



# The Park Bench

June 2016

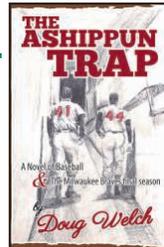
Seniors in the Park Newsletter

## THE ASHIPGUN TRAP: BASEBALL AND THE MILWAUKEE BRAVES FINAL SEASON

Wednesday, June 15, 1:00 pm

Just over 50 years ago, the Milwaukee Braves played their final game at County Stadium against Sandy Koufax and the Los Angeles Dodgers. That extra-inning loss on September 21, 1965 was a bitter-sweet ending to the Braves remarkable 13-year run in Milwaukee and capped one of the most unique seasons in all of professional sports.

Author Doug Welch of Milton, will be here to talk about the Braves, baseball, and his book, *The Ashippun Trap A Novel of Baseball and the Milwaukee Braves Final Season*. The book blends baseball fiction with baseball fact to paint a portrait of life in the Rock River League when teams in small towns such as Ashippun, routinely drew several hundred fans each Sunday. Please register for this presentation by Thursday, June 9.



Volume XVI Issue 6

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## PICNIC & CLASSIC CARS

Tuesday June 21, 11:00 am—2:00 pm

It's time for some summer fun! We're rolling out the yard games. If you have a bean bag/corn hole game or a ladderball toss, we would like to borrow it for the day.

We'll be serving brats or hamburgers, salads, dessert, and a beverage for \$3.00 per person. Meal service will begin around noon, and you are welcome to come early or stay late (or both) and participate in the fun. If you have a classic car, please bring it and park it in the lot. Those bringing a classic car get a free meal. **Please RSVP by June 14** so we have enough food for everyone! Thanks to **Commercial Bank** for sponsoring a portion of the meal. All events will be held inside in case of wet weather. Contact Deb if you have an outdoor game to share or are bringing a classic car.

Welcoming Seniors, Boomers, and Adults of all ages.

*Seniors in the Park Promotes & Enhances a Vital Aging Community*

## COLOR GROUP

**June 21, 10:00 am**

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



## PEGS AND JOKERS

Pegs and Jokers meets on the third Wednesday of the month, June 15. Stop in and try out this fun game.



## “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

## STAINED GLASS CLASS

**June 14 & 15, 12:30—3:30**

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

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

Instructor: Caroline Britton

Location: Downtown Armory Lower Level

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

Deadline: Thursday, June 9



## WATERCOLOR: BASICS AND BEYOND

**Thursdays, June 2, 9, & 16, 1:00-4:00 pm**

This three-week watercolor class will review some of the basic techniques of watercolor and expand into using black and white gesso in a watercolor painting. Topics will include color mixing, wet-into-wet, dry brush, masking, and glazing. Subject matter will be flowers, including poppies, tulips, and hollyhocks. Experimenting with black and white gesso is optional. Attendees are always encouraged to paint from personal references and are not required to follow along with the demo. Each session will include a demonstration and discussion. There will be time for individual painting, with optional one-on-one coaching.

Instructor: Karolyn Alexander Tscharnack

Fee: \$30 payable to the instructor on June 2 by cash or check.

Deadline: Sign up by Tuesday, May 31

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



## FAVORITE THINGS—WATERCOLOR STILL LIFE

**Thursdays, June 23 - July 28, 1:00-4:00 pm**

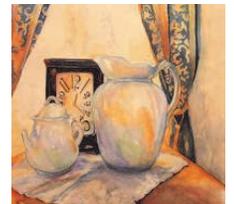
Artists will be asked to bring objects that interest them to class. We will learn to set up, light, photograph, and paint a still life. The classes will cover basic still life skills and techniques. Artists of any level are welcome. Please bring favorite objects, as well as regular watercolor supplies.

Arches 140 lb. is required and available to purchase reasonably at class. A digital camera is helpful, either a simple point and shoot or a digital SLR.

Fee: \$60 for six sessions, payable at the first class.

Deadline: Monday June 20

Instructor: Jan Hamilton Crowley. [www.jancrowley.com](http://www.jancrowley.com)



## WALKING AND NORDIC WALKING GROUP AND INSTRUCTION



Join this walking group and walk with or without poles. We now have three different kinds of poles. Deb will lead the walks and has learned some new, easier methods of walking with poles, along with ways to enhance your walk, cool down and some simple stretches to finish. No matter what speed you walk, you are welcome to come with the group. I'll challenge the faster walkers and keep pace with others. The new Nordic method takes about 10 minutes to learn and off we go. Most walks will be 5—15 minutes of instruction and warm-up (dependent on new learners), 20—40 minutes of walking and 5–10 minutes of cool down and stretches. Each week you'll learn a different way to enhance your walk. Get moving and grooving and start your day with a burst of energy! Walking dates and times are:

**9:00 am** June 6, 20, 22, 27, 29

**10:00 am** June 9, July 7, 11, 14, 18 August 1, 4, 8, 22, 25

**4:45 pm** Tuesdays (no walking July 12, 26 August 16)

(times and dates may change due to wishes of the group)

Please call to register for the walks. All walks are dependent on weather.



## SIP & SWIPE CAFÉ®

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

## GOLF LEAGUE

Have fun with this recreational Golf League. Golfers must be 60 years old as of April 4 or spouse must be 60. Tee times are at 8:30 am, flag prizes are awarded weekly, and there is a luncheon to conclude the season. For more information, contact Vicki Flitsch, 608-884-3586, or Bill Holcomb, 262-495-2273. Play is at Oak Ridge Golf Course on Bowers Lake Road, Milton. The membership fee is \$6.00 and is paid on site. Join any time!



## SENIOR MUSIC FESTIVAL

Our very own Whitewater Warblers will be participating in the Senior Music Festival at the Janesville Senior Center on Wednesday June 8. They will be doing some twisted lyrics to some familiar songs. Thanks to the group for taking this on and making it a fun and unique performance.



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

To find health and wellness information for older adults from the National Institutes of Health, go to [www.nihseniorhealth.gov](http://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.

# 4 Activities & Motorcycle Rides

## BRIDGE REFRESHER

If you would like to get back into playing Bridge but are a little rusty, let us know, and Linda Anderson will set up a refresher class.



## GADGET GURU

Tutors 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.

Instructor: Lyle Hunter

Dates: Tues., June 7-28

Time: 9:30 am

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

Register at least 3 days in advance

## MOVIES: SPONSORED BY MULBERRY GLEN

### "Joy"

Tuesday, June 14, 12:30 pm

Rated PG-13; 2 hrs, 4 min.

Jennifer Lawrence (Oscar nominee, Best Actress) plays a woman who sets out to do something for herself, despite her dysfunctional family. Based on the true story of the inventor of the "as seen on TV" Miracle Mop! Her zany family includes Robert DeNiro, Bradley Cooper, Diane Ladd, and Melissa Rivers.



### "Son of Saul"

Wednesday, June 22, 12:30 pm

Rated R for violence, nudity; 1 hr, 47 min

The Best Foreign Language Film (Oscar and Golden Globe). In the horror of the 1944 Auschwitz-Birkenau death camp, a prisoner forced to burn the corpses of his own people finds moral survival upon trying to salvage from the flames the body of a boy whom he's taken as his son. Hungarian and many other European languages; shown with English subtitles.



### "Brooklyn"

Tuesday, June 28, 12:30 pm

Rated PG-13; 1 hr, 51 min

Saoirse Ronan (Best Actress Oscar nominee), as a young Irish woman in the 1950's who comes to America and falls in love, only to be called back to Ireland. She questions where her true home lies. Was also nominated as Best Film.



## MOTORCYCLE RIDES

Meet new people and enjoy a day of sunshine, with the wind in your face. Riders must arrive prior to departure to show proof of insurance (card you should be carrying) and fill out a participation form, if this is your first ride with us in 2016. You can scan and email your insurance info or drop it off in advance, too. Helmets are recommended. Call with your email, and we'll keep you current on upcoming rides and rain dates.



**Tuesday, June 7:** Start the day at Delaney's Surplus, a man's shopping experience. Ride to the Dells for lunch and an optional thrill ride on the Dells Air boats. Tickets are \$28.50 and bring a towel. A leader is still needed for this trip. Ride departs Starin Park at 9:00 am.

**Monday, June 20:** Ride to Kenosha for lunch at the Big Star Drive-In. After lunch, the tour the Kenosha Public Museum (free) and/or the Civil War Museum (\$9). Ride to the Spot Drive-in, serving since 1945, and sample their house root beer or real ice cream. Depart at 10:00 am. Leader is Bruce Parker.

**Sunday, July 17:** Rockton Chicken BBQ, Bill McCormick, leader

**Tuesday, July 12:** Cave of the Mounds, Tool Museum, Tower Hill Park. Leader needed

**Monday, August 8:** Potosi, Lunch at the brewery and Nelson Dewey State Park. Leader is Bruce Parker

**Tuesday August 23:** JP Cycles, Cycle Museum, Iowa. Bruce Parker leader (Long ride)

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## VAN TRIPS

### SUNNY SIDE UP BREAKFAST CLUB

**Thursday, June 30, 8:30 am**

Ride to Beloit Family Restaurant and Pancake House. Fee: \$4.00

RSVP by Tuesday, June 28

Please note the date change.

### LUNCH BUNCH

**Thursday, June 9, 10:30 am**

Lunch will be at Spinnakers in Oconomowoc. We will also stop at The Brownberry Outlet. Fee: \$4.00

RSVP by Tuesday, June 7

### JANESVILLE SHOPPING

**Wednesday, June 1, 9:15 am**

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

Fee: \$3.00

RSVP by Tuesday, May 31

### GROCERY SHOPPING

**Friday, June 17, 9:00 am**

Get picked up at home and shop in Fort Atkinson.

Fee: \$2.00

### SENIOR FORUM

**Monday, June 6, 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.

## JEWELS ALONG THE LAKEFRONT

**Wednesday, July 13**

Begin your day with a tour of the beautiful Baha'i Temple, the only one in the U.S. It is surrounded by exquisite gardens and fountains and there is a new Welcome Center. Tour the Charles Gates Dawes Mansion on Lake Michigan. This National Historic Landmark is known for its original furnishings and artwork, along with an interactive historical display. The included lunch is at the Celtic Knot Public House with a choice of Fish and Chips, Corned Beef & Cabbage or Chicken Pot Pie. Please let us know your choice when you register for the trip. Savor private demonstrations and tastings at Great Harvest Bread Company, where they make everything from scratch, and the Spice House. You will also have time to stroll through the many eclectic and interesting shops on Central Street in Evanston.

Fee: \$62.00 (checks to City of Whitewater)

Deadline: Tuesday, June 21

Depart: Fort K-Mart Lot: 7:15 am and return approx. 6:30 pm

Starin Park: 7:45 am and return approx. 6:00 pm



## HORICON MARSH

**Thursday, September 15**

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

Deadline is August 11

Fee: \$63.00

Checks made out to City of Whitewater

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

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



## LAKE GENEVA MAIL BOAT TOUR

**Thursday, June 23**

Enjoy a morning on the Lake Geneva Mail Boat and lunch and a tour at the Baker House. Lunch includes: Chicken Normandy, Herb roasted potatoes, French green beans, Baguette slices, Chocolate Mousse, and beverage. There will be a stop at the Elegant Farmer on the way home.

Fee \$72.00 (checks to Fort Atkinson Senior Center)

Deadline is May 20

Depart Starin Park at 8:30 am and return approximate 5:00 pm

# Extended Travel

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

## CALIFORNIA COAST FEATURING YOSEMITE NAT'L PARK



**September 15—24, 2016**

Enjoy 10 days discovering the beautiful California Coastline. Begin your trip touring San Diego, then head north to Mission San Juan Capistrano. Your time in LA takes you to the Walk of Fame, Beverly Hills, Sunset Strip, Rodeo Drive, and includes a tour of Hollywood. Visit the Reagan Library Barbara and travel the gorgeous Pacific coast to the quaint town of Shell Beach. Visit Hearst Castle and the spectacular Big Sur Coastline. Spend two nights in Monterey. Drive the 17-Mile Drive, one of the most breathtaking coastlines in the world. Visit Old Monterey, Cannery Row, and Fisherman's Wharf. Journey inland through the Sierra Nevada Mountains to Yosemite National Park. See El Capitan, the Half Dome, and the breathtaking Yosemite Falls. Next travel experience the Gold Rush in historic Old Sacramento. In Napa Valley, stop for a winery tour and tasting on your way to two nights in San Francisco. Tour the city, including Twin Peaks, Union Square, Chinatown, Pier 39, the Victorian mansions of Pacific Heights, and the rolling hills of the Presidio and Golden Gate Park. Includes roundtrip airfare from Milwaukee, 12 meals, admissions, and sightseeing per the itinerary and a tour director. Deposit \$300 per person by May 31 (due with your reservation form) and receive a \$100 per person booking discount, if you make your final payment by check. Fee is \$2895 per person double (with discount). Single supplement is \$975. Deposit of \$300 due with registration



## MISSISSIPPI FALL RIVER ROAD TRIP

**DATE CHANGE!! Tuesday—Friday October 4 – 7**

Witness the grandeur of autumn along one of the most scenic stretches of road in the Midwest October 6-9, 2016. Highlights of the trip include: Norskedalen Farmstead with lunch, Dinner cruise on the LaCrosse Queen, Apple Farm, Watkins Store, National Eagle Center, Red Wing Pottery & Red Wing Shoe Store, Dinner at Historic St. James Hotel and much more! Also includes three nights lodging, 8 meals, and VanGalder Coach transportation. Fee for the trip is \$639.00 per person double or \$879 single. \$100 deposit due with reservation and **final payment due July 14, 2016.**

Detailed itinerary and registration form available at The Starin Park Community Building, call 262-473-0535 or email [dweberpal@whitewater-wi.gov](mailto:dweberpal@whitewater-wi.gov). Only 10 seats left.

## EXTENDED TRAVEL 2017

**Backroads of Sunny Florida February 24-March 3, 2017**

Three nights at the Plantation Resort, Manatees, Dinner Theater, Tarpon Springs, and more!

**Arizona Spring Training Getaway March 19-24, 2017**

Features one hotel stay, 2 baseball games, Hall of Flame Fire Museum, Tucson Area, Mission San Xavier, Arizona-Sonora Desert Museum, Sabino Canyon Rec Area Tram Tour and more.

**Country Roads of Tuscany November 7—15, 2017**

Features one hotel stay, winery visit and tasting, Florence, Pisa, Lucca, San Gimignano, Cooking Class and more.



# Van Trips

## ROCKFORD RIVETS VS THE MADISON MALLARDS

**Monday, August 1**

We're headed to Rockford to check out their ball park and see the

Mallards play the Rivets. Arrive at the ball park early to enjoy an all-you-can-eat pre-game tailgate.

Fee: \$32.00

Deadline: July 13

Depart 4:30 pm



## WI STATE FAIR

**Thursday, August 4**

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

Fee: \$8.00 (transportation only)

Deadline: July 21

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



## UPCOMING VAN TRIPS

August 1—Rockford Riveters  
Baseball Vs. Madison Mallards  
@ Rockford

August 4—WI State Fair

September 20—Madison Zoo



## BELOIT SNAPPERS

**Tuesday, June 14**

It's \$2 Tuesday! Hot dogs, Brats, Pizza, Miller draft beer and soda are all \$2.00. Check out this Minor League team and cheer them on.

Fee: \$10.00 includes box seats and transportation

Deadline: May 31

Departs 5:15 pm



## NORWEGIAN HERITAGE AND GARDENS

**Thursday, June 16**

Start your day at the beautiful Olbrich Gardens and have lunch at the quaint Daisy Café. In the afternoon, tour the Norwegian Heritage Center, Livsreise which means Life's Journey, in Stoughton.

Fee: \$15.00

Deadline: May 31

Depart 9:00 am return approx. 3:30 pm



## KRINGLE AND KEWPIES

**Wednesday, July 6**

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

Fee: \$10.00

Deadline: June 15

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

## MADISON MALLARDS

**Tuesday, July 26**

It will be a great night at the Duck Pond beginning with the Pepsi Tailgate, including all-you-can-eat burgers, brats, hot dogs, cranberry walnut chicken salad sandwiches, veggie burgers, potato salad, coleslaw, and chips AND all-you-can drink soda and water. Watch the game from your reserved seat in the Grandstand.

Fee: \$29.00

Deadline: Tuesday, July 5

Depart Starin Park: 4:15 pm; Return: 11:00 pm (approx)



# Activity Calendar

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## June 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 (OR)=Oak Ridge Golf Course, Milton</p>		<p><b>1</b> 9:15 Janesville Shop 9:30 Indoor Walking 10:00 Beg. Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess</p>	<p><b>2</b> 9:00 Pickleball (A) 9:30 FUNctional Fit 1:00 Knitting Group 1:00 Watercolor</p>	<p><b>3</b> 9:30 Indoor Walking 12:30 Pickleball (A)</p> <p><b>Office Closed</b></p>
<p><b>6</b> 8:00 Golf (OR) 9:00 Walking 9:30 FUNctional Fit 10:30 Book Worms 11:00 WW Warblers 12:00 Senior Forum 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg</p>	<p><b>7</b> 9:00 Pickleball (A) <b>9:00 Motorcycle Ride to WI Dells</b> 9:30 Gadget Guru 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 12:30 Toenail Clinic 1:00 Sheepshead 4:45 Walking</p>	<p><b>8</b> 9:30 Indoor Walking 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess</p>	<p><b>9</b> 9:00 Pickleball (A) 9:30 FUNctional Fit 10:00 Walking 10:30 Lunch Bunch 1:00 Watercolor</p>	<p><b>10</b> 9:30 Indoor Walking 12:30 Pickleball (A)</p> <p><b>Office Closed</b></p>
<p><b>13</b> 8:00 Golf (OR) 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg</p>	<p><b>14 FLAG DAY</b> 9:00 Pickleball (A) 9:30 Gadget Guru 10:00 Mulberry Glen Bingo 12:30 Mulberry Glen Movie "Joy" 12:30 Stained Glass (A) 1:00 Sheepshead 4:45 Walking <b>5:15 Snappers Trip Departs</b></p>	<p><b>15</b> 9:30 Indoor Walking 9:30 Pegs &amp; Jokers 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 12:30 Stained Glass (A) <b>1:00 Ashippun Trap</b> 1:00 Chess</p>	<p><b>16</b> <b>9:00 Gardens Trip Departs</b> 9:00 Pickleball (A) 8:30 Sunny Side Up Breakfast Club 9:30 FUNctional Fit 1:00 Knitting Group 1:00 Watercolor</p>	<p><b>17</b> <b>9:00 Grocery Shop</b> 9:30 Indoor Walking 12:30 Pickleball (A)</p> <p><b>Office Closed</b></p>
<p><b>20</b> 8:00 Golf (OR) 9:00 Walking 9:30 FUNctional Fit <b>10:00 Motorcycle Ride to Kenosha</b> 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg</p>	<p><b>21</b> 9:00 Pickleball (A) 9:30 Gadget Guru 10:00 Color Group <b>11:00 Picnic and Classic Cars</b> 1:00 Sheepshead 4:45 Walking</p>	<p><b>22</b> 9:00 Walking 9:30 Indoor Walking 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Mulberry Glen Movie "Son of Saul" 12:30 Pickleball (A) 1:00 Chess</p>	<p><b>23</b> <b>8:30 Mailboat Tour Departs</b> 9:00 Pickleball (A) 9:30 FUNctional Fit 1:00 Watercolor</p> <p><b>Office closes at 12:30</b></p>	<p><b>24</b> 9:30 Indoor Walking 12:30 Pickleball (A)</p> <p><b>Office Closed</b></p>
<p><b>27</b> 8:00 Golf (OR) 9:00 Walking 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg</p>	<p><b>28</b> 9:00 Pickleball (A) 9:30 Gadget Guru 10:00 City Bingo 12:30 Mulberry Glen Movie "Brooklyn" 1:00 Sheepshead 4:45 Walking</p>	<p><b>29</b> 9:00 Walking 9:30 Indoor Walking 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 Chess</p>	<p><b>30</b> 9:00 Pickleball (A) <b>8:30 Sunny Side Up Breakfast Club</b> 9:30 FUNctional Fit 1:00 Watercolor</p>	<p><b>4th of July Celebration weekend</b></p> 

# 10 Walworth County Nutrition Menu

## June 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>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 &amp; Wednesday though Friday.</b></p>				
<p><b>6</b> Scallop. Potatoes &amp; Ham Green Beans Melon Mix Brownie Wheat Bread</p>	<p><b>7 @ Starin Park</b> Chicken Salad Carrot Raisin Salad Apric. w/Diced Peach. Cheesecake Bar Wheat Dinner Roll</p>	<p><b>1</b> Beef Stew with Potatoes Cauliflower Tossed Salad Hot Cinn. Applesauce Baking Powder Biscuit</p>	<p><b>2</b> Broccoli &amp; Cheese Quiche California Mixed Veg Sliced Peaches w/Granola Strawberry Cake Wheat Roll</p>	<p><b>3</b> Roast Beef w/Gravy Mashed Potatoes Three Bean Salad Fruit Jell-O Dinner Roll</p>
<p><b>13</b> Creamy Chick. &amp; Green Bean Stuffing Cass. Cauliflower Melon Mix Dinner Roll</p>	<p><b>14 @ Starin Park</b> Western Meatloaf Baked Beans Garden Vegetables Tropical Fruit Wheat Bread</p>	<p><b>8</b> Baked Chicken Drumsticks Gravy &amp; Mashed Potatoes California Mix Veg Carrot Bar Wheat Dinner Roll</p>	<p><b>9</b> Spaghetti &amp; Meatballs San Fran. Blend Veggies Tossed Salad Diced Pears Garlic Bread</p>	<p><b>10</b> Salisbury Steak Sweet Potato Broccoli Fruit Cocktail Dinner Roll</p>
<p><b>20</b> Turkey Tetrazzini Sliced Beats Carrots Wheat Bread Chocolate Chip Cookie</p>	<p><b>21 @ Starin Park</b> Yankee Pot Roast Hot Peaches w/Granola Peas Tossed Salad Marble Rye</p>	<p><b>15</b> Hungarian Pork Goulash w/ Egg Noodles Green &amp; Gold Beans Carrots; Wheat Bread Cinnamon Applesauce</p>	<p><b>16</b> Sub Sandwich Tossed Salad Pineapple Tidbits Carrot Cake</p>	<p><b>17</b> BBQ Pork Sandwich Baked Beans Broccoli Salad Hot Peaches w/Granola Hamburger Bun</p>
<p><b>27</b> Italian Wedding Soup Medit. Blend Vegetables Sliced Peaches M&amp;M Cookie Wheat Bread</p>	<p><b>28 @ Starin Park</b> Grilled Pork Chop Twice Bak. Potato Cass. Red Cabbage Diced Pears Wheat Bread</p>	<p><b>22</b> Swiss Steak &amp; Gravy Mashed Potatoes Mixed Vegetables Applesauce Wheat Roll</p>	<p><b>23</b> Chicken Pasta Caesar Salad Melon Mix Sugar Cookie Dinner Roll</p>	<p><b>24</b> Polish Sausage Rosemary Red Potatoes San Fran. Blend Veggies Vanilla Pudding Hot Dog Bun</p>
				

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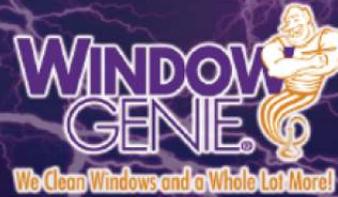
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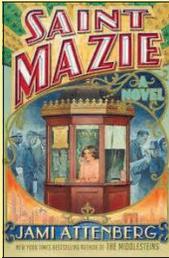
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## BOOK WORMS

**Monday, June 6 10:30 am**

The Book Club will discuss *Whistling in the Dark* by Lesley Kagen. The book for June will be *Saint Mazie* by Jami Attenberg.

Mazie Phillips: big-hearted and bawdy, is the truth-telling proprietress of The Venice, the famed New York City movie theater. It's the Jazz Age, with romance and booze aplenty--even when Prohibition kicks in--and Mazie never turns down a night on the town. But her high spirits mask a childhood rooted in poverty, and her diary, always close at hand, holds her dearest secrets. When the Great Depression hits, Mazie's life is on the brink of transformation. Addicts and bums roam the Bowery; homelessness is rampant. If Mazie won't help them, then who? When she opens the doors of The Venice to those in need, this ticket taking, fun-time girl becomes the beating heart of the Lower East Side, and in defining one neighborhood helps define the city. Then, more than ninety years after Mazie began her diary, it's discovered by a documentary in search of a good story.



## 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.**

## SENIORS IN THE PARK NEWSLETTER

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

## ACTIVITIES AT A GLANCE

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

## BINGO

**Tuesdays, 10:00 am**

June 7: Culver's

June 21: Mulberry Glen

June 28: City Bingo



### BINGO SPONSORS

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Jimmy's Italian Beef

## VOLUNTEER SPOTLIGHT

Vickie Flitsch has been volunteering with the Seniors in the Park Golf League for 16 years as the secretary. Vickie keeps track of attendance, golf sheets, scores, newspaper articles, and flag prizes for the senior league. Vickie says she enjoys volunteering and meeting new people that have the same interests as her and looks forward to the camaraderie with her fellow golfers every week in the summer.

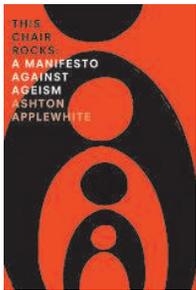
Vickie retired in 1999 from GTE Telephone Company, which is now Verizon, where she held numerous positions from installer to repair to line splicer and serviced the southwest area of Wisconsin.

Vickie's interests besides golf include reading, doing crosswords, playing euchre, and playing the slot machines at DeJope.

Vickie thinks it is wonderful that people get out and golf with the Seniors in the Park golf league and would like to see more new faces this year.

Thank you Vickie for all you do for Seniors in the Park, and have a Happy Birthday on June 12!

(Apologies to Vickie, both the city and my scanner weren't working. Hope to get her picture in next month's newsletter)



## COORDINATOR'S COMMENTS

I am reading the most incredible book right now "This Chair Rocks: A Manifesto Against Ageism" by Ashton Applewhite. There is so much just in the first few chapters, that I had to just copy below what the book is about. I sincerely hope you can read it. It will "rock" your world.

"From childhood on, we're barraged by messages that it's sad to be old. That wrinkles are embarrassing, and old people useless. Author and activist Ashton Applewhite believed them too—until she realized where this prejudice comes from and the damage it does. Lively, funny, and deeply researched, *This Chair Rocks* traces Applewhite's journey from apprehensive boomer to pro-aging radical, and in the process debunks myth after myth about late life. The book explains the roots of ageism—in history and in our own age denial—and how it divides and debases, examines how ageist myths and stereotypes cripple the way our brains and bodies function, looks at ageism in the workplace and the bedroom, exposes the cost of the all-American myth of independence, critiques the portrayal of elders as burdens to society, describes what an all-age-friendly world would look like, and concludes with a rousing call to action. Whether you're older or hoping to get there, this book will shake you by the shoulders, cheer you up, make you mad, and change the way you see the rest of your life. Age pride!'" Applewhite also has a website [thischairrocks.com](http://thischairrocks.com), a blog and "Yo, Is This Ageist?"- Ask Me. Check it out.

## LOST AND FOUND

We have a small collection of sweaters and jackets. If you are missing one, please check us out. They will be sent for donation on June 17.

## SERVICES AT A GLANCE

**Toenail Clinic: Tuesday, June 7, by Appointment only.**

Please bring a towel. \$15.00.

**Change in days and times:**

**July 6: 1:30—4:00 pm**

**August 11: 9:00 am—Noon**

**Welcome new toenail nurse Deb Scullin. She is an RN and a teacher at Madison College.**



### 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.

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## THANK YOU

**Jan Arndt** for providing the toenail service for the past few years.

**Lori Heidenreich, Mark and Terrie Parenteau and Gene and Betty Walton** for being creative and coming up with new song lyrics for the Senior Music Festival.

**Caroline Behrens, Mark Dorn, Lyle Hunter and Jean Bromley** for completing the Sip & Swipe® Coaches training.

The **Whitewater Warblers** for representing us at the Senior Music Festival.

## HAPPY JUNE BIRTHDAYS TO:

12 Vicky Flitsch



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!



The park's fitness zone is a popular new attraction.

Watch for the Grand opening in July of the Outdoor Fitness area in Starin Park

## VOLUNTEERS NEEDED

Help is needed for the Picnic. People are needed to assist setting up at 10 am, Organizing games and players, serving the lunch and helping with clean up. Please let Deb know where you would like to assist.



A receptionist is needed during the Toenail Clinic, June 7 from 12:30—3:30 pm and July 6 from 1:30 – 4:00 pm.

## THANK YOU TO NEW PARK BENCH ADVERTISERS

Advertisers make this newsletter happen. Please thank our advertisers when you visit them to let them know their ad and support is appreciated! Check out all the advertisers in the newsletter. **Thanks to new advertisers:**

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## THERMOSTATS



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

## Advertiser of the Month

### Senior Citizen Day

The 1st Wednesday of every month is now designated Senior Citizen Day at the Nasco Catalog Outlet and Arts & Crafts Stores! As a senior citizen you are eligible for a **15%\* store discount.**

\*Discount applies to regular priced, in-stock items only.



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## SUMMER CONCERTS AND FAMILY FUN NIGHTS

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

### June 16 Messy Fest

Paint with your toes, catch cheese puffs on your head, and other exciting surprises for kids. Wear old clothes.

### June 22 Palmyra-Eagle Community Band

A real slice of hometown band music.

### July 14 The Depot Express Band

**Seniors in the Park night!** Great classic rock tunes, with a mix of contemporary pop, country, and blues.



### July 21 The Big Rig Gig

Explore dump trucks, tractors, skid loaders, fire trucks, and semis; create your own hard hat, and much more.

### July 28 The Dang Its

This “Atmospheric” band shifts effortlessly from gritty alt-country stories to jazzy western swing jump tunes.

### August 4 David Stokes

David uses live creatures, animal artifacts, songs, and short stories to make learning fun.

### August 11 Hoo’s Woods Raptor Center

An educational opportunity to understand and appreciate the co-existence between wildlife and man and the importance in preserving the world in which we live.

### August 18 Piper Road Spring Band

A band born into the age of rock and roll with individual backgrounds as diverse as classical, folk, and Dixieland.

Summer dinner baskets are available for purchase from The Black Sheep to enjoy at the park during the above events. Stop in or call ahead at [www.eatatblacksheep.com](http://www.eatatblacksheep.com) or 262-458-4751.

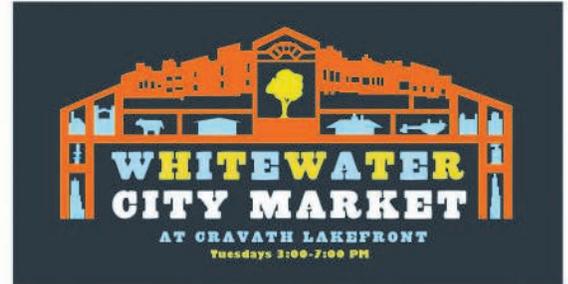
## SAVORY SOUNDS CONCERTS

Thursdays from 11:30 am—12:45 pm at the Whitewater Arts Alliance’s Cultural Arts Center near the Birge Fountain on 402 W. Main St. Bring your own lunch or purchase lunch from participating vendors. The cultural Arts Center will be open after the



concerts. June features works of non-professional Wisconsin artists and July is the seventh annual Fran Achen Photography competition.

- June 16: Nemora Jazz
- June 23: Kat and the Hurricane
- June 30: Jay Craggs and Co.
- July 7: Steve Meisner
- July 14: Rick and Rise



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## WHITEWATER CITY MARKET

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## GREETING CARDS

We have a great selection of cards including graduation, 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. Most cards are priced from 65 cents to \$1.50. Some newer cards may be \$2.95. Stop in and check out our selection.



## HANDS2HELPU

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

# Seniors in the Park

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Nutrition Site (Tues) ... 262-473-0536  
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

Matt Amundson, CPRP

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

Seniors in the Park is a division of  
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