



August 2016

The Park Bench

Seniors in the Park Newsletter

NO-BAKE, BAKE SALE

Our fundraiser this year is a No-Bake, Bake Sale. The idea behind a No-Bake, Bake Sale is you don't have to go shopping, buy supplies, turn on your oven (it's Summer!), prepare and bake, package, clean the kitchen, bring goodies to the center and volunteer to price, set-up, sell at a Bake Sale and then clean up. Bake Sales are also difficult now with food allergies and, of course, we are all watching our waistlines (wink, wink). You just make a monetary donation and you're done!

Funds raised go to support programming, such as entertainment at special events and our Concert in the Park. It enables us to bring in speakers for interesting presentations and to purchase supplies for programs.

Fundraising also pays for our 8-hour-a-week receptionist. Your donation is always put to good use and benefits everyone who attends programs here. The funds are kept in a separate account at the City and spending is voted on by participants at the monthly Senior Forum meeting. Since losing the Sentry Funds for Friends, we have lost anywhere from \$600-\$800 a year in program revenue.

You may have already received an email or letter about the fundraiser. We appreciate any donation no matter how big or small. Thanks for your generosity. When sending checks please make them out to the City of Whitewater. Our address is on the last page of the newsletter.



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Welcoming Seniors, Boomers, and Adults of all ages.

Seniors in the Park Promotes & Enhances a Vital Aging Community

BRIDGE REFRESHER

We have people interested in a refresher class. The class will begin the first week of September on either Tuesday or Thursday morning. Please let us know which day you prefer when signing up. Linda is excited to share her Bridge knowledge and help others to refresh their skills.



COLOR GROUP

August 16, 10:00 am

Bring your colored pencils, markers or whatever your favorite color implement is. Whether you draw or use color books, this is a chance to come together share ideas and spend some time being creative. This group meets on the third Tuesday of the month.



PEGS AND JOKERS

Pegs and Jokers meets on the third Wednesday of the month, August 17. Stop in and try out this fun game.

KNITTING GROUP

**Thursdays, August 4 & 18
1:00 pm**

Get together to knit, socialize, and share ideas with others. All levels of knitters are welcome. This group will meet on the first and third Thursday of the month.

STAINED GLASS CLASS

August 30 & 31, 12:30—3:30

All levels are welcome at the class. Whether you are a seasoned glass cutter or new to this craft, you can receive one-on-one instruction. This class will teach you the basics and help you move to the next level.

Supplies to bring: Safety glasses, an old towel, scissors and a 100-watt soldering iron, if you have one.

Instructor: Caroline Britton

Location: Downtown Armory Lower Level

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

Deadline: Thursday, August 25



GLASS GARDEN STAKES

Thursday, August 11 10:00 am

Downtown Armory Lower Level Craft Room

Learn to make these colorful, interesting garden stakes.



We will have all the supplies. Two samples are available at the center to preview. Thanks to Diane Schwab and Karen Krohn for taking the class in Janesville and teaching it here.

Fee: \$15 residents; \$18.75 non-residents

Minimum 4; maximum 10

Registration/Payment Deadline: July 28

WATERCOLOR – GRAPES, LEAVES, COLLAGE AND MORE

August 4—25, 1:00—4:00 pm

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 wild grape leaves in the process along with the addition of collage. There will also be a demo of starting a painting with a charcoal pour. 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. 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.

Cost: \$40, payable to the instructor on August 4

Deadline: Monday, August 1

Instructor: Karolyn Alexander Tscharnack; www.karolyn.biz



OUTDOOR FITNESS EQUIPMENT USE

Interested in learning how to use the outdoor equipment? There are stickers on each piece of equipment on how to use it. If you have questions or are unsure of what to do or how to use it, someone will be in the vicinity on Wednesday, August 3, 10:00—10:30 am and Friday, August 26, 10:30-11:00 am



WALKING AND NORDIC WALKING GROUP AND INSTRUCTION



Join this walking group and walk with or without poles. No matter what speed you walk, you are welcome to come with the group. Most walks will be 5—15 minutes of instruction and warm-up (dependent on new learners), 20—40 minutes of walking and 5 minutes of cool down and stretches. Get moving and grooving and start your day with a burst of energy! Walking dates and times are:

9:00 am August 1, 3, 22, 25

4:45 pm Tuesdays (no walking August 16)

All walks are dependent on weather.

WISCONSIN HISTORY STORIES

Wednesdays 1:00 pm

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

Sept. 14 Immigrants Populate Wisconsin:
America's "Foreign" State

Sept. 21 And Still More Immigrants Arrive

Sept. 28 Mineral Point's Pendarvis House: Wisconsin's First Historic Restoration. This session focuses on the behind-the-scenes story of how the Pendarvis House complex was created, and how the restaurant became one of the seven finest restaurants in the country, according to *The Saturday Evening Post*, gleaned from interviews with one of the two Pendarvis founders. Recipes included! Guest Speaker Kori Oberle

Oct. 5 Historic Wisconsin's Iron Horses, Silent Gray Fellows, Motor Carriages, and Wheelmen

Oct. 12 Ethnic Strife, War, and Disease: Wisconsin's World War One Home Front



GOLF LEAGUE

Have fun with this recreational Golf League. Golfers must be 60 years old as of April 4, 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. For more information, contact Vicki Flitsch, 608-884-3586, or Bill Holcomb, 262-495-2273. Play is at Oak Ridge Golf Course on Bowers Lake Road, Milton. The membership fee is \$6.00 and is paid on site. Join any time!



“FUN”CTIONAL FITNESS

**Monday and Thursdays
9:30-10:30 am**

Open the door to greater independence and a healthier life with “fun”ctional fitness. Experience a dynamic routine to promote coordination, balance, strength and flexibility. Hand weights, tubes, leg weights and weighted bars are all part of the fun. All levels of ability are welcome. Activities are adapted to individual needs. Cost: \$1.00 per class residents or \$1.25 non-residents

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



SIGN IN PLEASE!

Please remember to sign in each time you visit the center, even if you are just dropping in to make a payment, register for an activity or purchase a greeting card. We use this valuable information to request funds and plan programs and staffing. If you don't have a card yet or have lost yours, please inquire at the reception desk. We'll be glad to make you one for free!

SIP & SWIPE CAFÉ®



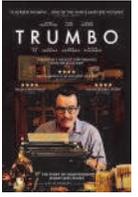
What's a Sip & Swipe Café? It is a place where older adults learn computer tablet skills (e.g., swiping) in a fun, non-threatening environment. A Sip & Swipe Café Coach, will help you learn to use a tablet as you follow the simple, on-screen tutorial provided by [Generations on Line](#) (GoL). The tutorial offers step-by-step instructions for people over age 55, who have never before used a computer or tablet. Learning technology connects you to family and friends, provides access to myriad information and fun or challenging games. In the past 16 years, this award-winning program has made it possible for nearly 90,000 older adults help themselves to the World Wide Web and email. If you are interested in learning tablet technology, contact Seniors in the Park or Diane Jaroch at the ILY Library, 262-473-0530, or Brian Robinson at Fairhaven, 262-473-2140.

MOVIES: SPONSORED BY MULBERRY GLEN

"Trumbo"

Tuesday, August 9, 12:30 pm
Rated R (language); (2015) 2 hrs, 4 min.

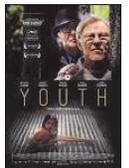
In 1947, Dalton Trumbo was one of Hollywood's top screenwriters, until he and other writers and actors came under investigation by the House Committee on Un-American Activities for alleged communist propaganda in films. "The Hollywood 10" were subpoenaed, jailed and blacklisted. Trumbo went on to ghost write some of Hollywood's biggest films. Stars Bryan Cranston (Best Actor nominee), Diane Lane, Helen Mirren, Louis C.K.



"Youth"

Wednesday, August 17, 12:30 pm
Rated R (language, nudity); (2015) 2 hrs, 4 min.

A retired orchestra conductor (Michael Caine) and his daughter are on holiday in the Alps with his best friend, a film director (Harvey Keitel) to celebrate their 80th birthdays. The two gents observe with curiosity and tenderness on their children's confused lives, and the other hotel guests (Jane Fonda). Nominations for Caine, Fonda and Best Song ("Simple Song #3). A Cannes Best Film Nominee.



"The 33"

Tuesday, August 23, 12:30 pm
Rated PG-13; (2015) 2 hrs, 7 min.

The 2010 Chilean mine collapse that became an international concern: 33 miners trapped underground for 69 days. Stars Antonio Banderas, Juliette Binoche, James Brolin, Lou Diamond Phillips.



"The Driftless Area"

Tuesday, August 30, 12:30 pm
Rated R (language, violence) 1 hr, 35 min.

This is considered an "indie" film (locally filmed, low budget, not released by a major studio). In Wisconsin's Crawford and Vernon counties (think Prairie du Chien, Wauzeka, Gays Mills), a young college student returns to his hometown and becomes embroiled in the local's ways. Stars Anton Yelchin, Zooey Deschanel ("New Girl") and Frank Langella.



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~

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



MISSISSIPPI FALL RIVER ROAD TRIP

Tuesday—Friday October 4 – 7

Witness the grandeur of autumn along one of the most scenic stretches of road in the Midwest October 4-7. Highlights of the trip include: Norskedalen Farmstead with lunch, Dinner-cruise on the LaCrosse Queen, Apple Farm, Watkins Store, National Eagle Center, Red Wing Pottery & Red Wing Shoe Store, Dinner at Historic St. James Hotel and much more! Also includes three nights lodging, 8 meals and VanGalder Coach

transportation. Fee for the trip is \$639.00 per person double or \$879 single. Can add people dependent on hotel availability.

HORICON MARSH

Thursday, September 15

Take a one-hour boat ride on the largest fresh water marsh in the US. Visit the new Explorium at the Horicon Marsh Visitors Center. Your included lunch will be at the historic Audubon Inn. We'll stop in Theresa for chocolate (at Deb's favorite store) and Wiedmer's Cheese. If there is time, we'll make a quick visit to Holy Hill.

Deadline is August 11

Fee: \$63.00

Checks made out to City of Whitewater

Depart Starin Park: 7:00 am and Fort Atkinson K-Mart at 7:30 am

Return (approx) Fort: 5:30 pm; Starin 6:00 pm



MOTORCYCLE RIDES

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 2016. You can scan and email your insurance info or drop it off in advance, too. Helmets are recommended. Call with your email, and we'll keep you current on upcoming rides and rain dates.



Monday, August 8: Ride to Potosi on the Mississippi River and have lunch at the brewery. Ride through Nelson Dewey State Park. Ride departs at 8:00 am. Leader is Bruce Parker

Tuesday August 23: Head for JP Cycles and the Motorcycle Museum in Anamosa, Iowa. Lunch is at the General Store Pub in Stone City. This building was made famous by painter Grant Wood and serves great food. Depart at 7:30 am. Bruce Parker leader (Long ride)

Saturday Sept. 17: Horicon Marsh, Explorium and Visitor Center, Chocolate & Cheese in Theresa. Bruce Parker, leader

Monday, Sept. 26: Cheese and Beer! in Monroe. Leader needed

Saturday, October 1: Lunch at the Norske Nook, Deforest, and Fall color ride. Bruce Parker leader.

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 at the Starin Park Community Building.

EXTENDED TRAVEL 2017



Backroads of Sunny Florida February 24-March 3, 2017

Spend three nights at the Plantation Resort on the Crystal River in Florida. Take a boat ride in Homosassa Springs Wildlife Park and see birds, fish, manatees, alligators and more. Enjoy a boat ride on the Crystal River to see the manatees. You can even make arrangements to swim with them. Visit Tarpon Springs, settled by Greeks and home

to the sponge industry. Enjoy an evening of dinner theater at the Derby Dinner Playhouse. Includes 12 meals and home pickup in Walworth County. There will be a preview of the trip on Thursday, September 29 at 1:00 pm. Per person twin room is \$1599 or add \$569 for single supplement.

Preview
Thurs., Sept. 29
1:00 pm
RSVP by Sept. 22



Arizona Spring Training Getaway March 19-24, 2017

Features one hotel stay in Phoenix, 2 baseball games, Hall of Flame Fire Museum, Tucson Area, Mission San Xavier, Arizona-Sonora Desert Museum, Old Town Scottsdale, Heard Museum of Native American Culture, Sabino Canyon Rec Area Tram Tour and more. Includes 7

meals, Airfare from O'Hare, tour director and baggage handling. Per person Twin room is \$1895, if make final payment with check or add \$600 for single supplement

Preview
Wed., Aug. 31
1:00 pm
RSVP by Aug. 25

New York's Haunted History Trail, July 29—August 4, 2017

Scenic ride on the Arcade and Attica Railroad and cruise on the Maid of the Mist at Niagara Falls. Two of the top haunted places in the U.S. are in upstate New York. Haunted visits include the Wm. Phelps General Store, Fort Ontario, Red Coach Inn, Brae Loch Inn, Rolling Hills Asylum and most other stops. Also wine tasting and Cruise on Seneca lake in a vintage motor vessel. Per person twin room is \$1849 or add \$699 for single supplement.



Country Roads of Tuscany November 7—15, 2017

Jon Deb and Nan on this wonderful trip to Italy. It features one hotel stay in Tuscany and flying in and out of Florence, Italy. Highlights of the trip include a Tuscan winery and tasting, Florence, including Statue of David, Piazza Della Signoria & Santa Croce, the famous Ponte Vecchio Bridge, Pisa, Lucca, San

Gimignano, Cooking Class with lunch and wine and more. Per person twin room is \$2895 if make final payment with check (\$2995 credit card) or add \$375 for single supplement.

Sneak Peak Preview
Wed., Aug. 31
1:00 pm
RSVP by Aug. 25

Van Trips

WI STATE FAIR

Thursday, August 8

Spend a day at the incredible Wisconsin State Fair. Sample Cream Puffs and about anything deep fried you can imagine. There is bountiful entertainment and unique shopping opportunities.

Fee: \$8.00 (transportation only)

Deadline: July 21

Depart: 8:30 am; Return 4:30 pm



SUNNY SIDE UP BREAKFAST CLUB

Thursday, August 18, 8:30 am

Ride to Elizabeth's Café in Delavan. There is a bakery a few doors down Fee: \$4.00

RSVP by Tuesday, August 16

LUNCH BUNCH

Thursday, August 11, 10:30 am

Lunch will be at HHHFRRRGGH Inn in Janesville. Fee: \$4.00

RSVP by Tuesday, August 9

(September: Jessica's in Rosco, IL)

JANESVILLE SHOPPING

Wednesday, August 3, 9:15 am

Get picked up at your home and shop in Janesville. Participants choose where to shop.

Fee: \$3.00

RSVP by Tuesday, August 2



KRINGLE AND KEWPIES

Wednesday, August 24.

Tour Wingspread, the residence Frank Lloyd Wright designed and built in 1938-39 for the Herbert Fisk Johnson family. Shaped like a four-winged pinwheel, the 14,000-square-foot house balances grand spaces for social gatherings in the Great Hall with smaller, more intimate spaces in the bedroom wings. See the Wind Point Lighthouse garden and park. One of the few diners left with the Kewpee name is in Racine. Remember the Kewpie Doll? There is a collection of Kewpie dolls onsite. After lunch, visit Larsen's and indulge in Racine's most famous export, kringle.

Fee: \$10.00

Deadline for second trip: August 3

Depart 8:00 am return approx. 3:30 pm

ROCKFORD RIVETS VS MADISON MALLARDS



Monday, August 1

We're headed to Rockford to check out their ball park and see the Mallards play the Rivets. Arrive at the ball park early to enjoy an all-you-can-eat pre-game tailgate.

Fee: \$32.00

Deadline: July 13

Depart: 4:30 pm; Return approx. 11:00 pm

AUDUBON'S BIRDS OF AMERICA



Friday, September 30

The Birds of America is the most celebrated work of American ornithology. A selection of these extraordinary first-edition artworks are on exhibition at the Paine Art Center in Oshkosh. Enjoy a guided tour of the mansion.

The Audubon exhibit is self guided. Have lunch at

Fratellos on your own, prior to the tour.

Fee: \$24

Deadline: September 9

Depart: 9:15 am

LIONS EYEGLASS COLLECTION

There is a collection bin at The Starin Park Community Building. Drop off your eyeglasses of any kind during our open hours in the Main Room.

Activity Calendar

9

August 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p>1</p> <p>8:00 Golf (OR) 9:00 Walking 9:30 FUNctional Fit 10:30 Book Worms 11:00 WW Warblers 12:00 Senior Forum 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg 4:30 Rockford Rivets</p>	<p>2</p> <p>9:00 Pickleball (A) 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 1:00 Sheepshead 4:45 Walking</p>	<p>3</p> <p>9:15 Janesville Shop 9:00 Walking 9:30 Indoor Walking 10:30 Outdoor Fitness Equipment Assist. 10:00 Beg. Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A)</p>	<p>4</p> <p>9:00 Pickleball (A) 9:30 FUNctional Fit 1:00 Knitting Group 1:00 Watercolor</p> <p>Office 8:30-12:30</p>	<p>5</p> <p>9:30 Indoor Walking 12:30 Pickleball (A)</p> 
<p>8</p> <p>8:00 Golf (OR) 8:00 Motorcycle Ride to Potosi 8:30 State Fair departs 9:30 FUNctional Fit 11:00 WW Warblers 1:00 Mah Jongg</p>	<p>9</p> <p>10:00 Mulberry Glen Bingo 12:30 Mulberry Glen Movie "Trumbo" 1:00 Sheepshead 4:45 Walking</p>	<p>10</p> <p>9:30 Indoor Walking 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A)</p> <p>Office Closed</p>	<p>11</p> <p>9:00 Pickleball (A) 9:30 FUNctional Fit 10:00 Garden Stake Class (A) 10:30 Lunch Bunch 12:30 Toenail Clinic 1:00 Watercolor</p> <p>Office 8:30-12:30</p>	<p>12</p> <p>9:30 Indoor Walking 12:30 Pickleball (A)</p> <p>Office Closed</p>
<p>15</p> <p>8:00 Golf (OR) 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg</p> <p>Office 8:30—1:00</p>	<p>16</p> <p>9:00 Pickleball (A) 10:00 Color Group 1:00 Sheepshead</p> <p>Office 9:00—1:00</p>	<p>17</p> <p>9:30 Indoor Walking 9:30 Pegs & Jokers 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 12:30 Mulberry Glen Movie "Youth"</p> <p>Office 11—3</p>	<p>18</p> <p>9:00 Pickleball (A) 8:30 Sunny Side Up Breakfast Club 9:30 FUNctional Fit 1:00 Knitting Group 1:00 Watercolor</p> <p>Office 8:00-12:30</p>	<p>19</p> <p>9:30 Indoor Walking 12:30 Pickleball (A)</p>
<p>22</p> <p>8:00 Golf (OR) 9:00 Walking 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg</p>	<p>23</p> <p>7:30 Iowa Cycle Ride Departs 9:00 Pickleball (A) 10:00 City Bingo 12:30 Mulberry Glen Movie "The 33" 1:00 Sheepshead 4:45 Walking</p>	<p>24</p> <p>8:00 Kringle Trip Departs 9:30 Indoor Walking 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A)</p>	<p>25</p> <p>9:00 Pickleball (A) 9:00 Walking 9:30 FUNctional Fit 1:00 Watercolor</p>	<p>26</p> <p>9:30 Indoor Walking 10:30 Outdoor Fitness Equipment Assist. 12:30 Pickleball (A)</p>
<p>29</p> <p>8:00 Golf (OR) 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg</p>	<p>30</p> <p>9:00 Pickleball (A) 10:00 Crazy Bingo 12:30 Mulberry Glen Movie "The Driftless Area" 12:30 Stained Glass (A) 1:00 Sheepshead 4:45 Walking</p>	<p>31</p> <p>9:30 Indoor Walking 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 12:30 Stained Glass (A) 1:00 Spring Training Trip Preview</p>		<p>Activities take place at the Starin Park Community Building unless otherwise noted.</p> <p>(A)=Downtown Armory (L)=Cravath Lakefront (OR)=Oak Ridge Golf Course, Milton</p>

10 Walworth County Nutrition Menu

August 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Yankee Pot Roast Hot Peaches with Granola Peas Tossed Salad Marble Rye	2 @ Starin Park Polish Sausage Rosemary Red Potatoes San Francisco Blend Vanilla Pudding Hot Dog Bun	3 Turkey Tetrazzini Sliced Beets Carrots Wheat Bread Chocolate Chip Cookie	4 Swiss Steak Gravy & Mash. Pot. Mixed Vegetables Applesauce Wheat Roll	5 Chicken Pasta Caesar Salad Melon Mix Sugar Cookie Dinner Roll
8 Green Pepper Casserole w/Rice Garden Blend Veg Watermelon; Jell-O Wheat Bread	9 @ Starin Park Ham and Pasta Salad Tossed Salad Pineapple & Grapes Lemon Chiffon Dessert Dinner Roll	10 Italian Wedding Soup Med. Blend Vegetables Sliced Peaches M&M Cookie Wheat Bread	11 Grilled Pork Chop Twice Bak. Pot. Cass. Red Cabbage Diced Pears Bread	12 BBQ Chick. Leg & Thigh Wisconsin Blend Veg Sweet Potatoes Diced Fruit Wheat Bread
15 Turkey Mash Potatoes w/Gravy Coleslaw Tropical Fruit Wheat Bread	16 @ Blackhawk Chicken Cob Salad Mandarin Orange Pineapple Tidbits Cherry Crisp Wheat Bread	17 Pork Loin w/Dijon Sauce Au Gratin Potatoes Stewed Tomatoes Melon Mix Dinner Roll	18 Beef Goulash Gard. Blend Veggies Squash Fruit Cocktail Wheat Bread	19 Hot Dog on a Hot Dog Bun Calif. Blend Vegetables Potato Salad Snickerdoodle Cookie
22 Beef Stew with Potatoes Cauliflower Tossed Salad Hot Cinn. Applesauce Baking Powder Biscuit	23 @ Starin Park Tomato Herb Meat Sauce over Penne Pasta Peas Chocolate Chip Cookie Breadstick	24 Chicken Waldorf Salad Carrot Raisin Apple Salad Pineapple Tidbits Angel Food Cake w/ Top. Wheat Bread	25 Roast Beef w/Gravy Mashed Potatoes Three Bean Salad Fruit Jell-O Dinner Roll	26 Broc. & Cheese Quiche California Mixed Veg Sliced Peach. w/Granola Strawberry Cake Wheat Roll
29 Salisbury Steak Sweet Potato Broccoli Fruit Cocktail Dinner Roll	30 @ Starin Park Scallop. Potatoes & Ham Green Beans Melon Mix Brownie Wheat Bread	31 Spaghetti & Meatballs San Fran. Blend Veggies Tossed Salad Diced Pears Garlic Bread	Persons 60 and over and their spouses are eligible. Suggested donation is \$3.00. Call 1-800-365-1587 ext 3333 to make a reservation by noon a day previous or to cancel meals day of by 8:00 am. Meal site is at Brookdale Manor, 1061 Blackhawk Dr., Monday & Wednesday though Friday.	

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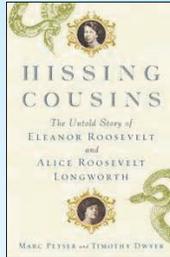
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BOOK WORMS

Monday, August 1, 10:30 am

The Book Club will discuss *Go Set a Watchman* by Harper Lee. The book for August will be *Hissing Cousins* by Marc N. Peyser.

The Untold Story of Eleanor Roosevelt and Alice Roosevelt Longworth reminds us the two began life as fast friends. They were both born in Manhattan in 1884 and bound together by childhood tragedy. Eleanor's father was Theodore's doomed alcoholic younger brother, Elliott; Alice's mother was Theodore's first wife, Alice Lee, who died the day after giving her birth. Eleanor, orphaned at 9 and raised by dutiful relatives, never felt she really belonged anywhere. Alice—to whom her grieving father never so much as mentioned her dead mother, out of guilt at having married for a second time—never felt Theodore loved her as much as he did her five half-siblings. Both emerged from girlhood profoundly insecure, Alice remembered, and each responded in a different way. Eleanor, “by being virtuous, and I by being boisterous and showing-off.”



SENIOR FORUM

Monday, August 1, 12:00 pm

If you would like a voice in how the Senior Center is administered and how we should look in the future, attend a meeting and share your ideas.



SENIORS IN THE PARK NEWSLETTER

You can now get your copy of *The Park Bench* on line by clicking on the following link: ourseniorcenter.com/find/seniors-in-the-park

ACTIVITIES AT A GLANCE

- Book Worms**—First Monday 10:30; Books available at Starin Park
- Canasta**—First, third, and fifth Mondays 1:00 pm
- Color Group**—Third Tuesday, 10:00 am
- Dominoes**—First Tuesday 11:45 (after potluck)
- 'FUN'ctional Fitness**—Mon & Thurs. 9:30 am; Residents: \$1.00 per class, Non-Residents \$1.25
- Golf League**—Mondays, 8:30 tee time, Oak Ridge Golf Course
- Mah Jongg**—Mondays, 1:00 pm
- Pegs & Jokers**—Third Wednesday 9:30 am
- Pickleball**—Monday, Wednesday, and Friday 12:30-2:30, Tuesday 9:00-11:00 and Thursday 8:00—10:15 am; Downtown Armory
- Potluck**—First Tuesday 11:15 am
- Sheepshead**—Tuesdays, 1:00 pm
- Walk Away the Pounds**—(Indoors) Wednesday & Friday, 9:30 am
- Whitewater Warblers** singing group—Mondays, 11:00 am

BINGO

Tuesdays, 10:00 am

- Aug. 2: Culver's
- Aug. 9: Mulberry Glen
- Aug. 23: City Bingo
- Aug. 30: Crazy Bingo



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- Walworth Co. Nutrition * Jersey Mike's Sub * Taco Fresco *

VOLUNTEER SPOTLIGHT

Carolyn Behrens has been volunteering to teach the Sip & Swipe® class since May. She also helps people learn how to use digital tablets. She volunteers for many other things including: opening the Armory for the Pickleball, classroom elementary aide at LINC'S and checking people in before ambulatory surgery at Fort Hospital. In addition, she likes to help her elderly neighbors with groceries and errands that need to be done. Her interests include quilting, sewing and scrapbooking, as well as running, biking and playing pickleball. She cans vegetables from her husband's garden. Carolyn loves to learn new skills and takes a lot of classes to keep her mind active.

Carolyn is a retired teacher and taught in the Jefferson High School at a variety of positions for 32 years. She has been married to Bob for 44 years and has 2 children and 2 grandchildren.

Carolyn enjoys volunteering at Seniors in the Park because helping people makes her feel good about herself and she enjoys sharing information with other people.

Carolyn is impressed with everything that is available at Seniors in the Park. There is something for everyone from fitness to educational classes and travel. The facility is nice and Deb Weberpal is very accommodating and helps with any needs you may have.

Thank you Carolyn for volunteering with Seniors in the Park!



SERVICES AT A GLANCE

Toenail Clinic: Change in day and time:

Thurs., August 11: 9:00 am—Noon by Appointment only.



Please bring a towel. \$15.00.

Starting Sept.: First Wednesday of the month; times will vary

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.

GREAT WEBSITES

- National Council on Aging: www.ncoa.org.
- The National Institute on Health: <http://nihseniorhealth.gov>
- Greater Wisconsin Agency on Aging Resources: www.gwaar.org.

All sites have a wealth of good, reliable information on their sites.



COORDINATOR'S COMMENTS

Bucket lists, why do we make them? A Bucket List, or Life List, is a list of the things you want to do, places you want to go and people you want to meet.

Why are they good? They help us examine our "Why?". Why do I want to do this? The 'Why' defines

our purpose and helps to motivate us to accomplish goals. Periodically reviewing the list helps to re-energize you and keep your focus on the big picture not the day-to-day busyness we can get wrapped up in. A bucket list can also be a reward list. I achieved this goal, now how can I celebrate? Writing down a list makes it real. It also allows others to assist you in achieving your dreams.

If you had to make up a list what would be on it? I think lists change as we age because our 'Why' changes. Instead of overseas travel, it might be a trip to visit family. The new person you want to meet may be a new grandchild or great grandchild.

Make out your list and ask yourself why you want to do it and what is the purpose of this bucket list goal. No matter how exotic or everyday your list is, the point is that it's yours. You might surprise yourself what ends up on the list.

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THANK YOU

Diana Stettner, Dan Sable & Karen Strauss for volunteering at the Picnic.

Thanks to **Matt Amundson** for grilling the food.

Thanks to those who brought a classic car: **Richard James, Pat Channing, Tom Dosemagen, Ken, Jeannine and Rick Fassl, Roy Markwardt, Bruce Parker, John Wilde and Terry Williams.**

Thanks to **Commercial Bank** for being a sponsor of the picnic.

Whitewater Community Foundation for donating \$2332 to the Outdoor Fitness Equipment Project.

Alan Luckett for taping the Park Bench and all the other assistance we've received from him. Best Wishes!

Max Taylor for donating two of his books to our library.

SUMMER CONCERTS AND FAMILY FUN NIGHTS

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

August 4 David Stokes—The Animal Guy

August 11 Hoo's Woods Raptor Center

Appreciate the co-existence between wildlife and man and the importance in preserving the world in which we live.

August 18 Piper Road Spring Band

FIBER ART & QUILTING EXHIBIT

Fiber art by the Whitewater Fiber Guild and quilts by artist Kent Williams, of Madison, will be displayed at the Whitewater Arts Alliance's Cultural Arts Center at 402 West Main Street from Thursday, August 4—Sunday, August 28. The gallery will be open on Thursdays, Fridays, Saturdays and Sundays from noon to 5 p.m. There will be a reception, which is free and open to the public, on the show's last day, Sunday August 28, from 1 p.m. to 3 p.m. with the artists attending.



“WHEN TO STOP DRIVING AND HOW TO TALK TO YOUR LOVED ONES ABOUT IT”

Wednesday, August 17, 10:30-11:30 am

Join the Wisconsin Council of the Blind & Visually Impaired for this free webinar. “After many years behind the wheel, it can be difficult for an individual with diminishing vision to determine the appropriate time to stop driving, but it could be one of the most important decisions they make. Featured speakers include Jim Kubek, Supervisor for AAA Driver Training, who will discuss how to talk to an individual who must consider ending their time behind the wheel. A representative from the Wisconsin DMV Medical Review team will talk about laws regarding specifics on who can drive and who is capable of removing driving privileges.

Our webinar will offer supportive advice for individuals contemplating whether to stop driving. The presentation will also identify talking points adult children can use with their parents during discussions about no longer driving.

Registration is available on our website, www.wcblind.org, under the

HAPPY AUGUST BIRTHDAYS TO:

- 2 Blanche Grumm**
- Teresa Golembiewski**
- 3 Roger Provenzano**
- 9 Sandi Colombe**
- 12 Jean Nielsen**
- 14 Dorothy Poehler**
- 16 Gretchen Barth**
- 19 Alice Smith**



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!

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

Checks for activities, classes and trips are made out to:
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THERMOSTATS

The thermostat is set in accordance with City Policy. Please bring a sweater if you think you might need one.



HANDS2HELPU

This free service for elderly and disabled adults living within 15 miles of LaGrange (includes Whitewater) is sponsored by the LaGrange United Methodist Church. Call Judy Seip at 608-843-7143. No donations will be accepted for their service.

Seniors in the Park

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Nutrition Site 262-903-0436
Hours....Mon-Thurs, 9:00 am-4:00 pm

Senior Coordinator

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Volunteer Editor

Romelle Koch

Parks and Recreation Director

Matt Amundson, CPRP

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

Seniors in the Park is a division of
Whitewater Parks and Recreation



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 wwparks.org, 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 ourseniorcenter.com/find/seniors-in-the-park. 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 many other locations throughout Whitewater.

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