



The Park Bench

February 2025

Seniors in the Park Newsletter

COMFORT IN LIFE'S FINAL STAGES: HOSPICE AND PALLIATIVE CARE EXPLAINED



Tuesday, February 4, 1:00 pm

Join Dana, a nurse from Rainbow Community care for an insightful presentation delving into the essence of guided care and its profound impact on aging gracefully. Our comprehensive review spotlights Palliative and Hospice care.

Deadline to Register: Thursday, January 30

SCHOLARLY SCOOP— THE U.S. AND CENTRAL AMERICA: POLITICS AND IMMIGRATION FROM THE COLD WAR TO THE BIDEN PRESIDENCY

Friday, February 7, 10:30 am



Central American migration across the U.S. – Mexico border has emerged as a flashpoint in domestic politics. Lost in pundit and politicians’ lurid descriptions of migrant caravans, child separation, and the border “crisis” is the historical roots of U.S. relations with Central America. Dr. Wright will provide an overview of this history, from the Cold War to the Biden Administration, highlighting the evolution of U.S. immigration law and popular opinion in the hopes of contributing to a more nuanced discussion of border security and immigration policy

Micah Wright is an Assistant Professor of History at the University of Wisconsin-Whitewater and earned his Ph.D. from Texas A&M University. His dissertation, “Puerto Rico and U.S. Empire in the Caribbean, 1898-1936,” was awarded an Oxford University Press USA International History Dissertation Prize honorable mention. His research focuses on inter-American relations, U.S. military occupations, and the influence of colonial peoples on U.S. politics in the twentieth century. He is working on a book manuscript based on that work. His scholarship has been published in a number of journals, including *Gender & History*, *The Latin Americanist*, and *Caribbean Studies*.

Volume XXVI Issue 2

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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.

Pay your membership by Friday, February 14th and be entered into a raffle/

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



PUZZLE EXCHANGE

Thursdays, February 13 & 27, 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.

OLD TIME RADIO

Thursday, February 13, 1:00 pm

Start the new year off with listening to some old time radio. These stories are narrated for you to paint a picture in your mind.

GARDEN CLUB

Tuesday, February 18, 2:00 pm

Julie Hill, UWM Horticulture Outreach Specialist, is giving a presentation on soil testing, interpreting soil test results, plus understanding what's in a bag of fertilizer. She has a wealth of gardening knowledge and is glad to answer questions. Call 262-473-0535 to register and for more info.



PBS GARDENING & GREEN LIVING EXPO 2025

Saturday, February 8, 9:00 am -2:00 pm

Garden Club members will be car pooling and would like to welcome anyone to join us. Many vendors and workshops to choose from. Seed Swap 10am-2pm. Food options available; CARD ONLY. Admission: \$12 at the door, \$10 online. See link: <https://wigardenexpo.com/> for details. Call 262-473-0535



Deadline to register to car pool: Wednesday, February 5

STAINED GLASS

Tuesday and Wednesday, February 11 & 12, 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, February 6



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.

Deadline to register: Thursday, February 13

Fee: \$15.00





“Conclave”

Tuesday, February 11, 1 PM
(Drama/Mystery/Thriller) Rated PG; 2 hours.(2024).

After the unexpected death of the Pope, Cardinal Lawrence (Ralph Fiennes) is tasked with managing the covert and ancient ritual of electing a new one. Sequestered in the Vatican with the Catholic Church’s most powerful leaders until the process is complete, he learns of a conspiracy that could lead to the fall of the Church. Also featuring John Lithgow, Stanley Tucci and Isabella Rossellini. Nominated for six Golden Globes; it’s also on the Oscars Short List.

“Blitz”

Tuesday, February 25, 1 PM
(History/Drama/Action)
Rated PG-13; 2 hours (2024).

The dramatic and hair raising stories of a group of Londoners during the German blitzkrieg bombing campaign of the British capital during World War II. Starring Saoirse Ronan, Harris Dickinson.

GREECE IN A CHAIR



Wednesday, February 12, 1:30 pm

Travel without having to wait in long lines to board a plane.

This time we will be heading to Greece to see the lovely culture and learn a little about the country.

Deadline to Register: Thursday, February 6

Fee: \$3.00 members; \$5.00 non- members

Tuesdays, 10:00 am

February 4: Culver's Bingo
February 11: Mulberry Glen Bingo
February 25: 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

COFFEE HOUR



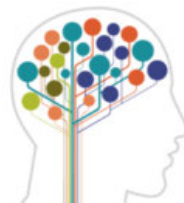
Tuesday, February 18, 10:30 am

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.



HEALTHY BRAIN OBJECTIVE

Monday, February 17, 12:30-1:30

Are you trying to maintain a healthy brain? We will use various exercises that will target

aspects of our cognitive skills that we likely do not use on a regular day.

You will have an fun hour of games and laughs with the Dementia Care Specilists of Jefferson & Walworth Counties!

Deadline to register: Thursday, February 13

Stay after and join the Dementia Friendly Community Initiative meeting. We are working on ideas of how to educate the community and make Whitewater Dementia Friendly.

Seniors in the Park promotes and enhances a vital aging community.



“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: February 3-27
Fee: \$12.00 Member
\$24.00 Non-member

Deadline is Thursday, January 30

Next session is March 3-31



INDOOR WALKING

Wednesdays & Fridays 10:00 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, March 3-April 28, 10-11:00 am
Fridays, March 7– April 24, 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.

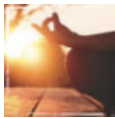
Instructor is Brienne Brown, RYT

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

Friday fee: \$30 members; \$42 non-members

No Class March 14 & 17 and April 18 & 21

Deadline to register: Thursday, February 28



QI GONG

First, second, fourth, and fifth 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.

TAI CHI FOR ARTHRITIS AND FALL PREVENTION— 8 WEEK BEGINNER



Tuesday & Thursday’s, March 4-April 24, 3:00-4:00pm

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

Deadline to register: Thursday, February 27

YOU AREN’T GOING TO BELIEVE THIS GREAT WINE I FOUND: PARTY

Tuesday, February 18, 1:00 pm

February 18th is National Drink Wine Day! We are going to celebrate it with sharing our favorite unique wines we have found.

Please bring a bottle of wine that you have found to be one of your favorites to share.

Enjoy a glass of wine while you chat with fellow wine lovers about everything under the sun!

Deadline to Register: Monday, February 17



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WATERCOLOR CLASS— BASIC AND BEYOND



Thursdays, February 6, 13, & 20, 1:00 pm

Wisconsin is the theme.... We will paint rural landscapes, birds or wild flowers of Wisconsin

This class is for beginners to intermediate water color painters

Materials you will need: Arches 140 lb watercolor paper, watercolor palette, watercolor brushes, water container, towel, table cloth, paper towels, salt, and gesso

Fee: \$20 per class or \$55 for all 3

Deadline to register: Thursday, January 30

INTERGENERATIONAL TECHNOLOGY CENTER COMING TO STARIN PARK

Whitewater's Intergenerational Technology Center has a new location. There will be students at the Starin Park Community Building Wednesday's from 8:30-10:30 am and Friday's from 9:30 am-1:30 pm to help with any of your personal devices.

These students will help with your tablets, phones, laptops, and any other technology questions.

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



FIRE AND POLICE REFERENDUM

Thursday, March 13, 1:00 pm

Join our Fire and Police department as they present on the referendum that will be coming up on the April 1st ballot. Voters will be asked whether or not to support an increase in the City's annual tax levy to fund five additional police officers, a dispatcher, two cross-trained firefighters/EMTs, and their necessary equipment to help meet the growing needs of the Whitewater community

They will present and answer questions that you may have in regards to this referendum.

Call 262-473-0535 to register



ONLINE REGISTRATION

**Bookmark/save this
registration link:**

**[https://schedulesplus.com/
wwtr/kiosk/](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, February 3, 11:00 am

The Book Club will Discuss *The Time Machine* by H.G. Wells. The February book will be *Saturday Night at the Lakeside Supper Club* by J. Ryan Stradal

Mariel Prager needs a break. Her husband Ned is having an identity crisis, her spunky, beloved restaurant is bleeding money by the day, and her mother Florence is stubbornly refusing to leave the church where she's been holed up for more than a week. The Lakeside Supper Club has been in her family for decades, and while Mariel's grandmother embraced the business, seeing it as a saving grace, Florence never took to it. When Mariel inherited the restaurant, skipping Florence, it created a rift between mother and daughter that never quite healed.

Ned is also an heir—to a chain of home-style diners—and while he doesn't have a head for business, he knows his family's chain could provide a better future than his wife's fading restaurant. In the aftermath of a devastating tragedy, Ned and Mariel lose almost everything they hold dear, and the hard-won victories of each family hang in the balance. With their dreams dashed, can one fractured family find a way to rebuild despite their losses, and will the Lakeside Supper Club be their salvation?

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, February 4 & Thursday, February 6

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

Garden Club—Third Tuesday, 2:00 pm

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

Indoor Walking—Wed. & Fri., 10:00 am

Mah Jongg—Mon., 1:00 pm

Movies—Second, Fourth & Fifth Tues., 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



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.

Trips & Extended Travel

EATING OUT

Lunch Bunch

Friday, February 14, Depart at 10:30 am

For lunch we will head to Texas Road House, in Janesville. Please reserve your seat by **Thursday, February 6.**

Breakfast Bunch

Thursday, February 20, Depart 8:15 am

Head to West Wind Diner, in Darien . Please reserve your seat by **Thursday, February 13.**

Fish Fry

Friday, February 28, Depart 4:00 pm

Enjoy a fish fry at Soup's On, in Fort Atkinson. Please reserve your seat by **Thursday, February 20.**

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

JANESVILLE SHOPPING

Wednesday, February 5

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.



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

REMINDERS

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

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



WHERE WOULD YOU LIKE TO GO

Is there a festival that you would like to go to but don't want to drive? Send me the information. If there is a town you would like to visit, send me the information.

We do plan our trips a few months out, in order to get all the information out to as many people as possible.

We usually will try to do at least one day trip every month starting in the spring.

The best way to get me the information is by email at JJackson@whitewater-wi.gov.



ICELAND'S MAGICAL NORTHERN LIGHTS

October 15-21, 2025

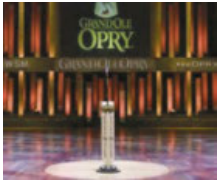
Begin your trip in Iceland's capital city Reyjavik with a walking tour. This night enjoy a Northern Lights cruise after dinner. Visit many national parks' waterfalls and the Blue Lagoon.

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

Trips & Extended Travel

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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.



MUSIC CITIES CHRISTMAS

December 2-7, 2025

In 6 days visit Branson, Memphis, and Nashville. You will get a city tour of each town, tour Elvis Presley's famous Graceland and the Grand Old Opry. One of the evenings you will enjoy a Holiday dinner and a show.

Tour Rate: \$3,399 per person double; \$4,124 single

ROSE PARADE NEW YEAR'S

December 30, 2025– January 4, 2026

Spend 5 nights at the Hilton Orange County/Costa Mesa, Costa Mesa. You will have reserved seating for the group at the Rose Parade along with the tour of the floats afterwards. Visit Rodeo Drive, Lunch at Lawry's in Beverly Hills and the Hollywood Walk of Fame!



Tour Rate: \$3,999 per person double; \$4,799 single



NEW ZEALAND AND AUSTRALIA—NORWEGIAN CRUISE LINE

January 26– February 9, 2026

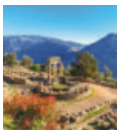
Visit 5 ports in New Zealand and 4 ports in Australia. Experience incredible landscapes, diverse wildlife and rich cultures! You will get a chance to visit Melbourne, Australia Wellington, New Zealand, Burnie (Tasmania) Australia and many more.

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

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.

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

WHITewater DEMENTIA FRIENDLY COMMUNITY INITIATIVE (DFCI)

Third Monday of each month, 1:30 pm

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



NEWSLETTER SUBSCRIPTION

To have the Seniors in the Park Newsletter mailed to your home for one year, send or drop off **\$8.00** with your name and address. To receive the newsletter **FREE**, go online to wwparks.org, 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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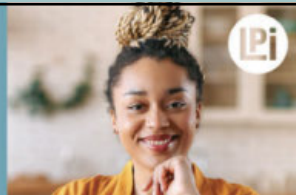
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Activity Calendar

February 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
3 8:00 Pickleball (A) 9:30 FUNfit-(H) 10:00 Yoga with Brienne (HC) 11:00 Warblers 11:00 Book Club 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Canasta 1:00 Qi Gong	4 8:00 Pickleball (A) 9:00 Toenail Clinic 10:00 Culver's Bingo 10:00 BP Check 12:30 Pickleball (A) 1:00 Comfort in Life's Final Stages	5 8:00 Pickleball (A) 8:30 Tai Chi Cont. 8:30 IGeTS 9:15 Janesville Shopping 10:00 Indoor Walking 10:30 Sign Language 12:30 Pickleball (A)	6 8:00 Pickleball (A) 8:30 Tai Chi Beginner 9:00 Toe Nail Clinic 9:30 FUNfit (H) 12:30 Pickleball (A) 1:00 Water Color	7 8:00 Pickleball (A) 9:30 IGeTS 10:00 Indoor Walking 10:00 Yoga with Brienne (HC) 10:30 Scholarly Scoop 12:00 Sewing 12:30 Pickleball (A) Office Closed
10 8:00 Pickleball (A) 9:30 FUNfit-(H) 10:00 Yoga with Brienne (HC) 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Hand and Foot 1:00 Qi Gong	11 8:00 Pickleball (A) 9:30 Rockin' Respite 10:00 Mulberry Bingo 10:00 BP Check 12:30 Pickleball (A) 12:30 Stained Glass (A) 1:00 Movie: "Conclave"	12 8:00 Pickleball (A) 8:30 Tai Chi Cont. 8:30 IGeTS 10:00 Indoor Walking 10:30 Sign Language 12:30 Pickleball (A) 12:30 Stained Glass (A) 1:30 Greece in a Chair	13 8:00 Pickleball (A) 8:30 Tai Chi Beginner 9:30 FUNfit (H) 11:00 Puzzle Exchange 12:30 Pickleball (A) 1:00 Old Time Radio 1:00 Water Color	14 8:00 Pickleball (A) 9:30 IGeTS 10:00 Indoor Walking 10:00 Sewing 10:00 Yoga with Brienne (HC) 10:30 Lunch Bunch 12:30 Pickleball (A)  Office Closed
17 8:00 Pickleball (A) 9:30 FUNfit-(H) 10:00 Yoga with Brienne (HC) 11:00 Warblers 12:30 Pickleball (A) 12:30 Healthy Brain Objective 1:00 Mah Jongg 1:00 Canasta 1:30 DFCI	18 8:00 Pickleball (A) 10:00 BP Check 10:30 Coffee Hour 12:30 Pickleball (A) 1:00 Wine Day 2:00 Garden Club	19 8:00 Pickleball (A) 8:30 Tai Chi Cont. 8:30 IGeTS 10:00 Indoor Walking 10:30 Sign Language 12:30 Pickleball (A)	20 8:00 Pickleball (A) 8:30 Tai Chi Beginner 8:15 Breakfast Bunch 9:30 FUNfit (H) 12:30 Pickleball (A) 1:00 Water Color	21 8:00 Pickleball (A) 9:00 Women's Day 12:30 Pickleball (A) Office Closed
24 8:00 Pickleball (A) 9:30 FUNfit-(H) 10:00 Yoga with Brienne (HC) 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Hand and Foot 1:00 Qi Gong	25 8:00 Pickleball (A) 9:30 Rockin' Respite 10:00 City Bingo 10:00 BP Check 12:30 Pickleball (A) 1:00 Movie: "Blitz"	26 8:00 Pickleball (A) 8:30 Tai Chi Cont. 8:30 IGeTS 10:00 Indoor Walking 10:30 Sign Language 12:30 Pickleball (A)	27 8:00 Pickleball (A) 8:30 Tai Chi Beginner 9:30 FUNfit (H) 11:00 Puzzle Exchange 12:30 Pickleball (A)	28 8:00 Pickleball (A) 9:30 IGeTS 10:00 Indoor Walking 10:00 Sewing 10:00 Yoga with Brienne (HC) 12:30 Pickleball (A) 4:00 Fish Fry Office Closed

Key for where
activities are planned

A = Downtown
Armory
C = Cravath Lakefront
H = Hybrid
(In Person & Virtual)
V = Virtual



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.

TAI CHI IN THE WATER

Thursdays, 7:30-8:15 am, Leisure pool

Jennifer will be teaching “Tai Chi for Arthritis and Fall Prevention” at the Whitewater Aquatic and Fitness Center. You will be in the warm water while you work on your arthritis and fall prevention.

This is for anyone who would like to try it, you do not have to know anything about tai chi to part take in this class.

No need for registration, just show up and enjoy the class whenever you can make it.

WHITewater POLAR PLUNGE

Saturday, March 15, 9:30-3:30 pm, Whitewater Aquatic and Fitness Center

Join us on March 15th at the Whitewater Aquatics Center for the Whitewater Polar Plunge supporting the more than 14,000 athletes of Special Olympics Wisconsin. ARE YOU IN?

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

SENIORS SUPPORTING SENIORS SCHOLARSHIP

This past year we had an anonymous donation of \$1,000 dollars to go toward a scholarship for a WWUSD graduate. This year we awarded \$500 to a graduate who will be going to school for recreation. If you would like to contribute to this scholarship you can do so through the Whitewater Community Foundation.

The hope for this scholarship is to encourage the younger generation to pick a career that helps the generations before them. Those who apply must be going to school for one of the following degrees. Associated or Bachelor's Degree of Science in Human Services, Bachelor's Degree of Science in Education, Bachelor's Degree in Parks and Recreation or Recreation Management.

If you would like to donate to help support the younger generation and keep this going you can donate money through the Whitewater Community Foundation.

We will give out a scholarship each year if we have the funds.

FAIRHAVEN LECTURE SERIES— RE-MARKABLE WOMEN

Mondays at 3:00 pm in the Fellowship Hall of Fairhaven Retirement Community

February 17- "Movements are Born of Critical Connections Rather Than Critical Mass": The Activism of Grace Lee Boggs

February 24- "The State of Women Representation in Business: Challenges, Equity, and Pathways to Progress"

March 17- "Edna Ferber: Middlebrow Author, Copyright Pioneer"

March 24- "Why Have There been No Great Women Artists?"

April 7- "Revolution, Rights, and Women's Activism: Olympe de Gouge"

April 14- "Landscape of College Athletics and Women in Sport"

Advertiser of the Month



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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 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*



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with Jim Nies



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Discussion Leader: Jim Nies—retired educator, author of several children's nature books, editor of an environmental lit anthology, and founding member of the Arboretum At Starin Park.

**Every Thursday in
February at 5:30 p.m.
2/6, 2/13, 2/20 & 2/27**

**NEW LOCATION:
Seniors in the Park
504 W. Starin Rd.
Whitewater**

Registration is required as space is limited.

Register at whitewaterlibrary.org and click on "Events" or contact Sarah French to register:
sfrench@whitewater-wi.gov | 262-458-2782

