



# The Park Bench

September 2015

Seniors in the Park Newsletter

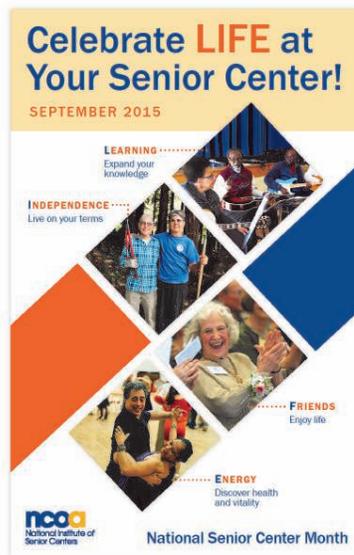
## CELEBRATE LIFE DURING NATIONAL SENIOR CENTER MONTH

**LIFE: Learning, Independence, Friendship, and Energy**

Aging isn't what it used to be and neither are today's senior centers. With a growing focus on wellness, life-time learning, and volunteerism, senior centers are modernizing to meet new needs. So, when it comes to finding tools for staying healthy and involved or finding information about benefits, senior centers are the place to start. This September, during National Senior Center Month, Seniors in the Park invites the community to take part in its programs and to find out more about its services.

This year's theme **Celebrate LIFE at Your Senior Center**, embraces positive, active aging and takes a holistic approach to senior center wellness. Older adults are a dynamic generation, who want the opportunity to share their diverse skills and talents. We provide an outlet for them to learn and commune with their contemporaries, as well as offer tools, resources, and opportunities to help them manage their health and finances to stay independent.

"From the youngest baby boomers turning 50 to honored centenarians, seniors today are looking for empowerment, and senior centers are evolving to support their needs," said Maureen O'Leary, Program Manager of the National Council on Aging's National Institute of Senior Centers. "Senior center services provide learning, independence, friendship, and the opportunity for healthy energy through valuable programs, activities, and access to benefits and services."



Volume XV Issue 9

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**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: Sept. 1, 8, 15, 22, 29

**I**

Time: 9:30 am

Cost: \$5.00 residents

\$6.25 non-residents

Register at least 3 days in advance

## RECREATIONAL BOWLING LEAGUE



**Wednesdays, 9:00 am  
Begins September 9**

This fun and recreational league at Hawk Bowl, goes into March. League begins September 9, with a fun play day. Questions or to sign up for the league, contact Henry Malo, 262-472-0262.

**P I So**

## FAMILY AND FRIENDS CPR

**Thursday Sept. 24; 1:30 – 2:30**

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. Class includes book.

Fee Resident: \$5.00

**P I**

Fee Non Res.: \$6.25

Free: Senior Ctr volunteers

Class #: 4504.31

Deadline: Monday Sept. 14

## OKTOBERFEST

**So**



**Friday, October 2**

Uff Dah! It's time to celebrate! We'll have a great German themed lunch with Brats, German potato salad, veggie and dessert. Val Sigal will be here to regale you with ethnic German music and polkas. Val is an accomplished accordion player from Milwaukee, originally from Siberia. He was schooled in Russia in Classical & Ethnic European performance arts. You won't want to miss this one! Tickets: \$6.00

**Purchase your ticket for the event by September 24. No late sales!**

## ESTATE PLANNING SEMINAR

**I F**

**Monday, September 28 1:00 pm**

This free Estate Planning seminar is sponsored by Senior Strategies, LLC, and the guest speaker will be an Estate Planning attorney with experience in Medicaid planning and special needs trusts.

Topics to be covered will be:

What is Probate?

Estate planning terms and techniques

Does Medicare cover Nursing Home expenses?

Nursing Home/In home care costs

Protect assets with Long Term Care options

Funeral Trust that is portable to any Funeral Home and is Medicaid exempt

Charitable gifting using Estate trusts

Please reserve your seat for this seminar by Tuesday, September 22

## BEGINNING TAI CHI

**Sp P I So**

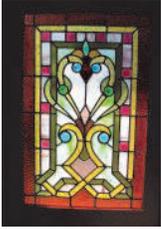
**Beginning Wednesday, September 9, 10:30 am**

**Downtown Armory**

T'ai Chi Ch'uan is a traditional Chinese exercise practiced for health, relaxation, meditation, and self-defense. The exercise is performed slowly and continuously, taking about ten minutes to complete one "round" or "set". It requires no special equipment and can be done in a small space. The value of T'ai Chi as a health exercise and self-defense system lies in its emphasis on total body integration and developing "internal" strength, relaxation, and coordination. It is a gentle exercise, which is suitable for people in a wide variety of physical conditions. The movements are adjustable to fit the health and strength levels of each individual.

Recent studies show the daily practice of Tai Chi promotes cell renewal (anti-aging), better sleep, physical functioning, balance, flexibility, and coordination. It increases immune function, bone density, and well-being and decreases pain, stress levels and depression.

Please register by Wednesday September 2



## 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: Wednesdays, September 23-October 7; 1:00 pm

Cost: \$20 Deadline: Wednesday, September 9

## ANNUAL SURVEY



It's time for our annual survey. You will be receiving it by email if you have provided us with an email or get our monthly newsletter by email. There will also be paper copies at the Starin Park Community Building. The deadline for 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, have we 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!



## GETTING THE MOST OUT OF YOUR DOCTOR'S VISIT

I

**Tuesday, September 8, 11:15 am**

Building a good relationship with your primary-care physician—or any member of your health care team—is a critical component in making sure that you get the care that you need and the care that you want. To do so, you are going to want to communicate effectively with your doctor, and that includes asking the right questions and maximizing the time you have with your doctor. To learn more about getting the most out of your doctor's visit, including helpful and easy tips, please join Afton Kehl, Elder Benefit Specialist, with the Aging & Disability Resource Center of Walworth County

## MAH JONGG INSTRUCTION

I So

**Mondays, 1:00 pm; September 14—October 5**

Learn this brain stimulating game played with tiles. American Mah Jongg will be played. (Not like the computer version.)

Deadline to register is September 9

## COLORED PENCIL CLASS



**Friday, October 16**

**1:00 –4:00 pm**

So I

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 supplies you can borrow or purchase.

Instructor: Katie Swanson

Fee: \$20

Deadline is October 8

## BOOK WORMS

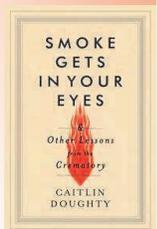
So I  
Sp E

**Monday, Sept. 14; 10:30 am**

The Book Club will discuss *The Bees* by Laline Paull. The book for October will be *Smoke Gets in Your Eyes* by Caitlin Doughty.

*Smoke Gets in Your Eyes* tells an unusual coming-of-age story full of bizarre encounters and unforgettable scenes.

Caring for dead bodies of every color, shape, and affliction, Caitlin soon becomes an intrepid explorer in the world of the dead. She describes how she swept ashes from the machines (and sometimes onto her clothes) and reveals the strange history of cremation and undertaking, marveling at bizarre and wonderful funeral practices from different cultures. Her eye-opening, candid, and often hilarious story is like going on a journey with your bravest friend to the cemetery at midnight. She demystifies death, leading us behind the black curtain of her unique profession.



## SINGING GROUP

Practices will be on Mondays at 11:00 beginning September 21. Thanks to Lori Heidenreich, retired music teacher for leading the group. Please let us now you will be attending.

**E So I**

## LINE DANCE

**October 14—November 11**

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. No class November 11.

Fee: \$20 residents  
\$25.00 Non-residents

Deadline to register is October 7  
Session 2 is Nov. 25—Dec. 16



## THE POWER OF POSTURE

**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.

**I P**

## SHOULDERS, CORE AND MORE

**Mondays & Thursdays, 8:30 am**

**Beginning September 3**

This class will help you to perform daily activities safely and with ease. Shoulder opening & strengthening, balance and core exercises are done standing, seated and on the floor. Once on the floor, we stay there until the end of class. Modifications for all levels of ability will be demonstrated. Please bring a thick exercise mat, not a yoga mat.

Prepay Residents: \$1.00 per class

Prepay Non-Residents \$1.25 per class

No class Thursday, September 17

**I P**  
**So**

## ONLY YESTERDAY: AMERICA 1945-1960

**Wednesdays, 1:00-2:30 pm**

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.

**E So I**

## HEALING MESSAGES

**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 them 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

**E Sp**

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

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

## SAN DIEGO & BAJA CRUISE

January 23-30 2016

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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

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.

**Preview:**  
**Tues. Sept. 15,**  
**10:00 am.**  
**RSVP by**  
**Thurs. Sept. 10**

E I P So



## 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.



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



## MOTORCYCLE OUTINGS



We offer 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.

### September 8—Richland Center and Oakwood Farm Apple Orchard.

Trip departs at 8:30 am. Rain Date September 9. Leader TBA.

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

Ride to the beautiful town of Galena Illinois. Check out the shops and history of the area. The overnight will be in Savannah on the Mississippi River. The beautiful rolling hills of the countryside lead you right to the doors of two of the most interesting and entertaining bike meccas in the Northwest, Poopy's Pub N Grub and the Ironhorse Social Club. Must RSVP for this trip by September 11. Leader is Tim Otterbacher

### Sunday Sept. 27—Rockton Chicken BBQ.

Hopefully third time is the charm and it won't rain. Ride through the unglaciated part of the state and the Kickapoo River Valley on your way to an incredible chicken dinner. Trip departs at 9:00 am. Group Leader is Bill McCormick. Round trip approx. 300 miles. (This was one of our most popular rides last year.)

### October 3—WI Auto Museum and Mine Shaft restaurant.

Rain date October 10.

## 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:



- \* 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  
Final payment due July 30, 2016

## LUNCH BUNCH

So

Thursday, Sept. 10, 10:30 am

Lunch will be at Mars Resort on Lake Geneva.

Fee: \$5.00

RSVP by Tuesday, Sept. 8.



## JANESVILLE SHOPPING

Wednesday, Sept. 2, 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, Sept. 1

## SUNNY SIDE UP BREAKFAST CLUB

Thursday, Sept. 17

The group will meet at the Main Street Family Restaurant, 123 W Main St., Palmyra 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

## LAKE GENEVA HIKE

Wednesday Sept 9

Walk the south and east shores of the lake either 3.5 miles or 1.25 miles. We will carpool to Lake Geneva and need at least three drivers. When you sign up please let us know if you will drive. Thanks!

Deadline is September 4.

Please reimburse drivers for gas.

## FALL APPLE TRIP

E I So

Thursday, September 24

Journey to Richland Center and the Oakwood Farm. This fourth generation farm also sells bakery and other food items. Optional stops include Arena Cheese and the Richland Center Senior Center opened in 2013. Lunch will be on your own at Duffy Slade's. On the way home, we will stop at the Shoe Box in Black Earth.

Fee: \$14.00

Deadline: September 14

Trip departs at 8:30 am Returns approx 4:30 pm  
September 1 is first day to register for this trip



## 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  
September 1 is first day to register for this trip



## LARSON'S FAMOUS CLYDESDALES

Friday, September 11

There is a certain mystique, about the Clydesdales. See these gentle giants up close as you tour the farm and see exciting demonstrations. We'll stop on the way at Guth's End of the Trail Candy Shoppe and have lunch (on your own) at the Heidel House on Green Lake.

Trip departs at 8:30 am & returns approximately 5:00 pm.

Fee: \$33.00 Deadline: August 27



E I So

# Activity Calendar

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## September 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><b>1</b></p> <p>9:00 Pickleball (A) 9:30 Computer Tutor 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 12:30 Toenail Clinic 1:00 Pinochle 1:00 Sheepshead</p>	<p><b>2</b></p> <p>9:00 Janesville Shop 9:30 Indoor Walking 10:30 Tai Chi (A) 12:30 Pickleball (A)</p>	<p><b>3</b></p> <p>8:30 Shldrs &amp; Core 9:30 FUNctional Fit 10:00 Scrabble 12:30 Mulberry Glen Foreign Movie "Mr. Turner" 1:00 Watercolor</p>	<p><b>4</b></p> <p>9:30 Indoor Walking 12:30 Pickleball (A)</p>
<p><b>7</b></p> <p><b>CLOSED FOR LABOR DAY HOLIDAY</b></p> 	<p><b>8</b></p> <p>8:30 Apple Ride Departs 9:00 Pickleball (A) 9:30 Computer Tutor 10:00 Mulberry Glen Bingo <b>11:15 Medicare Info</b> 12:30 Mulberry Glen Movie "The Surface" 1:00 Sheepshead</p>	<p><b>9</b></p> <p><b>8:30 Lake Geneva Hike departs</b> <b>9:00 Bowling (HB)</b> 9:30 Indoor Walking <b>10:30 Tai Chi (A) New Session</b> 12:30 Pickleball (A)</p>	<p><b>10</b></p> <p>8:30 Shldrs &amp; Core 9:30 FUNctional Fit 10:30 Lunch Bunch 1:00 Watercolor</p>	<p><b>11</b></p> <p><b>8:30 Clydesdale Trip departs</b> 9:30 Indoor Walking 12:30 Pickleball (A)</p> <p><b>12</b> <b>Main Street Festival</b></p>
<p><b>14</b></p> <p>8:30 Golf (OR) 8:30 Shldrs &amp; Core 9:30 FUNctional Fit 10:30 Book Club 12:00 Senior Forum 12:30 Pickleball (A) 1:00 Canasta 1:00 Euchre 1:00 Mah Jongg <b>1:00 Mah Jongg Instruction</b></p>	<p><b>15</b></p> <p>9:00 Pickleball (A) 9:30 Computer Tutor 9:30 Pegs &amp; Jokers <b>10:00 Danube River Cruise Preview</b> 10:30 Meal Site Game Day 1:00 Sheepshead</p> <p><b>Office closes at 1:00</b></p>	<p><b>16</b></p> <p>9:30 Indoor Walking 10:30 Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess</p> <p><b>Office closed</b></p>	<p><b>17</b></p> <p><b>8:30 Sunny Side Up Breakfast Club</b> 9:30 FUNctional Fit 1:00 Watercolor</p> <p><b>Office closes at 1:00</b></p>	<p><b>18</b></p> <p>9:30 Indoor Walking 12:30 Pickleball (A)</p> <p><b>Galena &amp; Savannah Ride Departs</b></p>
<p><b>21</b></p> <p>8:30 Golf (OR) 8:30 Shldrs &amp; Core 9:30 FUNctional Fit <b>10:30 Singing Group</b> 12:30 Pickleball (A) 1:00 Euchre 1:00 Canasta 1:00 Mah Jongg <b>1:00 Mah Jongg Instruction</b></p>	<p><b>22</b></p> <p>9:00 Pickleball (A) 9:30 Computer Tutor 10:00 City Bingo 12:30 Mulberry Glen Movie "Far from the Madding Crowd" 1:00 Sheepshead</p>	<p><b>23</b></p> <p>9:00 Bowling (HB) 9:30 Indoor Walking 10:30 Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess <b>1:00 Stained Glass</b> <b>2:30 Armory Volunteer training</b></p>	<p><b>24</b></p> <p><b>8:30 Apple trip departs</b> 8:30 Shldrs &amp; Core 9:30 FUNctional Fit 1:00 Watercolor <b>1:30 Family &amp; Friends CPR</b></p>	<p><b>25</b></p> <p>9:30 Indoor Walking <b>12:00 Armory Volunteer training</b> 12:30 Pickleball (A)</p> <p><b>27</b> <b>9:00 Chicken BBQ Ride Departs</b></p>
<p><b>28</b></p> <p>8:30 Shldrs &amp; Core 9:30 FUNctional Fit <b>10:30 Singing Group</b> 12:30 Pickleball (A) <b>1:00 Estate Planning</b> 1:00 Euchre 1:00 Mah Jongg <b>1:00 Mah Jongg Instruction</b></p>	<p><b>29</b></p> <p>9:00 Pickleball (A) 9:30 Computer Tutor 12:30 Mulberry Glen Movie "Pride" <b>12:30 Toenail Clinic</b> 1:00 Sheepshead</p> <p><b>Office closes at 2:00</b></p>	<p><b>30</b></p> <p>9:00 Bowling (HB) 9:30 Indoor Walking 10:30 Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess <b>1:00 Stained Glass</b></p> <p><b>Office closed</b></p>	<p><b>1</b></p>	<p><b>2</b></p>  <p><b>Buy ticket by October 24</b></p>

# 10 Walworth County Nutrition Menu

## September 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1 @ Starin Park</b> Baked Chicken Drumsticks Mashed Potatoes Broccoli Carrot Bar Wheat Dinner Roll	<b>2</b> Spaghetti & Meatballs San Francisco Blend Green and Gold Beans, Melon Mix French Bread	<b>3</b> Chick. Salad, Toss. Salad Carrot Raisin Apple Salad; Apricots Cheesecake Bar Wheat Dinner Roll	<b>4</b> Western Meatloaf Au gratin Potatoes Garden Vegetable Tropical Fruit Wheat Bread
<b>7</b> Closed in observance of Labor Day	<b>8 @ Starin Park</b> Salisbury Steak Sweet Potato Peas Fruit Cocktail Dinner Roll	<b>9</b> Scalloped Chicken with Mushrooms Rice Pilaf, Sliced Beets, Green Beans Peaches; Wheat Bread	<b>10</b> Beef Stew with potatoes Cauliflower Pineapple with grapes M&M Cookie Baking Powder Biscuit	<b>11</b> Grilled Pork Chops Carrots Red Cabbage Melon Mix Wheat Bread
<b>14</b> Polish Sausage San Fran. Blend Veggies Rosemary Red Potatoes Vanilla Pudding Wheat Roll	<b>15 @ Starin Park</b> Turkey Tetrazzini Penne Pasta Green and Gold Beans Cauliflower; Wheat Bread Chocolate Chip Cookie	<b>16</b> BBQ Pork Sandwich Baked Beans Carrots Peaches Hamburger Bun	<b>17</b> Penne Pasta w/Tomato Herb Meat Sauce Squash & Broccoli Melon Mix Bread Stick	<b>18</b> Chicken Pasta Caesar Salad Tossed Salad Applesauce Sugar Cookie; Din. Roll
<b>21</b> Baked Herb Chicken Thigh Mashed Potatoes Brussels Sprouts Apple Cake Wheat Dinner Roll	<b>22 @ Starin Park</b> Grn Pepper/Rice Casserole Garden Blend Veg Watermelon Jell-O Dinner Roll	<b>23</b> Pork & Sweet Potatoes Wis. Blend Veggies Broccoli Slaw Cinnamon Applesauce Wheat Dinner Roll	<b>24</b> Hot Dog Hot Dog Bun Cauliflower Green Beans Peaches	<b>25</b> Breaded Fish Red Potatoes Mixed Vegetables Lemon Chiffon Dessert Wheat Bread
<b>28</b> Beef Goulash Squash Garden Blend Veggies Fruit Cocktail Wheat Bread	<b>29</b> Chicken on Tossed Salad Mandarin Oranges Pineapple Tidbits Cherry Crisp Wheat Bread	<b>30</b> Creamy Chicken with Bowtie Pasta Stewed Tomatoes California Mixed Veg Cantaloupe; Dinner Roll	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.	

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## So I E Pack registration

folders and name tags for the fall senior center conference. Friday September 11, 10:30 – noon

## 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.

**Armory Volunteer Training:** If you open the Armory for a class or activity please sign up for a safety training on either Wednesday, September 23 at 2:30 or Friday September 25 at noon. A fire extinguisher class is being planned for October.



Thank you to:

**Linda Geske** for filling in with the 'FUN'ctional Fitness Class during Mary Zordel's leave.

The **Bingo players** who canvassed for bingo prizes.

## BINGO

I So

**Tuesdays, 10:00 am**

Sept. 1: Culver's

Sept. 8: Mulberry Glen

Sept. 22: City Bingo



## BINGO

## BINGO SPONSORS

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

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 Fort Community Credit Union \* Walworth Co. Nutrition \* Subway  
 Jersey Mike's Sub \* Yogurt Shoppe \* Taco Fresco \* Fairhaven  
 Black Sheep \* Jimmy's Italian Beef

## 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**—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 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 cards. **New cards have arrived!** A whole new line of birthday cards. Most cards are priced from 65 cents to \$1.50. Some newer cards may be \$2.95. Stop in and check out our selection.

## VOLUNTEER SPOTLIGHT

Dean Zweifel has been volunteering with Seniors in the Park since 2010 as a van driver. He also helps with activities, such as our summer picnic and pickleball, when he can. Dean stated that he enjoys driving, assisting, and meeting new people as a volunteer with the Seniors. He also volunteers with Jefferson County as a driver and helps his church, the Community of Christ the Servant. Dean is retired from Van Galder Bus Company as a driver. He loves to spend time with his dog, Lilly, and participate in Tai Chi when he gets a chance. Dean says there is a whole lot going on and something to do for everyone at Seniors in the Park and more people should take advantage of the many activities. Thank You Dean for all you do for Seniors in the Park.



## SERVICES AT A GLANCE

**Toenail Clinic: Tuesdays, Sept. 1 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.

## COORDINATOR'S COMMENTS

Last month I talked about the eight dimensions of wellness. This month we are focusing on the Physical Dimension. Any activity that addresses the physical dimension has a small yellow box with a "P" in it by the activity. You'll notice other boxes, too. They all relate to a dimension. Purple is Intellectual. We'll address that in October. Red is Social and we'll focus on that in November. Blue is Spiritual, December. Pink is Emotional, February, Gray is Financial and Orange is Occupational. We'll look at both in March. Environmental is green and April is the month. Even though we won't have focused on a dimension, we'll still try to annotate what activities "fit" into each dimension. Many activities fulfill many dimensions.

The goal of living independently is one shared by many people, and physical wellness is necessary to achieve this. Lifestyle choices that can maintain or improve health and functional ability include engaging in physical activity, choosing healthy foods with adequate nutrition, getting adequate sleep, managing stress, limiting alcohol intake, not smoking, avoiding risky sexual behavior, making appointments for check-ups and following medical recommendations. Physical activity includes leisure time physical activity, household chores, play, games sports or planned exercise. Older adults should do a minimum of 150 minutes of moderate intensity aerobic physical activity through the week or at least 75 minutes of vigorous -intensity aerobic physical activity. Duration should be a minimum of 10 minutes. Older adults with poor mobility, should perform physical activity to enhance balance and prevent falls on three or more days per week. Those with limitations should be as active as their conditions allow. You should maintain an appropriate calorie balance along with moderation. Reduce the intake of sugars and refined grains. Keep alcohol consumption moderate. Increase your intake of vegetables and fruits especially dark green, red and orange vegetables. Eat whole grains. Choose a variety of proteins- seafood lean meat, poultry, eggs, beans, nuts and seeds.

Keep your doctor appointments and don't put off going to the doctor. You might not "get over it". Take your medications as directed. Breathe deeply and stand up straight (see page 4). Wear good, roomy shoes or go bare-foot. Strengthen your feet, your body depends on them. Your body is intelligent. Listen to it!

Take care of your body so it lasts a lifetime.



## ONLINE REGISTRATION AND PAYMENT AVAILABLE

Register and pay for trips and activities from home by going to [schedulesplus.com/wwtr](http://schedulesplus.com/wwtr), using either Google Chrome or Firefox browser. Payment on this site is through PayPal. Paying in person is still an option. On the SchedulesPlus, site you can

- 1) See What's Going On Today;
- 2) See the Activity Calendar and register to attend;
- 3) Log Volunteer Hours;
- 4) Add Prepayment to Your Account;
- 5) See What I have signed up for;
- 6) Sign up to Volunteer; and
- 7) Make a donation.

You can also pay online for some classes at the Parks and Recreation website: [wwparks.org](http://wwparks.org).

## HAPPY SEPTEMBER BIRTHDAYS TO:



**3** William Wilson  
**21** Bea Jacobs  
**28** Doris Wutke

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~

## MOVIES: SPONSORED BY MULBERRY GLEN

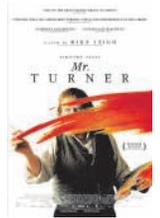
I So E Sp

In addition to our usual films on the second and fourth Tuesdays, we'll be screening a Foreign Film or documentary on Wednesday. Some films are not in color; most are shown in their original language, with English subtitles. In the "big city," we would be considered an "art house." Enjoy.

### "Mr. Turner"

Wednesday, September 2, 12:30 pm  
Rated R, 2 hr., 24 min.

Biography of sour, dour, stern, mean, eccentric, and yet brilliant British painter JMW Turner (1775-1851). Timothy Spall garnished Best Actor honors at last year's Cannes Film Festival; nominated for four Oscars. (Rated R for some sexual content.) (British, 2014)



### "The Surface"

Tuesday, September 8, 12:30 pm

Not Rated, mature themes, 1 hr., 30 min.

This Made-in-Milwaukee indie film was a Best Selection at last fall's Milwaukee Film Festival. Sean Astin ("Rudy," Sam in "Lord of the Rings") and Chris Mulkey (Viroqua native; "Whiplash," & "Capt. Phillips") play sole lost souls aboard a small, sinking fishing boat on Lake Michigan, off the coast of Milwaukee. (2014)



### "Far from the Madding Crowd"

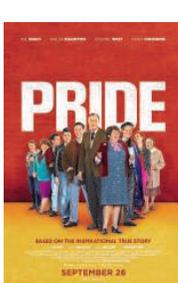
Tuesday, September 22, 12:30 pm  
Rated PG-13, 1 hr., 59 min.

Based on the Thomas Hardy novel (1874). In 19th Century Victorian England, a woman inherits her uncle's farm, and discovers she likes being in charge, only to find present-day society---does not. (British, 2015)



### "Pride"

Tuesday, September 29, 12:30 pm  
Rated R, 1 hr., 59 min



Nominated for Golden Globe 2015 Best Picture (Comedy or Musical). In 1984, during a nationwide UK coal miners strike, which was opposed by Margaret Thatcher, families in a very small Welsh village aren't quite sure what to make of their new, vibrant supporters. Stars Bill Nighy ("Love Actually"). (Rated R for language and sexual content.) (British, 2015)

## COMMUNITY CONVERSATION ON DEATH AND DYING

So E Sp

**Thursday, October 8; 2:00 pm**

The group is taking a break in September due to scheduling conflicts. 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 October 5 at 10:30, also.

## END-OF-LIFE PRE-PAREDNESS WORKSHOP

O E Sp

**September 15 and 22**

Whitewater Public Library

6:00 p. m.-8:00 p.m.

The 4-hour workshop, broken into two- two hour segments, will include information sharing by a lawyer, a banker, and hospice with time to ask questions. This "And Then There Was One" workbook includes over 70 checklists and forms providing a roadmap through the planning process. This guide will ease the transition for your survivors by informing them of your wishes and promoting harmony in the family after your passing. The greatest gift we can leave our family is our **pre**-paration. You would not plan a wedding in three days, but that often happens in the event of a funeral. The workbook is optional at a cost of \$30. Additional information can be found on the website [www.therewasone.com](http://www.therewasone.com). To register, please call 262-473-0530.

## FUNDS FOR FRIENDS

Thanks to everyone for getting Funds for Friends stickers on your Sentry receipts. **We have received \$595.90 this year through this fund.** Sentry is a great supporter of our community, giving away thousands of dollars through this program and other in-kind donations to the community. Please shop local and support those who support us.

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## GLENWOOD MEMORY CARE OPEN HOUSE

Sunday, September 13<sup>th</sup>

10:30am – 1:30pm

1281 W. Main Street, Whitewater

## PARKS & RECREATION

Visit [wwparks.org](http://wwparks.org) for the Summer/Fall brochure or pick one up at the Starin Prsk Community Building.

**WHITEWATER CITY MARKET**  
Tuesdays 3:00—7:00 PM  
Cravath Lakefront

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

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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

### 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](http://schedulesplus.com/wwtr)  
[www.whitewater-wi.gov](http://www.whitewater-wi.gov)  
[www.wwparks.org](http://www.wwparks.org)

## NEWSLETTER SUBSCRIPTION OR PICK-UP SITES

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

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