



The Park Bench

December 2016

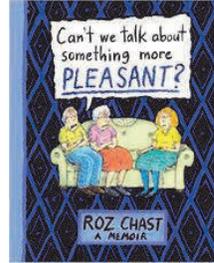
Seniors in the Park Newsletter

SCHOLARLY SCOOP: GRAPHIC GERONTOLOGY: SENIOR CARE, ETHICS AND COMIC STRUCTURE IN *CAN'T WE TALK ABOUT SOMETHING MORE PLEASANT?*

Volume XVI Issue 12

Friday, January 6, 10:30 am

How can a comic book tell a story about serious matters? Roz Chast's graphic memoir, *Can't We Talk About Something More Pleasant?* (2014), chronicles the autobiographical subject's strained-but-loving relationship with her parents as they enter the final stage of their lives. In this exploration of aging and life writing with Tanya Kam, we'll discuss how the comic book structure operates to make a serious subject more accessible to a general reading audience. In addition, I'll introduce terminology associated with graphic memoirs and talk about ethical decisions that Chast must make in telling the story of her life in relation to that of her parents. Chast's memoir reminds readers about the necessity of discussing senior care and aging despite society's tendency to avoid such "unpleasant" topics, as indicated by the satiric title of book.



Chast is a cartoonist for the New Yorker. This book was one of the top ten books for 2014 by the New York Times.

Coffee and donuts will be available, thanks to Sable House. Please register for the talk by Wednesday, January 4.



Tanya Kam,
Assoc. Professor
Dept. of Languages
& Literatures, UW-W

Tanya Kam earned her PhD at the University of California, Santa Cruz and is an Associate Professor in the Department of Languages & Literatures at the University of Wisconsin-Whitewater. Her research focus centers on life writing, and she is currently the book editor of *a/b: Auto/Biography Studies*, a scholarly journal that focuses on memoir, auto/biography and diverse forms of life writing. She regularly teaches courses on multicultural literature, the social construction of madness, and dystopian literature at UWW.

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Seniors in the Park Promotes & Enhances a Vital Aging Community



KNITTING GROUP

Thursdays, 1:00 pm

Get together to knit and crochet, socialize and share ideas with others. All levels are welcome. This group meets every Thursday.

COLOR GROUP

December 20, 10:00 am

Coloring can be relaxing and meditative and it's the current craze!



Bring your colored pencils, markers or whatever your favorite color implement is. **We also have books and color pencils for your use.** 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.

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

STAINED GLASS CLASS

December 6 & 8, 12:30—3:30

Downtown Armory Lower level

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

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

Deadline: Wednesday, November 30

Upcoming classes: Saturdays, Jan 7 & 14 9:00—Noon; February 7 & 8; March 7 & 8; 12:30—3:30



**Made in class
by Barb
James**

BASKET MAKING CLASS

Wednesday, January 11, 10:00 am—4:00 pm

Make a medium handled-basket on January 11. All supplies furnished. Please bring your lunch.

Instructor: Bunny Schoen

Fee: \$15 resident, \$18.75 non-resident.

Registration deadline is January 4.

Minimum 5 Maximum 10



SMALL AND MINIATURE WATERCOLORS

Thursdays, Dec 1, 15 & 22, 1:00—4:00 pm

Try your hand at painting small and miniature watercolor paintings. Demonstrations and discussions will include Elegant Writer pens, ink jet transfers and resolving unsuccessful paintings, with cropping and slicing and dicing. Attendees are encouraged to paint from personal references, photos, sketches or ideas. Subject matter may include seasonal topics or anything an individual may like to paint. Beginning, intermediate and advanced concepts will be covered. There will be plenty of time for individual painting with optional one-on-one coaching.

Fee: \$30 payable to the instructor on December 1 by cash or check.

Register by Monday, Nov. 28

Minimum: 6 people. If the minimum number is met, walk-ins are welcome at \$15.00 per person per session. Walk-ins please check to make sure the class minimum has been met by calling 262-473-0535 or emailing karolynalexander@att.net.

Instructor: Karolyn Alexander Tscharnack, www.karolyn.biz

SCHOLARLY SCOOP

This First Friday lecture series will resume in January at 10:30 am on the listed dates. Thanks to Sable House for providing the doughnuts. The coffee will be on, and we look forward to you being here to learn and converse on new topics. Thanks to Akiko Yoshida, Associate Professor of Sociology for arranging the series.

Jan 6: Tanya Kam (Languages & Literature) **Graphic Gerontology: Seniorcare, Ethics and Comic Structure in *Can't We Talk About Something More Pleasant?*** (This book is available to check out in advance from the office)

Feb 3: Peter Jacobs (Geography, Geology & Environmental Science) ***Origins and History of the Southern Wisconsin Landscape***

Mar 3: JoEllen Burkholder (Anthropology) **Exploring Sacred Landscapes of Peru**

April 7: David Havas (Psychology) **How Language Captures Hearts and Minds: A View from Cognitive Neuroscience**

May 5: Asmahan Sallah (Languages & Literature) **That Ye May Know Each Other**

YOGA FOR BEGINNERS

Tuesdays, January 3—February 21, 11:15 am
Cravath Lakefront Center

This eight-week course will focus on basic yoga postures, deep breathing and relaxation. You will learn a workout routine that stretches and tones your entire body. Each session promotes an increase in oxygen intake, circulation, concentration and relaxation. Please avoid a big meal before class. Students should bring a mat and wear loose or flexible clothing.

Instructor: Brienne Brown, RYT

Fee: \$32 residents; \$40 non-residents Deadline: Thursday, October 27

Minimum 10, maximum 16



WISCONSIN HISTORY STORIES

Wednesdays, 1:00 pm

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

Jan. 18 The Black Hawk War.

Jan. 25 Everyday Life in Rural Wisconsin during the Gas Light Era (around 1900)

Feb. 1 The Good, the Bad and the Interesting: Some Wisconsin Governors.

Feb. 8 The Ku Klux Klan in Whitewater, Wisconsin in the 1920s.

“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. Prepay \$1.00 per class residents or \$1.25 non-residents. First class is free for new participants.

No class December 26 & 29 and Jan 2

CORE AND MORE

Mondays & Thursdays, 8:30 am

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/class

Prepay Non-Residents: \$1.25/class

No class December 26 & 29 and January 2

HOLIDAY CLOSINGS

The Starin Park Community Building will be closed December 23 & 26 and Monday, January 2



PUZZLE EXCHANGE

Friday, December 16, 9:30-10:00 am

Are you ready to trade your 500/1000-piece puzzles for different ones at no cost? Bring 3 to 10 bagged-in-the-box puzzles to the Starin Park Community Building. The exchange will take no longer than a half hour. If you are unable to make this one, others will be held on the third Friday of the month through the winter. If you have questions, call Louise, 262-473-2548.



WHITEWATER WARBLERS

The group is growing in size and song selection. The energy of leader Lori Heidenreich is contagious, and everyone gets to pick the songs that are sung. In December, you are welcome to drop in and sing Christmas Carols with the group.



SENIOR FORUM

Monday, December 5, 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.

MENDING CLINIC

Wednesday, January 11, 1:00-3:00 pm

A free mending clinic will be open to provide basic mending services, such as sewing on buttons, repairing seams and rips, on the spot if possible. Items can also be dropped off prior to the clinic, if this is more convenient. Limit 3 items per person per month. The mending clinic will happen on the second Wednesday of every month. Thanks Pauline!

ASK FOR THE GIFT OF KNOWLEDGE

Many times relatives ask what you would like for the holiday only to receive responses such as “I don’t need anything,” “What do I need?”, “I have too much stuff all ready”. This year be ready—ask for the gift of knowledge this holiday season! Ask for a tablet computer! A tablet is a small compact computer with everything inside one unit. It is compact, portable and you use your fingers to turn pages and look things up.



Seniors in the Park and the ILY Library proudly offer a FREE Sip & Swipe Cafe® tablet training program, created by the award winning nonprofit, Generations on Line and funded by Bader Philanthropies. This means that there is a local, free, resource to help you actually learn to use your new gift. You will be amazed at all you can do, learn and read with the touch of a finger!

The Café is a safe, friendly place; learners attend a few scheduled sessions, moving at their own pace. A coach is there to encourage and assist with questions.

The program teaches everything from the very basics of how to turn the tablet on/off and how to turn the page on the tablet (swipe), to writing and receiving email, searching the Internet, texting, using the camera and more. No previous use or knowledge is required.

Learning takes place in small groups from 1-3. If you are thinking you might be too old to learn...the oldest graduate of a Sip & Swipe Café was a gentleman who was 100!

The program and coaching are all free. If you own a tablet feel free to bring it. If you don’t have one but want to learn more about it we have some to use. If you do not have Internet at home there are many local places offering free WiFi (you will learn all about this at the sessions). Imagine being able to connect with relatives via a quick message, email, or a video-chat where you can be in one location while they are in another—and you can see and hear each other! If you are interested in learning tablet technology, contact Seniors in the Park or Diane Jaroch at the ILY Library, 262-473-0530.

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MOVIES: SPONSORED BY MULBERRY GLEN



"Love the Coopers"

Tuesday, December 13, 12:30 pm

Rated PG-13; 1 hr., 47 min.

When four generations of the Cooper clan come together for their annual Christmas Eve, a series of unexpected visitors and unlikely events turns everything upside down, leading the Coopers toward rediscovery of family bonds and the spirit of the holiday. An ensemble comedy-drama

with Diane Keaton, John Goodman, Alan Arkin and Steve Martin. You'll love this movie: it's a Holiday hoot! (2015)



"Guardians of the Galaxy"

Tuesday, December 27, 12:30 pm,

Rated PG-13; 2 hrs., 1 min.

A group of outcasts is called on to save the galaxy from a powerful enemy and discovers a sense of family in the process. A fun romp across the Universe! You will laugh and love this film! Starring Chris Pratt, Vin Diesel, Bradley

Cooper, Zoe Saldana and Glenn Close. (2014) Feel free to bring the grandkids.

ELECTRICAL & MECHANICAL ENGINEERS NEEDED

The High School is starting a FIRST Robotics team and they are looking for current and retired engineers to serve as mentors for the students. The Makerspace, on Clay Street, will be housing the team.

They are hoping to find some community members (retired or current mechanical or electrical engineers) that would be willing to provide additional mentorship to the team. We meet one night per week (day and time still to be determined). In January, they will go into high gear when they find out what their actual project has to be. They then have six weeks to build the robot before it has to be shipped to the competition site. They would be looking for people to volunteer from now until the end of February. You don't have to be there every time, but they would appreciate help as people are available. If anyone is interested in volunteering they can contact Laura Masbruch at lmassbruch@wwusd.org or 472-8159.

The web site, <http://www.whs.wwusd.org/page/4574> provides some specifics about the team and some of the planned events. This is a great group of students that are truly excited about the opportunity. The competition is FIRST Robotics (<http://www.firstinspires.org/robotics/frc>). We are Team Ferradermis (name chosen to mean Iron Skin).



GADGET GURU

UW-W students will be available to assist you for an hour, with any of your "gadgets": smart phones, cameras, tablets, e-readers, laptops, or ipods. Call to reserve a day and time, let us know the brand/model of your gadget, and what you need assistance with.



Days: Mondays or Wednesdays

Dates: Dec. 5, 7, 12, 19, or 21.

Time: 1:00

Fee: \$5.00 resident

\$6.25 Non Resident

Deadline: Three days in advance

ARE YOU ON FACEBOOK?

If you are on Facebook, please like Whitewater Parks and Recreation. Center activities, special events and more is posted here.



Find the newsletter at <http://ourseniorcenter.com/find/seniors-in-the-park>

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

EXTENDED TRAVEL 2017

Backroads of Sunny Florida February 17 - 24, 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. Per person twin room is \$1599, or add \$569 for single

supplement. Mayflower Tours

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. Mayflower Tours

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. Premier World Discovery

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. With the loss of the Sentry Funds for Friends program, we will need to find other ways to replace that income.

We partner with Collette Vacations and Mayflower Tours. (We have their travel catalogs at the center.). 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!

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.

SUNNY SIDE UP BREAKFAST CLUB

Thursday, December 15

8:30 am

Ride to a group favorite, Blue Gillies in Newville.

Fee: \$4.00

RSVP by Tuesday, December 13

LUNCH BUNCH

Thursday, December 8

10:30 am

Lunch will be at 4 Sisters in Jefferson.

Fee: \$4.00

RSVP by Tuesday, December 6

JANESVILLE SHOPPING

Wednesday December 7

9:15 am

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

Fee: \$3.00

RSVP by Tuesday, December 6



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.

HOLIDAY LIGHT SHOW AT ROTARY GARDENS

Friday, December 9 OR

Thursday, December 15

For 2016 the show will be bigger, better and more beautiful than ever, as the wintery garden paths are brought to life with over a quarter-million lights, 100

beautifully decorated trees, over 2,500 luminaries, 500 dangling icicle lights hung from the tallest trees in the Garden and more. With photo op stops, a train model set and food inside, the event is sure to delight people of all ages. The event last year was breathtaking. The van will depart Starin Park at 4:30 pm.

Fee: \$9.00

Deadline: Wednesday, Nov 30



HOLIDAY LUNCHEON

Wednesday December 14, 12:00 pm

The holiday Season is upon us once again. It's time to spread some holiday cheer and celebrate with friends and loved ones. Ring in the season with the smooth sounds of Jim Hetzel. With a repertoire of over 350 songs by 47 artists you will be swept away listening to crooners like Frank Sinatra and Dean Martin, country legends like Hank Williams and rock artists the Beatles, Dave Clark Five and Elvis. He has performed in Branson, on Beale Street in Memphis, at Summerfest and other venues.

Our scrumptious meal is once again provided by Capn's Catering. Entrée choice is Roast Turkey or Roast Pork Loin and includes stuffing, potatoes, vegetable, dinner roll, dessert and coffee or tea. Sold Out!



GLASS ANGELS FOR SALE

Glass Angels are available for purchase for \$15. You can gift them and/or fill them with greenery, ornaments or lights. Thanks to Karen Krohn and Diane Schwab for assembling the glass angels we have in the showcase.

Activity Calendar

9

December 2016

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 (HB)=Hawk Bowl (L)=Cravath Lakefront</p>			<p>1</p> <p>8:15 Core and More 9:00 Pickleball (A) 9:30 FUNctional Fit 1:00 Knitting Group 1:00 Mini Watercolors</p>	<p>2</p> <p>9:00 Indoor Walking 9:30 Decorate the Van 12:30 Pickleball (A) 5:30 Leave for the Holiday Parade</p>
<p>5</p> <p>8:15 Core and More 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 Gadget Guru 1:00 Mah Jongg</p>	<p>6</p> <p>9:00 Pickleball (A) 10:00 Culver's Bingo 11:00 Yoga (L) 11:15 Pot Luck 11:45 Dominoes 12:30 Stained Glass 1:00 Sheepshead</p>	<p>7</p> <p>9:00 Bowling (HB) 9:00 Indoor Walking 9:15 Janesville Shop 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 11:00 Toenail Clinic 12:30 Pickleball (A) 1:00 Gadget Guru 1:00 Chess</p>	<p>8</p> <p>8:15 Core and More 9:00 Pickleball (A) 9:30 FUNctional Fit 10:30 Lunch Bunch 12:30 Stained Glass 1:00 Knitting Group</p>	<p>9</p> <p>9:00 Indoor Walking 12:30 Pickleball (A) 4:30 Van departs for Rotary Gardens</p>
<p>12</p> <p>8:15 Core and More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Gadget Guru 1:00 Mah Jongg</p>	<p>13</p> <p>9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 11:00 Yoga (L) 12:30 Mulberry Glen Movie "Love the Coopers" 1:00 Sheepshead</p>	<p>14</p> <p>9:00 Bowling (HB) 9:00 Indoor Walking 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:00 Holiday Lunch 12:30 Pickleball (A)</p>	<p>15</p> <p>8:15 Core and More 8:30 Sunny Side Up Breakfast Club 9:00 Pickleball (A) 9:30 FUNctional Fit 1:00 Knitting Group 1:00 Mini Watercolors 4:30 Van departs for Rotary Gardens</p>	<p>16</p> <p>9:00 Indoor Walking 9:30 Puzzle Exchange 12:30 Pickleball (A)</p>
<p>19</p> <p>8:15 Core and More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Gadget Guru 1:00 Mah Jongg</p>	<p>20</p> <p>9:00 Pickleball (A) 10:00 Color Group 11:00 Yoga (L) 1:00 Sheepshead</p>	<p>21</p> <p>9:00 Bowling (HB) 9:00 Indoor Walking 9:30 Pegs & Jokers 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 Gadget Guru 1:00 Chess</p>	<p>22</p> <p>8:15 Core and More 9:00 Pickleball (A) 9:30 FUNctional Fit 1:00 Knitting Group 1:00 Mini Watercolors</p>	<p>23</p> <p style="text-align: center;">Closed Happy Holidays</p> <div style="text-align: center;">  </div>
<p>26</p> <p style="text-align: center;">Closed Happy Holidays</p> <div style="text-align: center;">  </div>	<p>27</p> <p>9:00 Pickleball (A) 10:00 City Bingo 12:30 Mulberry Glen Movie "Guardians of the Galaxy" 1:00 Sheepshead</p>	<p>28</p> <p>9:00 Bowling (HB) 9:00 Indoor Walking 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess</p>	<p>29</p> <p>9:00 Pickleball (A) 1:00 Knitting Group 1:30 Take Down Holiday Deco</p>	<p>30</p> <p>9:00 Indoor Walking 12:30 Pickleball (A)</p>

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

10 Walworth County Nutrition Menu

December 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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 through Friday.</p>				
<p>5 Chicken Leg & Thigh Mashed Potatoes/Gravy Calif. Mixed Veg Peaches Wheat Bread</p>	<p>6 @ Starin Park Chili; Peas & Carrots Chunky Applesauce Italian Pasta Salad Cherry Orchard Bar Corn Bread Muffin</p>	<p>7 Rosemary Pork Loin Sweet Potatoes Broccoli Pears; Brownie Rye Bread</p>	<p>1 Stuffed Chicken Breast Squash; Broccoli Fruit cocktail Fruit Jell-O Wheat bread</p>	<p>2 Italian Wedding soup Peas; Tossed salad Pears M&M cookie Wheat roll</p>
<p>12 Shaved Turkey/Gravy Mash Pot; Gr. Bean Cass. Mandarin Oranges Chocolate Chip Cookie Wheat Bread</p>	<p>13 @ Starin Park Navy Bean/Ham Soup Tossed Salad; Squash Hot spiced apples Chocolate cake Dinner Roll</p>	<p>14 Spaghetti w/meatballs Carrots Wax beans Pineapple/orange cup Garlic bread</p>	<p>15 Roast beef; Mash. potatoes Broccoli Apricots/Peaches Vanilla Pudding Wheat Roll</p>	<p>16 Baked Breaded Fish Cauliflower; Red Potatoes Pineapple Chunks Sugar Cookie Wheat roll</p>
<p>19 Chicken Chow Mein Brown rice San Fran Veggies/Peas Fruit cocktail; Brownie Wheat roll</p>	<p>20 @ Blackhawk Ham; Sweet Potatoes Green Bean Casserole Tossed Salad Apple Pie Dinner Roll</p>	<p>21 Sloppy Joes on a bun Baked beans Romaine Salad Tropical fruit blend</p>	<p>22 Scrambled eggs w/cheese, Bell pepper/onion Hash brown casserole OJ; mini muffin; Fruit mix French Toast Sticks</p>	<p>23 Christmas Eve Day (observed) Dining Centers Closed</p>
<p>26 Christmas Day (observed) Dining Centers Closed</p>	<p>27 @ Starin Park Beef Noodle Soup Peas; Bean salad Hot peaches/Granola Fruit Jell-O Wheat Roll</p>	<p>28 Chicken Drumsticks Mash potatoes/Broccoli Banana Peanut butter Cookie Wheat Bread</p>	<p>29 Ground Beef & Cabbage Casserole Carrots; Green Beans Orange Fluff Salad Dinner Roll</p>	<p>30 New Year's Eve (observed) Dining Centers Closed</p>

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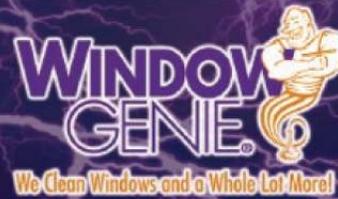
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BOOK WORMS

Monday, December 5, 10:30 am

The Book Club will discuss *The Wednesday Letters* by Jason F. Wright. The book for December will be *The Thirteenth Tale* by Diane Setterfield.

Vida Winter, a famous novelist in England, has evaded journalists' questions about her past, refusing to answer their inquiries and spinning elaborate tales that they later discover to be false. Her entire life is a secret: and, for over fifty years, reporters and biographers have tried innumerable methods in an attempt to extract the truth from Winter. With her health quickly fading, Winter enlists Margaret Lea, a bookish amateur biographer, to hear her story and write her biography. With her own family secrets, Lea finds the process of unraveling the past for Winter bringing her to confront her own ghosts.



ACTIVITIES AT A GLANCE

- Book Worms**—First Monday, 10:30; Books available at Starin Park
Bowling—Wednesday, 9:00 at Hawk Bowl, fee to bowl
Canasta—First, third, and fifth Monday, 1:00
Color Group—Third Tuesday, 10:00
Core and More—Monday and Thursday, 8:15; Residents: \$1.00 per class, Non-Residents \$1.25
Dominoes—First Tuesday, 11:45 (after potluck)
'FUN'ctional Fitness—Monday & Thursday, 9:30; Residents: \$1.00 per class, Non-Residents \$1.25
Knitting/Crochet—Thursday, 1:00
Mah Jongg—Monday, 1:00
Pegs & Jokers—Third Wednesday, 9:30
Pickleball—Monday, Wednesday and Friday, 12:30-2:30; Tuesday, 9:00-11:00 and Thursday, 9:00-11:00; Downtown Armory
Potluck—First Tuesday, 11:15
Sheepshead—Tuesday, 1:00
Walk Away the Pounds—(Indoors), Wednesday and Friday, 9:00
Whitewater Warblers (singing group)—Monday, 11:00

BINGO

Tuesdays, 10:00 am

- Dec. 6: Culver's
 Dec. 13: Mulberry Glen
 Dec. 27: City Bingo



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You can now get your copy of *The Park Bench* online by clicking on or going to the following link:

ourseniorcenter.com/find/seniors-in-the-park

OPPORTUNITIES

To sign up to assist with any of the following please call 262-473-0535. Thanks!

A **Computer Tutor/Gadget Guru** is needed to provide one-on-one assistance to older adults with laptop, tablet, smart phone and other technology. Schedule is your availability

Bring Holiday Spirit to the Community Building—Decorate the Community Building on Wednesday, November 30 at 2:00 pm. Usually takes an hour.

Decorate the Van for the Holiday Parade—9:30 – 10:30 am Friday December 2 at the Streets Department, inside.

Walk in the Holiday Parade—Hand out candy. Leave Starin Park at 5:30 and return by 7:00. Take about 10 minutes to help undecorate the van. Walk is approximately a mile.

Engineers needed to assist with the high school robotics team. See page 6 for more information

Take down Holiday Decorations: 1:30 Thursday, December 29.



COORDINATOR'S COMMENTS

As I write this, it's day two after the election. Whether you were disillusioned by both candidates or not, the take away from this election is we need to be vigilant and involved. How do present your ideas, your feelings, passions and your support those who need it? It's called advocacy. The first thing I did the day after the election, was to pull my advocacy file out of the drawer and put it on my desk. I also contacted the State Aging Legislative and Advocacy representative to inquire about advocacy training for people. It's not something most people are comfortable with but with simple training and information, you can be an advocate, whether it's for yourself, family member, friend, or to contact local, state or national government representatives. Watch the January newsletter for more information on how you can make your voice heard. It's a crucial time in our country's history for all of us collectively to come together, support one another and make our voices heard and it starts on the local level by getting involved in your community.

Let me know if you are interested in advocacy information and I will keep you informed as this process progresses.



SERVICES AT A GLANCE

Toenail Clinic: First Wednesday of the Month; Times will vary.



Wed., December 7, 11:00 am—2:30 pm; Appointment only. Please bring a towel. \$15.00.

Other Services:

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

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!



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~

THANKS TO:

Bonnie Schauder for donating a book for our library

Elmer Keske for a donation to the No-Bake, Bake Sale

Peg Anderson, Mary Meikle, Diana Stettner, Judy Wildermuth and

Char Perkins for helping at the Thanks for Giving event

Thanks

HAPPY DECEMBER BIRTHDAYS TO:

3 Clara Bastian

8 Janet Nell

23 Bruce Parker



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!

GREETING CARDS

New cards are here and they are flying off the card rack! We have a great selection of Fravessi cards, including Christmas, birthday, wedding and anniversary cards. We've added birthday cards for brother, sister, son, daughter, 80th, 85th and 90th. Cards for Serious Illness, Cancer, Pet Sympathy and Congratulations. We also have lots of individual Christmas cards. Most cards are priced from 65 cents to \$1.50. Some newer cards are \$2.95. Stop in and check out our selection.



DEMENTIA FRIENDLY COMMUNITY

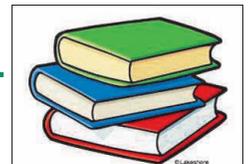
A Dementia Friendly community is defined as one that is informed, safe and respectful of individuals with dementia and their families, provides supportive options and fosters quality of life.



Share your passion and commitment, making our community the best it can be. If you would be interested in being on a committee to make Whitewater a Dementia Friendly Community, please let Deb know. We will begin meeting in January and work throughout 2017 to develop community education and training to build a Dementia Friendly Community. A multitude of resources are available and in addition to assistance that can be garnered from other communities, counties and the state.

I hope you will consider joining me in moving Whitewater forward in becoming a Dementia Friendly Community.

LIBRARY ADDITIONS*



- *The Hamilton Affair* by Elizabeth Cobb, A novel published in August, 2016, *The Hamilton Affair* tells the sweeping, tumultuous, true story of Alexander Hamilton and Elizabeth Schuyler, from passionate and tender beginnings to his fateful duel on the banks of the Hudson River.
- *The Residence: Inside the World of the White House* by Kate Andersen Brower, published in March, 2016, is described as "Downton Abbey for the White House staff" in a review from the Today show.
- *Wisconsin: A Picture Book to Remember Her By* was published in 1979. It is full of lovely photographs of what our state looked like 37 years ago. Some of you will recognize big changes in both our cities and rural areas.
- Alexander McCall Smith is a well-known author. He has written more than fifty books, including a number of specialist titles, but is best known for *The No. 1 Ladies' Detective Agency* series, which has achieved bestseller status on four continents. Our library has at least 6 of the *Ladies' Detective Agency* books, which include smart, interesting characters in a part of the world—Botswana in Africa—that many of us may not know too much about.

Check out the library next time you're at the Center!

***We only accept donations of new books published within the past 3 years and we are currently not accepting new books as we are out of shelf space. Thanks!**

WISCONSIN MAKERS ACTIVITIES

A variety of activities for area residents, both young and old, are taking place in November and December at the Wisconsin Makers Makerspace in Whitewater.

Residents from Jefferson, Walworth and Rock counties and beyond are invited to Make-and-Take Tuesdays, Tech Thursdays and project workshops at Wisconsin Makers, a community workshop located at 200 E. Clay St., across from the American Legion Hall.

Make-and-Take Tuesdays are held from 6 to 8 p.m. and are free of charge.

Saturday, Dec. 3: A Tinkerer's Workbench Workshop will be held from 9 a.m. to noon. Participants will be able to build a 4-foot-wide beginner's workbench to take home. This is the perfect project for an adult and child, or anyone who would like to have a basic workbench in his or her home. It also would be a nice gift for a budding "maker." The cost is \$75 for materials. Pegboard for a backboard to hold tools may be added for a slight extra fee.

Tuesday, Dec. 6: Attendees will be able to make an eclectic assortment of wood-turned, laser-cut and tinplate Christmas tree ornaments and icicles

Thursday, Dec. 15: attendees will be able to assemble a pop-up Christmas card cut by the laser engraver.

Registration is required so pre-cut materials will be ready for assembly. Sign up via Facebook on the events page at @WisconsinMakers or send your contact information to wisconsinmakers@gmail.com. For more information or questions, call Pete at (920) 650-2333.

Wisconsin Makers is a nonprofit regional makerspace with an educational mission. It has machining, welding/fabrication, electronics, 3-D printing, laser engraving, electronics, blacksmithing and woodworking shops. It also offers ceramics, pottery, metal art, quilting, fabric arts, matting/framing and much more.

Affordable memberships are available for individuals or families. Once members are taught to use the machinery, they have 24-hour access to it.

The building is handicapped accessible, with off-street parking, WiFi, an enclosed loading dock, a kitchenette and many other amenities.

For more information, visit wisconsinmakers.org or @wisconsinmakers.

CHILI COOKOFF

Saturday, February 11

Have fun helping to raise funds for Special Olympics at Freeze Fest on Saturday February 11. Make a roaster full of your favorite chili or soup, decorate your serving table and win the traveling trophy, the Golden Ladle or the best decorated table.

There is no entry fee this year! Fundraiser takes place in the warming tent. Get your friends, neighborhood group, civic group, work group (promote your business) or anyone together and keep those plungers warm with your yummy food. They really look forward to your creation! To register go to wwparks.org or call 262-473-0535.

You can also help raise funds by showing up at Freeze Fest and buying a chili bowl for \$5.00 or souvenir ceramic cup for \$10.

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.



To find health and wellness information for older adults from the National Institutes of Health (NIH), go to www.nihseniorhealth.gov

NIHSeniorHealth is a senior-friendly website from the National Institute on Aging (NIA) and the National Library of Medicine (NLM), both part of the NIH.

Seniors in the Park

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Nutrition Site 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

Parks and Recreation Director

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

*Seniors in the Park is a division of
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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.

Name _____

E-Mail _____

Address _____
