



The Park Bench

December 2023 *Seniors in the Park Newsletter*



SCHOLARLY SCOOP: THE CONTINUING STORY OF PRIME NUMBERS

Friday, December 1, 10:30 am

Prime numbers are building blocks of the number systems. While people have studied prime numbers for thousands of years, there are still many unresolved questions about them. In this talk, we will meet those interesting numbers and discuss some known and unknown facts about them. We will end the talk with a brief discussion about some of my work on them.

Tung T Nguyen is an interdisciplinary mathematician. He works in experimental number theory, non-linear dynamics and their applications to neurosciences.

This presentation will be in person only.

To register ahead, please call 262-473-0535.

CHRISTMAS PARADE

Friday, December 1, 5:30pm

Come walk with the Park and Recreation Department as we promote the Senior Center, the Aquatic Center and the rest of Park and Rec with all of our decorated pallet trees.

We will meet at the main doors of the City Municipal Building at 5:30, then walk over to where the parade starts.

Please call 262-473-0535 to let us know if you will be walking.



Volume XXIV Issue 12

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DATES THE CENTER IS CLOSED

**Friday, December 22
Monday, December 25
Monday, January 1
Monday, January 15**

YOU'VE BEEN SOCKED

Wednesday, December 6, 1:00 pm

Put together a fun holiday gift for others to enjoy! Everything is provided to stuff the sock. All you need to do is stuff it and leave it at someone's door.

Fee: \$5.00

Deadline to register: Wednesday, November 29

PUZZLE EXCHANGE



December 14 & 28, 11:00 am

If you have puzzles to exchange, great! If not, feel free to take one or two. Puzzle exchange will go through April.

BLOOD PRESSURE CHECKS



Every Tuesday from 11:00 am-12:00 pm

Feel free to stop in the Senior Center to get your blood pressure checked. Bring in your at-home blood pressure cuffs to make sure they are accurate.

SENIOR FORUM

Monday, January 8, 12:00 pm

This group shares ideas on where we might want to go on trips and what other programs we might want to offer. Please join us as we talk about how the Center is doing and what the community is up to as well. Senior Forum meets every other month.

WII BOWLING

Monday, December 18, 1:00

Every third Monday we will have Wii Bowling at the center. Come in and play a friendly game of bowling.

Please call 262-473-0535 to register



COLUMBIAN EXPOSITION OF 1893

Wednesday, December 6, 10:00 am

Carol March McLernon will be talking about the Columbian Exposition of 1893. A relative rode the train to the exposition and returned with a doll, a ticket and a 600-page book. McLernon had the souvenirs and is celebrating the 130th anniversary of the event. She will share information about the first Ferris Wheel, the Norwegian stave kirk, a personal story of cracker jacks and some little known facts from her old book.

Deadline to register: Monday, December 4



BAKING IN THE MICROWAVE

Thursday, December 14, 9-10:30 am

We will learn how to make easy caramels, fudge and cake in a mug all in the microwave! We will have a demonstration on how to make all three, along with samples for you to try. This program will send you home with three fun recipes you can make with the touch of a button

Please call 262-473-0535 to register.

Deadline to register: December 7

CAROLS AND COOKIES

Tuesday, December 19, 1:00pm

Bring some cookies to share with others as we sing Christmas carols with the Warblers. We will also have a few holiday activities to do as well.

Coffee and hot cocoa will be provided.

Deadline to register: Wednesday, December 6





"Barbie"

Tuesday, December 12, 1 pm
(Comedy/Fantasy) Rated PG-13;
1 hour, 54 minutes (2023)

This is NOT your childhood Barbie! It's a clever, droll take on beauty, perfection and feminism. Stars Margot Robbie (Barbie) and Ryan Gosling (Ken). Directed by Greta Gerwig ("Lady Bird," "Jackie," and "Little Women").

"Oppenheimer"

Tuesday, December 26, 12:30 pm
PLEASE NOTE EARLY START TIME!
(Biography/Drama/History)
Rated R (sexuality, nudity, language)
3 hours, 1 minute (2023)

The story of American scientist J. Robert Oppenheimer, and his role in the development of the atomic bomb. Stars Cillian Murphy, Emily Blunt, Matt Damon and Robert Downey, Jr.

We will start at 12:30 on December 26 and have a break in the middle to stretch your legs and use the bathroom.

GUESS THE DRESS

Most of you know that Jennifer is getting married in February. She and Matt will be getting married in Las Vegas at the Hitchin' Post chapel on February 4, 2024. If you would like to guess what her dress and accessories will look like, we have an outline of a bride, minus the dress, for you to use. Stop by to pick one up; that way you can let your imagination run wild.

Submissions are due by 12:00 pm on January 30.

We will display all of the submissions in the February newsletter and the real deal in March!

Call 262-473-0535 with any questions



TROPICAL PARTY

Friday, January 26, 1:00, White-water Aquatic and Fitness Center

Come enjoy the water and warmth as we take you away to a tropical area without leaving Whitewater. Bahama Bob will be back for us to listen to the steel drums, enjoy the hot tub, lazy river or just take the time to relax by the pool and play some fun games.

Please call 262-473-0535 to register.

Deadline to register: Thursday, January 18

MADAGASCAR IN A CHAIR



Tuesday, December 5, 1:00 pm

Take a step into the tropical region of Madagascar; travel without leaving Whitewater. We will try a traditional dish, watch a few short clips to get the feel of Madagascar and learn some trivia.

Deadline to register: Tuesday, November 28

Fee: \$2.00 member; \$5.00 non-member

ACTIVITIES AT A GLANCE

Bingo—First, second & fourth Tues., 10:00 am

Book Club—First Mon., 11:00. Books available at Senior Center

Canasta—First, Third & Fifth Mon., 1:00 pm

Competitive Pickleball—Tues. & Thurs., 12:30-2:30 pm, Downtown Armory Gym

Cribbage—Starting in the fall

"FUN"ctional Fitness (hybrid)—Mon. & Thurs., 9:30 am

Hand and Foot—Second & Fourth Mon., 1:00 pm

Indoor Walking—Wed. & Fri., 9:00 am

Mah Jongg—Mon., 1:00 pm

Pegs and Jokers—Third Mon., 9:00 am

Pickleball—Mon.-Fri., 8:00-11am; Mon., Wed. & Fri., 12:30-2:30 pm., Downtown Armory Gym

Puzzle Exchange—2nd & 4th Thurs. 11:00-12:00

Sewing Group—Fri., 10:00 am

Sign Language—Wed., 10:45 am

Warblers—Mon., 11:00 am

Yoga (Hybrid)—Tues. or Thurs., 10:00 am



Be Healthy!



“FUN”CTIONAL FITNESS



Mondays & Thursdays, 9:30 am

Experience a dynamic routine to promote coordination, balance, strength and flexibility. All levels of ability are welcome. Class is in-person or online. Online will sign up for the month of classes, and in-person will pay as you go from your prepay.

**Daily fee is \$1.50 members
\$3.00 non-members**

VIRTUAL “FUN’CTIONAL” FITNESS



Dates: December 4-28

Fee: \$10.50 Member
\$21.00 Non-member

Deadline is Thursday, November 30, by noon

No class December 25

Next session is January 4-29

FITNESS DRUMMING

Wednesdays, 10:30 am

Get a great cardio workout while listening to songs that get you moving and grooving! Bring your own supplies.

Call 262-473-0535 with questions.

YOGA WITH BRIENNE

Tuesdays, January 2 –February 27, 10-11:00 am

Thursdays, January 4-February 29, 10-11:00 am

This one-hour class will focus on basic yoga postures. You will stretch, strengthen and tone your entire body. Optimal alignment, concentration and relaxation are promoted in every class. The class will be in-person at Cravath Lakefront community Building or you can also join online. Everyone will get the Zoom link.

Instructor is Brienne Brown, RYT

Tuesday fee: \$45 members; \$63 non-members

Thursday fee: \$45 members; \$63 non-members

Deadline to register: Thursday, December 28, by noon



BALLET/TAP CLASS

Tuesdays, December 5-19, 3:15-4:15 pm, Downtown Armory Dance Studio

All levels welcome; strap on your dancing shoes and take a ballet and tap class. The first half hour will be ballet, and the second half will be tap. If you don't have dance shoes, that is fine. Regular shoes will work.

If you have any questions please call 262-473-0535.

Deadline to register: Monday, December 4

Fee: \$3.00 member; \$6.00 Non-Member

INDOOR WALKING

Wednesdays & Fridays 9:00 am

Looking for something to do while the weather is crummy? Come to our indoor walking group.

Wednesdays we walk to different videos that will get you moving and your heart rate up. Friday's we will walk to “walking off the pounds” DVDs.



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Seniors in the Park, Whitewater, WI A 4C 01-1235

MEMORY SCREEN

Thursday, December 14, 9am-2pm

A **Memory Screen** is a wellness tool that helps identify possible changes in memory and cognition; it creates a baseline of where a person is at so that future changes can be monitored.

It's **Free** and only takes
15 minutes!

Call Tonya at the ADRC of Jefferson County for an appointment

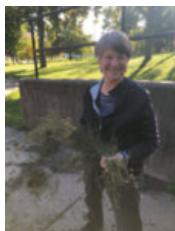
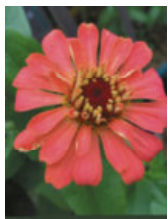
Dementia Care Specialist:

920-675-4035

GARDEN CLUB

Tuesday, December 19, 2:00 pm

"Whitewater Growers" meet the third Tuesday of each month at 2:00 pm. There are so many benefits to gardening, one being a great way to meet fellow gardeners and also learn from each other. We will be meeting through the winter since there are many interesting gardening subjects to explore. Plus, a future "Winter Sowing" workshop will be coming. Thank you, Patrea, for sharing on Horticultural Therapy at our November meeting! Oh, and I highly recommend China Lights at Boerner Gardens in Hales Corners!



STAINED GLASS

December 5 & 6, 12:30 pm, Downtown Armory Lower Level

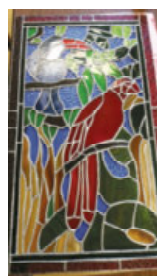
All Levels are welcome at the class. Whether you are a seasoned glass cutter or new to this craft, you can receive one-on-one instructions and ideas.

Supplies to bring: Safety glasses, an old towel, scissors and a 100-watt soldering iron, if you have one.

Instructor is Caroline Britton.

Fee: \$15.00 members \$20.00 non-members.

Deadline to register: Thursday, November 30



LEARN MAH JONGG

Mondays, December 4-18, 1:00 pm

Interested in learning how to play Mah Jongg? Diane Schwab is back and is willing to teach anyone who is interested. Please call, 262-473-0535, ahead of time to reserve your seat and to make sure our teacher will be there that day.



WHITEWATER WARBLERS



Mondays, 11:00 am

It's a fun group of people with HUGE hearts.

Music and socializing are proven to be good for health and brain fitness, so come join us. You don't need to read music; just enjoy singing and having fun.



SEWING GROUP

Fridays, 10:00 am-3:00 pm

Join other sewers and share ideas, get help and have fun.

Bring your machine and anything you may need. Either bring a lunch or go out with the group. Stay as long or short as you want. Questions: call Carolyn at 262-903-5678.



BOOK WORMS



Monday, December 4, 11:00 am

The Book Club will discuss *The Spanish Daughter* by Lorena Hughes. The December book is *Lost City of Z: A Tale of Deadly Obsession in the Amazon* by David Grann.

After stumbling upon a hidden trove of diaries, acclaimed writer David Grann sets out to determine what happened to the British explorer Percy Fawcett and his quest for the Lost City of Z. For centuries, Europeans believed the Amazon, the world's largest rain forest, concealed the glittering kingdom of El Dorado. Thousands had died looking for it, leaving many scientists convinced that the Amazon was truly inimical to humankind. In 1925, Fawcett ventured into the Amazon to find an ancient civilization, hoping to make one of the most important discoveries in history. Then he vanished. Over the years, countless perished trying to find evidence of his party and the place he called "The Lost City of Z."

TOENAIL CLINIC

Toenail Trimmers, LLC will be taking over for Deb Scullin in January.

It is their Mission to provide the best possible, safe, and cost-effective foot and toenail care to the general community in an accessible location.

They are caring, professional Registered Nurses, trained and/or certified in Foot and Nail Care. **Please call their office to schedule an appointment at (262) 719-0336.**

The clinic will still be on the first Thursday of the month.

Cost: \$35.00 Cash or Check

TECH TUTORS

Our tech Tutors are back and ready to help out. Call to set up an appointment.



Tuesdays, 10:00 am

Dec. 5: Culver's Bingo

Dec. 12: Mulberry Glen Bingo

Dec 26: City Bingo

Join us for Bingo! Beverages are now available. Keep bringing your own snack. Thanks to **Culver's and Mulberry Glen** for sponsoring prizes.

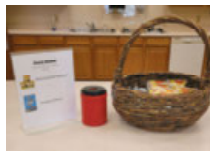
City Bingo sponsors include:

**Dale's Bootery * Floral Villa * Binning & Dickens Insurance *
Dental Perfections * Brain Freeze * Taco Fresco * Jersey Mike's *
Dalee Water Conditioning * Mirage Hair Studio * Rick's *
Jessica's * Wal-Mart * Kwik Trip**



TREAT BASKET

We have had a few requests for a basket with snacks in it for people to purchase while at the Center. The basket is located in the serving window of the kitchen. All items are prepackaged and cost \$0.50.



If you have any questions, please call 262-473-0535.

NOON-YEARS EVE

Sunday, January 31, 10:30am-12:00pm

Lets enjoy a New Year's celebration without having to stay up until midnight. We will have brunch, music and some fun activities. If you would like to dress up, you are more than welcome to!

Deadline to register: Monday, December 18





WISCONSIN WOMEN'S HOCKEY

Sunday, December 3, 10:00am

Our first stop will be Mickie's Dairy Bar for lunch. Then we will head to LaBahn Arena to see the Wisconsin Women's Hockey team take on Minnesota Duluth Women's Hockey team.

Deadline to register: November 21

Fee: Member \$16.00; non-member \$26.00

EATING OUT

Lunch Bunch

Thursday, December 14, Depart at 10:30 am

For lunch we will be heading to the Main Street Café in Palmyra. Please reserve your seat by **Thursday, December 7.**

Breakfast Bunch

Thursday, December 21, Depart 8:15 am

Head to the Soup's On in Fort Atkinson. Please reserve your seat by **Thursday, December 14.**

Fish Fry

Friday, December 29, Depart 4:00 pm

Enjoy a fish fry at Wayside Inn, Jefferson.. Please reserve your seat by **Thursday, December 22.**

Meal Outings Travel Fees:

\$5.00 members

\$8.00 non-members

KEEP AN EYE OUT

We are looking for locations that are close by to still do a day trip once a month!



Keep taking a peak at the trips page to find out where our winter adventures will take us!

Call 262-473-0535 with any questions

JANESVILLE SHOPPING

Wednesday, December 6

Pick-ups begin at 9:15. Please call to reserve your spot by the Monday prior. You can choose one or two stores on the north side of Janesville to be dropped off at. Van back in Whitewater approximately 12:30 pm.

\$3.00 per person

Places that we have stopped in the past: Menards, Home Depot, Goodwill, Hobby Lobby, Kohl's, Walmart, Woodman's and other stores as well.

EXTENDED TRAVEL

Do you have a country or state on your bucket list? We would love to offer a trip there! Let Jennifer know if you want a cruise, motor coach, flight or river cruise and where you would like the trip to go.

Please either call 262-473-0535

or email Jennifer at jfrench@whitewater-wi.gov

Advertiser of the Month



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For more information on your long-term care options, contact your local ADRC.

DHS Approved 4/22/2021

Trips & Extended Travel

9

Adults of all ages are welcome on our trips. Please call or email for a brochure or more information.
Brochures are also available in the lobby of the center.

CHERRY BLOSSOM TIME IN OUR NATIONS CAPITAL

April 12-17, 2024

Spend 4 nights in the Washington DC area. Enjoy the Cherry Blossom Parade, Arlington National Cemetery and the Changing of the Guard at the Tomb of the Unknown Soldier. Visit the National WWII Memorial, Lincoln Memorial, FDR and Vietnam Memorials.



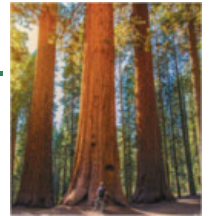
Tour Rate: \$2,999 per person double; \$4,098 single.

PACIFIC NORTHWEST & CALIFORNIA

October 7-14, 2024

Make your way from Washington to California on this wonderful 8-day trip. Enjoy the Washington State Ferry, local winery, Redwood National Park, Golden Gate Bridge and much more.

Tour Rate: \$3,999 Per person double, \$4,899 single



MYRTLE BEACH MELODIES

March 3-10, 2024

See three fabulous Myrtle Beach shows: Legends Concert, The Carolina Opry and Alabama Theatre. Visit South Carolina Maritime Museum and Tour Lowcountry rice plantation. Enjoy some free time in Myrtle Beach for shopping, golf or to stroll the beach.



Tour Rate: \$2,199 per person double, \$2,848 single

KINGDOMS OF SOUTHEAST ASIA

December 28, 2024– January 15, 2025

Take 19 days to explore the culture of South East Asia. Start your morning with Tai Chi in the park with locals. Eat traditional cuisine and take an immersive cooking class. Start your trip in Hanoi, Vietnam and end in Bangkok, Thailand.

Tour Rates: \$6,399 per person double; \$7,049 single



HAWAIIAN ADVENTURE

March 27– April 5, 2025



Aloha! Start your trip on the sun-drenched beaches of Waikiki. Visit the WWII Valor in the Pacific National Monument, visit a coffee bean farm and enjoy their coffee.

Tour Rate: \$5,999 per person double; \$5,949 per person triple; \$7,699 single

MEMORY CAFES

A Memory Café is a place where persons with Mild Cognitive Impairment can join with their care partners to socialize and have fun with other people going through similar things.

Walworth County Memory Café

Where: Walworth County HHS building;
1910 County Road NN, Elkhorn

When: First Friday of the month from 10:30 am to 12:00 pm. Next meeting is on December 1.

Lakeshore Memory Café

Where: Matheson Memorial Library
101 N. Wisconsin Street, Elkhorn

When: Second Wednesday of the month from 1:30-3:00 pm. Next meeting is on December 13.

The Glacial River Memory Project will rotate between the four libraries in Fort Atkinson, Jefferson, Whitewater and Palmyra. Registration is required and can be made online at:

<https://www.librarymemoryproject.org/events/>

For questions or to register by phone, call Jill Fuller at 262-896-8085.

CAREGIVER SUPPORT GROUPS

- All are welcome, but topics will focus on adult children who are caring for a parent living with a form of dementia. Each month topics will be associated with caregiving and coping strategies, dementia care and sharing of our caregiving journey. Meets the first Monday of the month from 4:30-6:00 pm at the Matheson Library in Elkhorn.
- Access to support groups is by phone or online. This is a one-stop-shop website for all caregiving support groups, virtual events, memory cafes, etc. at the wisconsincaregiver.org website.

DEMENTIA RESOURCE LIST

Pat Metz, DFCI volunteer, has compiled a list of resources. Email jfrench@whitewater-wi.gov, if you would like a copy.

ROCKIN' RESPITE VOLUNTEERS NEEDED

Volunteer with Guests: Play games, sing, exercise and just have FUN! Spend three hours once or twice a month with our lovely guests. Respite is held on the second and fourth Tuesday of the month. Times would either be 9:30-12:30 or 12:30-3:30. If interested, please call 262-473-0535. No knowledge needed; you will be trained.

Activity Planner: Plan or facilitate activities one or two times a month from 9:30-3:30. You can do anything from singing and playing games to making crafts or doing puzzles. Whatever interests you works for our guests. If you are interested please call 262-473-0535.

DEMENTIA CAREGIVER SUPPORT GROUP

3rd Wednesday of the Month
10:30am – 11:30am

UW-Whitewater CEC Building
1260 W Main St, Whitewater



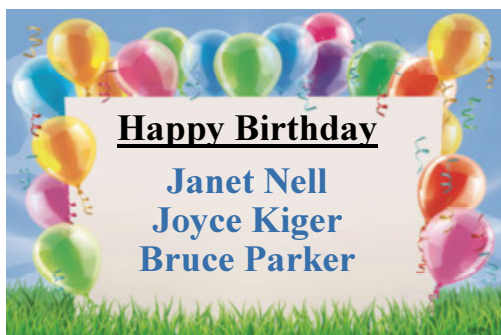
Respite Services will be provided thanks to Mulberry Glen Senior Living Community. RSVP will be required by 4pm the Tuesday before the meeting.

For more information contact Jake Sawyers at:
262-741-3273 or jsawyers@co.walworth.wi.us

WHITEWATER DEMENTIA FRIENDLY COMMUNITY INITIATIVE (DFCI)

Second Monday of each month, 1:30 pm

We are working on education and training in the community, outreach and supporting caregivers. If you are interested in helping in any way or joining us, please call the center at 262-473-0535. Your caring, compassion, knowledge and skills are needed.



NEWSLETTER SUBSCRIPTION

To have the Seniors in the Park Newsletter mailed to your home for one year, send or drop off **\$8.00** with your name and address. To receive the newsletter **FREE**, go online to wwparks.org, www.whitewater-wi.gov, click on Departments, then Seniors in the Park or MyCommunityOnline.com.

Newsletters are also available outside the Starin Park



FIND NEWSLETTERS ONLINE

For those of you who used OurSeniorCenter.com to find our newsletter, it is NOW MyCommunityOnline.com. It includes all listings of senior centers and their newsletters that publish with LPi, the Walworth County ADRC newsletter and community and intergenerational centers, too! Just type in a zip code or name of the center.



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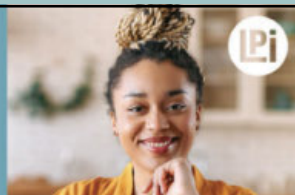
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Activity Calendar

December 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
Activities are held at Starin Park Community Building unless otherwise noted. A = Downtown Armory C = Cravath Lakefront H = Hybrid (In Person & Virtual) V = Virtual			30 8:00 Pickleball (A) 9:30 FUNfit (H) 10:00 Yoga with Brienne (HC) 12:30 Pickleball (A)	1 8:00 Pickleball (A) 9:00 Indoor Walking 10:30 Scholarly Scoop 12:00 Sewing 12:30 Pickleball (A) 5:30 Parade meet up Office Closed
4 8:00 Pickleball (A) 9:30 FUNfit-(H) 11:00 Book Club 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Learn Mah Jongg 1:00 Canasta	5 8:00 Pickleball (A) 10:00 Culver's Bingo 10:00 Yoga (HC) 11:00 BP Check 12:30 Stained Glass (A) 12:30 Pickleball (A) 1:00 Madagascar in a Chair 3:15 Ballet/ Tap (A)	6 8:00 Pickleball (A) 9:00 Indoor Walking 9:15 JVille Shopping 10:00 Exposition Presentation 10:30 Fitness Drumming 10:45 Sign Language 12:30 Pickleball (A) 12:30 Stained Glass (A) 1:00 You've Been Socked	7 8:00 Pickleball (A) 8:30 Joyful Toes 9:30 FUNfit (H) 10:00 Yoga with Brienne (HC) 12:30 Pickleball (A)	8 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) Office Closed
11 8:00 Pickleball (A) 9:30 FUNfit-(H) 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Learn Mah Jongg 1:00 Hand and Foot	12 8:00 Pickleball (A) 9:30 Rockin' Respite 10:00 Mulberry Bingo 10:00 Yoga with Brienne (HC) 11:00 BP Check 12:30 Pickleball (A) 1:00 Movie "Barbie" 3:15 Ballet/ Tap (A)	13 8:00 Pickleball (A) 9:00 Indoor Walking 10:30 Fitness Drumming 10:45 Sign Language 12:30 Pickleball (A)	14 8:00 Pickleball (A) 9:00 Microwave Baking 9-2 Memory Screen 9:30 FUNfit (H) 10:00 Yoga with Brienne (HC) 10:30 Lunch Bunch 11:00 Puzzle Exchange 12:30 Pickleball (A)	15 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) Office Closed
18 8:00 Pickleball (A) 9:00 Pegs & Jokers 9:30 FUNfit-(H) 11:00 Warblers 12:30 Pickleball (A) 1:00 Bowling 1:00 Mah Jongg 1:00 Learn Mah Jongg 1:00 Canasta	19 8:00 Pickleball (A) 10:00 Yoga (HC) 11:00 BP Check 12:30 Pickleball (A) 1:00 Carols and Cookies 2:00 Garden Club 3:15 Ballet/ Tap (A)	20 8:00 Pickleball (A) 9:00 Indoor Walking 10:30 Fitness Drumming 10:45 Sign Language 12:30 Pickleball (A)	21 8:00 Pickleball (A) 8:15 Breakfast Bunch 9:30 FUNfit (H) 10:00 Yoga with Brienne (HC)	22 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) Office Closed
25 Office Closed 	26 8:00 Pickleball (A) 10:00 City Blingo 10:00 Yoga(HC) 11:00 BP Check 12:30 Pickleball (A) 12:30 Movie "Oppenheimer"	27 8:00 Pickleball (A) 9:00 Indoor Walking 10:30 Fitness Drumming 10:45 Sign Language 12:30 Pickleball (A)	28 8:00 Pickleball (A) 9:30 FUNfit (H) 10:00 Yoga with Brienne (HC) 11:00 Puzzle Exchange 12:30 Pickleball (A)	29 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) 4:00 Fish Fry Office Closed
				30 10:30 Noon Years Eve

WALWORTH COUNTY NUTRITION SITE

Persons 60 and over and spouse, regardless of age, are eligible to participate. The suggested donation is \$3.00, but you may donate what you can. Those unable to contribute are still welcome at the site. Call 1-262-741-3333 to make a reservation by noon, one business day in advance or a cancellation. Reservations are required. **Call 1-262-741-3333 to CANCEL your meal no later than 8:00 am day of your reservation.** Please leave your name and dining center when calling. Meal is at Brookdale Manor Monday thru Friday, serving at 11:30 am.

MEALS ON WHEELS:

For information on or to order meals, contact Marguerite Willman, 708-822-0539. Meals only delivered in the city.

WHITEWATER FOOD PANTRY:

At the Downtown Armory, 146 W. North St, Open Wednesdays and Thursdays, 8:30 am-11:30 am.

THE COMMUNITY SPACE:

Still distributing food Tuesdays, 8:30-11 am, Wednesdays, 3:30-7 pm, and Saturdays, 8:30 am-11:45 am.

FOODSHARE WISCONSIN

You may be eligible for FoodShare. Is money tight? FoodShare Wisconsin and the QUEST Card can help you through rough patches by providing money for groceries until you get back on your feet. The QUEST Card is accepted at most grocery stores in Wisconsin. The FoodShare Helpline wants to make applying for FoodShare as simple and stress-free as possible. They offer free help with the FoodShare application, either in person or over the phone. Call the FoodShare Helpline at 1-877-366-3635 or visit <https://www.getaquestcard.org/help-with-applications> to get started!



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VOLUNTEERS NEEDED

The DFCI

meets on the second Monday at 1:30 pm at the Starin Park Community Building. We plan and work on community education and awareness and caregiver support. If you could spare a couple of hours a month to help us make Whitewater Dementia Friendly, we would love to have you join us.

Whitewater Arts Alliance is looking for docents/receptionists to keep their doors open Thurs.–Sun., 1-5 pm. They have two shifts each day 1-3 pm and 3-5 pm. Contact Ashe McDarison by email wwartsalliance@gmail.com if interested or have questions.

Rainbow Hospice Care Inpatient Center has volunteer opportunities: Office or administrative work; reception duties; patient helper, including serving meals; Vigil Volunteers. They also are looking for volunteers nights and weekends. With any questions, please call Jill Radke at 920-674-6255.

IGETS Intergenerational Technology Services (IGeTS) at University of Wisconsin-Whitewater, is looking for community volunteers. IGeTS is open Monday thru Thursday from 8:30 – 1:30 . If you have a basic level understanding of how to use technology and passion for helping others learn, we would love to hear from you. For more information please contact Tanya Mordecai at igets@uww.edu or call 262-472-1837.

THERMOSTAT

The thermostat is set at a consistent temperature. Please bring a sweater or extra layer, if you think you will need it.



OTHER SERVICES

- Free wifi 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.

PLACES TO FIND OUR NEWSLETTERS

Looking for the newsletter in person? Below are some places that also have them:

- Aquatic Center
- Associated Bank
- Blackhawk Apartments
- Brookdale Apartments
- Culver's
- Dale's Bootery
- Downtown Whitewater
- Fairhaven
- First Citizens Bank
- Fort Community Credit Union
- Jessica's Restaurant
- Library
- Mulberry Glen Apartments
- Municipal Building
- Prairie Village
- Premier Bank
- Robin's Nest
- Roots Hair Studio
- Studio 154 Main St.
- Whitewater Woods Apartments

JEFFERSON COUNTY 4TH ANNUAL

DECK THE HOUSE

HOLIDAY LIGHTS COMPETITION

IMPORTANT DATES

- 12/3 - SUBMISSION DEADLINE
- 12/8 - MAP AVAILABLE
- 12/17 - VOTING DEADLINE
- 12/18 - WINNERS ANNOUNCED FOR EACH COMMUNITY

CATEGORIES

- MOST ELEGANT
- BEST HOLIDAY SPIRIT
- CLARK GRISWOLD

SUBMIT YOUR HOME 11/20 - 12/3

To submit: <https://bit.ly/jcdeckthehouse23>

Logos at the bottom: Port Jefferson Parks & Recreation, Whitewater, Watertown, Town of Exton, Jefferson County Parks & Recreation, Lake Mills, Linc.

IGETS DECEMBER GROUP TECHNOLOGY CLASS

Class 1:

Class name: Streaming Services

Learn about the various streaming services and devices available for television and movie viewing options.

Class 2:

Class name: Medicaid Renewal

Learn how to review and upload necessary documents to your Access.gov account for Medicaid renewal

Class 3:

Class name: Cyber Security

Learn basic cyber security tips and tricks about how to keep yourself and your devices protected.

***IGeTS will be closed December 22nd-January 2nd and will resume our regularly scheduled service hours on January 3rd, 2024 from 8:30am - 1:30pm.**

FREE TECHNOLOGY SERVICES

Open Monday–Thursday, 8:30-am-1:30 pm, UW-Whitewater Community Engagement Center

Intergenerational Technology Services (IGeTS) at the University of Wisconsin– Whitewater is now offering free technology services to individuals enrolled in IRIS; Family Care; Family Care Partnership or PACE aged 50+ and living in Walworth, Jefferson, Rock or Waukesha county or individuals aged 60+ living in Walworth, Jefferson, Rock or Waukesha County.

WINTER WEATHER UPDATES

With winter weather fast approaching we would like everyone to know a few things.

If Whitewater schools are closed we are also closed. We will post the update on our park and recreation Facebook page. We will also try to update our answering machine accordingly as well.

Please call 262-473-0535 with any questions

SENIORS IN THE PARK COMMUNICATION

Most of our communication is through email. Please check your **junk/spam** mail and add:

wwtr@schedulesplus.com to your safe-sender list. SchedulesPlus is the software program we use at the center for checking in, registering you for classes and events and taking payments.



FRIEND US ON FACEBOOK!

- ⇒ Whitewater Dementia Friendly
- ⇒ Whitewater Parks and Recreation
- ⇒ Whitewater Aquatic & Fitness Center
- ⇒ City of Whitewater



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*504 W Starin Rd, PO Box 178
Whitewater WI 53190*

Phone 262-473-0535

Hours Monday—Thursday
9:00 am—3:00 pm
Closed Fridays

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Romelle Koch

Parks & Recreation Director

Kevin Boehm

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

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



MEMBERSHIP

We have made it through another year!!

The fee for residents of the Whitewater School District is \$10 and non-residents is \$15. The funds support our front desk staff person for 15 hours per week. Memberships covers slightly more than half of this cost. The rest comes out of our fundraising monies.

If you cannot afford the fee, we have a fund that will cover it for you. Please stop in or call the office and let us know. We are trying to keep this affordable for everyone.

MEMBERSHIP



Memberships can be paid online through the kiosk, in person, or through the mail. Please call 262-473-0535 with any questions.

Thanks for your generosity and support of Seniors in the Park.