



Promotes and enhances a vital aging community

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May 2009 Volume IX Issue 5



Churchill

**WINSTON CHURCHILL:  
MY PLACE IN HISTORY**

**Tuesday May 19, 1:00 pm**

Some call him the greatest statesman of the 20th century (or ANY century for that matter.) Captains of industry, presidents and leaders of all stripes cannot help but use his spoken and written words as inspiration; for they are as insightful today as when he first uttered them not so long ago. This legend's name is Winston S. Churchill and he admonished us to "Study History!" History comes alive through Sir Winston's his own words.

Revel in Randy L. Otto's stirring, humorous and thoughtful portrayal of this incredible man. His presentation will enchant and inspire audiences of all ages.



**CAR CLEANING & INSPECTION**

**Saturday, May 16—11:00 am**

**Whitewater High School**

All seniors are welcome to have their vehicle inspected for free at the Whitewater High School Shop on the west side of the school. No repairs will be made during the inspection. You will be informed of any problems and referred to your own mechanic. The national Honor Society will be cleaning the interior of the cars. Inspections and cleaning will last approximately 20 minutes. Snacks will be available. Please call for an appointment by May 14.

**SENIOR DAY OUT**

**Thursday June 18, 11 am—4 pm**

**The Grounds at Mulberry Glen**

A free lively and entertaining day out for older adults. Enjoy senior resource booths, crafts, food, Wii Bowling, Bingo, and free massages. The Steve Meisner band will be performing for your dancing and listening pleasure from 1:00—4:00 pm Educational participatory programs include: Tai Chi-11:00 am, Belly Dance –11:30, Enhance your Balance—12:00, a performance by the Dancing Divas from the Janesville Senior Center—12:15, Line Dance lessons—12:30, and a Fitness Walk at 1:30. Parking is available in the St Patrick's and Sentry parking lots.

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## COMPUTER SAVY

### Microsoft Word

May 11 & 13

9:30 am

Learn how to open and save files, format text, spell check, cut, copy, paste, clip art, text boxes and columns.

Instructor: Lyle Hunter

Cost: \$5.00; Register by May 7.



### Email

May 18 & 20

9:30 am

Downloading, registering, address book and attachments.

Instructor: Lyle Hunter

Cost: \$5.00; Register by May 14.

### My Pictures

June 9 & 11

9:30 am

Bring in your pictures on a disc or flash drive and learn how to edit and manipulate your photos.

Instructor: Lyle Hunter

Cost: \$5.00; Register by June 4.

## COMPUTER TUTOR

This group is on hiatus through the summer.

## INTERNET ACCESS

The computer lab is available for public use during operating hours except when a computer class is in session.

## WATERCOLOR CLASS

Watercolor will be offered on the 2nd and 4th Thursday of the month beginning in June. Sandy Greco will facilitate the group. More information on class content will be available in next month's newsletter.

## HEARTSAVER CPR/AED

Tuesday, May 12, 12:30-4:00 pm

Learn how to save a life. At the Heartsaver CPR/AED clinic.

RSVP by Thursday, May 7.



## SKETCHING & DRAWING WORKSHOP WITH JEFF KENNEDY

Saturday June 20, 9 am—4:30 pm



You can be the world's best painter, but if your perspective or drawing is off, no amount of painting talent will fix it. Imagine, having the ability to perfectly and accurately sketch perspectives with only a pen and a sheet of paper. Here's what you will learn:

- Basic tools used for on-site drawing or sketching from photographs.
- Basic perspective techniques.
- Blocking in your subject and learning to develop the basic shapes and forms.
- How to start a perspective, so it ends up just the size you want it.
- How to begin drawing a perspective so that everything you draw will fit.
- How do I estimate how tall objects are, accurately, in perspective?
- Where to accurately place vanishing points.
- You'll be able to look at a perspective sketch, spot errors and correct it with confidence.
- Jeff will provide demonstrations on his techniques, then you will get a chance to try.
- A monthly e-newsletter to provide new ideas and reinforcement of your skills.

The workshop will run from 9 am until 4:30 pm with a short break for lunch. The cost for this value packed workshop is \$65. This workshop will be limited to 19 participants.

**EXTENDED Registration Deadline:**

**Thursday, May 28**



## OUR HOUSE SENIOR LIVING MOVIES

Special thanks to Our House Senior Living for sponsoring the monthly movie. Popcorn and a beverage will be served.

### **“Marley & Me”**

**Tuesday, May 26, 12:30 pm**

**Rated: PG 2 hr.**

After their wedding, newspaper writers John and Jennifer Grogan, move to Florida. In an attempt to stall Jennifer's "biological clock," John gives her a puppy. While the puppy Marley grows into a 100-pound dog, he loses none of his puppy energy or rambunctiousness. Meanwhile, Marley gains no self-discipline. Marley's antics give John rich material for his newspaper column. As the Grogans mature and have children of their own, Marley continues to test everyone's patience by acting like the world's most impulsive dog.

## ANNUAL SENIOR FORUM

**Monday, June 8 12:00 pm**

Make Whitewater a quality community for older adults to live in. Join us and give your input on programs and services provided to older adults by the city. Filling out the survey in this month's newsletter will give input toward developing new programs. This is your chance to impact the programming and services we offer for the next year. There will be an update on Accreditation and the new van.

Lunch will be served. Please call to let us know you will be attending.

RSVP by Thursday June 4.

## CARD GROUPS

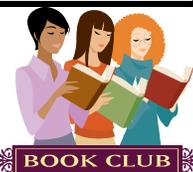
**Bid Euchre:** Mondays 1:00 pm

**Canasta:** 1st, 3rd & 5th Monday 1:30 pm

**Texas Hold 'em Poker:** 1st & 3rd Wed.  
1:00 pm

**Sheepshead:** Tuesdays 1:00 pm

## BOOK CLUB



The Book Club will meet on Monday, **May 4, at 10:30** to discuss the book *Water for Elephants* by Sara Gruen. The book for June is *Free Food for Millionaires* by Min Jin Lee.

The novel begins as Casey Han, a daughter of Korean immigrants, has just graduated from Princeton on a scholarship. A visit to her parents' apartment turns sour, and the family dinner erupts into violence. Casey, face bruised and swollen, is banished from the household, and flees to her boyfriend's apartment, only to find he has been cheating on her with two other girls.

It is an entertaining and shrewd glimpse into a stratified society, where class, education, and high-powered careers seem more like shackles. Casey couldn't imagine a life where she was working only for money just so she could get more stuff. As she searches for financial independence and a decent relationship, yearning for a meaningful life—Casey interacts with many memorable characters. You discover the ties that bind this large cast of characters, witness the web of deceit that ensnares them and watch them fall in and out of love, betray and forgive.

## SENIOR FORUM

**Monday, May 4, Noon**



All seniors of the Whitewater area are invited to attend and give their input on activities and services that are or need to be offered in Whitewater. Anyone living in the Whitewater school district or who is a regular participant in activities and is at least 55 is welcome to attend and share their ideas. An agenda is posted on the bulletin board at least 3 days prior to the meeting. The meeting minutes can be found at the city website [www.ci.whitewater.wi.us](http://www.ci.whitewater.wi.us) or on the bulletin board in the Community Building. Items on the agenda include: New van, driver training, and coffee corner.

# Classes and Activities



## Wii BOWLING

**Mondays 11:00 am**

Stop in and try out this fascinating game. No need to lift a heavy ball, and you can even do it seated. If there is enough interest, we will start a bowling league.

## CERAMICS

Learn how to clean greenware and prepare it to be fired in the kiln. Learn painting and glazing techniques. Prices are based on the size of the project ranging from \$.50 to \$20. Drop-in as often as you like, Tuesdays 6:30–8 pm, Wednesdays 6:30–8 pm and Thursdays 1–3:00 pm.

## BOCCE

**Thursdays 10:00 am**

Beginning in June, we will be playing Bocce, a simple lawn game consisting of rolling balls to be closest to the original ball thrown. Open bocce will be played (no court). Two to eight people can play. Try out this fun and challenging sport.

## CREATIVE WRITING SEMINAR

**Saturdays June 20– August 1  
10:00 am**



Are you an expressive person looking for a creative outlet? Learn how to get your ideas and thoughts on paper. Creative writing techniques include work with journaling, free writes, word association games, similes and metaphors. Plenty of examples from writers across the spectrum will motivate and inspire you to get started. Bring a notebook and pen. Facilitator is Lynn Greene, creative writing graduate and journalist.

## POTLUCK AND DOMINOES

**Tuesday May 5, 11:00 am**

Bring your favorite dish to pass and enjoy fellowship and conversation.

After the meal, enjoy a friendly game of Dominoes.



## CHESS

Chess meets on Wednesdays at 1:00. Stimulate your brain and enjoy a pleasurable afternoon with a new challenge. All skill levels are welcome.

## BINGO!

Bingo is played at 10:00 a.m. in the Starin Park Community Building.

May 5: Culver's Bingo

May 19: Our House Senior Living

May 26: City Bingo



### Weekly Bingo Sponsors:

**Culver's    Our House Senior Living**

### City Bingo Sponsors:

Topper's Pizza	Floral Villa	Subway
Associated Bank	Robin's Nest	Rosa's Pizza
Commercial Bank	Sweet Spot	Sentry
Bergey Jewelry	Pizza Hut	Karina's
McCullough's	Jimmy John's	Taco Bell
Rocky Rococo	Cousin's Subs	Jessica's
Café Pueblo Pedro	Mirage Hair Studio	
Winchester True Value	Culligan Soft Water	
Cozumel Mexican Rest	All Care Heating	
Rick's Eastside Pub	Eastsider/Westsider	
First Citizen's State Bank	Dale's Bootery	
Fort Community Credit Union	Genoa Pizza	

**Remember to thank our sponsors when you visit them.**

Seniors in the Park serves adults of the Whitewater area who are 55 or better. Other adults are welcome to participate on a space available basis.

## **BEWARE OF STIMULUS SCAMS**

Reports of stimulus scams are hitting the news and being tracked by the government. According to reports, seniors are being targeted because Social Security recipients are receiving a \$250 check from the government.

In one scam, a con artist calls or e-mails seniors and falsely claims to be from the Internal Revenue Service or Social Security Administration. The scammer then asks for personal information such as the recipient's Social Security number, bank account, or credit card number in order to deposit the stimulus payment. The scammer then cleans out the victim's bank account or runs up credit card charges.

In fact, seniors don't need to do anything to receive their \$250 payment. **Recovery.gov** has set up a Web page with links to agencies where individuals can report stimulus fraud and scam attempts.

## **MAIN & HYDRANT FLUSHING**

The City of Whitewater Water Utility's semi-annual water main and hydrant flushing program will begin on Monday, May 4<sup>th</sup> and will conclude Friday, May 8<sup>th</sup>. Flushing of the water mains is necessary in order to continue to deliver clean safe water to our citizens. If we have repairs more than expected throughout the week, we may have to continue flushing into the following week.

Flushing of the water mains and hydrants can cause some discoloration of the water. Discoloration of the water due to flushing WILL stain white clothing. . If discoloration is detected, run the cold water faucet until the discoloration clears. Thank you in advance for your patience if you experience any inconvenience.

If you have any questions, please contact the Water Utility at 473-0543 or the Public Works office at 473-0540.



## **LGBT DISCUSSION GROUP**

**1st & 3rd Thursdays 2:30-4:00 pm**

LGTB (Lesbian, Gay, Bisexual and Transgender) senior adults meet at the Madison Senior Center, 330 W. Mifflin St., Madison. Join in friendly conversation with an appointed leader who guides discussions that are informal, open dialogues. Participants determine the topics based on group members' current interests, and, occasionally, treats and soda appear. LGBT persons and their friends and families are invited and are welcome. For more information call the Madison Senior Center at 608-266-6581

## **SHINGLES RESOURCE**

NCOA has partnered with the Visiting Nurse Associations of America (VNAA) and National Pain Foundation (NPF) to re-launch AfterShingles.com, an online resource for patients and caregivers coping with shingles and postherpetic neuralgia (PHN). Shingles affects approximately 1 million Americans each year, and about one in five may go on to develop PHN, or after-shingles pain.

AfterShingles.com also includes a microsite for the Patchwork of Hope Network, an educational program led by NCOA and NPF to raise awareness of PHN. The program includes live educational events throughout the year where attendees can create individual quilt squares to tell their story about how PHN has affected their lives.

AfterShingles.com visitors also will be able to access the microsite and decorate their own virtual quilt square online. For every virtual quilt square made, Endo Pharmaceuticals will donate \$5 to the VNAA to support shingles and PHN education.

## **GREETING CARDS**

Do you need Graduation cards? Check out our supply of cards. We have a great selection of everyday and special greeting cards, including Birthday, Sympathy, Baby, Christening, Get Well, Thinking of You and Friendship at low prices.

## Volunteers

### VOLUNTEER OPPORTUNITIES

See Deb for more information if you are interested in any of the following opportunities. Signup sheets are also available at the Community Building for fundraiser help and donations.

- **Van Drivers** once or twice a month. Training provided and background check required.
- **Volunteer Coordinator** Assist in finding volunteers, developing volunteer opportunities, training, recordkeeping and recognition. See Deb for position description.
- **Facilitator for Mid Life Women's Support Group**—Meet monthly in the evening at a local venue. Help plan and facilitate meetings.
- **Investment Club Facilitator**—Help develop, implement and facilitate the club
- **Publicity**—Assist with publicity to include writing and distributing press releases and radio PSA's. Also making posters/ flyers and distributing.

## Community Event



### AUTHOR AT LIBRARY

Agate Nesaule, author of the award-winning memoir "A Woman in Amber," will read from her recently published novel "In Love with Jerzy Kosinski" at the Irvin L. Young Memorial Library, 431 W. Center St. in Whitewater, on Wednesday, May 13 at 7:00 p.m. The novel develops in fiction the themes of the trauma of war and exile and the pursuit of self-identity that Nesaule, a professor emerita of English and Women's Studies at UW-Whitewater, explored so successfully in her memoir. Copies of the novel will be available for purchase and signing. This program is free and open to the public.

### TRIANGLE WALK FOR HEALTH

Registration forms for this program are available at the Community Building. Kickoff for the program is Wednesday May 6 at the Cravath Lakefront Center beginning at 8:00 am.

## Nutrition Site

### BIRTHDAY DAY

**Wednesday, May 6, 11:30 am**

If you have a birthday in May, come and celebrate with us at the meal site. Sign up for the meal by noon a day in advance.



### HAPPY MAY BIRTHDAYS TO:

4-Betty Sweno	14-Marian Thayer
7-Phyllis Bogie	19-Thelma Robbins
12-Marie Waters	28-Leona Wilbur

### NOTES FROM THE KITCHEN

Ahh: April Showers Bring May Flowers! The new Spring/Summer menus are here. The new BLT chicken salad is very good, and brand new is the Santa Fe ham salad. The Fiesta Bake is back along with other favorites: BBQ riblet sandwich and potato crusted fish file. Stop in and try out one of our new menus. If any participant needs a special request, let Sue know, and we will try to accommodate you.



Nutrition Site meals are served at 11:30 Monday through Friday. Anyone 60 and over is welcome to attend the meal. To reserve a meal, call 262-473-0536 by noon a day in advance (call Friday for a Monday meal) or call Walworth County at 1-800-365-1587 and leave your name, phone and the meal site you would like to attend. It's that simple. Thanks for stopping in and here's hoping to the Best Spring Ever.

~Sue

**REMINDER:** The Nutrition Site meals are available for a very reasonable donation. To continue with these minimal amounts, **cancellations** must be called in no later than 8 am the day of your reservation or the night before. Please call the Nutrition office at 262-741-3333 and leaving your message.. Walworth County gets charged for meals ordered. Please help out the Nutrition program by canceling in advance.

## IMPORTANT NUMBERS & WEB SITES

- Alzheimer's Assistance, Southeastern WI Chapter, 1-800-272-3900 or [www.alzheimers-sewi.org](http://www.alzheimers-sewi.org)
- Walworth County Benefit Specialist, contact Julie Juranek, 262-741-3200 or 1-800-365-1587
- Walworth Co. Dept of Health & Human Services, Dept on Aging, 1-800-365-1587
- Information and Referral, (County Aging Services), 262-741-3423
- Coalition of Wis. Aging Groups/Elder Law Center, 608-224-0606 or [www.cwag.org](http://www.cwag.org)
- Retired Senior Volunteer Program (RSVP), contact Patti O'Brien, 262-472-9632
- Social Security Administration, 1-800-772-1213
- Southeastern WI, Area Agency on Aging is now GWAAR, Greater Wisconsin Agency on Aging Resources, Inc., 262-821-4444 or 608-224-6300
- Walworth County Chapter of AARP, contact Nancy Schultz 608-883-2044 or [www.rina66@ticon.net](http://www.rina66@ticon.net)

## ARE YOU ELIGIBLE FOR MEDICARE?

Walworth County Senior/Elderly Benefit Specialist Program will host Medicare Workshops at Walworth County Health & Human Services, Hwy. NN, Elkhorn at either 1-2:30 pm or 6-7:30 pm on Thursday, June 11 and Wednesdays August 12, October 14, and December 9. If you have questions on Medicare, call the Specialist, 2620741-3200 or 1-900-365-1587.

## PAPER SHREDDER

We have a shredder available to use. Please call in advance.



## THERAPEUTIC MASSAGE

**Monday, May 11, 1:00 pm**

Massage can increase range of motion and decrease pain. Sharon Baker specializes in massage for seniors. She will be at the Community Building on the second Monday of the month offering half hour massages for \$20. This is a table massage. Appointments must be made in advance by calling 262-473-0535.



## CHAIR MASSAGE

**Thursday May 21, 10:30 am**

Sharon is now offering chair massage in addition to table massage. Please make an appointment in advance by calling 262-473-0535.

## FOOT CLINIC

**Tuesday, May 19, 12:00 pm**

Sharon Holz, R.N. provides our foot clinic on the first Tuesday of the month. You will get a foot soak, have your nails clipped, filed and cleaned, corns and calluses filed, and your foot massaged. Please bring a towel. No appointment is necessary. Cost is \$10.00.



## BLOOD PRESSURE SCREENING

**Tuesday, May 26, 10:30 am**

A free blood pressure screening is provided by the Whitewater Family Practice at the Community Building.

## WHITEWATER GRIEF SUPPORT GROUP

**2:00 pm 3rd Tuesday**

This group meets at Fairhaven in the Lower Level Conference Room. New members are always welcome. Call 920-674-6255 with questions.

**THE NEW VAN AND VAN DRIVERS**

It looks like the new van may be a reality sometime in June. Thanks to everyone who donated to our fundraising efforts. I think you will all be very pleased with the outcome.

Our drivers will be trained and licensed for the new van. As soon as this is accomplished, we will begin using it.

Welcome to new van drivers **Anita Channing, Nora Neumeister, and Virginia Epps**. Thanks so much for volunteering your time to our program.

Retiring van drivers are **Henry Malo and Wilfred Roe**. We thank them for transporting people safely and with kindness. You will both be missed.

**SPRING/SUMMER THERMOSTATS**

As a city facility, the thermostats in the Community Building are set at a general comfortable temperature. Some may find this warm, and for others, it may be cool. Please dress appropriately or bring a sweater. We try to keep the building comfortable, but not everyone has the same internal thermostat.

**DONATIONS, GIFTS AND MEMORIALS**

*“No man can become rich without himself enriching others.”* Andrew Carnegie

You can make Seniors in the Park a recipient of a gift any time of the year. We appreciate your generosity and support of our programs.

**THANK YOU TO:**

- **Veda Fearn** for a donation to the computer lab.
- **Steve Ridenour** for donating a disposable camera for the van.
- **Bea Jacobs** for donating books for the library.

**FUNDS FOR FRRIENDS**

We received \$81.33 in April for our Funds for Friends project. Keep up the great work collecting those Sentry receipts with Funds for Friends stickers. Remember to collect them at both the Elkhorn and Whitewater Sentry stores.

**Coordinator's Comments**

May is a big month. We are finalizing our accreditation packet and will be having our peer review in June. It is very exciting to see the end of a long and fruitful process.

There is a program survey at the end of the newsletter. I would appreciate it if everyone would take a minute to fill it out. Please bring it back to the Community Building. There will be a basket in the lobby to place your survey in. This is one of the benefits of accreditation. We will be doing more evaluations of programs and attempting to get more input from participants. Seniors in the Park is YOUR program.

Reminder: The Community Building is a public facility in which we try to balance the need for lighting with conservation. The hallway and main room lights must remain on when the facility is open, both for liability reasons and to be a welcoming and friendly place for people to come. Please only turn these lights off if you are closing and locking the facility. Thanks!



## JANESVILLE SHOPPING

Wednesday, May 27

Join us for a fun day in Janesville. Stops determined by those on the trip. **Pickups begin at 10:30 am.** Must have four people for the trip to go.

Cost \$5. RSVP by Monday, May 25.



## LUNCH BUNCH

Thursday, May 14, 10:30 am

Enjoy the Shrimp House at the Delevan Inlet. Lunch is on your own. Departure: 10:30 am.

## FISH FRY FRIDAYS

Friday, May 15, 4:30 pm

Enjoy the fish fry at the Sun Mist Café in Delavan. \$7.99 includes soup or salad and dessert. Depart at 4:30.

## CIVIL WAR MUSEUM

Tuesday June 23, 8:30 am



The Civil War Museum is like no other museum in the country. No current museum explores this war as seen and experienced on the home front nor the

connections between the home front and the battle front. Through state-of-the-art museum technology, life-size dioramas, and interactive engaging exhibits, visitors travel back in history to the social, political and economic influences that contributed to the Civil War. Lunch will be on your own at Frank's, a unique and old-fashioned diner. Stop at O&H Bakery for the best kringle anywhere.

Cost: \$20-\$25 (more info when you sign up)

Reservation and Payment due by June 11

## MISSISSIPPI RIVER FALL EXPLORER

October 5-7, 2009

Begin the trip with a scenic and explorative cruise down the Mississippi River from Prairie du Chien to Lansing IA. You'll see Effigy Mounds National Monument, majestic Pike's Peak bluff, and the mouth of the Wisconsin River, just at the early explorers did. Your Captain shares tales of steamboat wrecks, early explorers, and Native American wars. That evening enjoy dinner along with entertainment by the "Footnotes" a traditional Scandinavian band. Other tour highlights include the Laura Ingalls Wilder Park and Museum, the Seed Savers Exchange, the Vesterheim Norwegian American Museum, the famed Billy Brothers collection of carved wooden clocks, the Decorah Fish Hatchery, and Pikes' Peak State Park, one of the most beautiful overlooks on the entire Mississippi River. Trip includes 5 meals, baggage handling, driver gratuity, lodging and transportation. Call for a detailed itinerary.

Cost: \$399 per person double

\$465 per person single

Reservations and final payment due by 8/31/09

## SMOKEY MOUNTAIN SHOW TRIP & THE BILTMORE ESTATE

Sept 27-Oct 3 \$619 per person dble

Call for a detailed itinerary.

## FIRESIDE 2009

Wed Aug. 5—The Witnesses; Jesus & Followers.

RSVP/Payment deadline: Tues June 30.

Escort: Marie Hathaway

Wed Oct. 28—The Sound of Music

RSVP/Payment deadline: Wed., Sept. 23

Wed Dec 16—Fireside Christmas

RSVP/Payment deadline: Thurs., Oct. 29

Cost: \$62.00

Payable to: The Fort Atkinson Senior Center.

Arrive at the Fireside at 10:30 am. Lunch is at

11:15 and Show at 1:30. Transportation is on your own.

## Coach Trips



### WINE AND CULINARY TOUR

Wednesday July 15

Experience the Valentino Vineyards with a tour of the vineyards, learning about the wine making process, and enjoy a sampling. (The owners name is Rudolph!). Then it's off to the scrumptious Long Grove Confectionery for a tour. See how they make chocolates and view their fabulous chocolate sculptures. Delight in the outlet store after the tour. The rest of the day will be spent in Historic Long Grove. Our group will be treated to a tour and tasting at the Olive Tap (olive oil), a snack and beverage at the Apple Haus and we will receive discount shopping coupons. This picturesque village offers some of the most extensive and select retail establishments in the Chicago area, most of which are located in landmark historic buildings. There are eclectic art galleries, a mosaic of gourmet specialty shops, and a myriad of fine and casual dining opportunities. Enjoy a day of food and fun!

Cost: \$42 RSVP/Payment deadline: June 18

Make checks out to City of Whitewater

Depart: Fort K-Mart 7:30 am

Starin Park 8:00 am

Return: Starin Park 6:00 pm

Fort K-Mart 6:30 pm

Note: Lunch is on your own. There will be a lot of walking on this trip.

### OLD FASHIONED GARDENS

Wednesday, June 3

Our trip begins with a tour of Jung Seed Company, one of the oldest and largest seed companies in the US. Our bus has lots of room underneath if you decide to purchase some plants from their large greenhouse. Then it is off for a family-style meal at Fiel's Supper Club. After lunch, we will go to Renschlers Amish store in Pardeville. There we will see many family gardens planted the old-fashioned way, with a plow and horse. The store provides tasty delights for you to take home. Many bulk items available.

Cost: \$40

**RSVP/Payment deadline: May 8**

Make checks out to Fort Atkinson Sr Ctr

Depart: Starin Park, 8:15 am

Fort K-Mart, 8:40 am

Return: Fort K-Mart, 4:40 pm

Whitewater, 5:00 pm

### **EMERGENCY FORMS**

Emergency forms must be completed to travel with us. They can be filled out when you register for a trip or the day of. You will need doctor/emergency contact numbers and a list of your medications.

## Extended Trips

### **ALBUQUERQUE BALLOON FIESTA**

October 2-6, 2009 \$1589 pp/dble

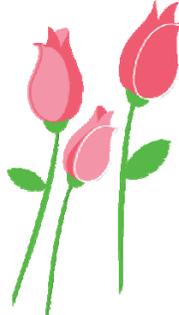
Imagine a blue sky filled with a kaleidoscope of dazzling colors and shapes. Witness the morning mass ascension and the Balloon Glow, an event that's guaranteed to set the night sky ablaze. Trip also includes a guided tour of Albuquerque with Old Town, Los Alamos and Bandelier National Monument, and an historic walking tour of Santa Fe. Trip includes professional Tour Manager, free home pickup (in Walworth Co), 3 meals, round trip airfare from Chicago and \$25 in Mayflower money. Call for complete itinerary. Final payment due June 20. \$100 off for new travelers.

### **CAPE COD**

September 13-19 \$1949 pp/dble

Tour highlights include: 6 nights in Hyannis, Cape Cod Central Railroad, Hyannis Harbor Cruise, Plimith Plantation, Plymouth Rock, Mayflower II, Martha's Vineyard Tour, Newport's Ocean Dr, Breakers Mansion tour, Heritage Plantation, Sandwich, New England Lobster Dinner. Includes: Airfare transfers, 9 meals, sightseeing and admissions, tour director and baggage handling. \$550 single supplement. Call for a complete itinerary. Final payment due June 22.

## Seniors in the Park Activity Calendar –May 2009

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Activities take place at the Starin Park Community Building unless otherwise noted.  <b>(A)=Downtown Amory</b>  <b>(L)=Cravath Lakefront</b></p>				<b>1</b> <b>Happy May Day!</b>
<b>4</b> 8:30 Golf 9:30 Stretch/Flex 10:30 Book Club 11:00 Wii Bowl <b>12:00 Senior Forum</b> 1:00 Bid Euchre 1:30 Canasta	<b>5</b> 10:00 Culvers Bingo 11:00 Potluck 11:30 Dominos 1:00 Sheepshead 6:30 Ceramics (A)	<b>6</b> <b>11:30 Creative Writing Seminar</b> <b>11:30 Birthday Day</b> 1:00 Texas Hold ‘em Poker 1:00 Chess 6:30 Ceramics (A)	<b>7</b> 1:00 Ceramics (A)  <b>Garden Tour Deadline</b>	<b>8</b> 
<b>11</b> 8:30 Golf 9:30 Word Class 11:00 Wii Bowl <b>1:00 Therapeutic Massage</b> 1:00 Bid Euchre	<b>12</b> <b>12:30 CPR/AED Class</b> 1:00 Sheepshead 6:30 Ceramics	<b>13</b> 9:30 Word Class 1:00 Chess 3:00 Accreditation 6:30 Ceramics (A)	<b>14</b> 9:30 Stretch/Flex <b>10:30 Lunch Bunch to the Shrimp House</b> 1:00 Ceramics (A)	<b>15</b> <b>4:30 Fish Fry</b>  <b>16</b> <b>9:00 – 11:00 Car Inspection and Cleaning at Whitewater High School</b>
<b>18</b> 8:30 Golf 9:30 Internet Class 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre 1:30 Canasta	<b>19</b> 10:00 Our House Senior Living Bingo <b>12:00 Foot Clinic</b> <b>1:00 Winston Churchill presentation</b> 1:00 Sheepshead 6:30 Ceramics (A)	<b>20</b> 9:30 Internet Class 1:00 Texas Hold ‘em Poker 1:00 Chess 6:30 Ceramics (A)	<b>21</b> 9:30 Stretch/Flex <b>10:30 Chair Massage</b> 1:00 Ceramics (A) <b>3:00 Grief Support Grp. at Fairhaven</b>	<b>22</b>
<b>25</b> <b>Closed for Memorial Day Observance</b> 	<b>26</b> 10:00 City Bingo 10:30 Blood Pressure 12:30 Our House Senior Living Movie “Marley and Me” 1:00 Sheepshead 6:30 Ceramics	<b>27</b> <b>10:30 Janesville Shopping</b> 1:00 Chess 6:30 Ceramics (A)	<b>28</b> 8:30 Golf 9:30 Stretch/Flex 1:00 Ceramics (A)  <b>Drawing Workshop deadline</b>	<b>29</b>

**Help us plan for future programs, services, and opportunities. Please fill out and return this page to the Community Building, 504 W Starin Rd, Whitewater WI. Thanks for your participation**

**What type of pursuits are you interested in the City providing through the Parks and Recreation Dept and Seniors in the Park? Please check those of interest.**

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Hiking Group              | <input type="checkbox"/> Drawing                   | <input type="checkbox"/> Day van trips      |
| <input type="checkbox"/> Biking Group              | <input type="checkbox"/> Drama group               | <input type="checkbox"/> Day bus trip       |
| <input type="checkbox"/> Men's Exercise            | <input type="checkbox"/> Gentle yoga               | <input type="checkbox"/> 2-3 day trips      |
| <input type="checkbox"/> Men's Breakfast           | <input type="checkbox"/> Brain Fitness             | <input type="checkbox"/> 4+ day trips       |
| <input type="checkbox"/> Laughter Club             | <input type="checkbox"/> Woodcarving               | <input type="checkbox"/> Cooking Class      |
| <input type="checkbox"/> Tai Chi                   | <input type="checkbox"/> Singles Group             | <input type="checkbox"/> Wii Bowling League |
| <input type="checkbox"/> Foreign Language class    | <input type="checkbox"/> Ethnic presentations      | <input type="checkbox"/> Special Events     |
| <input type="checkbox"/> Wellness Presentations    | <input type="checkbox"/> Camera Club               | <input type="checkbox"/> Creative Dance     |
| <input type="checkbox"/> Singing group             | <input type="checkbox"/> Community Band            | <input type="checkbox"/> Jam Session        |
| <input type="checkbox"/> Investment Club           | <input type="checkbox"/> Senior show on Cable 98   | <input type="checkbox"/> Spirituality       |
| <input type="checkbox"/> Educational opportunities | <input type="checkbox"/> Learning/discussion Group |   |

**What days and times do you prefer for programming? Please check.**

- |                                   |                                    |                                  |
|-----------------------------------|------------------------------------|----------------------------------|
| <input type="checkbox"/> Weekdays | <input type="checkbox"/> Saturday  | <input type="checkbox"/> Sunday  |
| <input type="checkbox"/> Morning  | <input type="checkbox"/> Afternoon | <input type="checkbox"/> Evening |

**Would you be interested in meaningful volunteer service opportunities such as:**

- |  |   |                                     |
|--|---|-------------------------------------|
| <input type="checkbox"/> Volunteer Coordinator       | <input type="checkbox"/> Class facilitator/leader     | <input type="checkbox"/> Van driver |
| <input type="checkbox"/> Elementary school volunteer | <input type="checkbox"/> Assist at the Nutrition Site |                                     |
| <input type="checkbox"/> Assist with fundraising     | <input type="checkbox"/> Special event assistance     |                                     |

Other: \_\_\_\_\_

**What services or support groups would you like to see at Seniors in the Park**

- |  |  |
|--|--|
| <input type="checkbox"/> Blood Pressure Screenings               | <input type="checkbox"/> Massage Therapy         |
| <input type="checkbox"/> Low Vision Support group                | <input type="checkbox"/> Caregiver support group |
| <input type="checkbox"/> UWW Counseling service                  | <input type="checkbox"/> Foot Reflexology        |
| <input type="checkbox"/> Midlife and Older Women's Support Group | <input type="checkbox"/> Ostomy club             |

**Information:**

Age: \_\_\_\_\_

City resident:  Yes  No If no, what city/township \_\_\_\_\_

**If you would like to be contacted about volunteer opportunities please put your name and contact information on the back of this sheet.**

**Seniors in the Park**  
**PO Box 178**  
**Whitewater WI 53190**

Member:

Wis. Association of Senior Ctrs.  
Wis. Parks & Recreation Assoc.  
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 262-473-0536  
Mon-Thurs 8:30 am—3:30 pm  
Deb Weberpal, CPRP, Senior Coordinator  
dweberpal@ci.whitewater.wi.us

For General City information see the city  
website at [www.ci.whitewater.wi.us](http://www.ci.whitewater.wi.us)

Seniors in the Park is a division of  
Whitewater Parks and Recreation  
Matt Amundson, CPRP, Director  
Michelle Dujardin, Recreation &  
Community Events Coordinator

**NEWSLETTER SUBSCRIPTION**  
**OR PICK-UP SITES**

To have the Seniors in the Park Newsletter mailed to your home for one year, send \$5 with this coupon. To receive the newsletter **FREE**, go online to [www.ci.whitewater.wi.us](http://www.ci.whitewater.wi.us). Click on Departments, Parks and Recreation, Seniors in the Park to print a copy of the newsletter. The newsletter is available for pick up at the Community Building, Municipal Building, the Mercy Aquatic Center, Discover Whitewater, and the Irvin L. Young Memorial Library.

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_  
\_\_\_\_\_

**E-Mail** \_\_\_\_\_

**SENIORS IN THE PARK PROMOTES AND  
ENHANCES A VITAL AGING COMMUNITY**

# Walworth County Nutrition Menu – May 2009

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p>Call 473-0536 by noon a day in advance to reserve your meal or call Walworth Co. at (262) 741-3333 or 1-800-365-1587, ext. 3333. You may reserve a meal by calling your meal site coordinator <u>before 12:00 p.m. one (1) business day in advance</u>. Cancellations must be made no later than <u>8:00 a.m.</u> the day of your reservation. Call the Nutrition Program office and leave a message.</p>				<p><b>1</b> Mostaccioli (Pasta) and Meat Sauce Italian Mixed Vegetables French Bread Ranger Cookie</p>
<p><b>4</b> Chopped Steak with Mushroom Sauce Mashed Potatoes Brussels Sprouts Wheat Bread Fruit Cup</p>	<p><b>5</b> Chicken Salad Romaine Lettuce Garnish Herbed Tomato Wedges Multi-Grain Bread Chilled Pears</p>	<p><b>6 Birthday Day</b> Diced Pork/Rosemary Sauce Garlic Mashed Potatoes California Blend Vegetables Marble Rye Bread Cake</p>	<p><b>7</b> All Beef Hot Dog on a Hot Dog Bun Oven Browned Potatoes Parslied Carrots Banana</p>	<p><b>8</b> Potato Crust Fish Filet Peas and Onions Corn Wheat Bread Fresh Melon</p>
<p><b>11</b> Beef Tips Burgundy Mashed Potatoes Broccoli Wheat Bread Mandarin Oranges</p>	<p><b>12</b> Barbecued Country Pork Au Gratin Potatoes Parslied Cauliflower Multi-Grain Dinner Roll Chilled Peaches</p>	<p><b>13</b> Chicken Tarragon Peas Cole Slaw Baking Powder Biscuit Hot Glazed Apples</p>	<p><b>14</b> Tuna Salad Supreme with Lettuce and Tomato American Potato Salad Rye Bread Fruit Cup</p>	<p><b>15</b> Sicilian Meatball Soup Potatoes Italiano Italian Green Beans Wheat Bread Iced Sugar Cookie</p>
<p><b>18</b> Chicken Breast ala Orange Savory Brown Rice Green Beans &amp; Onions Multi-Grain Roll Chilled Apricots</p>	<p><b>19</b> Italian Beef Sandwich on a Sliced Wheat Bun California Blend Vegetables Stewed Tomatoes Vanilla Pudding</p>	<p><b>20</b> Kielbasa Scalloped Potatoes Spinach Rye Bread Chilled Peaches</p>	<p><b>21</b> Turkey and Gravy Baked Sweet Potatoes Broccoli Multi-Grain Bread Cherry Crisp</p>	<p><b>22</b> Meatloaf and Gravy Mashed Potatoes Harvard Beets Rye Bread Applesauce</p>
<p><b>25</b>  Memorial Day Senior Lunch Centers will be closed.</p>	<p><b>26</b> Spaghetti and Meatballs Mixed Green Salad Garlic Bread Chilled Pears</p>	<p><b>27</b> BLT Chicken Salad Mixed Salad Greens with Tomato Wedges Mandarin Oranges Ry Krisp Crackers Marble Cake</p>	<p><b>28</b> Hamburger on a Hamburger Bun Baked Beans Mixed Vegetables Peanut Butter Cookie</p>	<p><b>29</b> Italian Baked Chicken Thigh Mashed Potatoes/Gravy Green Beans Wheat Bread Fresh Melon</p>