellness can take many paths. Currently "Brain Fitness" is popular. This has segued out of the fear of getting dementia, as people age. The best way to keep your brain healthy is to move or dance. Anything to get the blood pumping through your brain and

body. Dance requires you to listen (to music), remember (steps), move to the beat, and learn something new. You are using many parts of your brain. The next best thing to do is to try or learn something new. Brush your teeth with the other hand. Put your clothes on a different way (start left instead of right). Take a different route when walking, traveling, going to the store or a friend's house. Learn to paint. Learn a new craft or sport. Challenging and using your brain in different ways will help keep it healthy. Reading is important. Try to read a book a month (we have a book club). Newspapers and magazines keep you current. Have healthy, challenging conversations with others by discussing current events or something new you learned or discovered. Your brain has a hard time functioning when you are stressed. Counter stress by learning meditation or breathing techniques, tai chi or yoga. Last but not least you can challenge your brain with puzzles. Logic puzzles, crosswords and Sudoku. Be careful, eventually your brain isn't challenged by some puzzles. The most important take away on brain fitness is, Shake it up! Do things differently and keep challenging your brain by learning something new as frequently as you can.



HALLOWEEN FUN

- 2:00-4:00 pm: Trick or Treat the Triangle
- 4:00-6:00 pm: Games, Contests, Music and More. First Street.
- 4:00-7:00 pm: Whitewater Trick or Treat hours
- 6:00-7:30pm: Youth Halloween Party Downtown Armory, fee is one food item for the food pantry or 50 cents.

WELLNESS LETTER BOXES KEY

- P** Physical **So** Social
- I** Intellectual **E** Emotional
- Sp** Spiritual **Ev** Environmental
- F** Financial **O** Occupational

SERVICES AT A GLANCE

Toenail Clinic: Tuesday, Sept. 29 by Appointments only. There will be no Foot Clinic in October. The date is now September 29
Please bring a towel. \$15.00.

Other Services:

- Free computer/internet access
- A document shredder is available (1 -inch stack of documents or less to shred)
- There are books, magazines, and puzzles available to borrow FREE from our library.
- Newcomer tours are offered by appointment.

GREETING CARDS

We have a great selection of cards. New cards have arrived! We've added a whole new line of cards and birthday cards for brother, sister, son, daughter, 80th, 85th and 90th. Cards for Serious illness, Cancer, Pet sympathy, and Congratulations. Most cards are priced from 65 cents to \$1.50. Some newer cards may be \$2.95. Stop in and check out our selection.



HAPPY OCTOBER BIRTHDAYS TO:

22 John Rowe



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!

Participants living in the Whitewater School District are considered "residents" Those living outside of the district pay the non-resident fee.

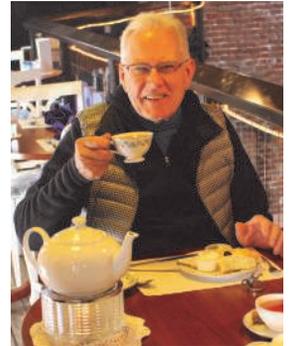
~Parks and Recreation Policy~

THE WIDE WORLD OF TEA (*CAMELLIA SINENSIS*)

So I

Wednesday, November 11, 2:00 pm

Enjoy a "cuppa" with two life-long tea lovers who like nothing better than chatting about this mystical drink. Still the world's most popular beverage, *Camellia sinensis* is healthful, relaxing, invigorating, and a bit mysterious. It is the focus of social get-togethers and intricate rituals, but can also provide solace when one wants to be alone.



If you are "tea-curious," this is the class for you. Or, if you love the loose-leaf tea you grew up with and want to try some others, here's your opportunity.

You're welcome to bring a favorite tea cup or pot to show off and share a story about tea in your life. If you're new to loose-leaf tea or just haven't found a tea that you like, come prepared to taste, learn, and ask questions. The fee includes tea, light snacks, instruction on choosing and brewing tea, and a handout with retail sources of affordable loose-leaf teas grown in India, China, Sri Lanka, Africa, and Japan.

Patrea and Larry studied loose-leaf tea for two years with "The Tea Man," the owner of a renowned tea shop in Madison, Wisconsin, and Patrea managed The Tea Shop for 3 years.

Instructors: Patrea Wilson and Larry Hasterok

Fee: \$5.00 Residents

\$6.25 Non-Residents

Deadline: Monday, November 2

Class #: 5412.21 (wwparks.org)

Min/Max: 6/15 People

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STANDING THE TEST OF TIME

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



We live in a time of constant change. Our world is full of new technologies, innovations and fads that impact the way we communicate, engage in entertainment, appreciate art and care for ourselves and others. But what in our world resists change? Why have these things endured while others pass by? Join us this fall as we talk about the traditions, institutions, natural wonders and artifacts that have stood the test of time.

- Sept. 28 Stories Matter: The Art & Enduring Value of Stories
Ann Garvin, Prof. HPERC
- Oct. 5 What's "Classic": about Classical Music
Jane Ferencz, Assoc. Prof. Music
- Oct. 12 Holding Tight and Letting Go Among the Amish and Mennonites
Evie Yoder Miller, Lecturer Emerita, Language & Lit.
- Oct. 19 Public Speaking: An American Political Tradition
Dick Haven, Prof. Emeritus, Communication
- Oct 26 Household Names: Case Studies of Strong Enduring Brands
Rob Boostrom, Asst. Prof, Marketing

NEW PAMPHLET HOLDERS

The Memorial Fund purchased a pamphlet holder for the wall by the bulletin board, to help "clean" up the messy pamphlet table. The fund-raising account purchased a rotating pamphlet holder and the rest of the pamphlets are now on the small wooden table near our seating area.



FLU SHOTS

It's that time. Many places in town provide the shots. A great clip on why you need a shot, with Judith Light, can be seen [HERE](#).

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.

PARKS & RECREATION

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

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Nutrition Site 262-903-0436
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Senior Coordinator

Deb Weberpal, CPRP
dweberpal@whitewater-wi.gov

Volunteer Editor

Romelle Koch

Director

Matt Amundson, CPRP

Recreation & Community Events Coordinator

Michelle Dujardin, CPRP

Recreation Coordinator

Interim Sam Peterson

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.

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