



The

Park

Bench

**March 2024**

*Seniors in the Park Newsletter*



## **SCHOLARLY SCOOP: WHAT IS FORGIVENESS? AND WHAT IS THE IMPACT TEACHING YOUTH ABOUT FORGIVENESS?**

**Friday, March 1, 10:30-11:30 am**

Dr. Wang Xu will talk about what forgiveness is as a moral virtue, a well-researched process model of forgiveness, and the forgiveness education curriculum for children. She will then introduce a first study of its kind to investigate the effects of forgiveness education on the development of *agape* love and the improvement of mental health with fifth graders and their teachers in three culturally distinct areas: Northern Ireland, Israel, Taiwan.

Dr. Jiahe Wang Xu feels part of her has never grown out of childhood. She likes learning new things and asking questions like a child. She enjoys children, music, and nature. She studies the impact of developing moral virtues of forgiveness and *agape* love on social emotional development and mental health in children and adults.

Please call 262-473-0535 to register in advance

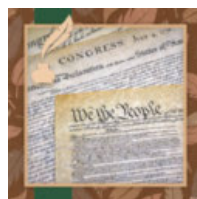
## **WHITEWATER HISTORY**

**Thursday, March 21, 1:00 pm**

Have you always wanted to know more about the town you live in? Whitewater has quite a bit of history and hidden gems all around.

Carol Cartwright, President of Whitewater Historical Society, will be coming to present on the history of Whitewater. The Whitewater Historical Society was founded in 1947 as a community wide organization.

**Deadline to register:** Monday, March 18



**Volume XXV Issue 3**

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## WII BOWLING

**Third Monday of the month at 10:45 am**

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



## PUZZLE EXCHANGE



**March 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 10:30-11:00 am**

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, March 11, 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.



## DEMENTIA IS EVERYONE'S BUSINESS

**Tuesday, April 16 7:30 – 8:30 am Deadline Friday, April 12**

**Thursday, April 18 6:30 – 7:30 pm Deadline Monday, April 15**

Those with dementia and their caregivers touch us all because they represent family members, friends, co-workers, neighbors, colleagues, clients, and customers. Making it easier for people with dementia to do business has clear benefits because 70% of people with dementia live at home. They and their caregivers will use businesses that are easy to navigate and have helpful, aware staff.

Dementia Friendly Training is a free 60-minute training for management and staff of businesses, service organizations and churches to understand dementia and take action to create an environment that is safe, respectful, and welcoming for people living with dementia.

In the training you learn: Learn what dementia is, get some facts about Alzheimer's, Recognize the signs of dementia, learn tips for communicating and interacting with a person who has dementia, get ideas for creating a dementia friendly physical space, and Become familiar with resources in your community.

You can also schedule a flexible session on-site.

To register for the training please contact Jennifer Jackson at 262-473-0535 or email [JJackson@whitewater-wi.gov](mailto:JJackson@whitewater-wi.gov).

## COFFEE HOUR

**Tuesday, March 19, 10:30-11:30 am**

We will have a St. Patrick's themed coffee hour. Come and enjoy some coffee and a light snack while chatting with others.

**Deadline to register:** Monday, March 18



## HOW TO MAKE SOAP

**Thursday, March 28, 1:00 pm**

Have you ever seen some fancy soaps and hoped you could make them yourself? Now you can! We will go through the different ways to make soap first and talk about key components when making soap. We will go through what supplies you would need, and where to find the items.

**Deadline to register:** Thursday, March 22



## **“Killers of the Flower Moon”**

**Tuesday, March 12, 12:30 pm**

**(Drama/History) Rated R (profanity, violence)**  
**3 hours, 26 minutes (2023).**

When oil is discovered in 1920’s Oklahoma under Osage Nation land, the Native American Osage people are mysteriously murdered one-by-one until the newly formed FBI steps in to unravel the mystery. Nominated for 10 Oscars, including Best Picture, Director (Martin Scorsese), Actress (Lily Gladstone) and Actor (Robert DeNiro).

**This film has an earlier starting time due to film’s length; 15 minute Intermission midway**

## **“Nyad”**

**Tuesday, March 26, 1 pm**

**(Drama/Biography) Rated PG-13**  
**2 hours, 1 minute (2023)**

The remarkable, true story of athlete Diana Nyad (Annette Bening) who, at age 60, and with the help of her partner and coach (Jodie Foster), commits to achieving her lifelong dream of swimming the 110 miles from Havana to Key West, Florida. This film earned Oscar nominations for both actresses!

## 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

**Fitness Drumming**— Wednesday 10:30 am

**“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



## VOLUNTEER APPRECIATION

**Wednesday, April 17, 1-3 pm**

We would like to say Muchas Gracias to our volunteers.

Come celebrate our volunteers with a mariachi band and some delicious treats!

**Deadline to register:** Thursday, April 11

## DEMENTIA FRIENDS: CHANGING THE WAY WE THINK, TALK AND ACT ABOUT DE- MENTIA



**Wednesday, April 10, 2:30-3:30 pm**

Dementia Friends is the biggest ever initiative to change people’s perceptions of dementia. It aims to transform the way we think, talk and act about the disease. The Dementia Friends session helps you learn about dementia and the small ways you can help. From telling friends about the program to visiting someone you know living with dementia, every action counts. The session lasts approximately one hour

Approximately 110,000 people in Wisconsin are living with Alzheimer’s with potentially almost 200 in White-water.

This program can also be presented to friends around your kitchen table, your local church group, scouts, etc. Find out how you can be part of the way people think, talk and act about dementia. To register contact Jennifer Jackson at 262-473-0535 or email [JJackson@whitewater-wi.gov](mailto:JJackson@whitewater-wi.gov).

## PEGS AND JOKERS

**Third Monday of the month at 9:00 am**

Pegs and Jokers is a fast paced game of strategy and luck. Players race their pegs around a track according to the cards they are dealt. This game can be played in teams or individually. This game is similar to Parcheesi and Sorry.

Never played before? No worries! They will teach you as you go.

The next time they play will be Monday, March 18.

Call 262-473-0535 with any questions





## “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: March 4-28

Fee: \$12.00 Member  
\$24.00 Non-member

**Deadline is Thursday, February 28, by noon**

Next session is April 1-29

## 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. We supply drum sticks  
Call 262-473-0535 with questions.

## YOGA WITH BRIENNE

**Tuesdays, March 5– April 30 , 10-11:00 am  
Thursdays, March 7– April 25, 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: \$40 members; \$56 non-members



## BALLET/TAP CLASS

**Tuesdays, March 5-26, 3:15-4:15 pm, Armory Dance Studio**

All levels welcome. 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.

**Fee: \$4.00 member; \$8.00 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. We will walk to “walking off the pounds” DVDs.



## TAI CHI FOR ARTHRITIS AND FALL PREVENTION

**Tuesdays & Thursdays, March 12– April 4, 11:30 am– 12:00 pm**

Master the art of Tai Chi. This gentle movement will help with arthritis and fall prevention. We will work on strength, power, and deliberate movements. This class is open to anyone who would like to take it, you do not have to know Tai Chi or have Arthritis to enjoy this course.

**Deadline to register: Monday, March 11**

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## GARDEN CLUB

**Tuesday, March 19, 2:00pm**

“Whitewater Growers” meet the third Tuesday of each month at 2:00 pm. There are so many benefits to gardening such as meeting fellow gardeners and learning from each other. We will be meeting through the winter since there are many interesting gardening subjects to explore. They will be celebrating 1 year on March 19th.

Please call 262-473-0535 to register



## CLEAN EATING: DITCH THE PROCESSED FOODS

**Wednesday, March 20, 1:00 pm**

Clean eating is a nutrition concept that emphasizes healthy, whole, unprocessed foods. It may help you make healthy food choices and limit the amount of processed food in your diet. There will be snacks so please call 262-473-0535 and register ahead of time.

**Deadline to register:** Monday, March 18



## STAINED GLASS

**March 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:** \$20.00 members \$30.00 non-members.

**Deadline to register:** Wednesday, February 28

## OLD TIME RADIO

**Thursday, March 14, 1:00 pm**

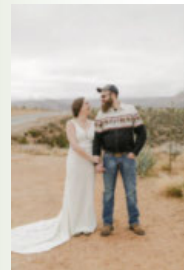
Old Time Radio used to be one of the most popular forms of entertainment that started in the 1920s. Come enjoy an hour listening to these stories.

Call 262-473-0535 to register

## FROM THE COORDINATOR

Thank you for all of the amazing support and well wishes this past month. Matt and I are enjoying the newlywed stage in our relationship. The rest of the dress submissions are on the back but here is what my dress looked like. I am glad that I get to share the excitement with all of you!

-Jennifer Jackson



## 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, March 4, 11:00 am**

The Book Club will Discuss *Lady Tan's Circle of Women* by Lisa See. The March book is *The Diamond Eye* by Kate Quinn.

In 1937 in the snowbound city of Kyiv, wry and bookish history student Mila Pavlichenko organizes her life around her library job and her young son—but Hitler's invasion of Ukraine and Russia sends her on a different path. Given a rifle and sent to join the fight, Mila must forge herself from studious girl to deadly sniper—a lethal hunter of Nazis known as Lady Death. When news of her three hundredth kill makes her a national heroine, Mila finds herself torn from the bloody battlefields of the eastern front and sent to America on a goodwill tour.

Still reeling from war wounds and devastated by loss, Mila finds herself isolated and lonely in the glittering world of Washington, DC—until an unexpected friendship with First Lady Eleanor Roosevelt and an even more unexpected connection with a silent fellow sniper offer the possibility of happiness.

But when an old enemy from Mila's past joins forces with a deadly new foe lurking in the shadows, Lady Death finds herself battling her own demons and enemy bullets in the deadliest duel of her life.



## TOENAIL CLINIC

**Thursday, March 7**

Toe Nail Trimmers, LLC mission is 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.**

**Cost: \$35.00 Cash or Check**



**BINGO**

**Tuesdays, 10:00 am**

**March 5: Culver's Bingo**

**March 12: Mulberry Glen Bingo**

**March 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**



## TECH TUTORS

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



## TIME FOR YOU TO VOTE

The submissions are in and the dress has been revealed! It is now time to vote on them to see the winners of each category.

The submissions will be on display at the center with containers for you to place your votes. Voting will open Monday, March 4 and close Thursday, March 14. Below are the categories we will have you vote on.

1. Most creative
2. Closest to the actual dress
3. Most colorful

## VISIT LAKE COUNTY

**Wednesday, April 24, 8:15 am**

We will be taking a coach bus down to Lake County. We will stop at Lambs Farm for a meet and greet with time to shop. We will also have lunch there as well. After lunch head to North Shore Distillery for a tour along with a cocktail and cannoli pairing.

**8:15 pickup Whitewater**

**8:45 pickup Elkhorn**

**Fee:** \$106 ( price includes: bus fee, lunch, tastings and tours)

**Deadline to register:** Thursday, March 21 by noon

**Minimum: 30 people**

## EATING OUT

### Lunch Bunch

**Thursday, March 14, Depart at 11:00 am**

For lunch we will be heading to Brock's River Walk Tavern and Grill, in Fort Atkinson. Please reserve your seat by **Thursday, March 7**

### Breakfast Bunch

**Thursday, March 21 , Depart 8:15 am**

Head to Deb's Squeeze Inn, in Milton. Please reserve your seat by **Thursday, March 14.**

### Fish Fry

**Friday, March 22, Depart 4:00 pm**

Enjoy a fish fry at Willow Brook Golf Course, in Whitewater . Please reserve your seat by **Thursday, March 14**

**Meal Outings Travel Fees:**

**\$5.00 members**

**\$8.00 non-members**

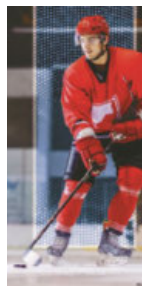
## MILWAUKEE ADMIRALS GAME

**Wednesday, March 13, 8:30 am**

Head to the Panther Arena to see the Admirals take on the Manitoba Moose. We will leave Starin Park at 8:30 am for the 10:30 game. After the game we will head back to Whitewater.

**Panther Arena is cashless. Credit/ Debit only**

**Fee:** \$20.00 member; \$30.00 non member



## JANESVILLE SHOPPING

**Wednesday, March 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.

## TRAVEL PREVIEW

**Friday, April 19, 10:30 am**

Premier World Discovery will be coming to promote their holiday tours.

We are offering Historic Savannah & Charleston Holiday as well as New York City Holiday.

**Deadline to register:** Thursday, April 18

**Call 262-473-0535 with any questions**

## DAYS WE GO ON OUR TRIPS

**Janesville Shopping:** First Wednesday of every month

**Lunch Bunch:** Second Thursday of every month

**Breakfast Bunch :** Third Thursday of every month

**Fish Fry:** Last Friday of every month ( unless noted otherwise)



# 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.

## GREAT CANADIAN CITIES

July 24– August 2, 2024

Get a the feel of France without having to fly as far. Take a city tour of Montreal, Quebec, Toronto, and Niagara Falls. Take the 1000 Islands cruise and see some large, small and tiny islands. Enjoy your fare-well dinner at the world famous Skylon Tower.



**Tour Rates:** \$4,099 per person double; \$5,224 single

## HIGHLIGHTS OF ITALY'S AMALFI COAST

October 8-October 15, 2024

Enjoy a walking tour of Sorrento and try some freshly made mozzarella cheese. Have a day to yourself or take an excursion to the Isle of Capri. Take a guided tour to Naples and enjoy a panoramic Naples City Tour. Experience a guided tour of Pompeii then continue onto the "Eternal City" of Rome.

**Tour Rates:** \$3,995 per person double; \$4,695 single



## KINGDOMS OF SOUTH-EAST 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



## 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

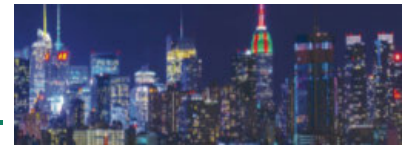


## NEWYORK CITY HOLIDAY

December 6-10, 2024

Enjoy 4 nights in the big apple. Get the chance to see the 9/11 memorial, a Broadway show, Rockettes and much more! You will be able to get some of your Christmas shopping done when you visit the Christmas Store.

**Tour Rate:** \$3,675 per person double; \$4,670 single



## HISTORIC SAVANNAH & CHARLESTON HOLIDAY

December 4-10, 2024

Looking for somewhere warm to go right before the holidays? Spend 2 nights in Chareleston, SC, 2 nights in Savannah, GA and 2 nights at Jekyll Island Club. Enjoy city tours of Savannah and Chareleston and enjoy a nice meal at Jekyll Island Club. Take in the views on a Beaufort Carriage Ride while you are there.



**Tour Rate:** \$3,425 per person double; \$4,400 single

## TULIP TIME ON JEWELS OF THE RHINE

April 23-May 3, 2025

Spend 11 days overseas and visit 4 countries. Spend 7 of those nights on the Rhine. Explore Keukenhof Gardens, visit Unesco World Heritage Sites, and have plenty of on shore excursions to pick from.

**Tour Rates:** Prices vary depending on what type of room you prefer.



## 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](http://wisconsincaregiver.org) website.

## DEMENTIA RESOURCE LIST

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



## ROCKIN' RESPITE VOLUNTEERS NEEDED

Do you enjoy playing games, conversing with people, and helping others? If so, check out Rockin' Respite. Spend time one-on-one with a person with mild cognitive impairment. You are welcome to drop in, see what we do, and decide if you'd like to volunteer. One of our volunteers commented, "What I like most about volunteering for Respite is knowing how much of a difference it makes, not only to those coming to Respite, but to the Caregivers."

Time commitment is the second or fourth Tuesday from 9:30 – 12:30 or 12:30 – 3:30. A short training is provided. Contact Jennifer to set up a time to check us out. (We really need some men to volunteer as we have three men currently at respite.)

### DEMENTIA CAREGIVER SUPPORT GROUP

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

UW-Whitewater CEC Building  
1260 W Main St, Whitewater

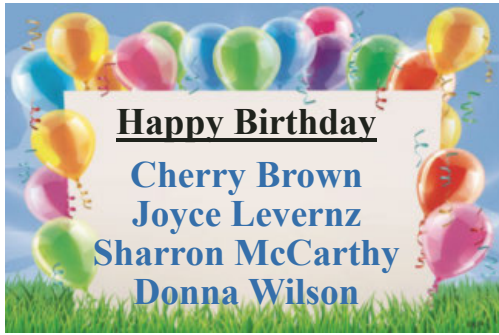
Respite Services will be provided thanks to Mulberry Glen Senior Living Community.  
RSVP will be required by 4pm the Tuesday before the meeting.

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

## WHITEWATER DEMENTIA FRIENDLY COMMUNITY INITIATIVE (DFCI)

**Third 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](http://wwparks.org), [www.whitewater-wi.gov](http://www.whitewater-wi.gov), click on Departments, then Seniors in the Park or [MyCommunityOnline.com](http://MyCommunityOnline.com).

Newsletters are also available outside the Starin Park



## FIND NEWSLETTERS ONLINE

For those of you who used [OurSeniorCenter.com](http://OurSeniorCenter.com) to find our newsletter, it is NOW [MyCommunityOnline.com](http://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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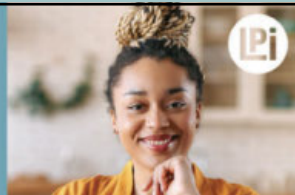
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# Activity Calendar

## March 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<b>Activities are held at Starin Park Community Building unless otherwise noted.</b>  <b>A = Downtown Armory</b> <b>C = Cravath Lakefront</b> <b>H = Hybrid (In Person &amp; Virtual)</b> <b>V = Virtual</b>				<b>1</b> 8:00 Pickleball (A) 9:00 Indoor Walking 10:30 Scholarly Scoop 12:00 Sewing 12:30 Pickleball (A) <b>Office Closed</b>
<b>4</b> 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 Canasta	<b>5</b> 8:00 Pickleball (A) 10:00 Culver's Bingo 10:00 Yoga with Brienne (HC) 10:30 BP Check 11:30 Tai Chi 12:30 Pickleball (A) 12:30 Stained Glass (A) 3:15 Ballet/ Tap (A)	<b>6</b> 8:00 Pickleball (A) 9:00 Indoor Walking 9:15 Jville Shopping 10:30 Fitness Drumming 10:45 Sign Language 12:30 Pickleball (A) 12:30 Stained Glass (A) <b>Office Closed</b>	<b>7</b> 8:00 Pickleball (A) 8:30 Toe clinic 9:30 FUNfit (H) 10:00 Yoga (HC) 11:30 Tai Chi 12:30 Pickleball (A)	<b>8</b> 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) <b>Office Closed</b>
<b>11</b> 8:00 Pickleball (A) 9:30 FUNfit-(H) 11:00 Warblers 12:00 Senior Forum 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Hand and Foot	<b>12</b> 8:00 Pickleball (A) 9:15 Rockin' Respite 10:00 Mulberry Bingo 10:00 Yoga with Brienne (HC) 10:30 BP Check 11:30 Tai Chi 12:30 Pickleball (A) <b>12:30 Movie "Killers of the Flower Moon"</b> 3:15 Ballet/ Tap (A)	<b>13</b> 8:00 Pickleball (A) <b>8:30 Admirals Game</b> 9:00 Indoor Walking 10:30 Fitness Drumming 10:45 Sign Language 12:30 Pickleball (A)	<b>14</b> 8:00 Pickleball (A) 9:30 FUNfit (H) 10:00 Yoga with Brienne (HC) 10:30 Lunch Bunch 11:00 Puzzle Exchange 11:30 Tai Chi 12:30 Pickleball (A) 1:00 OTR	<b>15</b> 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) <b>Office Closed</b>
<b>18</b> 8:00 Pickleball (A) 9:00 Pegs and Jokers 9:30 FUNfit-(H) 10:45 WII Bowling 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Canasta 1:30 DFCI	<b>19</b> 8:00 Pickleball (A) 10:30 Coffee Hour 10:00 Yoga with Brienne (HC) 10:30 BP Check 11:30 Tai Chi 12:30 Pickleball (A) 2:00 Garden Club 3:15 Ballet/ Tap (A)	<b>20</b> 8:00 Pickleball (A) 9:00 Indoor Walking 10:30 Fitness Drumming 10:45 Sign Language 12:30 Pickleball (A) 1:00 Clean Eating	<b>21</b> 8:00 Pickleball (A) 8:15 Breakfast Bunch 9:30 FUNfit (H) 10:00 Yoga with Brienne (HC) 11:30 Tai Chi 12:30 Pickleball (A) 1:00 Whitewater History	<b>22</b> 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) <b>4:00 Fish Fry</b> <b>Office Closed</b>
<b>25</b> 8:00 Pickleball (A) 9:30 FUNfit-(H) 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Hand and Foot	<b>26</b> 8:00 Pickleball (A) 9:15 Rockin' Respite 10:00 City Bingo 10:00 Yoga(HC) 10:30 BP Check 11:30 Tai Chi 12:30 Pickleball (A) 1:00 Movie "Nyad" 3:15 Ballet/ Tap (A)	<b>27</b> 8:00 Pickleball (A) 9:00 Indoor Walking 10:30 Fitness Drumming 10:45 Sign Language 12:30 Pickleball (A)	<b>28</b> 8:00 Pickleball (A) 9:30 FUNfit (H) 10:00 Yoga with Brienne (HC) 11:30 Tai Chi 11:00 Puzzle Exchange 12:30 Pickleball (A) 1:00 Soap Making	<b>29</b> 9:00 Indoor Walking 10:00 Sewing <b>Office Closed</b> 

## 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.

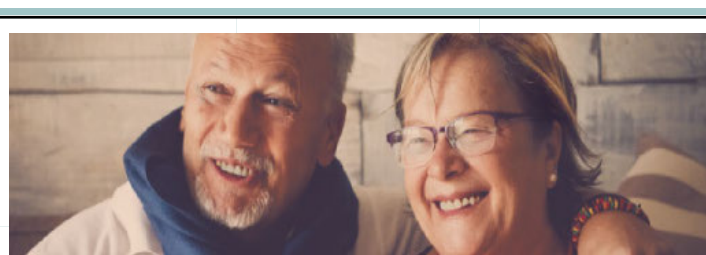
## FOODSHARE WISCONSIN

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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## Arrangements ARE ALWAYS EASIER IN ADVANCE

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	1008 Madison Ave. Fort Atkinson, WI 53538	208 N. Park Street Cambridge, WI 53523	550 N. Newcomb Street Whitewater, WI 53190
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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](mailto: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](mailto:igets@uww.edu) or call 262-472-1837.

## POLAR PLUNGE AND FREEZE FEST

**Saturday, March 9, 9:30 am Whitewater Aquatic and Fitness Center**

Registration and check-in for the plunge begins at 9:30 am.

The plunge begins at 12:00 pm. The chili cook off begins at 11:00! There is still room if you would like to enter a chili. Stevie Mugs are \$10 and you can try all the chili that you would like, paper bowls are \$5 to try all the chili that you would like.

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## THERMOSTAT

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## 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



## RESEARCHERS AT THE UNIVERSITY OF WISCONSIN-MADISON SEEK VOLUNTEERS FOR IMPROVING BLADDER AND BOWEL HEALTH

Researchers at the University of Wisconsin– Madison seek women volunteers, age 50 or older, for a research study about incontinence ( bladder or bowel leakage). The purpose of this study is to see how women use an online program that offers sample exercises, and tips on eating and drinking intended to prevent or improve the symptoms of incontinence.

### Who Can Participate?

- Women 50 years and older
- Have access to email
- Have an internet– connected device
- Individuals able to read and write English

### What does Participation involve?

- Using a free online continence program
- Completing 4 surveys spread over 6 months
- Some participants will be invited to participate in a video or phone interview
- Participants will receive up to \$125 for their time and participation

**Want to learn more or join the study?** Please visit <http://www.obgyn.wisc.edu/womenonthego>.

If you have questions, you can also contact one of the lead researchers, Megan Piper, by phone (608-265-5472) or email ([mep@ctri.wisc.edu](mailto:mep@ctri.wisc.edu)).

## TECHNOLOGY ASSISTANCE FOR YOUR DEVICE

IGeTS services include group training classes, one-on-one technology support and telehealth visit support. Group training classes are offered daily on a rotating basis, and include such topics as Apple Devices: The Basics, Android Devices: The Basics, and how to protect yourself against cyber threats. One-on-one support services to address individual technology needs and questions are also available by appointment. IGeTS services are provided primarily by students attending the University of Wisconsin - Whitewater, and are available in both English and Spanish.

IGeTS is open Monday – Thursday from 8:30am – 1:30pm and is located in UW-Whitewater's Community Engagement Center at 1260 W. Main Street, Room 124, Whitewater, WI 53190. To learn more about IGeTS services or to access the January group training class schedule visit <https://www.uww.edu/igets> , call 262-472-1837 or email [igets@uww.edu](mailto:igets@uww.edu) .

## SENIORS IN THE PARK COMMUNICATION

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

**[wwtr@schedulesplus.com](mailto: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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Phone 262-473-0535

Hours Monday—Thursday  
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Closed Fridays

### Senior Coordinator

Jennifer Jackson  
jjackson@whitewater-wi.gov

### Front Desk

Debbie Andrus

### Parks & Recreation Director

Kevin Boehm

Websites: [schedulesplus.com/wwtr](http://schedulesplus.com/wwtr)  
[www.wwparks.org](http://www.wwparks.org)  
[www.whitewater-wi.gov](http://www.whitewater-wi.gov)

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



## WEDDING DRESS SUBMISSIONS ARE IN!!

