



The Park Bench

January 2016

Seniors in the Park Newsletter



NATIVE PLANTS AND SEEDS

I

Saturday, January 9 10:00 am

It may be winter, but now is the time to think Spring when starting seeds of native plants. There is a little twist though. You will be starting them in old milk jugs outside, right now. Native plant seeds need to experience winter before the seeds will germinate. Larry Scheunemann will show you this simple way to grow lots of native plants with minimal work. Please register by Thursday, December 31 if you will be attending.

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

Volume XVI Issue 1

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

Seniors in the Park Promotes & Enhances a Vital Aging Community

BASIC CALLIGRAPHY

Wednesdays, January 13-27,
1:30—3:30 PM

Learn the beautiful art of decorative hand writing. A basic alphabet will be taught. This three-week class will move from large markers to small markers to pens. The markers provided will be yours to keep and practice with. If you are interested in working with pens and nibs, please bring your own to the last class.

Instructor: Deb Weberpal

Location: Starin Park
Community
Building

Fee: \$15.00 Residents
\$18.75 Non-Resid.

Deadline: Thursday, Jan. 7

Calligraphy

COLORED PENCILS & DOODLES

So E I

Saturday, January 30 1:00 – 4:00 pm

Learn to work with colored pencils using techniques like stippling, cross hatching, and layering. Learn some color theory and how to combine colors and make a color scheme. Learn how to doodle and make your own designs. Bring colored pencils, eraser, sharpener, and your own adult coloring book/sketch tablet or paper. There will be paper and color book sheets available for a quarter or 50 cents a sheet.

Instructor: Katie Swanson

Fee: \$20 residents, \$25 non-residents

Where: Downtown Armory, lower level

Deadline: Wednesday, January 20



STAINED GLASS CLASS

So I

January 20 & 27, 12:30-3:30 pm

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



WATERCOLOR—PORTRAIT BASICS

So E I

Thursdays, January 7-28, 1:00-4:00 pm

Class is for artists of all skill levels. Artists who have taken Portrait Basics previously will be able to expand their skills and knowledge. New artists will learn how to get started and then complete a watercolor portrait. You do not need to be able to draw a head to participate. Beginning with necessary paint, brushes, and paper, each of the 4 weeks will highlight a different aspect of creating a watercolor portrait, with an accompanying demo, followed by plenty of time for one-on-one help from the instructor.

Instructor: Jan Hamilton Crowley, www.jancrowley.com

Fee: \$40 payable at first class. (\$10 per class)

Deadline: January 4

Supplies: Watercolor paints and brushes, Instructor will have the following supplies available for a small fee:

Arches 140 lb. cold press watercolor paper, M. Graham paint in the following colors: raw sienna, ultramarine blue, burnt umber, and quinacridone rose, white mounting board.

Contact Jan at briarhillstudio@gmail.com, or at 1.262.441.0324

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.

BEGINNING TAI CHI

Sp P I So

**Beginning Wednesday, January 13, 10:00 am
Downtown Armory**

T'ai Chi Ch'uan is a traditional Chinese exercise practiced for health, relaxation, meditation, and self-defense. The exercise is performed slowly and continuously, taking about ten minutes to complete one "round" or "set". It requires no special equipment and can be done in a small space.



The value of T'ai Chi as a health exercise and self-defense system lies in its emphasis on total body integration and developing "internal" strength, relaxation, and coordination. It is a gentle exercise, which is suitable for people in a wide variety of physical conditions. The movements are adjustable to fit the health and strength levels of each individual.

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

Please register by Friday, January 8

Continuing students will meet from 11:00—12:15.



“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

CORE AND MORE

Mondays & Thursdays, 8:30—9:15 am

This class will help you to perform daily activities safely and with ease. Balance and core exercises along with shoulder and hip opening and strengthening, 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.

Residents: \$1.00 per class

Non-Residents \$1.25 per class

LINE DANCE

So I P

2:00 pm

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

Fee: \$20.00 residents

\$25.00 Non-residents

Location: Downtown Armory Dance Studio

Session 1:

Dates: January 6– February 10

(No class January 27)

Class #5305.21

Deadline to register is Dec. 30

Session 2:

Dates: February 17-March 16

Class #5305.22

Deadline to register is Feb. 12



PICKLEBALL

Try this fun, invigorating and addicting 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.



COMPUTER TUTOR

Bring your own laptop or tablet, and get tutoring on Internet, E-mail, Word, Excel, Pictures, or general topics. Please tell us what you want assistance with, when registering for your session.

Instructor: Lyle Hunter

Dates: February 1, 15, 22 or 29

Time: 1:00 pm

Cost: \$5.00 residents

\$6.25 non-residents

Register at least 3 days in advance



WINDOWS 10: DO I WANT IT?

January 25, 1:00 pm

Jack is back to talk about downloading Windows 10. He will cover how it's different and what to expect.

He'll answer all your questions.

Please register for the class by

Wednesday, January 20

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.

JIG SAW PUZZLE EXCHANGE



Wednesday, January 13, 1:30 pm

Tired of making the same old puzzles? Do you need a new selection that won't cost you any money? Bring up to 10 gently used or nearly new puzzles of 750 to 1000 pieces. Please have pieces sealed in a bag within the box. Bring a tote, box or bag to carry your newly acquired puzzles home. There will be a few rules to follow to make the exchange fair to all. If the exchange is a success and participants would like another, it will be held on the second Wednesday of February. Let us know if Wednesdays don't work, and we'll find another day.

Deadline to register: January 11

Minimum: 5 participants; Maximum: 20 participants

Questions: Call Louise, 262-473-2548

COMMUNITY CONVERSION ON DEATH AND DYING



Thursday, February 11; 2:00 pm

There will be no meeting in January. 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.

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

Pinochle—First Tuesday, 1:00 pm

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.



UNDECORATE THE COMMUNITY BUILDING

Wednesday, January 6
1:30 pm

Help take down the tree and remove Christmas decorations. Please call by Monday, January 4 if you are able to assist.

SENIOR FORUM

Monday, Jan. 4, 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.

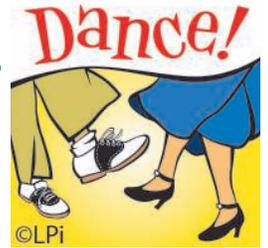
**All Seniors in the Park activities are held at the Starin Park Community Building
504 W. Starin Rd, unless stated otherwise.**

SWEETHEART SOCK HOP

Friday, February 12

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 or a Chili Cheese Dog, 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 (see page 13). Steve broadcasts from his home and may even do a live broadcast from the center! There will be games and other activities for those not wishing to cut a rug and prizes for the best dressed guy and gal.

Tickets are \$10.00 and will be available beginning January 11. Deadline to purchase tickets is Thursday, February 4.



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 I Whitewater remain in the region to support the nearly 1500 Special Olympics athletes residing in South-eastern Wisconsin.

10:30—11:30 Kids Events in Lakefront
11:00—1:00 Snow Dogs at ILY Library
11:00—3:00 Horse Dawn Wagon Rides
11:00—2:30 Chili Cook-off
Noon—3:00 Polar Plunge



Building



CHILI COOK-OFF

Have fun helping to raise funds for Special Olympics at Freeze Fest. 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! 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!

We will once again have Polar Plunge mugs for sale for \$10. You can get one early at the Community Building and the chili will be free at Freeze Fest.

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.

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.

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.

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.

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

Thursday, Jan. 21, 8:30 am

So

Ride to Milton to the Parkview Café, a longtime family restaurant.
Fee: \$3.00

RSVP by Tuesday, Jan 19

LUNCH BUNCH

Thursday, Jan. 14, 10:30 am

Lunch will be at the Brickhaus in Jefferson with a stop at the Riverside Market after lunch.

Fee: \$3.00

RSVP by Tuesday, Jan. 12

JANESVILLE SHOPPING

Wednesday, Jan. 6, 9:00 am

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

Fee: \$3.00

RSVP by Tuesday, Jan. 5

UPCOMING LUNCH BUNCH DATES

February—Capn's Fort Atkinson
March—Citrus Café, Janesville

GROCERY SHOPPING

So



Friday, January 15

This month we will take our grocery shopping trip to Fort Atkinson. You have a choice of shopping at Festival Foods or Pick 'n' Save. Both come out with their sale flyer on Tuesday and sales begin on Thursday. Next month we will travel to Piggly Wiggly in Milton and check out that store. We will alternate between the two communities unless there is a preference by the shoppers. We will plan on the grocery shopping trip to be the third Friday of the month.



TRAVEL PLANNING

It's that time of year when we will be planning our day trips for 2016. Please call or drop off your ideas for trips.

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



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

OR

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

Activity Calendar

9

January 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 (L)=Cravath Lakefront</p>				<p>1</p> <p>CLOSED Happy New Year!</p>
<p>4</p> <p>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 Mah Jongg</p>	<p>5</p> <p>9:00 Pickleball (A) 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 12:30 Toenail Clinic 1:00 Pinochle 1:00 Sheepshead</p>	<p>6</p> <p>9:00 Bowling (HB) 9:00 Janesville Shop 9:30 Indoor Walking 10:30 Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess 1:30 Undecorate the Community Building 2:00 Line Dance (A)</p>	<p>7</p> <p>8:00 Pickleball (A) 8:30 Core and More 9:30 FUNctional Fit 1:00 Watercolor</p>	<p>8</p> <p>9:30 Indoor Walking 12:30 Pickleball (A)</p> <p>9</p> <p>10:00 Native Plants and Seeds</p>
<p>11</p> <p>8:30 Core and More 9:30 FUNctional Fit 11:00 Singing Group 12:30 Pickleball (A) 1:00 Mah Jongg</p>	<p>12</p> <p>9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 12:30 Mulberry Glen Movie "Rikki and the Flash" 1:00 Sheepshead</p>	<p>13</p> <p>9:00 Bowling (HB) 9:30 Indoor Walking 10:00 Beg. Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess 1:30 Calligraphy Exchange 2:00 Line Dance (A)</p>	<p>14</p> <p>8:00 Pickleball (A) 8:30 Core and More 9:30 FUNctional Fit 10:30 Lunch Bunch 1:00 Watercolor</p>	<p>15</p> <p>9:00 Grocery Shop 9:30 Indoor Walking 12:30 Pickleball (A)</p>
<p>18</p> <p>8:30 Core and More 9:30 FUNctional Fit 11:00 Singing Group 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg</p>	<p>19</p> <p>9:00 Pickleball (A) 1:00 Sheepshead</p>	<p>20</p> <p>9:00 Bowling (HB) 9:30 Indoor Walking 9:30 Pegs & Jokers 10:00 Beg. Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 12:30 Stained Glass 1:00 Chess 1:30 Calligraphy 2:00 Line Dance (A)</p>	<p>21</p> <p>8:00 Pickleball (A) 8:30 Core and More 8:30 Sunny Side Up Breakfast Club 9:30 FUNctional Fit 1:00 Watercolor</p>	<p>22</p> <p>Blood Drive @ Armory 9:30 Indoor Walking</p> 
<p>25</p> <p>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 Do I Want to?</p> <p>Begin Taking Tax Appts.</p>	<p>26</p> <p>9:00 Pickleball (A) 10:00 City Bingo 12:30 Mulberry Glen Movie "Grace of Monaco" 1:00 Sheepshead</p>	<p>27</p> <p>9:00 Bowling (HB) 9:30 Indoor Walking 10:00 Beg. Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 12:30 Stained Glass 1:00 Chess 1:00 History Lecture 1:30 Calligraphy 2:00 Line Dance (A)</p>	<p>28</p> <p>8:00 Pickleball (A) 8:30 Core and More 9:30 FUNctional Fit 1:00 Watercolor</p>	<p>29</p> <p>9:30 Indoor Walking 12:30 Pickleball (A)</p> <p>30</p> <p>1:00 Colored Pencil & Doodle Class (A)</p>

10 Walworth County Nutrition Menu

January 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Persons 60 and over and their spouses are eligible. Suggested donation is \$3.00. To reserve a meal, for Tuesday, call 262-903-0436; Monday, Wednesday through Friday, call 10:00 am to noon; or call Walworth County at 1-800-365-1587, ext. 3333 by noon the day prior. Call the 800 number to cancel meals day of by 8:00 am. Meal site is at Brookdale Manor, 1061 Blackhawk Dr., Monday and Wednesday through Friday.</p>				<p>1 NEW YEAR'S DAY Dining Centers Closed</p>
<p>4 Chicken Florentine Peas; Brown Rice Three Bean Salad Apricots and Peaches Wheat Bread</p>	<p>5 @ Starin Park Tuscan Chick. Veg. Soup Hot Spiced Apples Carrot Raisin Salad M&M Cookie Wheat Roll</p>	<p>6 Roasted Pork Loin German Potato Salad Mediterranean Veg Angel Food Cake w/ Berries; Wheat Bread</p>	<p>7 Shepard's Pie Mashed Potatoes Winter Mix Vegetable Tropical Fruit Wheat Bread</p>	<p>8 Spaghetti & Meatballs Calif. Mixed Veggies Tossed Salad Pineapple/Orange Cup Garlic Bread</p>
<p>11 Chili with Cheese Wis. Blend Veggies Peaches Fruit Jell-O Corn Bread</p>	<p>12 @ Starin Park Roast Turkey Mashed Potatoes Broccoli w/Red Peppers Chocolate Pudding Wheat Bread</p>	<p>13 Burgundy Tips Egg Noodles Sliced Beats Tropical Fruit Marble Rye</p>	<p>14 Western Meatloaf Au gratin Potatoes Green & Gold Beans Cinnamon Applesauce Wheat Bread</p>	<p>15 Bak. Chick. Thigh & Leg Red Potatoes Garden Blend Veggies Brownie Dinner Roll</p>
<p>18 Salisbury Steak Sweet Potatoes Corn Pears Wheat Roll</p>	<p>19 @ Starin Park Chicken Noodle Soup Broccoli Slaw Peaches with Granola 1/2 Turkey Sandwich Lemon Poppyseed Cake</p>	<p>20 Ital. Bread. Pork Chop Garlic Mash. Potato Three Bean Salad Chocolate Cake Marble Rye</p>	<p>21 Chicken Ala King Carrots Peas Chocolate Chip Cookie Baking Powder Biscuit</p>	<p>22 Chick. Parmesan w/ Pasta & Cheese Winter Blend Veggies Mandarin Oranges French Bread</p>
<p>25 Pepper Steak Brown Rice Calif. Mixed Veggies Carrot Bar Wheat Bread</p>	<p>26 @ Starin Park Sloppy Joes on a Bun Green Bean Casserole Wis. Blend Veggies Pineapple Tidbits</p>	<p>27 Baked Mac and Cheese San Fran. Blend Veggies Tossed Salad Pears Dinner Roll</p>	<p>28 Sliced Roast Beef Mashed Potatoes Garden Blend Veggies Peaches Wheat Roll</p>	<p>29 Herb Stuff. Chick. Breast Egg Noodles Squash; Mixed Veggies Chocolate Mousse Wheat Bread</p>

Mulberry Glen
Senior Living Community

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SINGING GROUP

E So I Practices will be on Mondays at 11:00. You don't need to be able to read music. Singing 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.



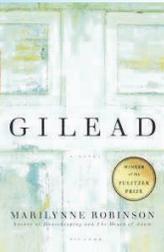
BOOK WORMS

Monday, Jan. 4; 10:30 am

So I Sp E The Book Club will discuss *The Storied Life of A.J. Fikry* by Gabrielle Zevin. The book for January will be *Gilead* by Marilynne Robinson.

Twenty-four years after her first novel, *Housekeeping*, Marilynne Robinson returns with an intimate tale of three generations from the Civil War to the twentieth century: a story about fathers and sons and the spiritual battles that still rage at

America's heart. Writing in the tradition of Emily Dickinson and Walt Whitman, Marilynne Robinson's beautiful, spare, and spiritual prose allows "even the faithless reader to feel the possibility of transcendent order" (*Slate*). In the luminous and unforgettable voice of Congregationalist minister John Ames, *Gilead* reveals the human condition and the often unbearable beauty of an ordinary life.



MOVIES: SPONSORED BY MULBERRY GLEN



"Ricki and the Flash"

**Tuesday, January 12, 12:30 pm,
Rated PG-13, 1 hr, 41 min.**

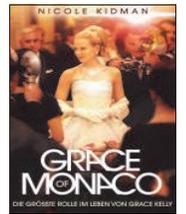
Meryl Streep plays a middle-aged rock musician, who, years after abandoning her family for a life on the road, comes home to help her struggling daughter (played by her real-life daughter, Mamie Gummer). Also stars Kevin Kline and Rick Springfield.



"Grace of Monaco"

**Tuesday, January 26, 12:30 pm,
Rated PG-13, 1 hr, 43 minutes**

The story of former Hollywood film star Grace Kelly's crisis of marriage and identity, during a political dispute between Monaco's Prince Rainier III, and France's President Charles De Gaulle, and a looming French invasion of Monaco, in the early 1960's. This film was selected as opening film at the 2015 Cannes Film Festival. Stars Nicole Kidman as Grace Kelly and Tim Roth as Prince Rainier; also stars Frank Langella and Derek Jacobi.



BINGO



Tuesdays, 10:00 am

Jan. 5: Culver's

Jan 12: Mulberry Glen

Jan. 26: City Bingo



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VOLUNTEER SPOTLIGHT

Steve Atkinson is a new Seniors in the Park volunteer van driver. He has only made a couple of van trips, but looks forward to doing more. Steve says that driving for the Seniors in the Park is a way to get out of the house and meet and interact with new people. He is interested in sports, is a season ticket holder for the Milwaukee Brewers, and is looking forward to driving and attending the Brewers games. Steve would also like to go to a Madison Mallards

game, which he has never done, and, of course, the Beloit Snappers. He also follows the Green Bay Packers.

Steve is a retired truck driver, but still runs a rental business part time. From his home computer, he runs a radio station on Live365.com online radio, his music is listed under Albo 60's music.

Steve has been married for 43 years to Pauline, who is planning on doing more things with the Seniors in the Park when she retires. They enjoy spending time in Whitewater, walking downtown and going to rummage sales looking for history books about UW-W. He likes reading and buying old history books and commented that he enjoys the Haney Lectures and the different van trips that are offered at Seniors in the Park. Steve says it is a great way to meet new people and learn new things.

COORDINATOR'S COMMENTS: NEW YEAR

2016, Wow! Another year is here. What expectations do you have for the year? Resolutions tend to fall by the wayside, but what goals do you have? Do you have a BHAG? That's a Big, Hairy, Audacious Goal. What have you always wanted to do? Make it happen in 2016! Set small goals and work toward your BHAG. Make it a journey of fun and discovery, because it's all about the journey. BHAG's were developed for business but why not make it transformational for your life?

I wish you a healthy, peaceful, fulfilling 2016 and beyond. Happy New Year!

The Seven Dimensions of Wellness will return in February with Emotional Wellness.



~Deb

Be a reverse terrorist. Plot. Plan. Scheme and launch random acts of Love. Incite it. Invite it. Ignite it. Shake this world to its foundations and enjoy yourself in the process.



~ Robert Mann

WELLNESS LETTER BOXES KEY

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

SERVICES AT A GLANCE

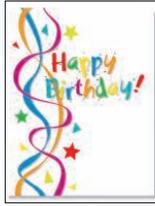
Toenail Clinic: Tuesday, Jan. 5, by Appointments only.
Please bring a towel. \$15.00.

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.

GREETING CARDS

We have a great selection of 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 JANUARY BIRTHDAYS TO:



15 Eunice Rowe

16 Betty Heth

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

Bruce Parker, Pat Jacobson, Karen Christofferson, Sandie Sorkan, Matt Amundson, Charlie Long and Zach Artz for helping with the Holiday Lunch.

Lois Zipp for the many years she tabulated and submitted the Funds for Friends receipts to Sentry.

Karen Reppen for facilitating the community Conversation on Death and Dying

Rainbow Hospice for donating the DVD "Consider the Conversation 2" to our resource library.

AARP TAX ASSISTANCE

Wednesdays, beginning February 3

Appointments can be made beginning Monday, January 25. No appointments can be made prior to this date.

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 January 25 or after. 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
- 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.



CONGRATULATIONS TO SOCIETY'S ASSETS

Society's Assets is one of our newsletter advertisers. We appreciate their support. Recently, they earned several caregiver awards from Wisconsin Long Term Care Workforce Alliance (WLTCWA).

Awards went to: *Spotlight Recipients* (individual caretakers)—Rachel Hernandez, and Sandy Lorenzen; *Caring Together Award Recipients* (team) - Society's Assets, Racine: Stacy Lake, Joyce Long, Audrey Mills, Tiaka Turner, Darrina Williams, and Veronica Wilson; and *The Heart of Family/Friend Caregiving Award*—Jim Zachar.



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~

HOLIDAY FUN



ONLINE REGISTRATION AND PAYMENT AVAILABLE

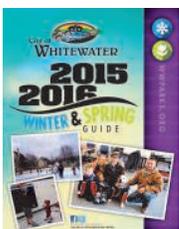
Register and pay for trips and activities from home by going to schedulesplus.com/wwtr, using either Google Chrome or Firefox browser. Payment on this site is through PayPal. Paying in person is still an option. On the SchedulesPlus, site you can

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

You can also pay online for some classes at the Parks and Recreation website: wwparks.org.

Parade Volunteers:

Alice Estrup, Kathy Ponyicsanyi, Dan Sable, Mark Dorn, Barb Jaquith and Charlie Long. Thanks for volunteering!



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

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Volunteer Editor

Romelle Koch

Director

Matt Amundson, CPRP

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

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