



The Park Bench

Seniors in the Park Newsletter
May 2010 Volume X Issue 5

Seniors in the Park promotes and enhances a vital aging community

OLDER AMERICANS MONTH: **AGE STRONG! LIVE LONG!**

May is Older Americans Month—a tradition dating back to 1963 to honor the legacies and ongoing contributions of older Americans and support them as they enter the next stage in life.

This year's Older Americans Month theme—*Age Strong! Live Long!*—recognizes the diversity and vitality of today's older Americans who span three generations. They have lived through wars and hard times, as well as periods of unprecedented prosperity. They pioneered new technologies in medicine, communications, and industry while spearheading a cultural revolution that won equal rights for minorities, women, and disabled Americans. These remarkable achievements demonstrate the strength and character of older Americans, and underscore the debt of gratitude we owe to the generations that have given our society so much. But the contributions of older Americans are not only in the past.

While keeping the growing population of older Americans healthy and active will increase the demand for senior services, what is remarkable, is the extent to which older Americans themselves are supporting each other by making significant contributions in their communities through civic and volunteer opportunities.

In fact, older Americans are a core component of service delivery to seniors—embodying and modeling the drive to *Age Strong! Live Long!* They volunteer at group meal sites and deliver food to homebound seniors; they act as escorts and provide transportation for older adults who cannot drive; they help seniors with home repair, shopping and errands; and they provide vital counseling, information and referral services. Their energy and commitment reminds all Americans—not just senior citizens and their caregivers—to do their part to enhance the quality of life for older generations.

SELF DEFENSE CLASS

Thursday, May 20 1:00 pm

Learn basic, simple ways that any ability or age can use to defend themselves. Emphasis in the class will be on awareness & prevention of attacks, knowing & controlling risks and control of your environment. There will also be a demonstration of cane self defense techniques.

Instructor: Joe Moniot Register by Monday, May 17



CAR CLEANING AND INSPECTION

Saturday, May 22, 9:00 am -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 20.

WHAT'S INSIDE

Pages 2-4

Classes and Activities

Page 4

Looking Ahead

Page 5

Nutrition Site, FYI

Pages 6-8

Travel

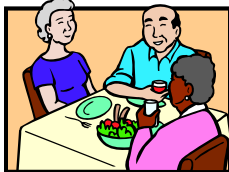
Page 8

Resources, Services, and Thank You

Page 9

Opportunities

Classes and Activities



NVR2LATE

Potluck May 12, 6:00 pm

Fireside May 18, 5:00 pm

On May 12 the group will gather for a pot luck with games to follow. The second Wednesday of the month will remain pot luck night. May 18 the group will meet at Starin park and travel to the Fireside to see the Anchormen. Cost is \$36.87 and reservation/payment is due by Wednesday May 5.

NVR2LATE is a group for single, adults 50+ who are interested in making new friends to share interests and activities with.

Please RSVP by Monday May 10 for potluck

June: Rotary Gardens and Minneiska Ski Show outings

FIVE WISHES

Monday, May 17, 12:30 pm

Five Wishes is the first living will that talks about your personal, emotional and spiritual needs, as well as your medical wishes. Five Wishes lets you say exactly how you wish to be treated if you get seriously ill. It's easy to use. All you have to do is check a box, circle a direction or write a few sentences.

Presenter: Mike Granite, Hospice Advantage

Register by Thursday May 13



BE A "KETTLE TREKKER"

Challenge yourself to hike the 26.2 miles of the Ice Age national Scenic Trail in Walworth and Jefferson Counties. Segments are 1.6 to 5 miles long. Record your progress and receive a Kettle Trekker patch and certificate. For more information, pick up a brochure at Seniors in the Park. Questions about the program? Call 262-728-8450.

UWW LECTURE SERIES

World War II Stories: Sixty-five Years Since Victory

Wednesdays, 1:00 pm

UW-W Emeritus Professor Richard Haney returns with an engaging series of talks on WWII.

May 5—Rationing, V-mail, Movies, Songs, Shortages and Regret-to-Inform Telegrams: The American Home Front During World War II

The World War II Lecture Series will air until mid-May at 1:30 Saturday and Sunday on Cable Channel 98 or Digital 990.



COLORLIGHT THERAPY

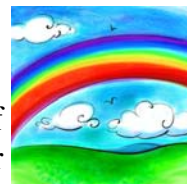
Wednesday, May 19 2-4 pm

This class will cover the affect of color on your body, color codes for your spine, color codes in your name, and the application of colorlight to balance emotions using Chromalite II.

Instructor: Charlotte Soto

Cost: \$3.00, payable to the instructor

Register by Monday, May 17



FREE FACIALS & SKIN CARE

Monday, May 10 11 am or 1 pm

Indulge in some pampering with a free facial and skin care information with Linda Klietz. Look and feel fabulous! Best of all it's 100% FREE!!!

RSVP by Thursday May 6 for 11:00 am or 1:00 pm session

DRAWING WORKSHOP

Fridays in June, 1—3 pm

Janesville Senior Center

Drawing is a wonderful way to explore the world around you, and notice the details of your subject. It is inexpensive; all you need is a pencil, a sketch book and an eraser. The goal of this class is to help you increase your skill level.

To register call 608-755-3040.

Cost: \$12.00

OUR HOUSE SENIOR LIVING MOVIES



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

“2012”

Tuesday, May 11, 12:30 pm

Rated: PG-13 158 min.

Dr. Adrian Helmsley, part of a worldwide geophysical team investigating the effect on the earth of radiation from unprecedented solar storms, learns that the earth's core is heating up. The crust of the earth is becoming unstable and without proper preparations for saving a fraction of the world's population, the entire race will be doomed. Writer Jackson Curtis stumbles on the same information. As he struggles to find a way to save his family and world's leaders race to build "arks" to escape the impending cataclysm, volcanic eruptions and earthquakes of unprecedented strength wreak havoc around the world.

“My Life in Ruins”

Tuesday, May 25, 12:30 pm

Rated: PG-13 95 min.

Georgia, a college professor of Classical Greek studies, lost her job at the university and had to take a job as a tour guide to the most annoying of tourists. Feeling this job is beneath her and having a deep love for Greek history, she tends to bore most of her tour companions. Uptight & disillusioned Georgia has lost her "kefi," that joie de vivre, that spirit that Greeks seem to have. She manages to form a genuine connection with wisecracking widower Irv, a solo vacationer who maintains a jovial facade despite the fact that he misses his late wife dearly. With a little help from Irv, Georgia comes to realize that true love may be closer than she thinks -- if she could just recapture her kefi and open her eyes.

ANNUAL SENIOR FORUM

Monday, May 3, Noon

Become involved! We are looking for some leaders to step forward and assist with the many wonderful ideas generated by the accreditation committee. An agenda is posted on the bulletin board at least 3 days prior to the meeting. The meeting minutes can also be found at the city website www.ci.whitewater.wi.us. Snacks and a beverage will be served.

BOOK CLUB

Monday, May 3, 10:30 am

The Book Club will discuss *Very Valentine* by Adriana Trigiani. The book for June is *The Testament* by John Grisham. Elderly billionaire industrialist Troy Phelan is holding court from his corporate office headquarters in Virginia. He has just rewritten his will to ensure that his rogue heirs--six children and three ex-wives--will be cut off. He gives the bulk of his fortune to an illegitimate daughter, Rachel Lane, a religious missionary living among native peoples in the Brazilian jungle. This done, Phelan hurls himself out the office window, killing himself, leaving his heirs and their \$500-an-hour lawyers to fight over his money. Nate O'Riley, an alcoholic attorney with a heart of gold, is sent to Brazil to seek out Rachel while the family tries to overturn the will.



THE PARK BENCH TELEVISION SHOW IS ON THE AIR



Currently the show features information about Seniors in the Park. The next show will feature Wendy Bentley, of the Alzheimer's Association, discussing Alzheimer's Disease and Brain Fitness. The show airs on Cable 98 or Digital 990 on Tuesday, Thursday, and Friday at 6:00 pm. The World War II Lecture Series will air until mid-May at 1:30 pm Saturday and Sunday.

BINGO!

Tuesdays, 10:00 am

May 4: Culver's Bingo
 May 11: Our House Senior Living
 May 25: City Bingo

Weekly Bingo Sponsors:

Culver's Our House Senior Living

City Bingo Sponsors:

Topper's Pizza	Novak's	Subway
McCullough's	Robin's Nest	Pizza Hut
Commercial Bank	Genoa Pizza	Sentry
Bergey Jewelry	Rosa's Pizza	Beer Here
Dale's Bootery	Rocky Rococo	Taco Bell
Day N Nite Café	Dental Perfections	
Winchester True Value	Eastsider/Westsider	
Fort Com. Credit Union	Tincher Realty	
Dalee Water Condition.	Eastside Laundry	
Binning & Dickens Ins.	Mirage Hair Studio	First
Citizens State Bank	Jessica's	
The Sweet Spot	Restaurant	

Remember to thank our sponsors when you visit them.

ACTIVITIES AT A GLANCE

Bid Euchre—Mondays 1:00
Book Club—First Monday 10:30. Books available at Starin Park
Bowling—Wednesdays 9:00 am, Hawk Bowl
Canasta—First, third and fifth Mondays 1:30
Ceramics—Tuesday and Wednesday 6:30-8:00 pm, Thursdays 1-3 at Armory
Dominoes—First Tuesday 11:30
Golf—Mondays 8:30 am Oak Ridge Golf Course, Milton
NVR2LATE—Potluck and games; Second Wednesday 6:00 pm
Potluck—First Tuesday 11:00. Bring a dish to pass
Senior Forum—First Monday at noon
Sheepshead—Tuesdays 1:00 pm
Stretch & Flex—Mon & Thurs. 9:30 am
Texas Hold 'em Poker—First/Third Wed 1:00
Wii Bowling/Sports—Mondays 11:00 am

POLICIES AND PROCEDURES

Each month, we will focus on a policy from our Policies and Procedures manual. With the advent of our television program peoples likenesses may be used in the promotion of our activities and programs. The policy, which is part of our Release of Liability, reads: "I agree to the unreserved use of my name and/or likeness (including photographs, videotapes, and other depictions) for publicizing Whitewater Parks and Recreations Department Programs, including Seniors in the Park.

I assume all risks and hazards of the program and release from responsibility any employee/agent/volunteer/organization associated with this activity. In case of injury, I do hereby waive all claims or legal actions, financial or otherwise, against the City of Whitewater, its organizers, sponsors, or any volunteer connected with the program unless injury is caused by the sole negligence of the City of Whitewater. In absence of signature, payment of fees and/or participation in the program shall constitute acceptance of the conditions set forth for any purpose."

A copy of our policies is available at the front desk and the Inappropriate Behavior Policy is posted on the bulletin board. You are welcome to stop in and read it anytime. Contact Deb if you have questions or concerns about this policy.

VIRTUAL DEMENTIA EDUCATIONAL PROGRAM

This is a free educational program to help people experience what it is like to have dementia. Each educational segment takes about 30 minutes and is offered to the community by appointment only on May 13 from 10:00—2:00 and May 14 from 8:00—noon at the Hampton Inn in Elkhorn. Call Holton Manor at 262-723-4963 to schedule a time.



NOTES FROM THE KITCHEN

The Spring/Summer menu is here! Back are several different salads, hamburgers, hot dogs and new this year is a ham and turkey on foccacia flat bread. Busy with yard work? Let us cook for you. Anyone 60 and over is welcome to attend the meal. Nutrition Site meals are served at 11:30, Monday through Friday. The suggested donation is \$2.50. 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. Enjoy a meal with us.

~Sue

MEAL SITE CANCELLATIONS

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 leave your message. The County gets charged for meals ordered. Please help out the Nutrition Program by canceling in advance.

BIRTHDAY DAY

Wednesday, May 26 11:30 am

Celebrate your May birthday with us. Sign up for the meal by noon a day in advance.



Happy May Birthdays to:

4—Betty Sweno 19—Thelma Robbins
12—Marie Waters

**The Nutrition Program will be at
Brookdale on Friday, May 14.**

NATURAL WONDERS OF COSTA RICA

Tour Highlights:

- Paos Volcano National Park
- Coffee Plantation Tour
- Cano Negro Jungle Cruise and Wildlife Refuge
- Arenal Volcano National Park
- Selvatura Park (Cloud forest conservation project)
- Monteverde Cloud Forest
- Butterfly Farm
- Hummingbird Gallery
- Carara Biological Reserve
- Orchid Garden Tour
- Sarchi Artesian Village
- Farewell Dinner and Folklore Show



Cost includes:

- Professional Naturalist Tour Director
- 2 nights-All Inclusive Eco-Resort in rainforest
- 2 nights-Paos Volcano area (La Fortuna)
- 2 nights at hotel-Monteverde Cloud Forest
- Airfare
- Sightseeing/admissions per itinerary
- 18 meals (8B -3L -7D)
- Hotel Transfers
- Baggage Handling
- International Air Departure Taxes

Cost: \$2399

\$500 deposit upon registration

Detailed itinerary is available online at www.ci.whitewater.wi.us, Department, Seniors in the Park, at the Starin Park Community Building or by calling 262-473-0535.

Premier World Discovery

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

Van Trips



MILWAUKEE ART MUSEUM **Raphael: The Woman with the Veil**

Thursday June 3

This one work exhibition brings one of the most important and celebrated paintings of the Italian Renaissance, *Raphael: The Woman with the Veil* (La Donna Velata), to Milwaukee for the first time. Rarely lent from the Pitti Palace in Florence, this irresistibly beautiful portrait was once considered the most famous painting in the world. Lunch is on your own in the cafeteria. Enjoy celebrated art, dramatic architecture, and scenic gardens as you discover Wisconsin's premier destination for art and culture

Cost: \$26.00 (Minimum 8)

Departure 9:00 am, Ret approx 4:00 pm

RSVP/Payment due by Thursday May 20

FAIR MEADOWS TOUR

Thursday June 17

You loved their presentation in March. Now is your chance to see first hand the restoration efforts. There will be walking on this trip.

Cost: \$4.00 (Minimum 8)

Departure 8:30 am, Ret approx 12:30 pm

RSVP/Payment due by Thursday June 10



JANESVILLE SHOPPING

Wednesday, May 19, 10:30 am

Join us for a fun day in Janesville. Stops determined by those on the trip.

Departure: 10:30 am. Cost: \$5

RSVP by Monday, May 17.

RED SKELTON: **A TRIBUTE PRERFORMANCE**

August 26, 3:00 show

Stoughton Opera House

Cost: \$30.00—2 seats left!

Reservation/payment due July 22.

Trip departs: 1:30; Return approx: 6:00 pm

MADISON ARBORETUM **HIKE**

Tuesday May 18

The UW Arboretum in Madison has a fabulous collection of lilacs. Enjoy their beauty and fragrance on the first of our monthly hike series. There are many paths to hike, there is a visitor center where you can shop or get information and there are also gardens to walk through if you are not an avid hiker.

Cost: \$8.00 (Minimum 8)

Departure 8:30 am, Ret approx 12:30 pm

RSVP/Payment due by Thursday May 13



BLUE SPRING LAKE HIKE

Wednesday June 23

This hike is 3.9 miles and is the beginning of the "Kettle Trekker" hiking program.

Cost: \$3.00 (Minimum 5)

Departure 8:30 am, Ret approx 10:30 am

RSVP/Payment due by Thursday June 17

MINNEISKA SKI SHOW

Saturday June 19

Scenic Ridge Campground

Enjoy the fabulous ski show put on by the Minneiska Ski Team on Whitewater Lake. Please bring a lawn chair.

Cost: \$3.00

Reservation/payment due Tuesday June 15

Trip departs: 5:45; Return approx: 8:00 pm



LUNCH BUNCH

Thursday, May 13

Travel to Williams Bay to Daddy Maxwell's Antarctic Circle. It's unique building will fascinate you.

Departure: 10:30 am. Cost: \$5

RSVP by Tuesday, May 11.

June: Cotton Picker & Gooseberries-Burlington
July: Sammy's on the Square—Walworth



GERMAN FEST

Friday, July 23

German Fest better known as “Gemutlichkeit” is in its 30th year in Milwaukee. There are 8 stages of continuous entertainment with bands directly from Germany and dance groups in authentic costumes. German food is prepared fresh daily as well as German Fest Beer and imported German wines (soda and juice are also available). You can also shop for a wide variety of German gifts.

Cost: \$33.00, includes transportation/admission

RSVP/Payment due Tuesday June 8

Make checks out to Fort Atkinson Senior Ctr.

Departure: Starin Park 1:30 pm

Fort Kmart 2:00 pm

Return (approx): Fort K-Mart 8:00 pm

Starin Park 8:30 pm

The Fireside

The Anchormen

Tuesday, May 18

Enjoy this Christian concert at the Fireside. Meet at Starin Park at 5:00 to carpool to the show.

Cost \$37 per person

RSVP/payment due by Wednesday May 5

FIRESIDE 2010

Wednesday, June 2—Cinderella

RSVP/Payment deadline: Mon., May 3

Wednesday, Aug. 4—Ring of Fire

RSVP/Payment deadline: Thurs. July 1

Wednesday October 20—Hairspray

RSVP/Payment deadline: Mon. Sept 13

Cost: \$67.00

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.

EAST MEETS WEST

Tuesday June 15

Start the day enjoying the peace, serenity, and beauty of the Shri Swaminarayan Mandir. This traditional



Hindu temple is a masterpiece of exotic design and workmanship and the largest in the US. Marvel at the hand-carved marble. Dress code includes no shorts, no sleeveless tops and no skirts shorter than knee length. A buffet lunch will be at Taste of the Himalayas with 15-20 entree choices and a salad bar. We will tour the Fabyan Villa which is a 1907 Frank Lloyd Wright redesign and the Japanese Gardens designed in 1910 by Taro Otuska. Last will be the Fabyan Dutch Windmill dating from 1850. There will be a lot of walking on this tour.

Cost: \$47, includes all admissions, lunch and snacks on the bus.

RSVP/Payment due Wed., May 19

Checks made out to City of Whitewater

Depart: Fort K-Mart 7:00 am;

Starin Park 7:30 am

Return (approx) Fort K-Mart: 5:30 pm

Starin: 6:00 pm

CHIP-IN CASINO

October 18-19



The Chip-In Resort is located near Escanaba, Michigan. Receive up to \$65 in credits, discounts on meals and free breakfast. Get a detailed itinerary at the Community Building.

Cost: \$79 per person double (\$109 single, \$74 triple)

Depart Fort K-Mart 7:30 am

Return October 19 approx 7:30 pm

ARCHITECHTS AND EATERIES

Wednesday, May 12

VAN Departs: Fort K-Mart 8:00 am;

Starin Park 7:30 am

Return (approx) Fort K-Mart: 5:30 pm

Starin: 6:00 pm

GRIEF SUPPORT GROUP

Tuesday, May 18, 2:00

This group is open to anyone who has experienced a loss. Share and grow with one another. Currently the group will meet monthly. Questions, call Pat Ross at 473-8822.

SERVICES AT A GLANCE

- **Blood Pressure Screening-Tuesday, May 25, 11:00 am.** Provided free by the Whitewater Family Practice
- **Foot Clinic-Tuesday, May 4, 12:00 noon.** Please bring a towel. No appointment is necessary. Cost is \$10.00.
- **Therapeutic Table Massage-Monday, May 10, 1:00 pm.** Sharon Baker, half-hour massages for \$25. Appointments must be made in advance by calling 262-473-0535.

IMPORTANT NUMBERS & WEB SITES

- **Alzheimer's Assistance**, Southeastern WI Chapter, 1-800-272-3900 or www.alzheimers-sewi.org
- **Walworth County Benefit Specialist**, contact Julie Juranek, 262-741-3200 or 1-800-365-1587
- **Aging and Disability Center of Walworth Co.** (ADRC), 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
- **Retired Senior Volunteer Program (RSVP)**, contact Patti O'Brien, 262-472-9632
- **Social Security Administration**, 1-800-772-1213
- **GWAAR, Greater Wisconsin Agency on Aging Resources, Inc.**, 262-821-4444 or 608-224-6300, www.gwaar.org
- **Walworth County Chapter of AARP**, contact Jim Davis, 262-642-5694



FUNDS FOR FRIENDS

Keep up the great work collecting those Sentry receipts. Make sure you ask for a "**Friends**" sticker when you get your receipt. Remember to collect them at both the Elkhorn and Whitewater Sentry stores.

CELL PHONE RECYCLING

Please donate your old cell phone to Seniors in the Park. Besides keeping cell phones out of landfills, it raises money for programs and activities. Seniors in the Park also accepts small electronics for recycling. These electronics will include laptops, cameras, mp3 players and video game consoles.

Bring old cell phones and small electronics to drop-off sites at the Starin Park Community Building, Irvin L. Young Library and the Municipal Building.



FOOD PANTRY DONATIONS

There is a box in the lobby for donations to the food pantry. Thanks so much for helping those in need

DONATIONS, GIFTS, 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.

GREETING CARDS

Check out our supply of greeting cards. We have a great selection of Graduation, Confirmation and First Communion cards, as well as everyday and special greeting cards at low prices.



MAKE A DIFFERENCE

Make a difference by improving the programs and services offered at Seniors in the Park. Contact Deb with questions or your interest. Volunteer as a team for some opportunities.

Cable TV Show Production—Be a part of the new cable TV show either behind the scenes or in front of the camera. People are needed to plan shows and help develop digital storytelling segments.

Movie Director—Choose and project two movies a month on the second and fourth Tuesdays, 12 pm—2:30 pm. Can be as simple as you want or add your own flair with movie backgrounds or interesting facts. Training provided.

Experience Coordinator—Provide people with quality travel experiences by planning and escorting day trips. Support and training provided.

Health and Fitness Event Planners—A group is being formed to plan and implement health and fitness opportunities for special events. Events include, but are not limited to: Event at Taste of Whitewater, September 11 and/or Women's Health and Fitness Day, Sept 29.

Reflections—Reflecting on where we've been helps us go forward. Maintain and update our historical information and photos. Time commitment is your schedule, and training is provided.

Van Drivers—Once or twice a month. Training and funding provided for CDL license.

RETIRED SENIOR VOLUNTEER PROGRAM (RSVP)

Looking for something meaningful to do in retirement? If you are, contact RSVP. They have an array of volunteer jobs just waiting for that special someone, who just might be you! Give them a call at 472-9632 and talk to Patti. If you are not an RSVP Volunteer and you volunteer here at Seniors in the Park, Deb has forms available to fill out to join RSVP.

PAPER SHREDDER

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

DISPLAY CASE SALES

Donate your nearly new jewelry, purses or scarves, and we will sell them to benefit Seniors in the Park. All items must be in new condition, be appropriate for spring/summer use, and receive staff approval before being left to put in the display case for sale. Items in the case for more than 6 months will be donated.



MARK YOUR CALENDARS!

Thursday June 10 10 am—3 pm

Senior Day out will be held again this year at Mulberry Glenn. There will be Senior Resource booths, craft booths, live music and food. Steve Meisner will once again perform at 1:00pm.

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.

**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 Assoc.
National Council on Aging
Nat'l Institute of Senior Centers

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—4:30 pm
Deb Weberpal, CPRP
Senior Coordinator
dweberpal@ci.whitewater.wi.us
Romelle Koch, Volunteer Editor
For General City information see
the city website at
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. Click on Departments, then Seniors in the Park or go to www.whitewaterbanner.com and look for the link in the left column. The newsletter is available for pick up at the Starin Park Community Building, Municipal Building, the Whitewater Aquatic and Fitness Center, and the Irvin L. Young Memorial Library.

Name _____

E-Mail _____

Address _____




Seniors in the Park Activity Calendar –May 2010

Monday	Tuesday	Wednesday	Thursday	Friday
3 8:30 Golf (OR) 9:30 Stretch/Flex 10:30 Book Club 11:00 Wii Bowl 12:00 Senior Forum 1:00 Bid Euchre 1:30 Canasta	4 10:00 Culvers Bingo 11:00 Potluck 11:30 Dominos 12:00 Foot Clinic 1:00 Sheepshead 6:30 Ceramics (A)	5 1:00 WWII Stories 1:00 Texas Hold 'em Poker 6:30 Ceramics (A) Anchormen RSVP due	6 9:30 Stretch/Flex 1:00 Ceramics (A) 1:00 TV Show mtg	7
10 8:30 Golf (OR) 9:30 Stretch/Flex 11:00 Wii Bowl 11:00 Facials 1:00 Bid Euchre 1:00 Therapeutic Massage 1:00 Facials	11 10:00 Our House Senior Living Bingo 12:30 Our House Senior Living Movie "2012" 1:00 Sheepshead 5:00 Anchormen at Fireside 6:30 Ceramics (A)	12 7:30 Architect trip departs 6:00 NVR2LATE Pot luck and game night 6:30 Ceramics (A)	13 9:30 Stretch/Flex 11:00 Lunch Bunch to Daddy Maxwell's 1:00 Ceramics (A)	14 11:30 Nutrition Site - Brookdale
17 8:30 Golf (OR) 9:30 Stretch/Flex 11:00 Wii Bowl 12:30 Five Wishes 1:00 Bid Euchre 1:30 Canasta	18 8:30 Arboretum Hike 1:00 Sheepshead 2:00 Grief support Group 6:30 Ceramics (A)	19 10:30 Janesville Shopping 1:00 Texas Hold 'em Poker 2:00 Colorlight Therapy 6:30 Ceramics (A)	20 9:30 Stretch/Flex 10:30 Janesville Shop 1:00 Self Defense 1:00 Ceramics (A) Art Museum RSVP due	21 22 9- 11:00 Car Inspection and Cleaning At WW High School
24 8:30 Golf (OR) 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre	25 10:00 City Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie "My Life in Ruins" 1:00 Sheepshead 6:30 Ceramics (A)	26 11:30 Birthday Day 6:30 Ceramics (A)	27 9:30 Stretch/Flex 1:00 Ceramics (A)	28
31 Closed Memorial Day 			*Activities take place at the Starin Park Community Building unless otherwise noted. (A)=Downtown Amory (L)=Cravath Lakefront (OR)=Oak Ridge Golf course, Milton	



Walworth County Nutrition Menu – May 2010



Monday	Tuesday	Wednesday	Thursday	Friday
3 Chopped Steak with Mushroom Sauce Mashed Potatoes Spinach Wheat Bread Chilled Peaches	4 Chicken Salad Romaine Lettuce Garnish Herbed Tomato Wedges Multi Grain Bread Chilled Pears	5 Ham and Navy Bean Stew Broccoli Corn Bread Hot Fruit Bakes with Oatmeal Crumble	6 All Beef Hot Dog on a Hot Dog Bun Oven Browned Potatoes Corn Banana	7 Potato Crusted Fish Filet Peas and Onions California Blend Vegies Wheat Bread Fresh Melon
10 Beef Bourguignonne Mashed Potatoes Broccoli Wheat Bread Chilled Pears	11 Stuffed Cabbage Roll Red Beans and Rice Carrots and Chives Multi Grain Bread Chilled Peaches	12 Summer Medley Chicken Baking Powder Biscuit California Blend Vegetables Cole Slaw Hot Glazed Apples	13 Ham and Turkey Club Focaccia Flat Bread Lettuce and Tomato Pea Salad Mandarin Oranges	14T BROOKDALE Sicilian Meatball Soup Potatoes Italiano Italian Greens Beans Wheat Bread Iced Sugar Cookie
15 Chicken Breast ala Cran-Raisin Sauce Savory Brown Rice Scandinavian Vegies Multi Grain Roll Chilled Apricots	16 Italian Beef Sandwich on a Sliced Wheat Bun Peas Stewed Tomatoes Vanilla Pudding	17 Savory Ground Pork and Curly Noodle Casserole Carrots Parslied Cauliflower Rye Bread Fruit Jell-O	18 Meatloaf and Gravy Mashed Potatoes Harvard Beets Wheat Bread Applesauce	19 Open Faced Hot Turkey Sandwich on Multi-Grain Bread Baked Sweet Potatoes Broccoli Cherry Crisp
19 Pork Stroganoff Mashed Potatoes Parslied Carrots Marble Rye Bread Chocolate Chip Cookie	20 Spaghetti and Meatballs Mixed Green Salad Garlic Bread Chilled Pears	21 Birthday Day BLT Chicken Salad Mixed Salad Greens with Tomato Wedges Mandarin Oranges Ry Krisp Crackers Marble Cake	22 Hamburger on a Bun Baked Beans Mixed Vegetables Fruit Sunburst	23 Italian Baked Chicken Thigh Mashed Potatoes Green Beans Wheat Bread Fresh Melon
31 Memorial Day Senior Lunch Centers will be closed			Persons age 60 or older and their spouse, regardless of age, are eligible to participate. A suggested donation amount is posted at the meal site. Those unable to contribute will still be welcome at the site. For more information, call (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> . If she cannot be reached, call the Nutrition Program office at 741-3333 or 1-800-365-1587, Ext. 3333. 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.	