



The Park Bench

September 2023 *Seniors in the Park Newsletter*

MEMORY SCREEN



Tuesday, September 12, 9:30-3:30 pm

A memory screen is a wellness tool that helps identify possible changes in memory and cognition. Screenings are Free and only take 15 minutes!

To make an appointment please call Jake Sawyers, Dementia Care Specialist at The ADRC of Walworth County at 262-741-3273

LOCAL AUTHOR BOOK TALK

Wednesday, September 13, 11:00 am

Debra Oas has three published fictional novels, "Sinister Bay", published in 2019, "Whitewater Witch", published in 2022 and most recently, "Mountain Walker", published in 2023. The books are part of a series called Cryptid Mysteries. In addition, she has four published children's books, "Little Lost Annie", "Holly the Christmas Puppy", "Mr. Mick" and "Celia and Teddy". Debra is a retired Aquatics director and, after 27+ years working in the Aquatics field, has returned to her first love of writing. She studied journalism, worked as a reporter and did freelance writing for various magazines and publications.

Debra's latest book is called *Mountain Walker*. Following a compelling phone call from an old friend, cryptozoologist Wolfgang Kilmer makes his way to the mountains of Colorado. Upon arrival, Wolf discovers that a strange, shape-shifting creature may be creating havoc at the peaceful Eleven Mile Reservoir. Tales told of a walking monster going back nearly sixty years, peak Wolf's interest. Strange incidents soon transpire, spelling danger and eventually turn into murder. Wolf and his friend Harry seek to unearth the terrible truth behind the killings, with the help of a grizzled mountain man and a determined fire watch tower lookout. There are secrets to be discovered, but not without great risk.



Volume XXIV Issue 9

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ONLINE REGISTRATION

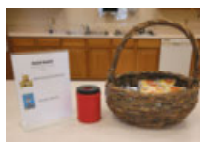
Bookmark/save this registration link:

<https://schedulesplus.com/wwtr/kiosk/>

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.



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, September 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.



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.

MEDICARE 101

Thursday, September 14, 9:30 am

Medicare insurance can be complicated and confusing, so let's start with the basics to help you make the most educated decision about what is right for your personal needs.

How does Medicaid fit into all of this? Why does one have a high premium and others don't charge a premium at all? What is the deal with all of those advertisements talking about cash back and getting all of the benefits you deserve? Why do drug costs seem to change during the year? What are some tips to try and reduce the costs of your medications?



FITNESS DRUMMING

Wednesdays, 10:30 am

Starting September 6, we will have Fitness Drumming. Get a great cardio workout while listening to songs that get you moving and grooving! We are still trying out a few names; if you have any suggestions, please let us know!

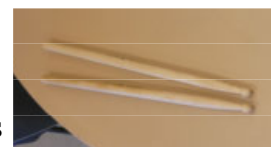
Supplies you will need for this class (also pictured below): drum sticks (wooden spoons work), exercise ball, basket or bucket.

If you are looking to buy items that you don't have:



The bucket pictured is from Walmart costs about \$10.00
If you want the ball, sticks and pump that can be found on Amazon for about \$20.00.

Call 262-473-0535 with any questions





“Asteroid City”
Tuesday, September 12, 1 pm
(Comedy/Drama/Romance) Rated PG-13
1 hour, 45 minutes. (2023)

Written and directed by Wes Anderson (“Moonrise Kingdom,” “The Grand Budapest Hotel,” “French Dispatch”), this esoteric film features an ensemble cast including Scarlett Johansson, Tom Hanks, Margot Robbie, Bill Murray, Adrien Brody, Ed Norton and Willem Dafoe. A family of astronomy fans travels to a youth stargazing event in Asteroid City. Quirky, odd and fun.

“The Empire of Light”
Wednesday, September 20, 1 pm
(Drama/Romance) Rated R (sexual content, language); 1 hour, 55 minutes. (2022)

Our last Wednesday art film of the summer is a British homage to the movie palaces of a bygone era. Coastal England, 1980. A middle-aged, unmarried cinema manager (Olivia Coleman) struggles to save a dying, chain movie theatre. Her loneliness and depression, compounded by a lecherous boss (Colin Firth), takes a turn when an energetic trainee (Micheal Ward) brightens her perspective on the business and life. Nominations included Best Cinematography (Oscar), Best Actress & Film (BAFTA) and AARP Best Grownup Love Story.

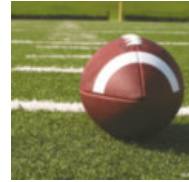
“It Ain’t Over”
Tuesday, September 26, 1 pm
(Sports/Documentary)
Rated PG. 1 hour, 39 minutes. (2022)

An intimate portrait, and emotional and uplifting documentary, that takes us beyond the caricature and “Yogi-isms,” and into the heart and personality of one of baseball’s most beloved legends, on and off the field: Yogi Berra. Angela Bassett, Paul Sorvino, Chris Noth, Larry King and Jay Leno.

MARCY AND THE HIGHLIGHTS

Thursday, August 31, Cravath Lakefront

The Seniors in the Park is sponsoring the Marcy and the Highlights concert. Come dance, sing and enjoy the night.



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

POSSIBLE POT LUCK

We have had a few people that brought up bringing back a pot luck. If this is something that you would also be interested in, please call 262-473-0535 or email jfrench@whitewater-wi.gov and let us know. If we have enough interest, we will get one planned!

ACTIVITIES AT A GLANCE

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

Book Club—First Monday, 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)—Mondays & Thursdays, 9:30 am

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

Indoor Walking—Wednesdays & Fridays, 9:00 am

Mah Jongg—Mondays, 1:00 pm

Pegs and Jokers—Third Mon., 9:00 am

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

Sewing Group—Fridays, 10:00 am

Sign Language—

Wednesdays, 10:45 am

Warblers—Mondays, 11:00 am

Yoga (Hybrid)—Tuesday or Thursday, 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: September 7-28

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

Deadline is Wednesday, September 6, by noon

Next session is October 2-30



INDOOR WALKING

**Wednesdays & Fridays
9:00 am**

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

YOGA WITH BRIENNE



Tuesdays, September 5 - October 31, 10-11:00 am

Thursdays, September 7 - October 26, 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: \$45 members; \$63 non-members

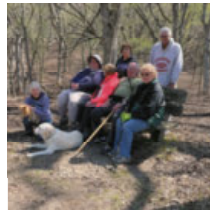
Thursday fee: \$35 members; \$49 non-members



Deadline to register: Wednesday, August 30 by noon

No class: Thursday, October 12

MONTHLY HIKE



Thursday, September 7, 9:00 am

For the September hike, we will visit Stute Springs Nature Trail near Eagle at the site of an old homestead from the early 1900's. We will see the spring house, chicken coop, farm house foundation and other outbuildings. Meet at 9 am in the SITP parking lot, and we will carpool to the trail head.

We will return about noon. Please register in advance and bring a hat, water bottle, insect protection and dress for the weather. Call Ginny at 262 473 3953 or the SITP office with questions.

Next Hike: October 5

KAYAKING/ CANOEING GROUP

If you are interested in enjoying a nice day out on the lake, either kayaking or canoeing, please call 262-473-0535, and we will get you on the list. That way if a group plans to go out, we can send out an email to keep you informed.

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



GARDEN CLUB

Next meeting—Tuesday, September 19, 2:00 pm

“Whitewater Growers” had wonderful tours of *The Healing Garden* in Edgerton and the Kujanski’s gardens in Whitewater. Our Native Garden Project is coming along especially with visits from Monarch caterpillars! (see pics) For the next phase we will be revamping the front gardens of the Starin Park Community Building. Our meetings are always fun and educational—all levels of gardening are

welcome! Coming soon—Janesville Rotary Botanical Garden tour (date TBD). If you’d like to join us call ahead to register.



For more info or to register for the tour please call 262-473-0535 and ask for Debbie.



TECH TABLE

Thursday, September 14, 1-2:30 pm

Bring your technology and your questions. Mara will be here to help with questions or issues you might have with your technology. Tablet, phones, computers, kindles, etc. are welcome!

No need for an appointment. Walk-ins are perfect

Call 262-473-0535 with questions



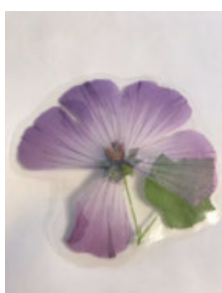
FLOWER PRESSING CLASS

October 4 & 5, 1:00

Join Debbie as she demonstrates different ways to press flowers. (even using the microwave!) The second session we will be putting a little craft together with the pressed flowers. (samples below)

If you have certain flowers you would like to use feel free to bring them pressed or un-pressed.

Deadline to register: Monday, October 2



LEARN MAH JONGG

Mondays, September 11-25, 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, September 11, 11:00 am

The Book Club will discuss *Shoulder Season: A Novel* by Christina Clancy. The September book is *Hang the Moon* by Jeannette Walls.

Sallie Kincaid is the daughter of the biggest man in a small town, the charismatic Duke Kincaid. Born at the turn of the 20th century into a life of comfort and privilege, Sallie remembers little about her mother who died in a violent argument with the Duke. By the time she is just eight years old, the Duke has remarried and had a son, Eddie. While Sallie is her father's daughter, sharp-witted and resourceful, Eddie is his mother's son, timid and cerebral. When Sallie tries to teach young Eddie to be more like their father, her daredevil coaching leads to an accident, and Sallie is cast out.

Nine years later, she returns, determined to reclaim her place in the family. That's a lot more complicated than Sallie expected, and she enters a world of conflict and lawlessness. Sallie confronts the secrets and scandals that hide in the shadows of the Big House, navigates the factions in the family and town and finally comes into her own as a bold, sometimes reckless bootlegger.

SENIOR SPOTLIGHT

We have so many individuals here at Seniors in the Park. We would love to share your story. If you would like to share your story please let Jennifer know. We will try to do a senior spotlight each month.

Please call 262-473-0535 with any questions.



JOYFUL TOES

**Thursday,
September 8**

Currently, 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, October 12



Tuesdays, 10:00 am

Sept. 5: Culver's Bingo

Sept. 12: Mulberry Glen Bingo

Sept. 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**



STAINED GLASS

**September 19 & 20, 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, September 14

APPLES, BEER AND WINE: OH MY!

Friday, September 22

Seniors in the Park will be heading to Oakwood Fruit Farm in Richland Center, Wisconsin, for a fun morning of apple picking and shopping. Then head to Vintage Brewing Co. in Madison for lunch and drinks. They have beer, wine, spirits and craft sodas. We will return around 3:00. To register call 262-473-0535.

Whitewater pick up: 7:00 am; **Fort Atkinson Pick up:** 7:30 am

Fee: \$66 (bus fee)

Deadline to register: Tuesday, September 5

Minimum: 20 people

MOTORCYCLE RIDES

Wednesday September 20— Head up to Richland Center to the Oakwood Fruit Farm. Stop on your way up at Nora's Two for some breakfast. Group Departs at 8:30 am.



Rides depart from Starin Park. On long trips, breaks are about every 1 1/2 hours, if we have not arrived at a destination. Let us know if you are willing to lead a ride. Riders must arrive prior to departure to show proof of insurance (card you should be carrying), if this is your first ride with us in 2023. You can also scan and email your insurance info or drop it off in advance. A participation form is needed if you have not ridden with us recently. Helmets are recommended. Call with your email, and we'll keep you current on upcoming rides and rain dates.

EATING OUT

Lunch Bunch

Thursday, September 14, Depart at 10:30 am

For lunch we will be heading to Moy's in Elkhorn.. Please reserve your seat by **Thursday, September 7.**

Breakfast Bunch

Thursday, September 21, Depart 8:15 am

Head to the Double B Farm & Cafe in Beloit. Please reserve your seat by **Thursday, September 14.**

Fish Fry

Friday, September 29, Depart 4:00 pm

Enjoy fish fry at the Chubby's Café in Big Bend. Please reserve your seat by **Thursday, September 21.**

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

JANESVILLE SHOPPING

Wednesday, September 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.

\$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, September 8, 10:00 am

Premier World Discovery will be stopping in to present on the All Inclusive Puerto Vallarta trip coming up this February.

Deadline to register: Tuesday, September 5

TRAVEL PREVIEW

Tuesday, September 12, 8:30 am

Join us as Collette Travel comes to preview Pacific Northwest & California, Kingdoms of Southeast Asia and Hawaiian Adventures

Deadline to register: Thursday, September 7

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.

MONTREAL & QUEBEC CITY CHRISTMAS MARKETS



December 7– 11, 2023

See the Notre Dame Cathedral, take a train ride to Quebec City, eat some delicious treats. Spend some time on the cobblestone streets looking at festive holiday decorations and lighting. Take a tour of Quebec where you will be introduced to Old & New Quebec, North America's only walled city. In Quebec City the residents are French Canadian from their food and customs to their language and way of thinking.

Tour Rates: \$2,799 Per person double, \$3,399 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



PUERTO VALLARTA ALL-INCLUSIVE GET-AWAY



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



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.

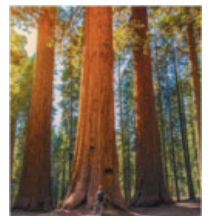
Tour Rate: \$2,199 per person double, \$2,848 single

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 September 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 September 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 at 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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I work by referral. Please don't keep me a secret

I do not offer every plan available in your area. Any information I provide is limited to the plans I do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options

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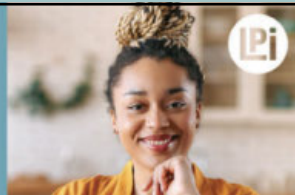
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Activity Calendar

September 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			31 8:00 Pickleball (A) 9:30 FUNfit (H) 10:00 Yoga with Brienne (HC) 12:30 Pickleball (A) 7:00 Concerts in the Park	1 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) Office Closed
4  OFFICE CLOSED	5 8:00 Pickleball (A) 10:00 Culver's Bingo 10:00 Yoga (HC) 11:00 BP Check 12:30 Pickleball (A)	6 8:00 Pickleball (A) 9:00 Indoor Walking 9:15 Jville Shopping 10:30 Fitness Drumming 10:45 Sign Language 12:30 Pickleball (A)	7 8:00 Pickleball (A) 8:30 Joyful Toes 9:00 Monthly Hike 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 10:00 Travel Preview 12:30 Pickleball (A) Office Closed
11 8:00 Pickleball (A) 9:30 FUNfit-(H) 11:00 Book Club 11:00 Warblers 12:00 Senior Forum 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Learn Mah Jongg 1:00 Hand & Foot	12 8:00 Pickleball (A) 8:30 Travel Preview 9:30 Memory Screen 9:15 Rockin' Respite 10:00 Mulberry Bingo 10:00 Yoga with Brienne (HC) 11:00 BP Check 12:30 Pickleball (A) 1:00 Movie "Asteroid City"	13 8:00 Pickleball (A) 9:00 Indoor Walking 10:30 Fitness Drumming 10:45 Sign Language 11:00 Author Talk 12:30 Pickleball (A)	14 8:00 Pickleball (A) 9:30 FUNfit (H) 10:30 Lunch Bunch 10:00 Yoga with Brienne (HC) 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 and Jokers 9:30 FUNfit-(H) 11:00 Warblers 12:30 Pickleball (A) 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) 12:30 Stained glass 2:00 Garden Club	20 8:00 Pickleball (A) 9:00 Indoor Walking 10:30 Fitness Drumming 10:45 Sign Language 12:30 Pickleball (A) 12:30 Stained glass 1:00 Movie "The Empire of Light"	21 8:00 Pickleball (A) 9:30 FUNfit (H) 10:30 Breakfast Bunch 10:00 Yoga with Brienne (HC) 12:30 Pickleball (A)	22 7:00 Apple Trip 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) Office Closed
25 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	26 8:00 Pickleball (A) 9:15 Rockin' Respite 10:00 Yoga(HC) 10:00 City Bingo 11:00 BP Check 2:30 Pickleball (A) 1:00 Movie "It Ain't Over"	27 8:00 Pickleball (A) 9:00 Indoor Walking 10:30 Fitness Drumming 10:45 Sign Language 12:30 Pickleball (A) OFFICE CLOSED	28 8:00 Pickleball (A) 9:30 FUNfit (H) 10:00 Yoga with Brienne (HC) 12:30 Pickleball (A) Closed at 1:00	29 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) 4:00 Fish Fry Office Closed

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-12:00 pm.

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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Arrangements
ARE ALWAYS EASIER IN ADVANCE

Making your funeral arrangements in advance ensures that your loved ones avoid stress later. It's easy to do, and we're here to help at Nitardy Funeral Homes.

By choosing your desires and preferences for your funeral or cremation service ahead of time, you help ensure that your family and friends avoid stress. That way, when the time comes, they can focus on what truly matters: celebrating your life.

1008 Madison Ave. Fort Atkinson, WI 53538 920-563-5898	208 N. Park Street Cambridge, WI 53523 608-423-3414	550 N. Newcomb Street Whitewater, WI 53190 262-472-9118
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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

CONCERTS IN THE PARK

Thursdays at 7:00 pm, Cravath Lakefront Park

August 31: Marcy & the Highlights
Sponsored by Seniors in the Park

September 7: Thirsty Boots Band

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!

HUMMING BIRD BANDING AND MONARCH TAGGING

Saturday, September 9 at 7:30 am the public is welcome to 11703 E Berg Rd., Whitewater, WI 53190 to band hummingbirds with Mickey O'Connor.

Sunday, September 10 at 1:00 pm the public is welcome to 11703 E Berg Rd., Whitewater, WI 53190 to tag Monarch butterflies. Nets are provided and young children are encouraged to attend. This event is sponsored by the Rock County Conservations and Wild Ones.

With questions call 608-490-1121

THERMOSTAT

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



RECYCLING ELECTRONICS

Want to dispose of your old electronics? Seniors in the Park recycles cell phones, digital cameras, iPods and cordless phones as a fundraiser. Bring the items to the Starin Park Community Building during our open hours; Monday-Thursday, 8:30 am-3:00 pm.



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.

TECH TUTORS

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





University of Wisconsin
Whitewater

Intergenerational Technology
Services (IGeTS)

Now Offering **FREE** Technology Services

for Eligible Individuals





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.

Services include:

- **Group Technology Training Classes** - Including using Zoom, Messenger, Facebook, etc.
- **One-on-One Technology Support** - How to use your cell phone or tablet
- **Telehealth Visit Support** - Logging in to meet with your doctor or mental health provider

Services are offered in English & Spanish and delivered by university students and staff, and community volunteers

Hours of Operation:

Monday – Thursday from 8:30am – 1:30pm

Walk-ins are welcome for one-on-one support, pre-registration is required for technology training classes

Location:

IGeTS
UW-Whitewater's Community Engagement Center
1206 W. Main Street, Room 124
Whitewater, WI 53190

FREE PARKING is available

For additional program information please visit us at <https://www.uww.edu/igets>, call 262-472-1837 or email us at 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 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

**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**

Senior Coordinator

Jennifer French
jfrench@whitewater-wi.gov

Front Desk

Debbie Andrus

Newsletter Editor

Romelle Koch

Parks & Recreation Director

Eric Boettcher

Websites: schedulesplus.com/wwtr

www.wwparks.org

www.whitewater-wi.gov

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



SENIORS IN THE PARK VAN DRIVERS

Seniors in the Park is looking for individuals that would be interested in driving for various trips throughout the year. It is a 15-passenger van and goes to breakfast, lunch, fish fry and other locations. You get to pick and choose what trips you would be interested in driving for. If this is something that you would like to do, please call Jennifer at 262-473-0535.

