



The

Park

Bench

October 2023

Seniors in the Park Newsletter

## SCHOLARLY SCOOP: CHANGING GRAMMATICAL AND USAGE CONVENTIONS IN STANDARD WRITTEN ENGLISH

Friday, October 6, 10:30-11:30 am

Standard written English is always changing. Some language variants, once considered incorrect in standard written English, are now used much more frequently; some variants, once considered correct, are now used less frequently, even becoming obsolete. This talk explores such changes and details some larger forces at work that led to them. One key force is the tendency for written English to include more speech-like forms—a process known as colloquialization. Democratization is another force that produced some high-profile changes to the pronoun system and to use of modals of obligation (such as must and shall).

Dr. Daniel Baumgardt earned a Ph.D. in Rhetoric from Carnegie Mellon University. Earlier, he earned an M.A. in Literary Studies and a B.A. in Linguistics. He is currently researching how norms for what is grammatical in standard written English change and how writers and editors navigate these changes. He teaches courses in grammar, style and editing, which primarily serve Professional Writing and Publishing majors, in addition to scientific and technical writing courses that serve majors across the university

Deadline to register for zoom recording: Wednesday, October 4



Volume XXIV Issue 10

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## ASSASSINATIONS IN U.S. AND WORLD HISTORY

Wednesdays, October 4-25, 1:00 pm

Join us for the following talks by Dr. Haney:

- Oct. 4 Presidents Lincoln, Garfield, McKinley and the "Almosts"
  - Oct. 11 President Kennedy, Robert Kennedy, King, Malcolm and More
  - Oct. 18 Nazis and Communists
  - Oct. 25 Crazy Horse, Gandhi, Rabin, Sadat and More
- To join virtually, please register by Monday, October 2



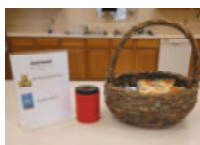
## REMINDERS

If you change your email, phone number or address, please remember to let us know. Thanks for your help.

## 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.



## PUZZLE EXCHANGE

**October 5 & 26, 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, November 13, 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.



## NEW CARD GROUP

**Second and Fourth Mondays, 1:00 pm**

We have started a new card game called Hand and Foot. This game is related to Canasta, in which each player is dealt two sets of cards—the “hand”, which is played first, and the “foot”, which is played when the “hand” has been used up.

Don't know how to play? They will teach you as you go.

## FALL PREVENTION CLINIC

**Thursday, October 12, 12:00-3:00 pm**

Aly Patton, Physical Therapist with Fort Health Care, will be hosting a falls prevention clinic. Fall prevention screenings provide a brief assessment on a person's risk to have a fall, based on questions and physical tests. Based on the initial screenings, less or more further testing can be completed and should not take longer than 10 minutes. Recommendations for further fall prevention can be made based on the screenings.



To make an appointment, call 262-473-0535.

## SENIORS IN THE PARK....AFTER DARK

**Monday, October 30, 5:00 pm**

Have a haunting good time at this party! Come play some spooky games, decorate a pumpkin that will never go bad, enjoy a caramel apple bar, apple cider and mulled wine, witches stew and so much more!

Wear your favorite Halloween costume if you'd like!

**Deadline to register:** Wednesday, October 25



## NEW BEGINNINGS

**Tuesday, October 17, 10:00 am**

Ang Doman, specialized senior advocate and community outreach coordinator, will explain what New Beginnings is, their services, different awareness months, support groups, scams going around and other information.

**Deadline to register:** Thursday, October 12



**“You Hurt My Feelings”**  
**Tuesday, October 10, 1 pm**  
**(Comedy/Drama/Romance).**

**Rated R (language); 1 hour, 33 minutes (2023)**

A sharply observed comedy about a novelist whose long standing marriage is suddenly upended when she overhears her husband give his honest reaction to her latest book. A film about trust, lies, and the things we say to the people we love most. Stars Julia Louis-Dreyfus and Tobias Menzies.

**“Hocus Pocus”**  
**Tuesday, October 24, 1 pm**  
**(Comedy/Family/Fantasy)**  
**Rated PG; 1 hour, 36 minutes. (1993)**

A teenage boy and his little sister move to Salem, where he struggles to fit in, before awakening a trio of diabolical witches (Bette Midler, Sarah Jessica Parker and Kathy Najimi) that were executed in the 17th century. Now, the witches wish to suck the life out of the little children in order to stay alive... Yes, it IS played for laughs.

**“Hocus Pocus 2”**  
**Tuesday, October 31, 1 pm**  
**(Comedy/Family/Fantasy)**  
**Rated PG. 1 hour, 43 minutes. (2022)**

The misadventures continue as two young women accidentally bring the three Sanderson Sister witches back to life in Salem and must figure out how to stop these child-hungry witches in our modern day world. The returning cast really camps it up!

## COOKING FOR ONE

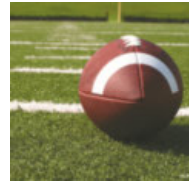
**Thursday, October 5, 10:45**

Cooking for one is really hard. This presentation will give you some great ideas on ways to cook for one.

**Deadline:** Monday, October 2

## FRIENDS-GIVING

Next month we will be having a friends giving/potluck. More information to come in the November newsletter. If you have any questions please call 262-473-0535



## PACKER PARTY

**Sunday, October 29, 11:00 am**

Join us as we root for the packers as they play against the Vikings! We will project the game so everyone can see. Play some tailgate games, eat some food and enjoy the game! There will be food for you to eat while watching the game. Bring your own beverage.

**Deadline to register:** Thursday, October 19

Fee: \$5.00 members; \$10.00 non members

## IGETS PRESENTATION

**Thursday, October 26, 2:00pm**

Do you have technology questions you need assistance with? Intergenerational Technology Services (IGeTs) at the University of Wisconsin-Whitewater can help. IGeTs is a provider of FREE technology support for eligible older adults within the community. To learn more about IGeTs, the types of services provided and how you can utilize these FREE technology support services,. Tanya Mordecai, Director of IGeTs, will be onsite to provide a brief overview of IGeTs and to answer any questions individuals might have regarding services.

## 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: October 2-30

Fee: \$13.50 Member  
\$27.00 Non-member

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

Next session is November 2-30



## INDOOR WALKING

**Wednesdays & Fridays  
9:00 am**

Walk to "Walk Away the Pounds"  
DVD's.

## YOGA WITH BRIENNE



**Tuesdays, November 7-December 26, 10-11:00 am**

**Thursdays, November 2-December 28, 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 Center, or you can also join online. Everyone will get the Zoom link.

Instructor is Brienne Brown, RYT

Tuesday fee: \$40 members; \$56 non-members

Thursday fee: \$40 members; \$56 non-members

**Deadline to register:** Monday, October 30, by noon

**No class: Thursday, November 23**



## MONTHLY HIKE

**Thursday, October 5, 9:00 am**

For the October hike, we will visit the woods of the Kettle Moraine at Nordic Trails on CT H north of LaGrange. Meet at 9 am in the SITP parking lot, and we will carpool to the trailhead. We will return about noon. Please register in advance and bring hat, water bottle, insect protection and dress for the weather. Call Ginny at 262 473 3953 with questions. Call 262-473-0535 to register.

## FITNESS DRUMMING

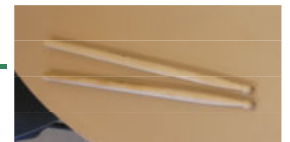
**Wednesdays, 10:30 am**

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



**Supplies you will need:** Drum sticks or wooden spoons, exercise ball and basket or bucket.

Call 262-473-0535 with any questions.



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DHS Approved 4/22/2021

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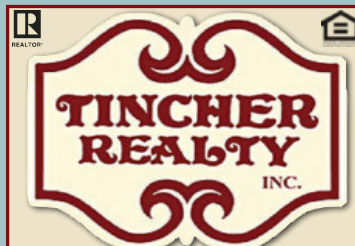
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## WEEKLY CRAFTS

**Thursdays, November 9, 16 & 30, 1:00-3:00 pm**

Each craft will take anywhere from 1-2 hours, depending how intricate the craft is. Everything is supplied. You are able to sign up for as many as you would like.

**Nov. 9:** Tie blanket

**Nov. 16:** Arm knitting

**Nov. 30:** Christmas Decoration

**Deadline to register:** Thursday before each class

Fee: \$10.00 Member; \$15.00 non-member

## GARDEN CLUB

**Tuesday, October 17, 2:00 pm**

“Whitewater Growers” Native Plant garden is growing nicely with the addition of more plants from club members. Thank you, Patrea, Larry and Marcie! Feel free to join us this month!



We'll be diving into the subject of Wisconsin native plants and getting ready to do some fall plantings. Last month our focus was on tomatoes. Our meetings are fun and educational and we welcome all levels of gardeners.



## STAINED GLASS



**October 10 & 11, 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, October 5.

## LEARN MAH JONGG

**Mondays, October 2-30, 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, October 2, 11:00 am**

The Book Club will discuss *Hang the Moon* by Jeannette Walls. The October book is *The Glass Castle* by Jeanette Walls.

The Glass Castle is a remarkable memoir of resilience and redemption, and a revelatory look into a family at once deeply dysfunctional and uniquely vibrant. When sober, Jeannette's brilliant and charismatic father captured his children's imagination, teaching them physics, geology and how to embrace life fearlessly. But when he drank, he was dishonest and destructive. Her mother was a free spirit who abhorred the idea of domesticity and didn't want the responsibility of raising a family.

The Walls children learned to take care of themselves. They fed, clothed and protected one another, and eventually found their way to New York. Their parents followed them, choosing to be homeless even as their children prospered.



## TOENAIL CLINIC CHANGE

**Thursday, October 12**

Toe nail clinic is filling up nearly two months in advance. We do have cancellations on a regular basis, so we highly encourage you to get on the waiting list, and we will do our best to get you in.

This service is by appointment only. Please call the center at 262-473-0535 to make an appointment. Deb Scullin, RN, provides the service.

**Please bring a towel, correct change or check made out to Deb Scullin.**

**Fee is \$17.00**

**Next Clinic:** Thursday November 2.

## TECH TUTORS

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



**Tuesdays, 10:00 am**

**Oct. 3: Culver's Bingo**

**Oct. 10: Mulberry Glen Bingo**

**Oct. 24: 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**



## TOENAIL CLINIC UPDATE

Deb Scullin has decided to retire at the end of this year. The group that is taking over, starting January 2023, is Toe Nail Trimmers, LLC. They were founded in 2006 by two certified foot care nurses. They will be making their own appointments. The fee will be increasing to \$35.00 cash or check.

To make an appointment, for January, call 262-719-0336.

## MEDICARE HELP DESK

**Tuesday, October 3, 9-11 am**

Have a question about wording, what to sign up for, everything that changed this year? We will have someone here to help answer questions. Please call 262-473-0535 to make an appointment

## CHINA LIGHTS NATURE'S GLOW AT BOERNER



**Wednesday, October 18, 4:30 pm**

Experience the larger-than-life displays. Experience a different side of the Boerner gardens as we walk through it at night. This year's theme is 'Nature's Glow', with 40 larger-than-life themed lanterns.

**Deadline to register:** Monday, October 9

Fee: \$35.00



## APPLES, WINE AND BEER

**Friday, October 6, 1:00 pm**

Head to the Apple Barn for apple cider doughnuts, apple picking, and much more. They also have their own wine. Once we are done we will head over to Duesterbeck's for

beer. They also have pizza, pretzels and a few other appetizer like foods.

Fee: \$5.00

**Deadline:** Wednesday, October 4

## EATING OUT

### Lunch Bunch

**Thursday, October 12, Depart at 10:30 am**

For lunch we will be heading to Princess Café in East Troy. Please reserve your seat by **Thursday, October 5.**

### Breakfast Bunch

**Thursday, October 19, Depart 8:15 am**

Head to the Edge of Town in Palmyra. Please reserve your seat by **Thursday, October 12**

### Fish Fry

**Friday, October 27, Depart 4:00 pm**

Enjoy fish fry at Someplace Else in Elkhorn. Please reserve your seat by **Thursday, October 19.**

**Meal Outings Travel Fees:**  
\$5.00 members  
\$8.00 non-members

## JANESVILLE SHOPPING

**Wednesday, October 4**

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](mailto:jfrench@whitewater-wi.gov)

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# 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.

## PUERTO VALLARTA ALL-INCLUSIVE GETAWAY

February 16 – February 22, 2024

Enjoy 6 nights of relaxation and an escape from the cold Wisconsin weather. Paradise Village is a beautiful Puerto Vallarta beach hotel. Have everything you could need in one location, food, drinks, activities, and much more.

**Tour Rates:** \$ 2,899 per person double, \$3,599 single



## 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.

## KINGDOMS OF SOUTHEAST ASIA

December 28, 2024– January 15, 2025

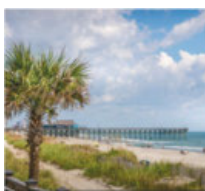
Take 19 days to explore the culture of South East Asia. Start your morning with Tai Chi in the park with locals. Eat traditional cuisine and take an immersive cooking class. Start your trip in Hanoi Vietnam and end in Bangkok Thailand.

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



## 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.

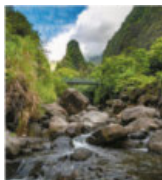
**Tour Rate:** \$2,199 per person double, \$2,848 single

## 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



## 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 October 6.

### 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 October 11.

**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

**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



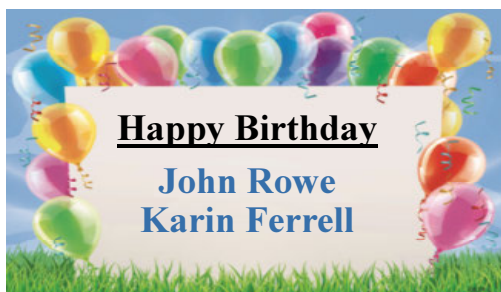
Respite Services will be provided thanks to Mulberry Glen Senior Living Community. RSVP will be required by 4pm the Tuesday before the meeting.

For more information contact Jake Sawyers at:  
262-741-3273 or [jsawyers@co.walworth.wi.us](mailto: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](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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***I work by referral. Please don't keep me a secret***

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**Ruth Schlitz**

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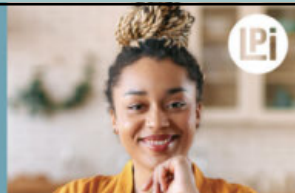
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# Activity Calendar

## October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<b>2</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 Learn Mah Jongg 1:00 Canasta	<b>3</b> 8:00 Pickleball (A) 9-11 Medicare table 10:00 Culver's Bingo 10:00 Yoga (HC) 11:00 BP Check 12:30 Pickleball (A)	<b>4</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) 1:00 Dr. Haney lecture 1:00 Flower Pressing	<b>5</b> 8:00 Pickleball (A) 9:00 Monthly Hike 9:30 FUNfit (H) 10:00 Yoga with Brienne (HC) 10:45 Cooking for one 11:00 Puzzle Exchange 12:30 Pickleball (A) 1:00 Flower Pressing	<b>6</b> 8:00 Pickleball (A) 9:00 Indoor Walking 10:30 Scholarly Scoop 12:00 Sewing 12:30 Pickleball (A) <b>1:00 Apple Trip</b>  <b>Office Closed</b>
<b>9</b> 8:00 Pickleball (A) 9:30 FUNfit-(H) 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Learn Mah Jongg 1:00 Hand & Foot 1:30 DFCI <b>Office closed at 1:00</b>	<b>10</b> 8:00 Pickleball (A) 9:30 Rockin' Respite 10:00 Mulberry Bingo 10:00 Yoga (HC) 11:00 BP Check 12:30 Stained Glass (A) 12:30 Pickleball (A) 1:00 Movie "You Hurt My Feelings" <b>Office Closed at 1:00</b>	<b>11</b> 8:00 Pickleball (A) 9:00 Indoor Walking 10:30 Fitness Drumming 10:45 Sign Language 12:30 Pickleball (A) 12:30 Stained Glass (A) 1:00 Dr. Haney Lecture <b>Office Closed</b>	<b>12</b> 8:00 Pickleball (A) 8:30 Joyful Toes 9:30 FUNfit (H) 10:30 Lunch Bunch 12:30 Pickleball (A) 12-3 Fall Prevention Clinic <b>Office Closed at 1:00</b>	<b>13</b> 9:00 Indoor Walking 10:00 Sewing 10:00 Travel Preview <b>Office Closed</b>
<b>16</b> 8:00 Pickleball (A) 9:30 FUNfit-(H) 9:00 Pegs & Jokers 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Learn Mah Jongg 1:00 Canasta	<b>17</b> 8:00 Pickleball (A) 10:00 Yoga with Brienne (HC) 10:00 New Beginnings 11:00 BP Check 12:30 Pickleball (A) 2:00 Garden Club	<b>18</b> 8:00 Pickleball (A) 9:00 Indoor Walking 10:30 Fitness Drumming 10:45 Sign Language 12:30 Pickleball (A) 1:00 Dr. Haney lecture <b>4:30 China Lights</b>	<b>19</b> 8:00 Pickleball (A) 8:15 Breakfast Bunch 9:30 FUNfit (H) 10:00 Yoga with Brienne (HC) 12:30 Pickleball (A)	<b>20</b> 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) <b>Office Closed</b>
<b>23</b> 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 & Foot	<b>24</b> 8:00 Pickleball (A) 9:30 Rockin' Respite 10:00 City Bingo 10:00 Yoga (HC) 11:00 BP Check 12:30 Pickleball (A) 1:00 Movie "Hocus Pocus"	<b>25</b> 8:00 Pickleball (A) 9:00 Indoor Walking 10:30 Fitness Drumming 10:45 Sign Language 12:30 Pickleball (A) 1:00 Dr. Haney Lecture	<b>26</b> 8:00 Pickleball (A) 9:30 FUNfit (H) 10:00 Yoga with Brienne (HC) 11:00 Puzzle Exchange 12:30 Pickleball (A) 2:00 IGeTS Presentation	<b>27</b> 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) 4:00 Fish Fry  <b>29</b> <b>11:00 Packer Party</b>
<b>30</b> 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 Canasta <b>5:00 SITP After Dark</b>	<b>31</b> 8:00 Pickleball (A) 10:00 Yoga(HC) 11:00 BP Check 12:30 Pickleball (A) 1:00 Movie "Hocus Pocus II" 	<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>		

## 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-12 pm.

## 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](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.

## FREE TECHNOLOGY SERVICES

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.

Open Monday– Thursday 8:30-1:30

Located UW-Whitewater Community Engagement Center

## SENIOR RESOURCE FAIR

**Thursday, October 5, 8-11 am**

Resource fair is located at Walworth County Health and Human Services Building, 1910 County Rd NN, Elkhorn, WI.

There will be coffee, water, snacks, raffle prizes and more than 50 senior friendly vendors!

## 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



## FAIRHAVEN LECTURE SERIES

**Mondays, 3:00 pm, Olm Fellowship Hall at Fairhaven Senior Services**

- Oct. 2:** Barley, Barberry and Biological Warfare: A short History of Stem Rust, 4,000 BCE– Present  
*Karl Brown, Associate Professor, History*
- Oct. 9:** The significance of Reefs in Earth's Ancient History  
*Rex Hanger, Professor, Geology, Geography & Environmental Science*
- Oct. 16:** Celebrating 40 years of the Fairhaven Lectures  
Join us for reflections and refreshments in celebrating the lecture series. Dr. Benjami Whitcomb, professor of Cello, will provide entertainment.  
**RSVP required.**
- Oct. 23:** The Agenda of Public Discourse  
*Brian Schanen, Lecturer, Communication*
- Oct. 30:** Previewing the 2024 Presidential Election  
*Susan Johnson, Associate Dean, College of Letters and Sciences, Associate Professor, Politics, Government and Law*
- Nov. 6:** The Road to Nationals: Performances of UW-Whitewater Forensics Team  
*The presentation will be 3 performances from the UW-Whitewater Forensics Team.*
- Nov. 13:** Institutional Integrity and Legitimacy: Today's Supreme Court  
*Jolly Emry, Associate Professor, Politics, Government, and Law*

## 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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## SENIORS IN THE PARK

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**Phone 262-473-0535**

**Hours Monday—Thursday  
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Closed Fridays**

### Senior Coordinator

Jennifer French  
[jfrench@whitewater-wi.gov](mailto:jfrench@whitewater-wi.gov)

### Front Desk

Debbie Andrus

### Newsletter Editor

Romelle Koch

### Parks & Recreation Director

Eric Boettcher

**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*



## FROM THE COODINATOR

Summer is officially over, even with the crazy heat waves we had a blast!!

