



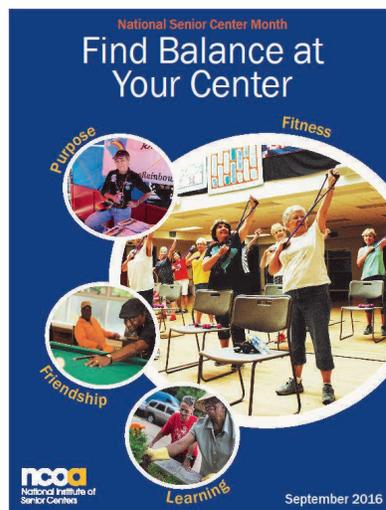
The Park Bench

September 2016

Seniors in the Park Newsletter

FINDING BALANCE DURING SENIOR CENTER MONTH

The hustle and bustle of daily life doesn't change as we age. Individuals search to find balance between their own needs and the competing demands and responsibilities throughout their lives. This September, during National Senior Center Month, Seniors in the Park is celebrating the balance found at our center and at senior centers across the country. This year's theme, Finding Balance at Your Center, encourages seniors to connect with the whole-person wellness programming that senior centers strive to provide. In fact, starting with Senior Center month last year, we highlighted a different dimension of wellness through April of this year. New classes starting in September include Hatha Yoga, Core and More, T'ai Chi Ch'uan, Artistic Drawing and the Wisconsin History Stories lecture series. (see pages 2-4). We have also partnered with the Whitewater Aquatic and Fitness Center who will offer a free Class in the Month of September. More information on page 13. Taking a painting class, listening to a lecture, planting a community garden, laughing with friends—these are all moments that allow for the daily practice of living a balanced life. Seniors in the Park encourages this curiosity and community growth through our programs and travel opportunities, while providing practical tools and resources to help manage an independent life. Our programs expand your horizons with new choices or new adventures; provide social activities that help develop friendships, and activities that help older adults continue to connect with a purposeful life. Check out Seniors in the Park! You'll be pleasantly surprised by all we do here.



Volume XVI Issue 9

WHAT'S INSIDE

- 2..... *Creative Endeavors*
- 3-4, 12*Activities*
- 6 *Motorcycle Rides*
- 6-8..... *Travel Opportunities*
- 5.....*Support Our Sponsors*
- 9-10..... *Calendars*
- 11.....*Support Our Sponsors*
- 12*Activities*
- 13..... *Your Senior Center*
- 14-15... ..*Info & Community*
- Back*ADDRESS, Phone Numbers, Staff and Subscription info*

Welcoming Seniors, Boomers, and Adults of all ages.

Seniors in the Park Promotes & Enhances a Vital Aging Community

BRIDGE REFRESHER

The bridge refresher class will meet on Thursdays from 9:30-11:30 am beginning September 8. Linda is excited to share her Bridge knowledge and help others to refresh their skills.



KNITTING GROUP

Thursdays, September 1 & 15
1:00 pm

Get together to knit and crochet, socialize, and share ideas with others. All levels are welcome. This group will meet on the first and third Thursday of the month.

COLOR GROUP

September 20, 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, September 21. Stop in and try out this fun game.

STAINED GLASS CLASS

September 20 & 22, 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: Wednesday, September 14

Upcoming classes: October 11 & 13 and December 6 & 8



ARTISTIC DRAWING—DISCOVER THE REWARDS

Thursdays, September 8—29, 1:00—3:30 pm

This course will focus on developing visual and material handling skills. Skills useful in supporting the foundation of other artistic mediums, as well as an art in its own expressive magic.

All artistic levels welcome.

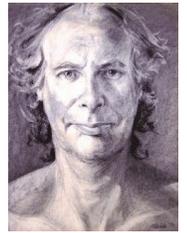
At the first class, supplies will be furnished. On-going materials needs will be discussed.

Fee: \$40, payable to the instructor the first class

Deadline: September 1

Minimum: 6 students.

Instructor: Jason Miklik, MFA. Jason has taught painting and drawing for 15 years throughout the North Shore of Chicago.



SIP & SWIPE CAFÉ®

What's a Sip & Swipe Café? It is a place where older adults can learn computer tablet skills (e.g., swiping) in a fun, non-threatening environment. A senior 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). When the 3-4 week course is complete, the tablets are available for use by graduates. The tutorial offers step-by-step instructions for people over age 55, who have never before or are learning how to use a 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.



HATHA YOGA FOR BEGINNERS



Tuesdays, September 13—October 25, 11:00 am
Cravath Lakefront Center

This seven-week course will focus on basic yoga postures, deep breathing and relaxation. You will learn a workout routine that stretches and tones your entire body. Each session promotes an increase in oxygen intake, circulation, concentration and relaxation. Students should bring a mat or towel and wear loose or flexible clothing.

Fee: \$10 residents; \$12.50 non-residents

Instructor: Phyllis Schmidt, teacher and practitioner for 30 years

Deadline: Thursday, September 8

LEARN T'AI CHI CH'UAN

Wednesdays, 10:00 am

Downtown Armory Dance Studio

New Session begins Sept. 14

The principles of Tai Chi include deep relaxation, correct posture, proper breathing and use of the whole mind and body to accomplish even simple movements. Long term practice offers people robust health and a calm and clear mind. The slow, flowing and intentional movements encourage the mind and body to be calm and relaxed and energy to flow freely. This allows one to identify and release tensions that can cause physical, emotional and mental limitations, resulting in better health for the whole person.

Tai Chi requires no special equipment and can be practiced by people in nearly any condition. Jim Mikulich was trained at the Milwaukee Tai Chi Center and teaches the Yang style short form as taught by Ben Lo.

Continuing students meet at 11:00 am.

Register for the class by Friday September 9



CORE AND MORE

Mondays & Thursdays, 8:30 am

Beginning Thursday, September 1

This class will help you to perform daily activities safely and with ease. Shoulder opening & strengthening, balance and core exercises are done standing, seated and on the floor. Once on the floor, we stay there until the end of class. Modifications for all levels of ability will be demonstrated. Please bring a thick exercise mat, not a yoga mat.

Prepay Residents: \$1.00 per class

Prepay Non-Residents: \$1.25 per class

First class is free for new participants.

RECREATIONAL BOWLING LEAGUE

Wednesdays, 9:00 am

Begins September 7

This fun and recreational league at Hawk Bowl, goes into March. League begins September 7, with a fun play day. Questions or to sign up for the league, contact Darla, 262-495-2294.



“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. Prepay \$1.00 per class residents or \$1.25 non-residents. First class is free for new participants.



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

TELLING STORIES PAST EACH OTHER

Friday, September 30 @ 10:30 am

One of the problems with the Israeli-Palestinian situation is that the two sides have different narratives, which they are happy to repeat but which they do not make an effort to listen to. Listening to the stories from both sides and encouraging others to do the same could be a step on the road to peace. Speaker Tom Drucker, UW-W Mathematics, has lectured on topics of Jewish interest and has written extensively on subjects ranging from the novels of Amos Oz to the role of the Rothschilds in English political history. He is involved in the pursuit of Jewish-Muslim dialogue at UW-W and beyond.



MEDICARE PART D OPEN ENROLLMENT

The Annual Open Enrollment period for Medicare Part D and Medicare Advantage plans is October 15th - December 7th, 2016. Join Afton Kehl from the Aging and Disability Resource Center of Walworth County on **Tuesday, September 13th at 11:15 a.m.** to learn more about the Annual Open Enrollment period and for a list of actions that you can take. There will not be appointments at the center this year. Please call The Elderly Benefit Specialist at 262-741-3366 for an assistance.

WISCONSIN HISTORY STORIES

Wednesdays 1:00 pm

Join Dr. Richard Haney, Emeritus UW-W, and Kori Oberle for interesting and informative history talks. Thanks to UW-W Continuing Education Department for funding the series.

Sept. 14 Immigrants Populate Wisconsin: America's "Foreign" State

Sept. 21 And Still More Immigrants Arrive

Sept. 28 Mineral Point's Pendarvis House: Wisconsin's First Historic Restoration. This session focuses on the behind-the-scenes story of how the Pendarvis House complex was created, and how the restaurant became one of the seven finest restaurants in the country, according to *The Saturday Evening Post*, gleaned from interviews with one of the two Pendarvis founders. Recipes included! Guest Speaker Kori Oberle

Oct. 5 Historic Wisconsin's Iron Horses, Silent Gray Fellows, Motor Carriages, and Wheelmen

Oct. 12 Ethnic Strife, War, and Disease: Wisconsin's World War One Home Front

The lectures will no longer be taped.



MOVIES: SPONSORED BY MULBERRY GLEN

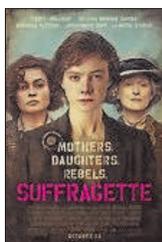


"Concussion"

Tuesday, September 13, 12:30 pm

Rated PG-13; (2015) 2 hrs, 3 min.

Will Smith stars in a dramatic thriller based on the incredible true David vs. Goliath story of Dr. Bennet Omalu, the brilliant forensic neuropathologist who made the first discovery of CTE, a football-related brain trauma, in a pro player.



"Suffragette"

Wednesday, September 27, 12:30 pm

Rated PG-13 (some strong violence, strong language & partial nudity); (2015); 1 hr, 45 min

Academy Award nominees Carey Mulligan and Helena Bonham Carter, and three-time Academy Award winner Meryl Streep, lead the cast of a powerful drama about the women who were willing to lose everything in their fight for equality in early-20th-century Britain. The stirring story centers on Maud (played by Carey Mulligan), a working wife and mother whose life is forever changed when she is secretly recruited to join the U.K.'s growing suffragette movement.

AUMANN'S SERVICE INC.

Body Specialists
Quality Painting
24 Hr. Towing
122 E. Dane
(920) 674-2349
After Hours
(920) 674-6164



**DALEE WATER
CONDITIONING**

MADE IN THE USA
Water Softeners &
Iron Curtains
262-473-5524
www.daleewater.com

OLSEN FUNERAL SERVICES

Whitewater, WI
DIGNIFIED SERVICE
IN A HOME-LIKE
SETTING

*Serving Whitewater &
Surrounding area's since 1987*

221 S. Center Ave.
Jefferson, WI 53549
262-473-5101

Live Independently At Home

*With our quality,
personalized and
flexible home care
services.*

Call now for a free,
no obligation consultation!
608-554-4548
www.homeinstead.com/613



To us, it's personal.



Each Home Instead Senior Care® franchise office is independently owned and operated.

We Care Every Day, In Every Way

Experienced senior care for total peace of mind

Personal Cares (bathing, toileting, dressing assistance) ~ Medication Reminders
Errands ~ Shopping ~ Dr. Appointments ~ Light Housekeeping
Meal Preparation ~ Companionship ~ Respite Care for Families

920-568-1058 or Toll Free 877-276-7039

America's Choice in Homecare.
VisitingAngels
LIVING ASSISTANCE SERVICES



We offer **FREE**
local pick up
and delivery
service.

We service
all makes
and models.



**Downtown
Whitewater**
262-473-4330



The Works

\$29.95

Includes:

- Oil change - Tire rotation
- Brake inspection
- Multi-point inspection
- Fluid top-off - Battery test - Filter check - & Belts and hoses check.



our SENIOR CENTER

The Online Directory of Senior Centers

NEVER MISS A NEWSLETTER!

Sign up to have our monthly senior newsletter emailed to you at www.ourseniorcenter.com

Love Your Home?

*Stay with help you can count on.
Call Society's Assets.
(262) 723-8181*

- ▶ Personal Care
- ▶ Household Tasks
- ▶ Companionship and Respite
- ▶ Home Accessibility Solutions

Telephones and Gadgets to Increase Independence

- ▶ Certified WI Medicaid Personal Care Provider

Call today for information or to arrange a FREE in-home needs assessment for yourself or a loved one.



SOCIETY'S ASSETS
Ability...Not Disability

▶ societysassets.org
Caregiving Since 1974



OUR HOUSE
SENIOR LIVING

"Make Our House your home"

OUR HOUSE
Memory Care
945 E. Chicago St.
Whitewater, WI

OPEN FOR TOURS & ROOMS AVAILABLE
Please contact Alyssa Kauer
262-473-1011



(262) 472-9999

Open
10am-10pm Daily

Welcome to Delicious



GENTLE DENTISTRY

Dr. Thomas Rowley, D.D.S., S.C.
(262) 473-2242

128 N. Traft St.
Whitewater, WI 53190

 New Patients Welcomed!
whitwatergentledentistry.com



Supportive Living

The Supportive Living Program at Fairhaven provides the personalized help you need at significantly less cost than fully assisted living.



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

Coach and Motorcycle Rides



MISSISSIPPI FALL RIVER ROAD TRIP

Tuesday—Friday October 4 – 7

A pre-trip informational meeting will be held on Friday, September 9 at 10:00 am.

Witness the grandeur of autumn along one of the most scenic stretches of road in the Midwest October 4-7. 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. Can add people dependent on hotel availability.

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 is 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



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.



Saturday Sept. 17: Drive around parts of Horicon Marsh, Visit the new Explorium and Visitor Center, Indulge in Chocolate & Cheese in Theresa.

Depart Starin Park at 10:00 am. Bruce Parker, leader

Monday, Sept. 26: Cheese and Beer in Monroe. Tour the Minhas Craft Brewery, oldest in the Midwest and second oldest in the US. The one hour tour is \$12 at 11:00 am. Have lunch at Baumgartner's, known for their limburger cheese sandwiches. Depart at 9:15 am . Leader needed

Saturday, October 1: Lunch at the Norske Nook, Deforest, and Fall color ride. Bruce Parker leader.

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~

Extended 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 at the Starin Park Community Building.

EXTENDED TRAVEL 2017



Backroads of Sunny Florida February 24-March 3, 2017

Spend three nights at the Plantation Resort on the Crystal River in Florida. Take a boat ride in Homosassa Springs Wildlife Park and see birds, fish, manatees, alligators and more. Enjoy a boat ride on the Crystal River to see the manatees. You can even make arrangements to swim with them. Visit Tarpon Springs, settled by Greeks and home

to the sponge industry. Enjoy an evening of dinner theater at the Derby Dinner Playhouse. Includes 12 meals and home pickup in Walworth County. There will be a preview of the trip on Thursday, September 29 at 1:00 pm. Per person twin room is \$1599 or add \$569 for single supplement. Mayflower Tours

Preview
Thurs., Sept. 29
1:00 pm
RSVP by Sept. 22



Arizona Spring Training Getaway March 19-24, 2017

Features one hotel stay in Phoenix, 2 baseball games, Hall of Flame Fire Museum, Tucson Area, Mission San Xavier, Arizona-Sonora Desert Museum, Old Town Scottsdale, Heard Museum of Native American Culture, Sabino Canyon Rec Area Tram Tour and more. Includes 7

meals, Airfare from O'Hare, tour director and baggage handling. Per person Twin room is \$1895, if make final payment with check or add \$600 for single supplement. Premier World Discovery

Preview
Wed., Aug. 31
1:00 pm
RSVP by Aug. 25

New York's Haunted History Trail, July 29—August 4, 2017

Scenic ride on the Arcade and Attica Railroad and cruise on the Maid of the Mist at Niagara Falls. Two of the top haunted places in the U.S. are in upstate New York. Haunted visits include the Wm. Phelps General Store, Fort Ontario, Red Coach Inn, Brae Loch Inn, Rolling Hills Asylum and most other stops. Also wine tasting and Cruise on Seneca lake in a vintage motor vessel. Per person twin room is \$1849 or add \$699 for single supplement. Mayflower Tours



Country Roads of Tuscany November 7—15, 2017

Jon Deb and Nan on this wonderful trip to Italy. It features one hotel stay in Tuscany and flying in and out of Florence, Italy. Highlights of the trip include a Tuscan winery and tasting, Florence, including Statue of David, Piazza Della Signoria &

Santa Croce, the famous Ponte Vecchio Bridge, Pisa, Lucca, San Gimignano, Cooking Class with lunch and wine and more. Per person twin room is \$2895 if make final payment with check (\$2995 credit card) or add \$375 for single supplement. Premier World Discovery

Sneak Peak Preview
Wed., Aug. 31
1:00 pm
RSVP by Aug. 25

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.

SUNNY SIDE UP BREAKFAST CLUB

Thursday, September 22

8:30 am

Ride to Deb's Main Street Diner in Dousman. Fee: \$4.00

RSVP by Tuesday, September 20

Please note date change

LUNCH BUNCH

Thursday, September 8

10:30 am

Lunch will be at Jessica's in Rosco, IL. This is the original Jessica's restaurant. Fee: \$5.00

RSVP by Tuesday, September 6

JANESVILLE SHOPPING

Wednesday September 7,

9:15 am

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

Fee: \$3.00

RSVP by Tuesday, September 6

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!



AUDUBON'S BIRDS OF AMERICA

Friday, September 30

The Birds of America is the most celebrated work of American ornithology. A selection of these extraordinary first-edition artworks are on exhibition at the Paine Art Center in Oshkosh. Enjoy a guided tour of the mansion. The Audubon exhibit is self guided. Have lunch at Fratellos on your own, prior to the tour.

Fee: \$24

Deadline: September 9

Depart: 9:15 am

RUSSELL MILITARY MUSEUM

Friday, October 14

Visit this incredible museum with 8 acres of outdoor displays and a new 14,000 sq. ft. building. The museum is dedicated to preserving, restoring and displaying US Military History. With over 100 vehicles on display, it is one of the largest museums in the Midwest. Lunch at the Brat Stop on the way to museum is on your own.

Fee: \$23.00

Deadline: September 29



KRINGLE AND KEWPIES

Monday, September 26



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. See the 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: September 12

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

Wait list Only!

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.

Activity Calendar

September 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 (HB)= Hawk Bowl (L)=Cravath Lakefront (OR)=Oak Ridge Golf Course, Milton</p>			<p>1</p> <p>8:15 Core and More 9:00 Pickleball (A) 9:30 FUNctional Fit 1:00 Knitting Group</p>	<p>2</p> <p>9:00 Indoor Walking 12:30 Pickleball (A)</p>
<p>5</p> <p>CLOSED for Labor Day</p> 	<p>6</p> <p>9:00 Pickleball (A) 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 1:00 Sheepshead</p>	<p>7</p> <p>9:00 Toenail Clinic 9:15 Janesville Shop 9:00 Bowling (HB) 9:00 Indoor Walking 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A)</p>	<p>8</p> <p>8:15 Core and More 9:00 Pickleball (A) 9:30 FUNctional Fit 9:30 Bridge Refresher 10:30 Lunch Bunch 1:00 Artistic Drawing</p>	<p>9</p> <p>9:00 Indoor Walking 10:00 Mississippi Trip Meeting 12:30 Pickleball (A)</p> <p>10 Main St. Festival</p>
<p>12</p> <p>8:00 Golf (OR) 8:15 Core and More 9:30 FUNctional Fit 10:30 Book Worms 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg</p>	<p>13</p> <p>9:00 Pickleball (A) 10:00 Mulberry Glen Bingo 11:00 Hatha Yoga (L) 12:30 Mulberry Glen Movie "Concussion" 1:00 Sheepshead</p>	<p>14</p> <p>9:00 Bowling (HB) 9:00 Indoor Walking 10:00 Learn Tai Chi(A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 Wisconsin History Stories</p>	<p>15</p> <p>7:00 Horicon Trip Departs 9:00 Pickleball (A) 9:30 Bridge Refresher 9:30 FUNctional Fit 1:00 Knitting Group 1:00 Artistic Drawing</p>	<p>16</p> <p>9:00 Indoor Walking 12:30 Pickleball (A)</p> <p>17 10:00 Horicon Cycle Trip departs</p>
<p>19</p> <p>8:15 Core and More 8:00 Golf (OR) 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Mah Jongg</p>	<p>20</p> <p>9:00 Pickleball (A) 10:00 Color Group 11:00 Hatha Yoga (L) 12:30 Stained Glass 1:00 Sheepshead</p>	<p>21</p> <p>9:00 Bowling (HB) 9:00 Indoor Walking 9:30 Pegs & Jokers 10:00 Learn Tai Chi(A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 Wisconsin History Stories</p> <p>Office 8:30—1:00</p>	<p>22</p> <p>8:30 Sunny Side Up Breakfast Club 9:00 Pickleball (A) 9:30 Bridge Refresher 9:30 FUNctional Fit 12:30 Stained Glass 1:00 Artistic Drawing</p> <p>Office 8:00-12:30</p>	<p>23</p> <p>9:00 Indoor Walking 12:30 Pickleball (A)</p> <p>Office Closed</p>
<p>26</p> <p>8:00 Kewpie Trip departs 8:15 Core and More 9:15 Monroe Cycle trip departs 9:30 FUNctional Fit 11:00 WW Warblers 12:30 Pickleball (A) 1:00 Canasta 1:00 Mah Jongg</p>	<p>27</p> <p>9:00 Pickleball (A) 10:00 City Bingo 11:00 Hatha Yoga (L) 12:30 Mulberry Glen Movie "Suffragette" 1:00 Sheepshead</p>	<p>28</p> <p>9:00 Bowling (HB) 9:00 Indoor Walking 10:00 Learn Tai Chi (A) 11:00 Cont. Tai Chi (A) 12:30 Pickleball (A) 1:00 Wisconsin History Stories</p>	<p>29</p> <p>8:15 Core and More 9:00 Pickleball (A) 9:30 Bridge Refresher 9:30 FUNctional Fit 1:00 Artistic Drawing 1:00 Florida trip preview</p>	<p>30</p> <p>9:00 Indoor Walking 9:15 Audubon trip departs 10:30 Telling Stories Past Each Other 12:30 Pickleball (A)</p>

10 Walworth County Nutrition Menu

September 2016

MONDAY

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.

TUESDAY

5
Labor Day Holiday
Dining Centers
Closed

HAPPY LABOR DAY

6 @ Starin Park
 Hungarian Pork Goulash
 Egg Noodles
 Gr./Gold Beans; Carrots
 Cinnamon Applesauce
 Wheat Bread

WEDNESDAY



7
 Sub Sandwich
 Tossed Salad
 Pineapple Tidbits
 Carrot Cake

THURSDAY

1
 Chicken Salad
 Marinated Veg Salad
 Apricots w/Diced Peaches
 Cheesecake Bar
 Wheat Dinner Roll

FRIDAY

2
 Baked Chick. Drumsticks
 Mash. Potatoes w/Gravy
 California Mix Veg
 Carrot Bar
 Wheat Dinner Roll

TUESDAY

12
 Yankee Pot Roast
 Hot Peaches w/Granola
 Peas
 Tossed Salad
 Marble Rye

TUESDAY

13 @ Starin Park
 Polish Sausage
 Rosemary Red Potatoes
 San Francisco Blend
 Vanilla Pudding
 Hot Dog Bun

WEDNESDAY



14
 Turkey Tetrazzini
 Sliced Beats
 Carrots
 Wheat Bread
 Chocolate Chip Cookie

THURSDAY

15
 Swiss Steak
 Mash. Pot w/Gravy
 Mixed Vegetables
 Applesauce
 Wheat Roll

FRIDAY

16
 Chicken Pasta Caesar
 Salad
 Melon Mix
 Sugar Cookie
 Dinner Roll

TUESDAY

19
 Green Pepper Casserole
 w/Rice
 Garden Blend Veg
 Watermelon; Jell-O
 Wheat Bread

WEDNESDAY



21
 Italian Wedding Soup
 Med. Blend Vegetables
 Sliced Peaches
 M&M Cookie
 Wheat Bread

THURSDAY

22
 Grilled Pork Chop
 Twice Baked Pot. Cass.
 Red Cabbage
 Diced Pears
 Bread

FRIDAY

23
 BBQ Chick. Leg & Thigh
 Wisconsin Blend Veg
 Sweet Potatoes
 Diced Fruit
 Wheat Bread

TUESDAY

26
 Turkey
 Mash Potatoes w/Gravy
 Coleslaw
 Tropical Fruit
 Wheat Bread

WEDNESDAY



28
 Pork Loin w/Dijon Sauce
 Au Gratin Potatoes
 Stewed Tomatoes
 Melon Mix
 Dinner Roll

THURSDAY

29
 Beef Goulash
 Garden Blend Veggies
 Squash
 Fruit Cocktail
 Wheat Bread

FRIDAY

30
 Hot Dog on a Hot Dog
 Bun
 Calif. Blend Vegetables
 Potato Salad
 Snickerdoodle Cookie

HELP PROTECT YOUR FAMILY

With a home security system monitored by ADT professionals 24 hours a day, 7 days a week. As an added benefit, installing a Security System may qualify you for a Homeowners Insurance discount.

CALL NOW! 1-888-891-6806



Jessica's Family Restaurant & Banquet Room

Breakfast All Day • Fish Fry Friday
Homemade Potato Pancakes,
Soups & Specials
Now available for parties
up to 80 people
Now featuring beer & wine
Call Today 473-9890
140 W. Main St.

PROTECTING SENIORS NATIONWIDE



\$19.95*/Mo. + 1 FREE MONTH

- > No Long-Term Contracts
- > Price Guarantee
- > American Made

TOLL FREE: 1-877-801-7772

*First Three Months



HOLIDAY SPECIAL



We Care
For Our Patients,
For Our Community



For over 70 years...Patients who know us love us.
You should get to know us too.

FortHealthCare.com • 920.568.5000
611 SHERMAN AVENUE EAST, FORT ATKINSON



We accept most all insurances.

Strand's On the Floor
"floor coverings to fit your lifestyle"
1202 E. Bluff Road
Whitewater, WI 53190
262-472-9495
Fax 262-472-9497
www.strandsonthefloor.com

SHORTRIDGE LAW OFFICES, LLC

Caryl J. Shortridge
Attorney at Law
Corporate/LLCs
Selling/Buying Commercial Real Estate
Estate Planning/Wills • Elder Law
Estate and Trust Administration
Milton, Wisconsin
608-868-2311
www.shorridgelaw.com
caryl@shorridgelaw.com

WINDOW GENIE
We Clean Windows and a Whole Lot More!

OUR SERVICES INCLUDE
Window Cleaning
Window Tinting
Pressure Washing
Gutter Cleaning
Concrete Cleaning
House Wash

Call for FREE Estimate
208-629-2153
www.windowgenie.com

McCullough's
PRESCRIPTIONS GIFTS
1173 W. Main Street
473-5065

Celebrating over 150 Years of Service!

150th ANNIVERSARY
1863 - 2013

Trust Services:
- Administer your Will
- Administer your Trust
- Invest your Funds
- Pay your Bills

Serving Whitewater & East Troy
Member FDIC www.firstcitizensww.com

HARD ROCK SAWING & DRILLING SPECIALIST CO.
CONCRETE • ASPHALT • MASONRY
ELKHORN 262-723-3333 KESHENA 715-799-3823
MADISON 608-250-5005

The Nasco
Dedicated to Delivery
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!
AS A SENIOR CITIZEN, YOU ARE ELIGIBLE FOR A 15%* STORE DISCOUNT
901 Janesville Ave. • Fort Atkinson
920-568-5600

Reach the Senior Market
ADVERTISE HERE

CONTACT

Dan Stone to place an ad today!
DStone@4LPi.com or
(800) 950-9952 x2607



For ad info. call 1-800-950-9952 • www.4lpi.com

Seniors in the Park, Whitewater, WI.

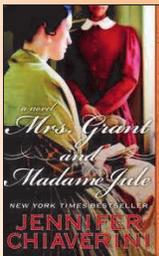
B 4C 01-1235

BOOK WORMS

Monday, September 12, 10:30 am

The Book Club will discuss *Hissing Cousins* by Marc N. Peyser. The book for September will be *Mrs. Grant and Madame Jule* by Jennifer Chiaverini.

This book follows the lives of two girls: Julia Dent and her slave Jule. As children, they were the best of friends and hardly ever spent a moment apart. As they grew older, however, the fine line between them also grew. Julia has her eyes on a handsome soldier, Ulysses Grant, and despite his loyalty to the Union, the two fall madly in love. Ulysses quickly rises in the ranks, gaining popularity and fame, and Julia is determined to remain with him wherever he goes: from soldier's camp to bustling Washington, she gladly packs her belongings (and as the years go by, their children.) While the war rages on around them, inside Jule is battling as well. She cares for Julia, but she also knows that she should be free. General Grant's family doesn't approve of slavery, surely Julia would let her go? Jule has become quite the hairdresser, being hired out to other families when Julia's away with Ulysses, and she's confident of her abilities. One day, while Julia is racing to catch a train to be at her sick child's side, Jule makes the decision to run.



SENIOR FORUM

Monday, September 12, 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.

ACTIVITIES AT A GLANCE

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

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

Color Group—Third Tuesday, 10:00 am

Core and More— **Mondays and Thursdays, 8:15 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

Knitting/Crochet—First and Third Thursday at 1:00pm

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) **New Time 9:00 am** Wednesday & Friday

Whitewater Warblers singing group—Mondays, 11:00 am

BINGO

Tuesdays, 10:00 am

Sept. 6: Culver's

Sept. 13: Mulberry Glen

Sept. 27: City Bingo



BINGO

BINGO SPONSORS

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

CITY BINGO SPONSORS:

Topper's Pizza * Rosa's Pizza * Bergey Jewelry * Commercial Bank
* Floral Villa * Beijing Buffet * Rick's * Jimmy Johns * Dale's
Bootery * Pizza Hut * First Citizens State Bank * Fort HealthCare *
Taco Bell * Black Sheep * Sweet Spot * Tincher Realty * Jessica's
Restaurant * McDonald's * Dental Perfections
Ketterhagen Ford * Mirage Hair Studio * Century 21 Realty *
Binning & Dickens Insurance * Rocky Rococo Pizza * Subway *
Eastsider/Westsider * Fairhaven * Fort Community Credit Union *
Walworth Co. Nutrition * Jersey Mike's Sub * Taco Fresco *

**You can now get your copy of *The Park Bench* online by
clicking on or going to the following link:**

ourseniorcenter.com/find/seniors-in-the-park

VOLUNTEER SPOTLIGHT

Sandie Sorkan has been volunteering at Seniors in the Park for about 3 years. She is in charge of the indoor walking group and sometimes helps with Pickleball. She also has helped with the newsletter distribution and different activities at the Center. Sandie enjoys volunteering with the Seniors in the Park because people appreciate her help, and she enjoys meeting and spending time with new people. She also volunteered for many years as security at the Family Motor Coach Association national convention twice a year. Sandie's other interests include attending Functional Fitness, swimming and participating at the Whitewater Aquatic Center, as well as playing games on her tablet and on the internet, doing puzzles and word search games.

Sandie's family includes 4 great grandchildren, 8 grandchildren, 2 children and a daughter who has recently passed away. Her career included running 3 tanning salons. She also worked at a grocery store in northern Wisconsin before moving to the Whitewater area after her husband passed away.

Sandie says everyone should find something to participate in with all the classes that are available at Seniors in the Park—some of them are free and some have a small fee. She is very impressed with all the different activities that are offered at Seniors in the Park.

Thank you Sandie for all the help you give us at Seniors in the Park!



TOP 10 REASONS TO VISIT THE SENIORS IN THE PARK LIBRARY



- Open anytime the Center is open
- Jan Karon's Mitford series in the Fiction section
- My Stroke of Luck by Kirk Douglas – "When a stroke felled actor and writer Kirk Douglas in 1996, he thought his world was coming to an end. Now, he considers his stroke and subsequent efforts at recovery to have opened a new window on life."
- Well-lit & comfortable – pull up a chair right in front of the shelves
- Large print Reader's Digest Condensed Books
- Mysteries from a variety of well-known authors – Agatha Christie to Stuart Woods
- Honor system – take what you will read, return when you're finished
- Barbara Bush: A Memoir – "In this #1 *New York Times* bestselling memoir, Mrs. Bush offers a heartfelt portrait of her life in and out of the White House, from her small-town schoolgirl days in Rye, New York, to her fateful union with George H.W. Bush, to her role as First Lady of the United States."
- 62 (yes, sixty-two!) Westerns by William Johnstone
- Great place to donate your books – always appreciated.

Thanks to Kathy Ross for organizing our library and keeping it neat.

SERVICES AT A GLANCE

Toenail Clinic: First Wednesday of the Month; Times will vary.



Wed., September 7: 9:00 am—Noon 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.

GREAT WEBSITES

- National Council on Aging: www.ncoa.org,
- The National Institute on Health: <http://nihseniorhealth.gov>
- Greater Wisconsin Agency on Aging Resources: www.gwaar.org.

All sites have a wealth of good, reliable information on their sites.

Please cut out this
"Thank You Coupon"
and present it the next time you
Patronize one of our Advertisers

Thank You

for Advertising with
Seniors in the Park
I am patronizing your business

THANKS

Thanks to **Bruce Lyon** for donating several westerns to our library.

Mary Zordel thanks her class for their thoughtfulness and kind gift. She and her husband have enjoyed it.

Thank you to **Linda Geske** for teaching FUNctional Fitness through the summer.

No Bake, Bake Sale Donors:



- **Janice Batten**
- **Carolyn Behrens**
- **Helen Brady**
- **Jean Bromley**
- **Bev & Grosskreutz**
- **Lori Heidenreich**
- **Carol Holford**
- **Barb & Dave Koch**
- **Lorrie Koppein**
- **Karen Krohn**
- **Betty & Ralph Lemke**
- **Hope Lindholm**
- **Sylvia Linton**
- **Marion & Henry Malo**
- **Vivian McQuoid**
- **Sue Mealy**
- **Marie Mehring**
- **Mary Mickle**
- **Jan & Jerry Nell**
- **John & Eunice Rowe**
- **Dan Sable**
- **Jan Schmeling**
- **Dee & Mitch Simon**
- **Karen & David Strauss**
- **Lyn & Dan Wolfe**
- **Lois & Eric Zipp**

We apologize if we missed anyone. This list is as of 8/18. Please let us know. Thanks.

WHITEWATER AQUATIC AND FITNESS CENTER FREE CLASS

The Whitewater Aquatic and Fitness Center is offering you the opportunity to try a FREE class during Senior Center Month. The free class pass is available here at the center. You can participate in one of the many water and fitness classes they offer, including in the pool: Dash and Splash, Waves, Arthritis Motion, Water Movement and Deep Water Cardio. In the studio are: Silver Sneakers, Yoga, Zumba Gold, Circuit training, PIYO Ball and Fitness Mix. To see the entire schedule of offerings go to wwparks.org. Click on Aquatic Center, then Fitness classes or call 473-4900. The Aquatic Center is located at the south end of Whitewater High School. If you haven't been to the Aquatic Center in awhile, you will be pleasantly surprised at the changes with new lights, painting, carpeting, and other new items throughout the facility.



NCOA WEBSITE AND BLOG

The National Council on Aging has launched a blog, and it's full of interesting and useful perspectives on issues like senior centers, Aging Mastery®, economic security, benefits, and soon healthy aging. Take a look and watch for new posts every week. Go to www.ncoa.org/blog/. NCOA also has a very informative website. One of the best!

HAPPY SEPTEMBER BIRTHDAYS TO:

- 3 William Wilson
- 21 Bea Jacobs
- 28 Doris Wutke



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!

Advertiser of the Month

SHORTRIDGE LAW OFFICES, LLC



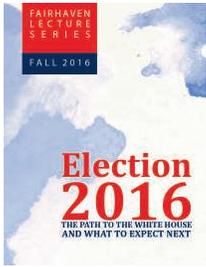
Caryl J. Shortridge
Attorney at Law

Corporate/LLCs
Selling/Buying Commercial Real Estate
Estate Planning/Wills • Elder Law
Estate and Trust Administration

Milton, Wisconsin

608-868-2311

www.shortridgelaw.com
caryl@shortridgelaw.com



ELECTION 2016—THE PATH TO THE WHITE HOUSE & WHAT TO EXPECT NEXT

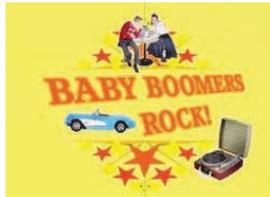
Fairhaven Lecture Series
435 Starin Rd
3:00 pm

As the race to the White House heads toward the finish line, we examine the candidates who beat out dozens of others for their party's nomination, the issues that surround their campaigns and what we can anticipate in 2017 and beyond. Americans will make a historic choice as they elect a new president this year. Join us this fall to explore the unique, and not so unusual, characteristics of Election 2016.

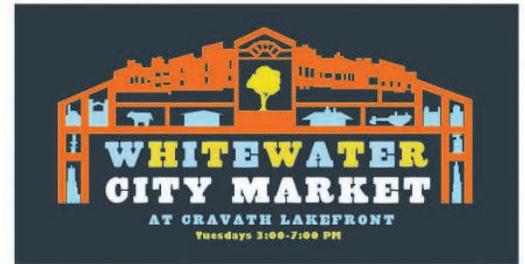
- Sept 12 Did That Just Really Happen? A Recap of the 2016 Nomination Process—*Susan Johnson Assoc Prof Pol. Science and Asst Dean L&S*
- Sept. 19 R.I.P. G.O.P.? Conservative Ideology in 2016—*Ted Gimbel, Assist. Prof. Political Science.*
- Sept. 26 Political Appointments are Political: The Senate, the President and the Judiciary—*Jolly Emery, Assoc Prof. and Chair Political Science*

THE BABY BOOM DECADE

Come and share your experiences! In this three part course, we will explore the post-WWII decades in America. The first class will bring you back to the days of the hula hoop, crew cuts, the 57 Chevy, TV dinners, and everything that made the 1950s a unique time to grow up. We will discuss the culture, food, music and trends that made this a defining decade. For the second class, we'll explore the 1960s, which began with the election of John Kennedy and ended with Neil Armstrong walking on the moon. In the 1970s, Vietnam and Watergate dominated the air waves and Americans questioned our political leader's ethical behavior for the first time. The Iran hostage crisis, the oil embargo, the resignation of a president and the fall of South Vietnam helped make the 1970s the decade that defined the baby boomer generation. Bring your memories, and let's reflect together on our experiences during these pivotal decades in America. Register at <http://www.uww.edu/ce/workshops/personal-enrichment/baby-boomers>.



Instructor: Dennis Bulat
Fee is \$30 for the series.
Fridays from 1:15-3:15 in Hyland Hall Room 1300
September 16 - 1950s
October 21 - 1960s
November 18 - 1970s



LOCAL farmers • LOCAL artists • LOCAL producers • LOCAL food • LOCAL musicians
HOMEGROWN | HAND-CRAFTED | FAMILY-FRIENDLY | FUN
Facebook: Whitewater City Market • www.downtownwhitewater.com/downtown-market

WHITEWATER CITY MARKET

Tuesdays 3:30—7:30 PM
Cravath Lakefront
Produce, crafters, food,
and entertainment

GREETING CARDS

New cards are here and they are flying off the card rack! We have a great selection of Fravessi cards, including birthday, 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 are \$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

PO Box 178
Whitewater WI 53190



Accredited by the
Wisconsin Assoc.
of Senior Centers

MEMBER:

Wis. Association of Senior Ctrs.
Wis. Parks & Recreation Assn.
National Council on Aging
Nat'l Institute of Senior Centers
Nat'l Parks & Recreation Assn.
Intern'l Council on Active Aging

SENIORS IN THE PARK

504 W Starin Rd, PO Box 178
Whitewater WI 53190

Phone 262-473-0535
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

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 _____

Address _____
