



The Park Bench

December 2024 *Seniors in the Park Newsletter*

SCHOLARLY SCOOP- PROTECTING YOURSELF AND OTHERS ONLINE



Friday, December 6, 10:30-11:30

Come learn some of the ways to keep yourself and the ones you stay connected to online safe from the scammers, hackers and data thieves. Jay will give you some basic safety skills and what to look out for while you shop and share online this holiday season. Enjoy some stories and laugh a little as he gives you some insight as to what current scams look like and how to best avoid being an online victim from someone who's on the front lines.

Jay Jones is a UW-W grad of 2000 and earned his masters in Cybersecurity from UC-Berkely in 2023. He's currently at IT Infrastructure manager at Douglas Dynamics in Milwaukee, a cybersecurity analyst for Public Partnerships and an adjunct professor at Whitewater.

WATERCOLOR WITH RITA



Thursdays, December 12 & 19th, 1-3:30 pm

Would you like to explore Gouache, India ink and watercolor? If you would, consider this workshop! It's such a fun way to make a painting look vintage. There is a-lot of drying time, so I would ask you to bring multiple black and white reference photos. This way you can do several paintings at once.

You will need the following supplies : Table cover, Boards for drying your painting on 1-2, Arches 140 pound cold press Watercolor paper 11"x15" - 2-3 pieces, Watercolors, White gouache, Brushes, Soft bristle scrub brush, Black and white reference photos 2-3 (simple shapes are better), India Ink

****I will supply the India ink, and we will use this reference below for my teaching. I have not applied any watercolor to my painting as I liked the look as it is.... I may change my mind

Deadline to Register: Thursday, December 5

Fee: \$20 per class or \$35.00 for both classes.

Minimum of 4 people

Volume XXV Issue 12

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2025 MEMBERSHIP

We have made it through another year!!



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

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

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

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



PUZZLE EXCHANGE

Thursdays, December 12 & 26, 11:00 am

Bring a few in and take a few with you. If you don't have any puzzles to exchange, no worries, feel free to take one or two with you.

WRITE YOUR OWN OBITUARY

Tuesday, December 3, 1:00 pm

This workshop will delve into what goes into writing an obituary. We will take the time to write our own. This workshop is for yourself or a loved one.

Deadline to register: Wednesday, November 27

GARDEN CLUB

Tuesday, December 17, 2:00 pm

Come and help us celebrate the holidays as we explore the history, care and uses of several favorite holiday plants. Every month we enjoy sharing our knowledge and experiences and especially making new garden-loving friends. Let us know of your areas of interest as we start planning topics to explore next year. Call 262-473-0535 for more info. Happy Holidays!



STAINED GLASS

Tuesday and Wednesday, December 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.

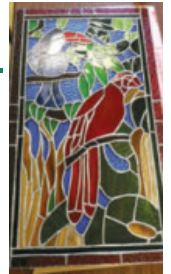
Supplies to bring: Safety glasses, an old towel, scissors and a 100-watt soldering iron, if you have one.

Instructor is Caroline Britton.

Fee: \$20.00 members \$30.00 non-members.

Deadline to register: Thursday, December 5

Next Class: January 14 & 15



HOLIDAY MASHUP POT LUCK



Wednesday, December 18, 11:30-1:00pm

'Tis the season to enjoy a holiday potluck! Just add your name and whatever dish you'd like to bring to the sign-up sheet at the front desk.

The holidays included in this mash up will be: Thanksgiving, Christmas, Hanukkah, and Kwanzaa. Feel free to bring any dish that you would like!

Stay after the pot luck for a holiday movie, "Love the Coopers".

Deadline to register: Thursday, December 12

NOON YEAR'S EVE

Tuesday, December 31, 10:30-12:00

Let's enjoy a New Year's celebration without having to stay up until midnight.

Bring a dish to share with others as we ring in the new year! A sign up sheet will be at the front desk on the 2nd of December if you would like to let others know what you are bringing. Or just surprise everyone!

Deadline to register: Thursday, December 19



“Genie”

**Tuesday, December 10, 1pm
(Holiday/Comedy); Rated PG; 1hour, 33 minutes (2023).**

Flora (Melissa McCarthy), a genie trapped in an antique jewelry case, is accidentally called into service by a workaholic Dad to win his family back before Christmas. Written by Richard Curtis (“Love Actually“) also stars Alan Cumming, host of “PBS Masterpiece Mystery.”

“Love the Coopers”

**Wednesday, December 18, 1 pm
(Holiday/Comedy/Romance) Rated PG-13;
1 hour, 47 minutes (2015).**

The hilarious intertwined stories of four generations of the Cooper Family unfolds right before their annual family reunion on Christmas Eve. A stellar cast includes Steve Martin, Diane Keaton, John Goodman, Ed Helms, Timothee’ Chalamet, Amanda Seyfried, Alan Arkin, Marisa Tomei, Olivia Wilde, and June Squib.

Tuesdays, 10:00 am

**December 3: Culver's Bingo
December 10: Mulberry Glen Bingo
December 17: 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 * McDonald’s* Binning & Dickens Insurance ***
- Dental Perfections * Dalee Water Conditioning * Mirage Hair Studio * Rick’s ***
- Jessica’s * Wal-Mart * Kwik Trip**

WARBLERS UPDATE

The Warblers have been very active over the past couple of years. The joy of singing for fun on Mondays is the main focus of the Warblers. But in 2016 we started attending the Janesville Senior Center Music Festival which started us doing an annual “show.” This has been a fun endeavor and something that is requested to be presented at many different places. The creativity of the members really helps make the shows fun.



In addition to the shows, we have gone to a number of different communities, as well as Whitewater, to do sing-a-longs with different organizations such as Fairhaven, Prairie Village, the Harmony Club and others. Sharing the joy of music has become a community service that has helped broaden the purpose of Warblers.



We have an annual picnic to celebrate being together, sing songs for different seasons and occasions, have periodic treats and other fun things. We would love to have more people join us. Enjoying music and singing is what we are about. No need to worry about being a great singer. All activities and Monday meetings are up to individuals about how much they want to participate in. It’s a low pressure group that has a lot of fun.



If you have any questions please contact Lori Heidenreich (262-473-5732), the Senior Center Office (262-473-0535) or any of the members of the group.

HOLIDAY CLOSURES AT THE CENTER

Tis the season for family and friends! This also means that the center is closed a few times due to holidays. Below are the dates the office will be closed

- November 28:** Thanksgiving
- November 29:** Friday after Thanksgiving
- December 24:** Christmas Eve
- December 25:** Christmas Day
- December 31:** New Year’s Eve
- January 1:** New Year’s Day
- January 20:** Martin Luther King Jr. Day.





“FUN”CTIONAL FITNESS

Mondays & Thursdays, 9:30 am

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

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

VIRTUAL “FUN’CTIONAL” FITNESS



Dates: December 2-30
Fee: \$12.00 Member
\$24.00 Non-member

Deadline is Tuesday, November 26

No class December 26
Next session is January 2-30



INDOOR WALKING

**Wednesdays & Some 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.

YOGA WITH BRIENNE

**Mondays, January 6- February 24, 10-11:00 am
Fridays, January 3- February 28, 10-11:00 am**

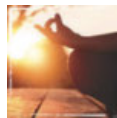
This one hour class will focus on basic yoga postures. You will stretch, strengthen and tone your entire body. Optimal alignment, concentration and relaxation are promoted in every class. The class will be in-person at Cravath Lakefront community building or you can also join online. Everyone will get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

Instructor is Brienne Brown, RYT

Monday fee: \$40 members; \$56 non-members
Friday fee: \$45 members; \$63 non-members

Deadline to register: Monday, December 30

Please notice the days have changed



QI GONG

Second and fourth Monday, 1-2 pm

We will follow along with a Lee Holden DVD as you follow an easy routine that helps you experience a new sense of vitality and rediscover the joy of living at every age and ability level.

Starting in January this class will held every Monday except the 3rd Monday of the month

TAI CHI FOR ARTHRITIS AND FALL PREVENTION— 16 WEEK BEGINNER COURSE

Thursdays, January 9 – April 24, 8:30-9:30

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.



BLOOD PRESSURE CHECKS

Every Tuesday from 10:00-10:30 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.

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WOMEN'S DAY

Friday, February 21, 2025, 9:00 am - 2:00 pm

Take a day for yourself! We will supply a light breakfast and lunch for your day. Breakfast starts at 9:00, the first session starts at 10:00.

Individual program information will be at the front desk starting Wednesday, December 18th.

Deadline to register: Thursday, February 13
Fee: \$15.00



DR. HANEY LECTURES

Wednesdays, January 8-29, 1:00 pm

January 8– The Whitewater Ku Klux Klan in the 1920's

January 15– My "Eventful" 1970's USSR Trip: Close Encounters of the Cold War Kind

January 22– "Road Trip" (Me, Not Belushi): My Family's Auto Adventures since 1917

January 29– Wisconsin's Natural Disasters: Tornado, Flood, Fire, and Ice.

February 5– Weather makeup day if needed

To watch Virtually please register by: Monday, January 6

If you are attending in person you do not have to register in advance.

EXERCISE AND BRAIN HEALTH

Wednesday, January 15, 11:00 am

This presentation will explore the connection between physical activity and brain health, and find out how regular exercise can boost cognitive function.

BethAnn Nowak, APNP from Fort Healthcare will be here to present on this topic.

To register call 262-473-0535

COFFEE HOUR

Tuesday, January 21, 10:30 am

Come enjoy some fun conversation while eating some delicious treats and drinking coffee.

This month's coffee hour is sponsored by Frontida Assisted Living.

If you don't drink coffee we have tea, hot chocolate, and water as well!

Call 262-473-0535 to register.

No coffee hour December 17



ONLINE REGISTRATION

Bookmark/save this registration link:

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

The kiosk is your go-to place to register, join your activity and watch videos of classes and presentations in the On-Demand area of our Kiosk. You can also now cancel a reservation you made for an activity, that does not include payment, at the kiosk. Call or email if you need assistance with the kiosk.



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!

More info on what the group has been up to on page 3



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.



BOOK WORMS



Monday, December 2, 10:00 am

The Book Club will Discuss *A wrinkle in time* by Madeleine L'Engle. The December book will be *Wait Till Next Year* by Doris Kearns Goodwin.

Set in the suburbs of New York in the 1950s, *Wait Till Next Year* re-creates the postwar era, when the corner store was a place to share stories and neighborhoods were equally divided between Dodger, Giant, and Yankee fans.

We meet the people who most influenced Goodwin's early her mother, who taught her the joy of books but whose debilitating illness left her and her father, who taught her the joy of baseball and to root for the Dodgers of Jackie Robinson, Roy Campanella, Pee Wee Reese, Duke Snider, and Gil Hodges. Most important, Goodwin describes with eloquence how the Dodgers' leaving Brooklyn in 1957, and the death of her mother soon after, marked both the end of an era and, for her, the end of childhood.

Our book club will now meet at 10:00 am on the first Monday of the month. If we are closed for a holiday it will be on the following Monday.

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.

TOENAIL CLINIC

Tuesday, December 3 & Thursday, December 5

Toenail 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

ACTIVITIES AT A GLANCE

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

Book Club—First Mon., 10:00. 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

“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

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

Sewing Group—Fri., 10:00 am

Sign Language—Wed., 10:30 am

Warblers—Mon., 11:00 am

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



WINTER WEATHER UPDATES

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

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

Please call 262-473-0535 with any questions

Trips & Extended Travel

ROTARY BOTANICAL GARDENS 2024 HOLIDAY LIGHT SHOW

Thursday, December 5, 4:30 pm

Enjoy this year's dazzling after dark walk in the garden featuring 1.5 million lights, themed displays and animations.

Fee: \$20 member; \$25 non-member

Deadline to Register: Thursday, November 21



EATING OUT

Lunch Bunch

Thursday, December 12, Depart at 10:30 am

For lunch we will head to Soup's On, Fort Atkinson. Please reserve your seat by **Thursday, December 5.**

Breakfast Bunch

Thursday, December 19, Depart 8:15 am

Head to Countryside Restaurant, Darien. Please reserve your seat by **Thursday, December 12.**

Fish Fry

Friday, December 20, Depart 4:00 pm

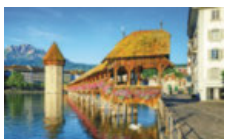
Enjoy a fish fry at Whiskey Ranch, Delevan . Please reserve your seat by **Thursday, December 12.**

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

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 onshore excursions to pick from.



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

JANESVILLE SHOPPING

Wednesday, December 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.

REMINDERS

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

ARIZONA SPRING TRAINING EXPLORER

March 16-21, 2025

Spend 5 nights in Phoenix, Arizona. Watch 2 spring training baseball games, visit Old Town Scottsdale, experience Heard Museum of Native American Culture and much more.

Tour Rate: \$3,099
 Per person double;
 \$4,299 single



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.

CANADIAN ROCKIES VIA RAIL



September 10-17, 2025

Spend 2 days and 1 night aboard Via Rail The Canadian in sleeper plus class. Experience three Canadian National Parks. Enjoy a scenic trip as you travel from town to town.

Tour Rate: \$5,625 per person double; \$6,925 Single

CAPE COD & THE ISLANDS



September 6-12, 2025

Spend 5 nights in Cape Cod. Enjoy Martha's Vineyard tour, Nantucket Island visit, Plymouth Rock, a New England Lobster dinner and much more!

Tour Rates: \$3,475 per person double; \$4,350 single



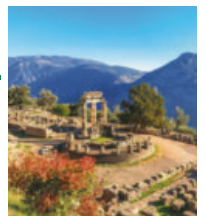
ICELAND'S MAGICAL NORTHERN LIGHTS

October 15-21, 2025

Begin your trip in Iceland's capital city Reyjavik with a walking tour. This night enjoy a Northern Lights cruise after dinner. Visit many national parks' waterfalls and the Blue Lagoon.

Tour Rate: \$4,599 per person double; \$4,549 single

CLASSIC GREECE



February 8-18, 2026

Start your trip in Athens with a panoramic tour of the highlights in Athens. Ascend the steep hill of the Acropolis, Greek for "high city". Travel through central Greece to Thermopylae and enjoy a family owned taverna and savor a delicious meal. Visit Olympia and the sanctuary of Zeus. While you're in Greece also enjoy Greek dance classes, cooking classes and farm visits.

Tour Rates: \$3,799 per person double; \$4,499 single; \$3,749 per person triple.

NEW ZEALAND AND AUSTRALIA—NORWEGIAN CRUISE LINE

January 26– February 9, 2026

Visit 5 ports in New Zealand and 4 ports in Australia. Experience incredible landscapes, diverse wildlife and rich cultures! You will get a chance to visit Melbourne, Australia Wellington, New Zealand, Burnie (Tasmania) Australia and many more.

Tour Rates: Price varies on where you would like your cabin to be



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 wisconsin caregiver.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

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

WHITWATER 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, www.whitewater-wi.gov, click on Departments, then Seniors in the Park or MyCommunityOnline.com.



Newsletters are also available outside the Starin Park Community Building on the post by the stairs.

FIND NEWSLETTERS ONLINE

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



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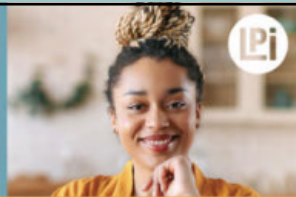
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Activity Calendar

December 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
2 8:00 Pickleball (A) 9:30 FUNfit-(H) 10:00 Book Club 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Canasta	3 8:00 Pickleball (A) 9:00 Toe Nails 10:00 Culver's Bingo 10:00 Yoga with Brienne (HC) 10:00 BP Check 12:30 Pickleball (A) 1:00 Write Your Own Obituary	4 8:00 Pickleball (A) 9:00 Indoor Walking 9:15 Jville Shopping 10:30 Sign Language 12:30 Pickleball (A)	5 8:00 Pickleball (A) 9:00 Toe Nails 9:30 FUNfit (H) 10:00 Yoga (HC) 12:30 Pickleball (A) 4:30 Rotary Botanical Lights	6 8:00 Pickleball (A) 9:00 Indoor Walking 10:30 Scholarly Scoop 12:00 Sewing 12:30 Pickleball (A) Office Closed
9 8:00 Pickleball (A) 9:30 FUNfit-(H) 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Hand and Foot 1:00 Qi Gong Office Closed at 1:00	10 8:00 Pickleball (A) 9:30 Respite 10:00 Mulberry Bingo 10:00 Yoga with Brienne (HC) 10:00 BP Check 12:30 Pickleball (A) 12:30 Stained Glass (A) 1:00 Movie: "Genie"	11 8:00 Pickleball (A) 9:00 Indoor Walking 10:30 Sign Language 12:30 Pickleball (A) 12:30 Stained Glass (A)	12 8:00 Pickleball (A) 9:30 FUNfit (H) 10:00 Yoga (HC) 10:30 Lunch Bunch 11:00 Puzzle Exchange 12:30 Pickleball (A) 1:00 Watercolor	13 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) Office Closed
16 8:00 Pickleball (A) 9:30 FUNfit-(H) 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Canasta 1:30 DFCI	17 8:00 Pickleball (A) 10:00 City Bingo 10:00 Yoga with Brienne (HC) 10:00 BP Check 12:30 Pickleball (A) 2:00 Garden Club	18 8:00 Pickleball (A) 9:00 Indoor Walking 10:30 Sign Language 11:30 Holiday Potluck 12:30 Pickleball (A) 1:00 Movie: "Love the Coopers"	19 8:00 Pickleball (A) 8:15 Breakfast Bunch 9:30 FUNfit (H) 10:00 Yoga with Brienne (HC) 12:30 Pickleball (A) 1:00 Watercolor	20 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) 4:00 Fish Fry Office Closed
23 8:00 Pickleball (A) 9:30 FUNfit-(H) 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Hand and Foot 1:00 Qi Gong	24 Office Closed	25 Office Closed 	26 8:00 Pickleball (A) 11:00 Puzzle Exchange 12:30 Pickleball (A)	27 8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) Office Closed
30 8:00 Pickleball (A) 9:30 FUNfit-(H) 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Canasta	31 10:30 Noon Year's Eve Office Closed	<p style="text-align: center;">Key for where activates are planned</p> <p style="text-align: center;">A = Downtown Armory</p> <p style="text-align: center;">C = Cravath Lakefront</p> <p style="text-align: center;">H = Hybrid (In Person & Virtual)</p> <p style="text-align: center;">V = Virtual</p>		

WALWORTH COUNTY NUTRITION SITE

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

MEALS ON WHEELS:

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

WHITEWATER FOOD PANTRY:

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

THE COMMUNITY SPACE:

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

FOODSHARE WISCONSIN

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



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VOLUNTEERS NEEDED

The DFCI

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

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

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

CHRISTMAS AT CRAVATH

This year is the first year of Christmas at Cravath! We will have large 8 ft. lighted displays that you can walk around and look at! Take pictures and enjoy the memories made.

The first lighting will be Friday, December 6th following the holiday parade at the Cravath Lakefront Park.



WHITEWATER PARADE OF LIGHTS

Friday, December 6

4p-8p: Enjoy downtown festivities and the *Windows of Whitewater* contest.

5-8p: Shop the *Holiday Market* inside Cravath Lakefront Community Center.

6 pm: Come and enjoy a fun night at the **Parade of Lights** downtown Whitewater. The parade line up will be on Fourth Street and will end at the Cravath Lakefront Park.

CHILI COOK OFF

Friday, December 20th, 6-8pm at the Cravath Lakefront Community Center

Think you have the best chili? Put it to the test! We will also be playing National Lampoon's Christmas Vacation.

If you want to enter a chili please email jjackson@whitewater-wi.gov.

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– Whitewater Branch
- 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



Wisdom & Wellness Wednesdays

1

Importance of Vitamin D Megan Kutz, MS, RDN

Fort Atkinson Senior Center
920-397-9913
October 16, 2024
2 PM - 3 PM

2

Managing Chronic Disease Erin Sterwald, BSN, RN & Sam Fuller, BSN, RN

Jefferson Senior Center
920-674-7728
November 20, 2024
11 AM - 12 PM

3

Winter Fall Prevention Bringa Johnson, DPT, OCS, GCS

Lake Mills Senior Center
920-945-0156
December 18, 2024
11 AM - 12 PM

4

Exercise & Brain Health BethAnn Nowak, APNP

Whitewater Senior Center
262-473-0535
January 15, 2025
11 AM - 12 PM

Open to the public! Sign up by calling the Senior Center. Walk-ins available.

FOR QUESTIONS, PLEASE CALL COMMUNITY HEALTH & WELLNESS AT (920) 568-5475.

SENIORS IN THE PARK COMMUNICATION

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

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



FRIEND US ON FACEBOOK!

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



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504 W Starin Rd, PO Box 178
Whitewater WI 53190

Phone 262-473-0535

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

Senior Coordinator

Jennifer Jackson
jjackson@whitewater-wi.gov

Front Desk

Debbie Andrus

Parks & Recreation Director

Kevin Boehm

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

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



Christmas
at
Cravath

Walk-Through
Christmas Lights Display

Lights turn on after the Downtown Whitewater Parade of Lights
December 6th 2024 - January 6th 2025
Explore a variety of lights displays in Cravath Lakefront Park!