



The Park Bench

February 2016

Seniors in the Park Newsletter

SWEETHEART SOCK HOP

Friday, February 12

Doors open at 11:30 am

Pull on those bobby sox and saddle shoes, roll up your sleeves, and take that poodle skirt out of mothballs. We are going to have a rockin' good time at our Sock Hop! Come on down to the Starin Park Diner and enjoy a Hamburger, a Chili Cheese Dog or Baked Fish, Coleslaw, Root Beer Floats, and make your own Ice Cream Sundaes. After lunch, listen and/or dance to tunes of the 50s and 60s played by Steve Atkinson. There will be games, contests, trivia, prizes and other activities for those not wishing to cut a rug. Awards and prizes will be given to the best dressed guy and gal. Tickets are \$10.00 and the deadline to purchase tickets is Thursday, February 4.



Volume XVI Issue 2

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FREEZE FEST AND CHILI COOK-OFF

Saturday, February 13

Put on your snow pants and bundle up for another great Freeze Fest Event at Cravath Lakefront Park. All monies raised in Whitewater remain in the region to support the nearly 1500 Special Olympics athletes residing in Southeastern Wisconsin.

- 10:30—11:30 Events in Lakefront Building (W3 & the Whitewater Market)
- 11:00—1:00 Snow Dogs at ILY Library
- 11:00—2:30 Chili Cook-off
- Noon—3:00 Polar Plunge



Purchase a chili mug in advance for \$10.00 and your chili at Freeze Fest is free! If you have a mug, stop by and get a 2016 sticker for \$5. You can also purchase a bowl for \$5.00 at Freeze Fest.

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

Seniors in the Park Promotes & Enhances a Vital Aging Community

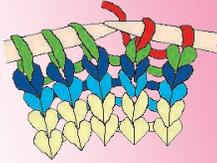
KNITTING GROUP

Thursdays, February 4 & 18

1:00 pm

So I

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. The group will choose a name in February.



VASE PAINTING

Monday, March 14

1:00 pm—4:00 pm

So I



Learn some color theory, and paint a vase with beautiful flowers just in time for spring. Bring primary acrylic paints in red, blue, yellow, black, and white, different mostly small-sized brushes, a vase (Katie will have some for purchase for \$4-\$5), photo of a flower, water container, paper and pencil, and a palette, and apron, if desired. Acrylic paint will be available for \$3 per color.

Instructor: Katie Swanson

Fee: \$15.00

Deadline: Monday, March 7

SCHOLARSHIP FUNDS

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

STAINED GLASS CLASS

So I

Saturdays, February 20 & 27, 9:30 am—12:30 pm

Wednesdays, March 9 & 16, 12:30—3:30

All levels are welcome at the class. Anyone new to this craft can attend and receive one-on-one instruction until you are cutting and soldering like a pro. 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, Jan 14



SKETCHING CLASS

So E I

Monday, February 22, 1:00—4:00 pm

The class will be studying the elements and principles of design and composition. There will be drawing tips, and you will work on making a sketch book full of drawings. Please bring a National Geographic magazine, other magazine with good pictures for copying, or your own photos of animals, landscapes, people, etc; a sketch book; some loose sketch paper; some drawing pencils in different kinds (Hs, Bs); an eraser; and optional is colored pencils, markers or pen and ink. If you are interested in trying a self portrait bring a mirror or any objects you want to draw but those are optional. Questions: Contact Katie at swanson_katie@yahoo.com

Instructor: Katie Swanson

Fee: \$15.00 resident; \$17.50 Non-resident

Deadline: Monday, February 15

WATERCOLOR—FOCUS ON PRIMARY COLORS

So E I

Thursdays, February 4-25, 1:00—4:00 pm

This four-week watercolor class will focus on using the primary colors of red, yellow, and blue to create a painting. Topics will include color temperature and color mixing. Subject matter may include fruit, vegetables, flowers, and still life objects. Attendees are always encouraged to paint from personal references, photos, sketches, or ideas. Each session will include a demonstration and discussion. There will be plenty of time for individual painting, with optional one-on-one coaching.

Instructor: Karolyn Alexander Tscharnack; www.karolyn.biz

Fee: \$40, payable to the instructor on February 4 by cash or check.

Deadline: Monday, Feb 1

Minimum: 6 people (If the 6-person minimum is met, walk-ins may attend for a \$15 per session fee.)

AMERICAN HISTORY STORIES: ELECTING U.S. PRESIDENTS

I



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.

- January 27: When Politics was Fun: Presidential Elections from 1912 to!
- February 3: When Politics was Fun: Presidential Elections ... to 1984.
- February 10: Facing the Unexpected: Presidential Judgment from Washington to ...!
- February 17: Facing the Unexpected: Presidential Judgment ... to Obama.
- February 24: Weather Makeup Day, if needed.

AARP TAX ASSISTANCE

Wednesdays, beginning February 3

AARP is offering free tax preparation to low and moderate income taxpayers, with special attention to those age 60 and older, with quality assistance in filing their personal taxes. Call 262-473-0535 to set up an appointment. Donations for this service are accepted and support programming at Seniors in the Park.

You must bring:

- * Photo ID and Social Security Card,
- * Copy of 2014 tax returns,
- * Proof of 2015 income and
- * Blank check for electronic refund deposit

If you are filing Wisconsin Homestead Credit, you will need either a 2015 real estate tax bill OR Certificate of Rent form signed by your landlord. 2015 taxes do not have to be paid to file Homestead Credit. IMPORTANT NOTE: Preparers will not do returns for people who are married, but file separately, or who become divorced in 2015; schedules for business, rental income, farms, moving expense forms, forms for nondeductible IRAs, and child investment income tax.



JIG SAW PUZZLE EXCHANGE

Friday, February 26 9:30 am

Bring up to 10 gently used or nearly new puzzles of 500 to 1000 pieces. Please have pieces sealed in a bag within the box. Enjoy this new way to get different puzzles. Questions: Call Louise, 262-473-2548



SINGING GROUP

Practices are Mondays at 11:00. You don't need to be

E So I



able to read music. The group sings rock and pop hits, Broadway tunes, and jazz standards. Thanks to Lori Heidenreich, retired music teacher, for leading the group. Please let us know if you will be attending.

PICKLEBALL

Try this fun, invigorating and addictive game. It's played on a badminton sized court with paddles and a wiffle ball. It's about strategy and fun, not power or athleticism. This non-competitive group plays Monday, Wednesday and Friday from 12:30–2:30 pm, Tuesdays 9:30–11:30 am and Thursday 8:00–10:15 am.



“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

COMPUTER TUTOR

Bring your own laptop or tablet, **I** 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: Jack Nebel

Dates: February 1, 15, 22 or 29

Time: 1:00 pm

Cost: \$5.00 residents
\$6.25 non-residents

3 days in advance



WINDOWS 10: HELP!!

Monday, February 8, 1:00 pm

You've downloaded Windows 10, but need some guidance or have lots of questions. Jack is back to answer those questions and help you navigate in your new operating system.

Please register for the class by Wednesday, Feb. 3.

To find health and wellness information for older adults from the National Institutes of Health, 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 National Institutes of Health.

COMMUNITY CONVERSTION ON DEATH AND DYING

So E Sp

Thursday, February 11; 2:00 pm

Take a chance with this unique opportunity to explore your beliefs, questions, emotions, and experiences about end of life, grief, impermanence, and other related issues. Please RSVP so we have enough snacks for the group. Thanks to Karen Reppen of Rainbow Hospice for facilitating the group.

IT'S TIME FOR YOUR FINANCIAL CHECK-UP

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Wednesday March 16, 3:00 pm

Get tips on being smart about your finances from Jackie Frey, Penny Ardelt and financial advisor Aurelio Callope of First Citizens Bank. Please register by Monday, March 14.

WHY? WHAT? HOW?

I E

Why does Seniors in the Park exist? What is our purpose? How do we expand on our mission? As part of Accreditation, forming a group to look at these questions was one of our goals. If you are interested in the future and purpose of a center for older adults and how the city can be a great place to grow old, please attend a meeting on Thursday, March 10 at 11:00 am. Please call if you will be attending so we have enough handouts.

ACTIVITIES AT A GLANCE

Book Worms—First Monday 10:30; Books available at Starin Park

Canasta—First, third, and fifth Mondays 1:00 pm

Chess—Wednesdays, 1:00 pm; Beginners welcome

Core & More—Mon. & Thurs. 8:30 am, Residents: \$1.00 per class, Non-Residents \$1.25

Dominoes—First Tuesday 11:45 (after potluck)

'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 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



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BAD WEATHER CLOSINGS



In case of inclement weather, (Snow that four letter "S" word), program cancellations will be on Whitewater Cable Channel 98, digital 990, or radio stations WFAW 940 AM and WSJY 107.3 FM, or online on the Whitewater Banner.

SENIOR FORUM

Monday, Feb. 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. We will be voting on funding a piece of outdoor fitness equipment at the meeting.



RECYCLING ELECTRONICS

Want to dispose of your old electronics? Seniors in the Park recycles cell phones, digital cameras, laptops, game systems, ipods, and cordless phones as a fundraiser. Bring the items to the Starin Park Community Building during our open hours; Monday—Thursday 8:00 am—4:00 pm.

Ev

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

CHILI COOK-OFF

Saturday, February 13

Have fun helping to raise funds for Special Olympics at Freeze Fest. Stop in and purchase a bowl for \$5.00 or a mug for \$10 and sample all the different chilis. You can vote for your favorite chili after you've tasted them because, maybe the judges don't know it all. Serving begins at 11:00 and runs until the chili is gone or the plunge ends.

If you want to compete, make a roaster full of your favorite chili, decorate your serving table, and win the traveling trophy, the Golden Ladle, or the best decorated table. There is no entry fee this year! This fundraiser for Special Olympics and Seniors in the Park, 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!



INSURANCE BREAKFAST

F I



Friday, March 11 8:30-9:30

Baer Insurance Services in Whitewater invites you to join them for a complimentary breakfast information session to learn about:

- * Insurance products, coverages, terminology what each coverage does, what type of coverage do you need to protect yourself and your assets,
- * Home & Auto insurance, Life insurance, and Funeral Trusts that can be used at any funeral home.
- * Financial responsibility after an Auto accident
- * What if someone gets injured on my property?

There will also be an Estate planning attorney to answer all of your questions regarding wills, trusts, Marital property agreements, TOD, Probate, and why it is important to do the proper planning now!

Deadline to register is Monday, March 7.

Presenter: Peggy Smithson

VOTER ID NEEDED TO VOTE IN 2016

If you have a US Passport, Wisconsin driver license or WI state ID card that expires after November 4, 2014, you can use it to vote through November 2016. The address on your ID does not have to be current. Out of state ID's are not acceptable. If you vote by permanent absentee ballot you are exempt from the voter photo ID requirement. You can get a WI ID at the Division of Motor Vehicle office in Elkhorn or Janesville.



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

MISSISSIPPI RIVER ROAD TRIP

E I P So

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
- * 3 nights lodging (2 hotels)
- * 3 breakfast, 2 lunches and 3 dinners
- * VanGalder/Coach USA transportation
- * Gratuities included on meals and attractions



- * Village of Stockholm
- * Red Wing Pottery & Red Wing Shoe Store
- * Dinner at Historic St. James Hotel
- * National Eagle Center
- * L.A.R.K.'s Toys—antique, wooden and specialty
- * Lunch at Slippery's, made famous in the movie "Grumpy Old Men"



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

\$100 deposit due with reservation. Deposit to: Group Travel Masters Final payment due July 30, 2016

Detailed itinerary and registration form available at The Starin Park Community Building, online at www.whitewater-wi.gov (Departments, Seniors in the Park) or by emailing dweberpal@whitewater-wi.gov.

LEGENDARY BLUE DANUBE RIVER CRUISE

E I P So

May 26—June 6, 2016



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. Add \$1799 for a single traveler. Mayflower tours has a Guaranteed Share program for single travelers. Final payment due February 20.

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.

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. Final payment due March 1.



For the immediate future we hope to keep van trip prices lower because of lower gas costs. Thanks all for traveling with us!

SUNNY SIDE UP BREAKFAST CLUB

So

Thursday, Feb. 18, 8:30 am

Ride to Ray's Diner in Edgerton. Fee: \$3.00

RSVP by Tuesday, Feb. 17

LUNCH BUNCH

So

Thursday, Feb. 11, 10:30 am

Lunch will be at the Capn's Roadhouse in Fort Atkinson. Fee: \$3.00

RSVP by Tuesday, Feb. 9

JANESVILLE SHOPPING

So

Wednesday, Feb. 3, 9:00 am

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

Fee: \$3.00

RSVP by Tuesday, Feb. 2

GROCERY SHOPPING

So



Friday, February 19, 9:00 am

Get picked up at home and shop at Piggly Wiggly in Milton. We will alternate monthly, between Fort Atkinson and Milton, unless there is a preference by the shoppers. The grocery shopping trip will be the third Friday of the month.

Fee: \$2.00

MOTORCYCLE TRIP PLANNING

Monday, February 22, 10:00 am

Bring your ideas, routes, destinations dates and willingness to lead. If you have a laptop or tablet please bring it also. We can plan routes and get mileage and times.

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. 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!



Thanks

MOBILE TECHNOLOGY FOR USERS WITH VISUAL IMPAIRMENTS

American Federation for the Blind (AFB) offers tips for users of tablets, cell phones and other mobile devices.

Go here -> <http://www.afb.org/info/living-with-vision-loss/using-technology/cell-phones-tablets-and-other-mobile-technology-for-users-with-visual-impairments/123>

Activity Calendar

9

February 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
1 8:30 Core and More 9:30 FUNctional Fit 10:30 Book Worms 11:00 Singing Group 12:00 Senior Forum 12:30 Pickleball (A) 1:00 Canasta 1:00 Gadget Guru 1:00 Mah Jongg	2 9:00 Pickleball (A) 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 12:30 Toenail Clinic 1:00 Sheepshead	3 9:00 Bowling (HB) 9:00 Janesville Shop 9-3 AARP Tax Prep 9:30 Indoor Walking 10:00 Beg. Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess 1:00 History Lecture	4 8:00 Pickleball (A) 8:30 Core and More 9:30 FUNctional Fit 1:00 Knitting Group 1:00 Watercolor	5 9:30 Indoor Walking 12:30 Pickleball (A)
8 8:30 Core and More 9:30 FUNctional Fit 11:00 Singing Group 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Windows 10 Help!	9 9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 12:30 Mulberry Glen Movie "The Martian" 1:00 Sheepshead	10 9:00 Bowling (HB) 9-3 AARP Tax Prep 9:30 Indoor Walking 10:00 Beg. Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess 1:00 History Lecture	11 8:00 Pickleball (A) 8:30 Core and More 9:30 FUNctional Fit 10:30 Lunch Bunch 1:00 Watercolor 2:00 Community Conversation on Death and Dying	12 9:30 Indoor Walking 11:30 Sweetheart Sock Hop 12:30 Pickleball (A)
15 8:30 Core and More 9:30 FUNctional Fit 11:00 Singing Group 1:00 Canasta 1:00 Gadget Guru 1:00 Mah Jongg	16 1:00 Sheepshead	17 9:00 Bowling (HB) 9-3 AARP Tax Prep 9:30 Indoor Walking 9:30 Pegs & Jokers 10:00 Beg. Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess 1:00 History Lecture	18 8:00 Pickleball (A) 8:30 Core and More 8:30 Sunny Side Up Breakfast Club 9:30 FUNctional Fit 1:00 Knitting Group 1:00 Watercolor	19 9:00 Grocery Shop 9:30 Indoor Walking 12:30 Pickleball (A)
22 8:30 Core and More 9:30 FUNctional Fit 11:00 Singing Group 12:30 Pickleball (A) 1:00 Gadget Guru 1:00 Mah Jongg 1:00 Sketching Class	23 9:00 Pickleball (A) 10:00 City Bingo 12:30 Mulberry Glen Movie "The Intern" 1:00 Sheepshead	24 9:00 Bowling (HB) 9-3 AARP Tax Prep 9:30 Indoor Walking 10:00 Beg. Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess Office Closed	25 8:00 Pickleball (A) 9:30 FUNctional Fit 1:00 Watercolor Office closed at noon	26 9:30 Indoor Walking 9:30 Puzzle Exchange 12:30 Pickleball (A)
29 Leap Day 9:30 FUNctional Fit 11:00 Singing Group 12:30 Pickleball (A) 1:00 Canasta 1:00 Gadget Guru 1:00 Mah Jongg Office closed at noon				Activities take place at the Starin Park Community Building unless otherwise noted. (A)=Downtown Armory (L)=Cravath Lakefront (HB)=Hawk Bowl

10 Walworth County Nutrition Menu

February 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Hot Sliced Pork on a Hamburger Bun Baked Beans Cauliflower Snickerdoodle Cookie	2 Baked Chick. Drumsticks Mashed Potatoes Broccoli Salad Hawaiian Pineapple Cake Wheat Bread	3 Spin./Cheese/Bacon Quiche California Mixed Veg Peaches w/Granola Tossed Salad Dinner Roll	4 Lasagna Casserole Squash Green Beans Mandarin Oranges Bread Stick	5 Beef Noodle Soup Peas Hot Cinnamon Apple Sauce Tossed Salad Wheat Dinner Roll
8 Broccoli Chicken Rice Casserole Stew. Tomatoes Cauliflower Diced Pears Wheat Bread	9 @ Starin Park Pork Pot Roast Brussels Sprouts Red Potatoes Pineapple Tidbits Baking Powder Biscuit	10 Swedish Meatballs Egg Noodles Garden Blend Vegetables Tossed Salad; Sugar Cookie Wheat Bread	11 Cheesy Potato Bacon Soup San Fran. Blend Veg Pea Salad; Pump. Bar Dinner Roll	12 Chopped Steak Twice Baked Pot. Casserole Red Cabbage Cherry Crisp Wheat Bread
15 Roasted Pork Loin German Potato Salad Mediterranean Veg Angel Food Cake with Berries; Wheat Bread	16 @ Starin Park Spaghetti & Meatballs California Mixed Veg Tossed Salad Pineapple/Orange Cup Garlic Bread	17 Shepard's Pie Mashed Potatoes Winter Mix Vegetable Tropical Fruit Wheat Bread	18 Chicken Florentine Peas; Brown Rice Three Bean Salad Apricots and Peaches Wheat Bread	19 Tuscan Chicken Veg. Soup Hot Spiced Apples Carrot Raisin Salad M&M Cookie Wheat Roll
22 Chili with Cheese Wis. Blend Veggies Peaches Fruit Jell-O Corn Bread	23 @ Starin Park Roast Turkey Mashed Potatoes Broccoli w/Red Peppers Chocolate Pudding Wheat Bread	24 Western Meatloaf Au gratin Potatoes Green & Gold Beans Cinnamon Applesauce Wheat Bread	25 Baked Chick. Thigh & Leg Red Potatoes Garden Blend Veggies Brownie; Dinner Roll	26 Burgundy Tips Egg Noodles Sliced Beats Tropical Fruit Marble Rye
29 Chicken Ala King Carrots Peas Chocolate Chip Cookie Baking Powder Biscuit			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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Senior Citizen Day

The 1st Wednesday of every month is now designated Senior Citizen Day at the Nasco Catalog Outlet and Arts & Crafts Stores!

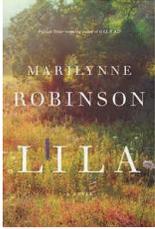
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BOOK WORMS

Monday, Feb. 1; 10:30 am

The Book Club will discuss *Gilead* by Marilynne Robinson. The book for February will be *Lila* by Marilynne Robinson.



Lila, homeless and alone after years of roaming the country side, steps inside a small-town Iowa church - the only available shelter from the rain - and ignites a romance and a debate that

will reshape her life. She becomes the wife of a minister, John Ames, and begins a new existence while trying to make sense of the life that preceded her newfound security.

Neglected as a toddler, Lila was rescued by Doll, a canny young drifter, and brought up by her in a hardscrabble childhood. Together they crafted a life on the run, living hand to mouth with nothing but their sisterly bond and a ragged blade to protect them. Despite bouts of petty violence and moments of desperation, their shared life was laced with moments of joy and love. Now she struggles to reconcile the life of her makeshift family and their days of hardship with the gentle Christian worldview of her husband which paradoxically judges those she loves.

MOVIES: SPONSORED BY MULBERRY GLEN



"The Martian"

Tuesday, February 9, 12:30 pm

Rated PG-13, 2 hrs, 24 min

A crew is forced to abort its mission to Mars, leaving behind a lone astronaut (Matt Damon) believed to have perished. But he did not, and is forced to fight for his survival on the Red Planet, as well as attempt to let the world know he's still alive. This film has been nominated for Golden Globes Best Picture, Director and actor (Damon).



"The Intern"

Tuesday, February 23, 12:30 pm

Rated PG-13, 2 hrs, 1 min

A 70-year-old widower and business owner (Robert DeNiro), bored with life, signs up for a program that places qualified seniors in corporate internships, and lands at a growing fashion website, run by its harried founder (Anne Hathaway). A workplace comedy/drama, with many charming, comedic moments.



BINGO



Tuesdays, 10:00 am

Feb. 2: Culver's

Feb. 9: Mulberry Glen

Feb. 23: City Bingo



BINGO SPONSORS

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

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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.

VOLUNTEER SPOTLIGHT

Diana Stettner has been volunteering as a Senior Receptionist for about one year now. She has been doing a fine job keeping up with all the activities that go on at Starin Park on Tuesdays and helping whenever she is asked.



Diana enjoys volunteering here because she can meet and get to know new people, as well as get out of the house and do something. Diana commented that Seniors in the Park has so many activities to get involved in and is a well organized place. Diana and her husband Heinz have been married for 52 years, and have 2 children and 3 grandchildren. They have lived in the Whitewater area for about 32 years. Diana is retired from Dalee Water and also worked at Highsmith in Fort Atkinson for over 20 years.

Diana's other interests include working in the yard and gardening with her husband, canning her own vegetables, bike riding and walking.

Diana thinks that more people should be active at Seniors in the Park. She is very pleased and surprised at all the wonderful activities that take place here and hopes that the word gets out so that more people are aware and can participate as well.

COORDINATOR'S COMMENTS: EMOTIONAL WELLNESS

Emotional Wellness involves being attentive to your thoughts, feelings, and behaviors, whether positive or negative. It also implies the ability to be aware of and accept our feelings, rather than deny them, have an optimistic approach to life, and enjoy life despite its occasional disappointments and frustrations.

Signs of Emotional Wellness include: The ability to talk with someone about your emotional concerns and share your feelings with others; Saying "no" when you need to without feeling guilty; You feel content most of the time; Feeling you have people in your life that care about you - a strong support network; Being able to relax; and Feeling good about who you are. Among these, a support network and people to share with is so important for both physical and emotional health.

We are very good at taking care of ourselves physically but how do you treat and recover from emotional "injuries"? Check out "Five Habits that Improve your Emotional Health" online at http://www.huffingtonpost.com/guy-winch-phd/emotional-wellness-tips_b_3809750.html. Smile, Share, Connect!



~Deb

SERVICES AT A GLANCE

Toenail Clinic: Tuesday, February 2 by 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.

WELLNESS LETTER BOXES KEY

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| I Intellectual | E Emotional |
| Sp Spiritual | Ev Environmental |
| F Financial | O Occupational |

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GREETING CARDS



We have a great selection of cards including Valentine's Day cards. We've added birthday cards for brother, sister, son, daughter, 80th, 85th and 90th. Cards for Serious Illness, Cancer, Pet Sympathy, and Congratulations. Most cards are priced from 65 cents to \$1.50. Some newer cards may be \$2.95. Stop in and check out our selection.

HAPPY FEBRUARY BIRTHDAYS TO:



20 Dan Sable

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!

THANK YOU



Marion and Henry Malo for baking quick breads for all the bowlers for a Christmas treat.

Dan Sable and Mark Dorn for assisting with taking down the Holiday decorations.

Linda Norton, Dee Simon, Carol Holford and Mary Meikle for filling in as receptionists during Tax season on Wednesdays.



SENIORS DECIDE 2016

On February 17, the [Leadership Council of Aging Organizations \(LCAO\)](#) will sponsor [Seniors Decide 2016](#), the nation's only forum where all of the presidential candidates are invited to address issues that are important to America's older adults.

Log on to the website above in advance and pose questions for the candidates or watch the forum live at noon on February 17.

You're invited to participate in this national event!

ALL THE WORLD'S A STAGE

Mondays, 3:00 pm

Fellowship Hall, Fairhaven

The year 2016 will be celebrated as "Shakespeare in Wisconsin" in commemoration of the 400th year since the Bard's death. Shakespeare's plays were the pinnacle of popular entertainment of his age and have inspired us to explore entertainment and performance in our world today. From the authors and musicians whose words and sounds transport us to different places and times, to performers who bring characters to life on stage in screen, to the ways entertainment adds value in our communities and reflects social issues in our society, this lecture series examines that world that is the stage in the twenty first century.

All lectures are free and open to the public.

Links to videos of lectures in this and prior series can be viewed anytime at www.uww.edu/ce/fairhaven.

Follow us on Facebook: <https://www.facebook.com/UWWFairhavenLecture/>

- Feb. 8** Dance Through the Ages
Tina Hansen, Director and Owner, The Dance Factory and Music Studios
- Feb. 15** "The Amazing Journey:" Fostering Creativity and Social Consciousness from Rock to Rachmaninoff
Ken Kohberger, Director, Young Auditorium
- Feb. 22** The Recording Studio: A Perpetual Performance
Brian Lucas, Lecturer of Communication, Director of Radio 91.7 The Edge WSUW, UWW Radio Station
- Feb. 29** Teaching Children to Act Out
Jim McCullough, Janesville Performing Arts Center and Drama Director at Whitewater High School



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~

PRESCRIPTION DRUG DROP OFF

There is a safe and anonymous means of disposing of old medications at the Whitewater Municipal Building in the Fremont Street foyer. Prescription medications have become the supply choice for young people and criminals and medications flushed down a toilet are not removed through normal water-treatment processes and end up in our ground water supply. Residents are required to transport their unwanted pills in the original containers, but once at the Municipal Building are asked to empty the pills into zip-top plastic bags and then deposit the bags into the drug drop box. Residents should then take their empty pill bottles home, remove the labels, and recycle the pill bottles. Questions about the drug drop box can be answered by calling the Whitewater Police Department at 262-473-0555.

Items that will be accepted include:

- Prescription drugs, pills, liquids and creams
- Over-the-counter medication, pills, liquids and creams
- Vitamins
- Patches
- Nebulizer solution
- Inhalers, non-aerosol sprays
- Pet medications

Liquids, creams, gels etc, can remain in their original containers, but should be placed in zip-top plastic bags to prevent leaking. You may remove the labels if you wish to remain anonymous.



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. They will carry boxes, assist with sorting, put a up a shelf, hang a picture, install a smoke alarm, do minor furniture rearranging, change light bulbs, put items on high shelves, minor sewing such as buttons and hemming and other small jobs deemed appropriate for their volunteers. Two volunteers will come to your house, one male and one female. They will carry a volunteer card and a photo ID. To schedule assistance call Judy Seip at 608-843-7143. No donations will be accepted for their service.

ART FROM THE HEART AT THE CAC

Karolyn Alexander Tscharnack's solo show of more than 60 paintings, "Art From My Heart," will be exhibited at the Whitewater Arts Alliance's Cultural Arts Center (CAC), 402 West Main Street from February 5 to February 28, Fridays through Sundays from noon until 5 pm. Karolyn will greet visitors at an artist reception on Saturday, February 6 from 1 p.m. until 4 p.m. at the CAC. Karolyn teaches water-color here at the center.



ONLINE REGISTRATION AND PAYMENT

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

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

You can also pay online for some classes at the Parks and Recreation website: wwparks.org. Please call if you can't log in.

LIONS EYEGLASS COLLECTION

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

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Fax 262-473-0537
Nutrition Site (Tues) ... 262-473-0536
Nutrition Site 262-903-0436
Hours....Mon-Thurs, 9:00 am-4:00 pm

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Romelle Koch

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Recreation & Community Events Coordinator

Michelle Dujardin, CPRP

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

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 www.whitewater-wi.gov, click on Departments, then Seniors in the Park or www.whitewaterbanner.com and look for the link in the left column or www.seekandfind.com. The newsletter is available for pick up at the Starin Park Community Building, Municipal Building, the Whitewater Aquatic and Fitness Center, the Irvin L. Young Memorial Library and other businesses in Whitewater.

Name _____

E-Mail _____

Address _____

