



The Park Bench

May 2016

Seniors in the Park Newsletter

SIP AND SWIPE CAFÉ

What's a Sip and Swipe Café? It is a place where older adults learn computer tablet skills (e.g., swiping) in a fun, non-threatening environment. A Sip and 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.

MISSISSIPPI FALL RIVER ROAD TRIP

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, 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 30, 2016. More info available on page 7. Detailed itinerary and registration form available at The Starin Park Community Building, call 262-473-0535 or email dweberpal@whitewater-wi.gov. Tell your friends! We need 12 more people!



Volume XVI Issue 5

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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

MAH JONGG INSTRUCTION

Mondays, 1:00 pm

May 9—June 6

Learn this brain stimulating game played with tiles. American Mah Jongg will be played. (Not like the computer version.)

Deadline to register is May 5

LEARN TAI CHI

Beginning Wednesday, May 11

10:00 am Learners

11:00 am Continuing Students

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.

Please register by Monday, May 9.

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~

STAINED GLASS CLASS

May 17 & 18 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, May 11



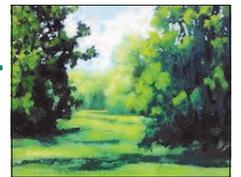
WATERCOLOR LANDSCAPES

Thursdays, May 5, 12 & 26, 1:00-4:00 pm

Explore the mixing of greens, how to paint beautiful skies, interesting composition, using values to create depth, how to use your brush to achieve different effects. Arches paper required. Each artist should bring reference photos and watercolor supplies to class.

Cost: \$10 per session, payable on the first day of class

Instructor: Jan Hamilton Crowley, www.jancrowley.com



MAKERSPACE TOUR

Thursday, May 19 1:00—2:30 pm

200 E Clay St (Corner of Clay and Wisconsin)

A Makerspace: What Where, and How does it work? They have recently remodeled and rebooted the MakerSpace and have a lot to offer active adults in Whitewater. Please attend this 1 1/2 hour program and tour of the facility. The Makerspace offers activities in Clay, Needle crafts, Electronics/Computers, Woodworking, Gardening, Arts and Crafts. They also will show how 3D Printers and Laser Engravers work and projects you would be able to make with the machines.

COLOR GROUP

Third Tuesday, May 17

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.



SLEEP MATTERS



Tuesday, May 17, 1:00 pm

In this class we will be talking about the different types of sleep and how to improve it. We will discuss why sleep matters, and what happens when you don't get enough sleep. From there we will go into the stages of sleep, common sleep challenges, like sleeping when you are stressed or experiencing pain. The class will end with tips for a better night's sleep.

Register by Thursday, May 12

AARP SAFE DRIVING COURSE

Wednesday, May 11 12:30-4:30 pm

The AARP Smart Driver Safety Program is research based to help older drivers become more aware of changes that occur due to aging (vision, hearing, and reaction time) and how to adjust accordingly. The course covers topics such as Defensive driving techniques, new laws, and rules of the road. How to deal with aggressive drivers. How medications may affect driving. How to minimize distraction, including cell phone use, while driving. Navigating roundabouts.

Cost: \$15 for AARP members; \$20 for nonmembers

(Checks to AARP)

(You may also be eligible to receive an insurance discount, so consult your agent for details.)

Deadline to register: Tuesday, May 3

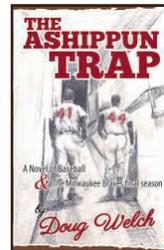
THE ASHIPGUN TRAP: BASEBALL AND THE MILWAUKEE BRAVES FINAL SEASON

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. The novel intertwines its fictional characters with the path of Gene Oliver, a catcher for the Braves in 1965, to retell the story of that star-crossed, lame duck season at County Stadium.

Please register for this presentation by Thursday, June 9.



SPRING HIKE

Wednesday, May 18, 4:00 pm

Come hike and explore the UWW Prairie and woods and detect signs of early Summer. Leisl Schultz-Hying will lead the hike. She is an outdoor enthusiast and photographer. The walk will be approximately 1 mile. There will be stops to observe what's growing and moving in the area. The group will meet at the shelter on stadium drive (above the ball field)

Register by Thursday, May 12

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!

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

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. May 3-31
 Time: 9:30 am
 Cost: \$5.00 residents
 \$6.25 non-residents

Register at least 3 days in advance

WHITEWATER WARBLERS



We Need You! The group will be performing in June in Janesville. 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!

MOVIES: SPONSORED BY MULBERRY GLEN

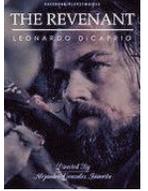
"The Revenant"

Tuesday, May 9, 12:30 pm

Rated R, 2 Hrs, 48 min.

Director Alejandro Gonzalez Innaritu ("Birdman") and Leonardo DiCaprio's frontier tour-de-force will leave you breathless...to say the least. A frontiersman, on a fur trading expedition in the 1820's, fights for survival after being mauled by a bear and left for dead by members of his own hunting team. Won several Oscars. (Rated R for strong frontier combat and violence.)

Please note: There will be an Intermission break during the film.



"SPECTRE"

Tuesday, May 23, 12:30 pm

Rated PG-13, 2 hrs, 28 min.

Nobody does it better than Bond...James Bond! In his 24th adventure, Bond (Daniel Craig) goes rogue to uncover SPECTRE, a super sinister terrorist organization, led by villainous Ernest Blofeld. Gadgets, cars, 'fun' ensue. Won Oscar & Golden Globe awards.



"Grandma"

Tuesday, May 30, 12:30 pm

Rated R, 1 hr, 19 min. (short!)

A teenager facing an unplanned pregnancy seeks help from her acerbic grandmother (Lilly Tomlin), a woman long estranged from her own daughter. For this comedy/drama, Tomlin won the AARP Best Actress, Movies for Grownups Award. (Rated R for language)



TRANSPORTATION LISTENING SESSION

May 24, 11:00 am

On September 12, 2013, Walworth County held the first Transportation Coordinating Committee (TCC) meeting. The TCC focuses on transportation, access, and/or mobility. Their duties include: monitoring the expenditures of transportation funds for transporting the elderly and disabled in the local service area; review passenger transportation plans; and review and comment on county aid, and capital assistance applications. During the last two years, the TCC researched other transportation models, hired a limited term consultant, applied for additional State and federal funding, and expanded transportation services for older adults and persons with disabilities.

The listening session on May 24 is intended to get your feedback regarding current and future transportation needs. The TCC has been working to bring improved transportation services to the elderly and disabled residents of the County. We want to hear your thoughts on improving the transportation we offer, and to ask a few questions to help us provide better services.

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Fairhaven Senior Services
435 West Starin Road Whitewater
262-473-2140 www.fairhaven.org

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

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 (Wait List Only)
 Depart Starin Park at 8:30 am and return approximate 5:00 pm

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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. There will be a meal choice in the next newsletter. 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



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.

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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Extended & Motorcycle Travel

7

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.

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 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. Fee is \$2895 per person double (with discount). Single supplement is \$975. Deposit of \$300 due with registration by May 31.

MOTORCYCLE RIDES

These trips were planned by some of the riders in the group. Dates are not set yet, but months have been assigned. Leaders are still needed for some of the trips.

May 9: Sugar River Raceway (go-carts)—Brodhead, 10 races for \$80. You MUST RSVP by Wednesday May 4, as we need 8 people committed for the track to open for us. Breakfast in Orfordville on the way. Group leader is Steve Taylor. We will depart at 8:00 am for breakfast and be at the racetrack by 10:00 am. Call 262-473-0535 or email dweberpal@whitewater-wi.gov to register.

June: Delaneys, WI Dells and Air Boat Ride
Doc's Harley Davidson and Packer Hall of Fame, potential overnight

July 10: Rockton Chicken BBQ

July: Cave of the Mounds, Tower Hill Park

August: Potosi and Nelson Dewey State Park
JP Cycles, Motorcycle Museum, Stone City IA

Sept.: Cheese and Beer! In Monroe
Door County and Washington Island, overnight trip

Oct.: Fall color



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.

SUNNY SIDE UP BREAKFAST CLUB

Thursday, May 19, 8:30 am

Ride to Brickhaus in Jefferson. It was a great lunch spot, now we'll try it for breakfast.

Fee: \$4.00

RSVP by Tuesday, May 17

(June breakfast will be June 30)

LUNCH BUNCH

Thursday, May 12, 10:30 am

Lunch will be at Bruno's in Waterford. It is Italian-American food, with homemade soups and desserts.

Fee: \$4.00

RSVP by Tuesday, Apr. 12

JANESVILLE SHOPPING

Wednesday, May 3, 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 2

GROCERY SHOPPING

Friday, May 20, 9:00 am

Get picked up at home and shop in Fort Atkinson.

Fee: \$2.00

UPCOMING VAN TRIPS

August 1—Rockford
Riveters Baseball
Vs. Madison
Mallards



August 4—WI State Fair
September 20—Madison Zoo

BELOIT SNAPPERS



Tuesday, June 14

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

Fee: \$10.00 includes rows 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

9

May 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p>2</p> <p>8:00 Golf (OR) 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 Mah Jongg</p>	<p>3</p> <p>9:00 Pickleball (A) 9:30 Gadget Guru 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 12:30 Toenail Clinic 1:00 Sheepshead</p>	<p>4</p> <p>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>5</p> <p>8:00 Pickleball (A) 8:30 Core and More 9:30 FUNctional Fit 1:00 Knitting Group 1:00 Watercolor</p>	<p>6</p> <p>9:30 Indoor Walking 12:30 Pickleball (A)</p>
<p>9</p> <p>8:00 Golf (OR) 8:00 Cycle Ride—Go Carts 8:30 Core and More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Learn Mah Jongg</p>	<p>10</p> <p>9:00 Pickleball (A) 9:30 Gadget Guru 10:00 Mulberry Glen Bingo 12:30 Mulberry Glen Movie "The Revenant" 1:00 Sheepshead</p>	<p>11</p> <p>9:30 Indoor Walking 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 AARP Safe Driver course 12:30 Pickleball (A) 1:00 Chess</p>	<p>12</p> <p>8:00 Pickleball (A) 8:30 Core and More 9:30 FUNctional Fit 10:30 Lunch Bunch 1:00 Watercolor</p>	<p>13</p> <p>9:30 Indoor Walking 12:30 Pickleball (A)</p>
<p>16</p> <p>8:00 Golf (OR) 8:30 Core and More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg 1:00 Learn Mah Jongg</p>	<p>17</p> <p>9:00 Pickleball (A) 9:30 Gadget Guru 10:00 Color Group 12:30 Stained Glass (A) 1:00 Healthy Sleep 1:00 Sheepshead</p>	<p>18</p> <p>9:30 Indoor Walking 9:30 Pegs & Jokers 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 12:30 Stained G Glass (A) 1:00 Chess 4:00 Spring Hike</p>	<p>19</p> <p>8:00 Pickleball (A) 8:30 Core and More 8:30 Sunny Side Up Breakfast Club 9:30 FUNctional Fit 10:40 Brewers Trip departs 1:00 Knitting Group 1:00 MakerSpace Tour</p>	<p>20</p> <p>9:00 Grocery Shop 9:30 Indoor Walking 12:30 Pickleball (A)</p> 
<p>23</p> <p>8:00 Golf (OR) 8:30 Core and More 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Learn Mah Jongg</p>	<p>24</p> <p>9:00 Pickleball (A) 9:30 Gadget Guru 10:00 City Bingo 11:00 County Transportation Mtg 12:30 Mulberry Glen Movie "SPECTRE" 1:00 Sheepshead</p>	<p>25</p> <p>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>26</p> <p>8:00 Pickleball (A) 8:30 Core and More 9:30 FUNctional Fit 1:00 Watercolor</p>	<p>27</p> <p>9:30 Indoor Walking 12:30 Pickleball (A)</p>
<p>30</p> <p>Closed for Memorial Day Observation</p> 	<p>31</p> <p>9:00 Pickleball (A) 9:30 Gadget Guru 12:30 Mulberry Glen Movie "Grandma" 1:00 Sheepshead</p>	 <p>OLDER AMERICANS MONTH BLAZE A TRAIL: MAY 2016</p>		<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>

May 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Hungarian Pork Goulash w/ Egg Noodles Green & Gold Beans Carrots; Wheat Bread Cinnamon Applesauce</p>	<p>3 @ Starin Park Creamy Chick. & Green Bean Stuffing Cass. Cauliflower Melon Mix Dinner Roll</p>	<p>4 Sub Sandwich Tossed Salad Pineapple Tidbits Carrot Cake</p>	<p>5 BBQ Pork Sandwich Baked Beans Broccoli Salad Hot Peaches w/Granola Hamburger Bun</p>	<p>6 Western Meatloaf Baked Beans Garden Vegetables Tropical Fruit Wheat Bread</p>
<p>9 Yankee Pot Roast Hot Peaches w/Granola Peas Tossed Salad Marble Rye</p>	<p>10 @ Starin Park Polish Sausage Rosemary Red Potatoes San Fran. Blend Veggies Vanilla Pudding Hot Dog Bun</p>	<p>11 Turkey Tetrazzini Sliced Beats Carrots Wheat Bread Chocolate Chip Cookie</p>	<p>12 Swiss Steak & Gravy Mashed Potatoes Mixed Vegetables Applesauce Wheat Roll</p>	<p>13 Chicken Pasta Caesar Salad Melon Mix Sugar Cookie Dinner Roll</p>
<p>16 Italian Wedding Soup Medit. Blend Vegetables Sliced Peaches M&M Cookie Wheat Bread</p>	<p>17 @ Starin Park Ham and Pasta Salad Tossed Salad Pineapple & Grape Mix Lemon Chiffon Dessert Dinner Roll</p>	<p>18 BBQ Chick. Leg & Thigh Wis. Blend Veggies Sweet Potatoes Diced Fruit Wheat Bread</p>	<p>19 Grilled Pork Chop Twice Bak. Potato Cass. Red Cabbage Diced Pears Wheat Bread</p>	<p>20 Green Pepper Casserole with Rice Garden Blend Veg Watermelon; Jell-O Wheat Bread</p>
<p>23 Beef Goulash Garden Blend Veggies Squash Fruit Cocktail Wheat Bread</p>	<p>24 @ Starin Park Roast Pork Loin with Dijon Sauce Au Gratin Potatoes Stewed Tomatoes Melon Mix; Dinner Roll</p>	<p>25 Hot Dog on a Bun Calif. Blend Veggies Potato Salad Snickerdoodle Cookie</p>	<p>26 Chicken Cob Salad Mandarin Oranges Pineapple Tidbits Cherry Crisp Wheat Bread</p>	<p>27 Turkey Mashed Potatoes/Gravy Coleslaw Tropical Fruit Wheat Bread</p>
<p>30 Memorial Day Dining Centers Closed</p> 	<p>31 @ Starin Park Italian Wedding Soup Medit. Blend Vegetables Sliced Peaches M&M Cookie Wheat Bread</p>			
<p>Persons 60 and over and their spouses are eligible. Suggested donation is \$3.00. Call 1-800-365-1587 ext 3333 to make a reservation by noon a day previous or to cancel meals day of by 8:00 am. Meal site is at Brookdale Manor, 1061 Blackhawk Dr., Monday & Wednesday though Friday.</p>				

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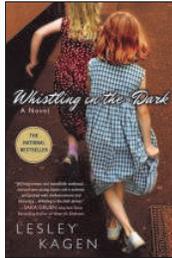
BOOK WORMS

Monday, May 2 10:30 am

The Book Club will discuss *Shotgun Lovesongs* by Nickolis Butler. The book for May will be *Whistling in the Dark* by Lesley Kagen.

It was the summer on Vliet Street when we all started locking our doors...

Sally O'Malley made a promise to her daddy before he died. She swore she'd look after her sister, Troo. Keep her safe. But like her Granny always said-actions speak louder than words. Now, during the summer of 1959, the girls' mother is hospitalized, their stepfather has abandoned them for a six pack, and their big sister, Nell, is too busy making out with her boyfriend to notice that Sally and Troo are on the Loose. And so is a murderer and molester. Highly imaginative Sally is pretty sure of two things. Who the killer is. And that she's next on his list. Now she has no choice but to protect herself and Troo as best she can, relying on her own courage and the kindness of her neighbors.



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

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
- 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
- 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

- May 3: Culver's
- May 10: Mulberry Glen
- May 24: City Bingo



BINGO SPONSORS

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

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- Jimmy's Italian Beef

VOLUNTEER SPOTLIGHT

Diane Schwab has been volunteering at Seniors in the Park for 3 years and teaches Mah Jongg. She will also be instructing a garden stake class this summer. Her other volunteer involvements include The First United Methodist Church in Fort Atkinson and at the Food Pantries in Whitewater and Fort Atkinson. Along with her husband Duane, they spearhead the Postal Food drive. Diane is originally from Fort Atkinson and moved to Whitewater in 1961. She previously worked at Eagle Foods, the Post Office and was the “Flower Lady” for the city.



Diane and Duane will have been married for 55 years in August. They have a son and a daughter and twin grandsons. She loves to golf, paint and make greeting cards. She painted a mural at her church and is part of a craft group at church called Recyclable Ladies who make items to sell by “recycling used items.”

Diane loves volunteering for Seniors in the Park and encourages others to volunteer and participate. “If you have a talent, you should share it.” Thanks so much for sharing your talents with us!

OLDER AMERICANS MONTH—BLAZE A TRAIL

Older adults are a growing and increasingly vital part of our country. The contributions they make to our communities are varied, deeply rooted, and include influential roles in the nation’s economy, politics, and the arts. From 69-year-old NASA Administrator Charles Bolden, Jr. to 84-year-old actress Rita Moreno to 83-year-old Ruth Bader Ginsberg, who took her seat as a Supreme Court Justice at age 60, older adults are blazing trails in all aspects of American life.

In 1963, we began to acknowledge the contributions of older people by using the month of May to celebrate Older Americans Month (OAM). Led by the Administration for Community Living, the annual observance offers the opportunity to learn about, support, and celebrate our nation’s older citizens. This year’s theme, “Blaze a Trail,” emphasizes the ways older adults are reinventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of *all* ages.

How can YOU ‘Blaze a Trail’? Do you lead or inspire in our community? Many older adults volunteer on boards and commissions that benefit the city. People volunteer for their churches, civic organizations, the Arts Alliance, Schools and many more places. Do you model graceful and positive aging? Blaze a trail for those younger so they have a positive attitude toward growing older and toward the elderly. There are so many ways you can Blaze a Trail. I hope you find your “trail”
Discover OAM: Visit <http://acl.gov/olderamericansmonth>

SIGN IN PLEASE!

Please remember to sign in each time you visit the center, even if you are just dropping in to make a payment, register for an activity, or purchase a greeting card. We use this valuable information to request funds and plan programs and staffing. If you don’t have a card yet or have lost yours, please inquire at the reception desk. We’ll be glad to make you one for free!



SERVICES AT A GLANCE

Toenail Clinic: Tuesday, May 3, 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.



BLAZE A TRAIL: MAY 2016

THANK YOU

Maggie Stetter for cash donation.

Bruce Parker for driving for the Volunteer Appreciation

Mark Dorn for preparing the tablets for the Sip and Swipe Program

Diana Stettner for filling in while Patti was gone.

HAPPY MAY BIRTHDAYS TO:

- 4 Betty Sweno
- 5 Elmer Keske
- 16 Jean Bromley
- 19 Thelma Robbins
- 27 Mark Dorn



If you want to be on our birthday list, let Deb know your birth month and day, and correct spelling of your name, and you can be in the newsletter, too!

GREETING CARDS



We have a great selection of cards including graduation 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

VOLUNTEER OPPORTUNITIES

VALENCES FOR THE MAIN ROOM

We have the material picked out to make valences for the Main Room. We need someone to make basic slide on valences to go on a curtain rod.

LINCS SCHOOL GARDEN

Looking for helpers and educators at the LINCS School Garden. Facilitate learning in the soil and garden-based activities. Great for retired elementary educators and those who love to be in gardens with youth.

Times: Mondays Garden Gatherings. May 3:00-5pm. June, July and August 4:00-6pm. If interested, contact Liesl Schultz Hying.

liesl_schultz@hotmail.com



PICNIC

Tuesday June 21, 11:00 am—2:00 pm

It's time for some summer fun! We will roll out the yard games and some indoor ones, too. 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. Meal service will begin around noon, and you are welcome to come early or stay late (or both) and participate in the fun. **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 or indoor game to share.



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

Watch for the Grand opening in June of the outdoor Fitness area in Starin Park

VOLUNTEER APPRECIATION

Behind the Scenes Heroes Awards

Round of Applause Award	Sandy Sorkan
Best Documentary	Jan Schmeling
Best Newcomer	Barb Dosemagen
Best Musical performance	Steve Atkinson
Best Comedic Performance	Dan Sable
Best Storyline	Barb Koch
Best Revival	Jean Bromley
Best Action Performance	Jim & Pat Jacobson/Pickleball
Accounting Firm of DDP:	Bob Pitcher
Lifetime Achievement Male	Eric Zipp
Lifetime Achievement Female	Dorothy Poehler
Special Effects	Dean Zweifel
Best Adaptation Tie	Sharron McCarthy
Best Screenplay	Jeanine Fassl & Dave Gamble
Best Break Thru Performance	Diana Stettner
Best Actress in a limited Series	Diane Schwab
Best Supporting Actress Tie:	Mary Meikle and Peg Anderson
Film Editing	Romelle Koch
Sound Effects	Lori Heidenreich
Costume Design	Carol Holford
Entertainer of the Year	Bruce Parker
Best Director	Mark Dorn

ARTS ALLIANCE PHOTOGRAPHY WORKSHOP

The Whitewater Arts Alliance will present a free workshop at the Cultural Arts Center, 402 W. Main Street, Whitewater, on Saturday May 14, 2016 from 10 a.m.-12 p.m. The workshop, Photography: Beyond the Snapshot, is for beginning to intermediate photographers. It could serve to assist photographers in preparation for exhibiting their work in the annual Fran Achen Photography Show in July. Those planning to attend should send an email to: jeff.mcdonald@gaelicarts.com

Savory Sounds Concert Series begins on June



PARKS & RECREATION

TRAIL CLOSURE

The Whitewater Creek Bike path will experience significant disruption during construction on George Street beginning March 28 and lasting through mid-June. Bicyclists and pedestrians are asked to use caution in this area during construction.



SUMMER/FALL BROCHURE

Visit wwparks.org for the Summer/Fall brochure or pick one up at the Starin Park Community Building.

SUMMER CONCERTS & FAMILY FUN NIGHTS

The series kicks off June 16 with Messy Fest and on June 23 will be the Palmyra-Eagle Community Band. All events begin at 7:00 pm and are held at the Cravath Lakefront Park.

WHITEWATER CITY MARKET

Tuesdays 3:00—7:00 PM

Cravath Lakefront

Produce, crafters, food and entertainment

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

Senior Coordinator

Deb Weberpal, CPRP
dweberpal@whitewater-wi.gov

Volunteer Editor

Romelle Koch

Parks and Recreation Director

Matt Amundson, 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 wwparks.org, www.whitewater-wi.gov, click on Departments, then Seniors in the Park or www.whitewaterbanner.com and look for the link in the left column or ourseniorcenter.com/find/seniors-in-the-park. The newsletter is available for pick up at the Starin Park Community Building, Municipal Building, the Whitewater Aquatic and Fitness Center, the Irvin L. Young Memorial Library and many other locations throughout Whitewater.

Name _____

E-Mail _____

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