

March 2016

The Park Bench

Seniors in the Park Newsletter

VOLUNTEER APPRECIATION

Friday April 1, 10:00 am

Just like it takes many people behind the scenes to make a theatrical performance successful, it takes many people to make a senior center successful. This year we take you behind the scenes at the Barnett Theater and Hicklin Studio on campus. Tour the work booths, the scene shop, scenery storage, props/costume storage, the costume shop and the dressing rooms, and possibly the new dance studio. The walking tour will last around 45 minutes. There will be minimum areas to sit (in the theaters). Start the morning with treats and coffee, information and kudos at 10:00 am and at 10:45 board a Nelson Bus to be transported to campus. Please RSVP by Thursday, March 24 for this fun and informational Volunteer Appreciation.



IT'S TIME FOR YOUR FINANCIAL CHECK-UP

Wednesday March 16, 3:00 pm

Join Aurelio Callope & Penny Ardel of First Citizens State Bank of Whitewater as they share information about financial wellness and tips on being smart about your finances. Both have been involved in the financial service industry for many years and will be sure to have your attention and leave you feeling much more educated. Some of the topics they will be covering are: How to be a better saver, budgeting, beneficiary designations, financial asset allocation and managing and protecting your assets. They will also share some important tips that all seniors should consider. Please come prepared with your questions!! Time will be allotted at the end for a question & answer session. Please register by Monday, March 14.

F I



Volume XVI Issue 2

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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

KNITTING GROUP

Thursdays, March 3 & 17

1:00 pm

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



So I

VASE PAINTING

Monday, March 14

1:00 pm—4:00 pm

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 Residents
 \$17.50 Non-Res.
 Deadline: Monday, March 7



So I

STAINED GLASS CLASS

So I

Wednesdays, March 2 & 9, 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: Friday, February 26



WATERCOLOR—ONE COLOR WATER PAINTING

So E I

Thursdays, March 3-24, 1:00-4:00 pm

A fun, four-week class using a favorite old photograph for a reference and a favorite color paint to study values. If you are interested in learning more about values and how to use them to make your paintings come alive, these classes are just the thing! Each artist will need to have a black and white enlargement of a vintage photograph of your choice, size up to individual artist (recommended size no larger than 16x20), and basic watercolor supplies, including whatever color paint you wish to use to create the painting.

Instructor: Jan Hamilton Crowley www.jancrowley.com

Contact by email or phone: briarhillstudio@gmail.com 1.262.441.0324

Each class is \$10; \$40 for 4 classes, payable at first class.

Deadline: is March 1

WHY? WHAT? HOW?

I E

Thursday, March 10, 11:00 am

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 this meeting. Please call if you will be attending so we have enough handouts.



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.

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

WHITEWATER WARBLERS

E So I



We Need You! We're looking for a few more people who enjoy singing. The group meets Mondays at 11:00. You don't need to be 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 with laughter and fun!

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 9:00—11:00 am; and Thursday 8:00—10:15 am.



So I P

“FUN”CTIONAL FITNESS

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

So I P

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

AARP TAX ASSISTANCE

F I



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 on a Wednesday. 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, March 18, 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



So I

GADGET GURU



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

Instructor: Jack Nebel

Dates: March 7, 14 or 28

Time: 1:00 pm

Instructor: Arunjit Dhillon

Dates: March 17 or 24

Time: 11:00 am

Cost: \$5.00 residents

\$6.25 non-residents

Register at least 3 days in advance

TWITTER



Thursday, March 10 11:00 am

Learn the basics of using Twitter.

- * How to sign up,
- * How to follow friends and family
- * How to message other people
- * How to set up profile
- * How to make a status



Please register for the class by Monday, March 7.

FACEBOOK BASICS

March 31, 11:00 am

If you would like to find out about Facebook and learn how to set up an account, this class is for you. Learn:



- * How to sign up
- * How to setup a profile
- * How to find and add friends & family
- * How to post a status
- * How to add pictures
- * How to find interests and activities
- * How to send messages and read messages
- * How to join groups

Please register for the class by Monday, March 28.

BINGO



Tuesdays, 10:00 am

Mar. 1: Culver's

Mar. 8: Mulberry Glen

Mar. 22: City Bingo

Mar. 29: Surprise Bingo—Bring a wrapped white elephant item or something inexpensive and be surprised at what you win! Surprise games, too!

BINGO SPONSORS

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

CITY BINGO SPONSORS:

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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

Whitewater Warblers singing group—Mondays, 11:00 am

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(262) 473-2242

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Whitewater, WI 53190

 New Patients Welcomed!
whitewatergentledentistry.com

FAMILY & FRIENDS CPR

I P

Thursday March 3, 1:30

Do you know what to do in an emergency? Learn and practice adult and child CPR and automatic external defibrillation (AED) from AHA certified instructors. This is not a certifying course.

Please register by Monday Feb. 29



SENIOR FORUM

Monday, Mar. 7, 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 and sponsoring a summer concert 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

MOVIES: SPONSORED BY MULBERRY GLEN

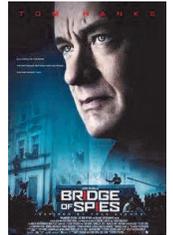
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"Bridge of Spies"

Tuesday, March 8, 12:30 pm

Rated PG-13, 2 hrs, 22 min

An American insurance lawyer, who had previously defended a Soviet spy, now is called upon to negotiate a swap of that spy for US U-2 spy plane pilot Francis Gary Powers, shot down over Russia. Tom Hanks plays the American lawyer; Mark Rylance as Soviet spy Rudolf Abel. Directed by Steven Spielberg; six Oscar nominations including Best Picture and Supporting Actor (Rylance).



"Spotlight"

Tuesday, March 22, 12:30 pm

Rated R (for language), 2 hrs, 8 min

The investigative "Spotlight" journalists at The Boston Globe dig into a story of a priest facing multiple accusations of sexual abuse, and discover a much bigger conspiracy within the Boston Catholic Archdiocese and Boston's power elite. Based on the true story; features Michael Keaton, Kenosha native Mark Ruffalo, and Rachel McAdams. Six Oscar nominations, including Best Picture, Director, Supporting Actor (Ruffalo) and Supporting Actress (McAdams). (Rated R for language.)



"Spy"

Tuesday, March 29, 12:30 pm

Rated R, 1 hour, 59 min"

Our early April Fools Day comedy stars Melissa McCarthy ("Mike & Molly," "Bridesmaids") as an unassuming desk-bound CIA analyst who goes undercover to infiltrate the world of a deadly arms dealer, and prevent diabolical global disaster! Nominated for Golden Globes Best Comedy and Actress (McCarthy). (Rated R for language and brief nudity.)



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



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.

We must have 30 people for this trip to go. Tell your friends!

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 L.A takes you to the Walk of Fame, Beverly Hills, Sunset Strip, Rodeo Drive and includes a tour of Hollywood. Visit the Reagan Library in Santa 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. See Lone Cypress, Seal Rock and Pebble Beach Golf Course. 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, the highest in North America. Next travel through time to Gold Country and 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. Finish your journey with dinner in Fisherman's Wharf. 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.

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, Mar. 17, 8:30 am

So

Ride to Citrus Café in Janesville.

Fee: \$3.00

RSVP by Tuesday, Mar. 15

(In April, we will go to the Hen House in Eagle.)

LUNCH BUNCH

Thursday, Mar. 10, 10:30 am

So

Lunch will be at Ivan's On the Square in East Troy.

Fee: \$3.00

RSVP by Tuesday, Mar. 8

JANESVILLE SHOPPING

Wednesday, Mar. 2, 9:15 am

So

Get picked up at your home and shop in Janesville.

Participants choose where to shop.

Fee: \$3.00

RSVP by Tuesday, Mar. 1



GROCERY SHOPPING



Friday, March 18, 9:00 am

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

Fee: \$2.00

UW VARSITY BAND CONCERT

Thursday, April 16

The University of Wisconsin Varsity Band Concert is a real treat. This year they are planning a highly diversified evening including the music of Simon & Garfunkel, a salute to the 100th birthday of Fran Sinatra, a survey of music that is "nothing" but the blues, a stirring tribute to the enduring rock band, the Eagles and a spectacular new theatrical production of "Les Miserables", in honor of the record breaking musical's return to Broadway. Never a dull moment with the 5th Quarter and the ever popular tuba song. This is a show not to be missed and we only have 10 tickets! Dinner will be on your own at the Coliseum Bar.

Fee: \$32.00

Deadline is April 1

Depart Starin Park 4:25 pm. Return approximately 11:30 pm
Van Trip



MILWAUKEE BREWERS BALL GAME

Thursday, May 19

Enjoy a day at Miller Park. The Brewers take on the Chicago Cubs. Whether you are a Cubs Fan or a Brewers Fan you'll enjoy a day at the ball park with Fort Atkinson Senior Center Director Chris Nye.

Fee: \$52.00 (checks made out to Fort Atkinson Senior Center and payable with your registration)

Depart Starin Park at 10:40 am and return approx 5:30 pm
(dependent on game length and traffic)

Deadline is April 13

Only 15 seats available! Coach Bus transportation



Watch the April Park Bench newsletter for information on upcoming motorcoach, van and motorcycle trips.

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

Activity Calendar

9

March 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 (HB)=Hawk Bowl</p>	<p>1</p> <p>9:00 Pickleball (A) 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 12:30 Toenail Clinic 1:00 Sheepshead</p>	<p>2</p> <p>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) 12:30 Stained Glass (A) 1:00 Chess</p>	<p>3</p> <p>8:00 Pickleball (A) 8:30 Core and More 9:30 FUNctional Fit 1:00 Knitting Group 1:00 Watercolor 1:30 Family & Friends CPR</p>	<p>4</p> <p>9:30 Indoor Walking 12:30 Pickleball (A)</p>
<p>7</p> <p>8:30 Core and More 9:30 FUNctional Fit 10:30 Book Worms 11:00 WW Warblers 12:00 Senior Forum 12:30 Pickleball (A) 1:00 Canasta 1:00 Gadget Guru 1:00 Mah Jongg</p>	<p>8</p> <p>9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 12:30 Mulberry Glen Movie "Bridge of Spies" 1:00 Sheepshead</p>	<p>9</p> <p>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) 12:30 Stained Glass (A) 1:00 Chess</p>	<p>10</p> <p>8:00 Pickleball (A) 8:30 Core and More 9:30 FUNctional Fit 10:30 Lunch Bunch 11:00 Twitter Class 1:00 Watercolor</p>	<p>11</p> <p>8:30 Insurance Breakfast 9:30 Indoor Walking 12:30 Pickleball (A)</p> <hr style="border-top: 1px dashed green;"/> <p>13</p> <p>12—4:00 WELLF3ST @ WW High School</p>
<p>14</p> <p>8:30 Core and More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Gadget Guru 1:00 Vase Painting</p>	<p>15</p> <p>9:00 Pickleball (A) 1:00 Sheepshead</p>	<p>16</p> <p>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 3:00 Financial Check-up</p>	<p>17</p> <p>8:00 Pickleball (A) 8:30 Core and More 8:30 Sunny Side Up Breakfast Club 9:30 FUNctional Fit 1:00 Gadget Guru 1:00 Knitting Group 1:00 Watercolor</p> 	<p>18</p> <p>9:00 Grocery Shop 9:30 Indoor Walking 9:30 Puzzle Exchange 12:30 Pickleball (A)</p>
<p>21</p> <p>8:30 Core and More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg</p>	<p>22</p> <p>9:00 Pickleball (A) 10:00 City Bingo 12:30 Mulberry Glen Movie "Spotlight" 1:00 Sheepshead</p>	<p>23</p> <p>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</p>	<p>24</p> <p>8:00 Pickleball (A) 8:30 Core and More 9:30 FUNctional Fit 1:00 Gadget Guru 1:00 Watercolor</p>	<p>25</p> <p>CLOSED</p> 
<p>28</p> <p>8:30 Core and More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Gadget Guru 1:00 Mah Jongg</p>	<p>29</p> <p>9:00 Pickleball (A) 10:00 Surprise Bingo 12:30 Mulberry Glen Movie "Spy" 1:00 Sheepshead</p>	<p>30</p> <p>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</p>	<p>31</p> <p>8:00 Pickleball (A) 8:30 Core and More 9:30 FUNctional Fit 11:00 Facebook Basics</p>	<p>1</p> <p>10:00 Volunteer Appreciation</p> 

10 Walworth County Nutrition Menu

March 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 To reserve a meal, for Tues., call 262-903-0436; Mon., Wed. through Fri., call 10:00 am to noon; or call Walworth County at 1-800-365-1587, ext. 3333 by noon the day prior</p>	<p>1 @ Starin Park Salisbury Steak Sweet Potatoes Corn Pears Wheat Roll</p>	<p>2 Chicken Noodle Soup Broccoli Slaw Peaches with Granola 1/2 Turkey Sandwich Lemon Poppy Seed Cake</p>	<p>3 Chicken Parmesan w/Pasta and Cheese Winter Blend Veg Mandarin Oranges French Bread</p>	<p>4 Italian Breaded Pork Chop w/Garlic Mashed Potatoes Three Bean Salad Chocolate Cake Marble Rye</p>
<p>7 Baked Mac and Cheese San Fran. Blend Veggies Tossed Salad Pears Dinner Roll</p>	<p>8 @ Starin Park Sliced Roast Beef Mashed Potatoes Garden Blend Veggies Peaches Wheat Roll</p>	<p>9 Pepper Steak Brown Rice Calif. Mixed Veggies Carrot Bar Wheat Bread</p>	<p>10 Herb. Stuff. Chick. Breast Egg Noodles Squash; Mixed Veggies Chocolate Mousse Wheat Bread</p>	<p>11 Sloppy Joes on a Bun Green Bean Casserole Wis. Blend Veggies Pineapple Tidbits</p>
<p>14 Beef Noodle Soup Peas Hot Cinn. Apple Sauce Tossed Salad Wheat Dinner Roll</p>	<p>15 @ Starin Park Hot Sliced Pork on a Hamburger Bun Baked Beans Cauliflower Snickerdoodle Cookie</p>	<p>16 Spin./Cheese/Bacon Quiche California Mixed Veg Peaches w/Granola Tossed Salad Dinner Roll</p>	<p>17 Corned Beef; Cabbage Carrots Red Potatoes Chocolate Mint Brownie Rye Bread</p>	<p>18 Baked Chick. Drumsticks Mashed Potatoes Broccoli Salad Hawaiian Pineapple Cake Wheat Bread</p>
<p>21 Cheesy Potato Bacon Soup San Fran. Blend Veg Pea Salad; Pump. Bar Dinner Roll</p>	<p>22 @ Starin Park Swedish Meatballs Egg Noodles Garden Blend Veggies Toss. Salad; Wheat Bread Sugar Cookie</p>	<p>23 Pork Pot Roast Brussels Sprouts Red Potatoes Pineapple Tidbits Baking Powder Biscuit</p>	<p>24 Chopped Steak Twice Baked Pot. Casser. Red Cabbage Cherry Crisp Wheat Bread</p>	<p>25 Friday Preceding Easter Dining Centers Closed </p>
<p>28 Shepard's Pie Mashed Potatoes Winter Mix Vegetable Tropical Fruit Wheat Bread</p>	<p>29 @ Starin Park Chicken Florentine Peas; Brown Rice Three Bean Salad Apricots and Peaches Wheat Bread</p>	<p>30 Spaghetti & Meatballs California Mixed Veg Tossed Salad Pineapple/Orange Cup Garlic Bread</p>	<p>31 Tuscan Chick. Veg. Soup Hot Spiced Apples Carrot Raisin Salad M&M Cookie Wheat Roll</p>	<p>Persons 60 and over and their spouses are eligible. Suggested donation is \$3.00. Call 1-800-365-1587 ext 3333 make reservation or by noon day previous or to cancel meals day of by 8:00 am. Meal site is at Brookdale Manor, 1061 Blackhawk Dr., Monday and Wednesday through Friday.</p>

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The Nasco Catalog Outlet Stores

Senior Citizen Day

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

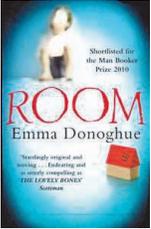
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BOOK WORMS

Monday, Feb. 1; 10:30 am

The Book Club will discuss *Lila* by Marilynne Robinson. The book for March will be *Room* by Emma Donoghue.



To five-year-old Jack, Room is the entire world. It is where he was born and grew up; it's where he lives with his Ma as they learn and read and eat and sleep and play. At night, his Ma shuts him safely in the wardrobe, where he is meant to be asleep when Old Nick visits.

Room is home to Jack, but to Ma, it is the prison where Old Nick has held her captive for seven years. Through determination, ingenuity, and fierce motherly love, Ma has created a life for Jack. But she knows it's not enough, not for her or for him. She devises a bold escape plan, one that relies on her young son's bravery and a lot of luck. What she does not realize is just how unprepared she is for the plan to actually work.

Told entirely in the language of the energetic, pragmatic five-year-old Jack, *Room* is a celebration of resilience and the limitless bond between parent and child, a brilliantly executed novel about what it means to journey from one world to another.

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.

SOCK HOP FUN

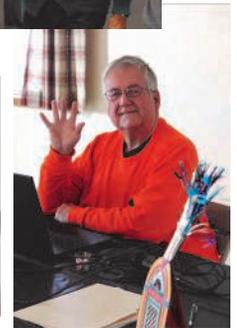
Thanks to Commercial Bank for sponsoring the Sock Hop



COSTUME WINNERS



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CHILI COOK-OFF



VOLUNTEER SPOTLIGHT

Barb Dosemagen has been volunteering, with Seniors in The Park for about a year. She facilitates the Pegs and Jokers Game, that is played on the third Wednesday of the month at the Community Building in Whitewater.



Barb was born and raised in the Whitewater area, moved to LaValle, Wisconsin for 13 years, and has now returned to the area. Barb says that the fellowship and camaraderie that the people at Seniors in the Park has shown her since she has moved back to the area was like a new comers club, and she was very grateful to all that made her feel so welcome.

Barb has been married to Tom for 53 years and they have 2 children and 3 grandchildren. She retired from Lands End as a phone sales representative and also volunteered at the LaValle School district. She is interested in calligraphy and making hand painted greeting cards.

Barb says more people should take advantage of all the programs offered at Seniors in the Park. She recommends Dominoes, Canasta, Euchre, Book Club, the trips, as well as, Pegs and Jokers. She enjoys volunteering at Seniors in the Park because she likes to share with others and watch the joy on their faces as they learn a new game or skill. Thanks Barb for volunteering at Seniors in the Park!

COORDINATOR'S COMMENTS FINANCIAL WELLNESS

Financial wellness is having an understanding of your financial situation and taking care of it in such a way that you are prepared for financial changes. Money can bring a sense of security, peace of mind, economic freedom and enable options that help a person seek and achieve a lifestyle that promotes life-wellness. Maintaining that balance consists of being comfortable with where your money comes from and where it is going. Money or the lack thereof, has a huge affect on a person's life. It can bring large amounts of stress if you don't have money, are in debt or know don't know how to manage your assets. Knowledge in this area is important. How knowledgeable are you of your investments, where they are and how they work? Do you know what your debt is? Do you know what your net worth is? Do you know what you spend you money on or are you surprised it's all gone by the end of the month and you're not sure where it went? Being financially savvy is not easy. Tracking how and where you spend money is a great first step. Learning about investments and retirements accounts can be crucial, especially if one spouse has always handled this. Too many widows are left without a clue to finances and investments.

Take the time to learn, investigate and know.

~Deb



SERVICES AT A GLANCE

Toenail Clinic: Tuesday, March 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

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

Spring Ahead March 13



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THANK YOU

Donors for the Chili Cook-off were **The Sweet Spot Coffee Shop and Bakehouse, Second Salem and Commercial Bank.**

Commercial Bank for donating toward the Sock Hop.

Chili Cook-off Judges: **Jon Chenoweth-Dean UWW College of Business, Troy Cox-Exec. Chef at Second Salem and Dwight Slocum-City of Whitewater**

GREETING CARDS



We have a great selection of cards including St. Patrick's Day and

Easter 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 MARCH BIRTHDAYS TO:



- 13** Sharron McCarthy
- 25** Romelle Koch
- 26** Audrey Peplinski
- 29** Donna Wilson

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!

MEDICARE MINUTE PROGRAM – VOLUNTEERS WANTED

The Aging and Disability Resource Center (ADRC) of Walworth County is looking for volunteers for their Medicare Minute program. Medicare Minutes are short, engaging presentations on timely Medicare topics that are presented at local sites on a monthly basis. Volunteers will present these five minute topics at community gathering spots, offering valuable information to their peers. Community gathering spots could be the senior center, church, Florence Bassett House, etc.

After the initial training is complete, Medicare Minute volunteers will meet for one hour at the ADRC of Walworth County each month to learn about the current Medicare Minute topic and then be expected to present the topic at a location of choice in their community. Volunteers should be dependable, articulate, patient, and enjoy public speaking.

If you are interested or have questions please contact Colleen Lesniak, Volunteer Coordinator for Walworth County Volunteer Services at 262-741-4223 or clesniak@co.walworth.wi.us

W3LLFEST

Sunday, March 13, 1:00—4:00 pm
Whitewater High School

Free community health and wellness fair. Cooking demos and classes, fitness classes, informational sessions including financial wellness, resource fair, health screenings (bone density screening, blood pressure, blood sugar checks, fitness testing), gardening information and resources, healthy snacks, and much more.



VOLUNTEERS NEEDED AT W3LLFEST

One or two volunteers are needed to staff our booth at W3llfest on Sunday March 13. Times are 1:00—2:00, 2:00 –3:00 or 3:00– 4:00. talk to people about why you enjoy participating and promote our activities. Let staff know if you are available for any of these times.

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~

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

FREE FAMILY CAREGIVER CALL-IN

The 2nd Tuesday of each month there is a FREE Family Caregiver Call-In from 1:00-2:30 pm. AARP provides the toll-free line, and the group is open to any caregiver anywhere in Wisconsin. This is the 4th year that the group has been facilitated, and it has become an important resource for many caregivers, especially those who have difficulty leaving their home for a traditional support group. Please share this information widely!

The value of this group can be summed up in a quote from a participant, "I so look forward to these calls because I know everyone will help me figure it all out! I make better decisions when I can talk about it."



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 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 for assistance, call Judy Seip at 608-843-7143. No donations will be accepted for their service.

SOCIAL DANCE LESSONS

Free sample lessons on Sunday, March 20 at 3:00 pm. Classes are 8 weeks from April 3—May 22. Classes are: Slow Dancing with Night Club Two Step from 3:00—4:15 and Fast Dancing with East Coast Swing from 4:30—5:45. Classes take place at the Fort Atkinson Club. Each class is \$70 per person. For more information or to register contact Denay at trykowsd@att.net; 262-473-2300. Registration deadline is March 26.



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 a 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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SENIORS IN THE PARK



*504 W Starin Rd, PO Box 178
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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

Senior Coordinator

Deb Weberpal, CPRP
dweberpal@whitewater-wi.gov

Volunteer Editor

Romelle Koch

Director

Matt Amundson, CPRP

Recreation & Community Events Coordinator

Michelle Dujardin, CPRP

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

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

NEWSLETTER SUBSCRIPTION OR PICK-UP SITES

To have the Seniors in the Park Newsletter mailed to your home for one year, send **\$8.00** with this coupon. To receive the newsletter **FREE**, go online to 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 _____
