



The Park Bench

March 2025

Seniors in the Park Newsletter

WHITEWATER UNIFIED SCHOOL DISTRICT REFERENDUM

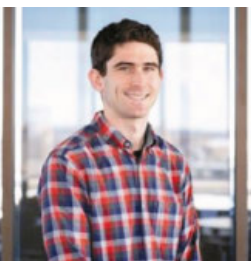


Tuesday, March 4, 1:00 pm

Dr. Caroline Pate-Hefty, Super indent for Whitewater School District, will be coming in to present on the Whitewater Unified School District Referendum that will be on the April 1st ballot. The community will consider approving a \$30 million capital referendum. Whitewater Unified School District needs: Infrastructure repairs, School Safety, WHS Student Spaces.

Dr. Caroline Pate-Hefty will present and answer questions that you may have in regards to this referendum.

Call 262-473-0535 to register.



SCHOLARLY SCOOP— FAMILY AND SCHOOL COLLABORATION TO SUPPORT YOUTH MENTAL HEALTH

Friday, March 7, 10:30 am

Schools offer unique opportunities for accessible and effective youth mental health care. Meaningfully engaging families in school mental health services can yield substantial benefits for children and families. Yet, families are often left out of school mental health. In this talk, I will review theoretical and empirical support for family-school collaboration. Afterward, I will describe evidence-based assessment and intervention approaches schools can use to collaborate with families and support youth mental health.

Caleb Flack is an Assistant Professor in the School Psychology Program at UW-Whitewater. Prior to joining the faculty at UW-Whitewater, he received his B.A. in Psychology from Carleton College and Ph.D. in School Psychology from UW-Madison. Caleb’s research interests are in school mental health, mental health equity, and family-school collaboration.

For a zoom link please register by Thursday, March 6

Volume XXVI Issue 3

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DAYLIGHT SAVING TIME

Happy spring! Remember to set you clocks an hour forward on Sunday, March 9th.





PUZZLE EXCHANGE

Thursdays, March 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.

GARDEN CLUB



Tuesday, March 18, 2:00 pm

"Pop-up Tea Shop" Special guest, Larry Hasterok, will drop in and brew up some flower blossom tea. Culinary grade Chrysanthemum and Rose blossoms produce an aromatic, sweet delicate brew. Samples will be provided to brew and enjoy at home. Limited to 12 participants.

Call 262-473-0535 to register and for more info.

SENIOR FORUM

Monday, March 10, 12:00 pm

Join us as we discuss previous trips along with future trips. We also talk about improvements that could be made to the center, along with any updates.

COFFEE HOUR



Tuesday, March 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.

TOGETHER FOR HEALTHY LAKES: EDUCATIONAL LISTENING SESSION

Wednesday, March 12, 11:30 am

The City of Whitewater Lakes Advisory Committee is hosting informational sessions to increase awareness regarding the upcoming City of Whitewater Trippe & Cravath Lake District resolution, which will be presented to the City Council on May 6, 2025.

Deadline to register : Monday, March 10

STAINED GLASS

Tuesday and Wednesday, March 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, March 6

Next Class: April 8 & 9



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.

MEDICARE

Thursday, March 13, 11:00 am

Jean Linos will be coming to present on different Medicare topics every 2nd Thursday of the month. Each month will focus on a different topic.

Call 262-473-0535 with any questions

Deadline to register: Thursday, March 6



“A Real Pain”

Tuesday, March 11, 1 pm

(Comedy/Drama) Rated R (language);

1 hour, 30 minutes (2024)

On a Seniors tour to Poland to honor their grandmother, two mismatched cousins reunite, but their travel leads to misadventures for this familial “Odd Couple.” Golden Globe for Best Supporting Actor, Kieran Culkin; Oscar nominations for Culkin and Jesse Eisenberg (Best Original Screenplay). A fun and touching film.

“A Different Man”

Tuesday, March 25, 1 pm

(Drama/Thriller)

Rated R (language, violence);

1 hour, 52 minutes (2024).

This unusual transformation of an “Elephant Man” into a handsome actor earned Sebastian Stan a Golden Globe award for Best Male Performance; it was also Oscar nominated for Best Makeup/Hair. It is an unusual, harrowing film.

WORLD POETRY DAY

Friday, March 21, 11:00 am

Listen to a few poems, write a few of your own, and learn a little about poems as well.

If you have a poem already written that you would like to share bring it with!

Deadline to register: Wednesday, March 19

Tuesdays, 10:00 am

March 4: Culver's Bingo

March 11: Mulberry Glen Bingo

March 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

COOKING WITH LEFTOVERS

Tuesday, April 1, 11:00 am

Does your meal make too much and you want to do something other than reheat it? This program will go over some ideas on how to use leftovers to create a whole new dish.

You will be sent home with a few fun new recipes to try with your leftover food.

Deadline to register: Monday, March 31

THAI COOKING CLASS

Thursday, March 13, 10:30-12:00 pm

Join us for a flavorful and interactive cooking experience where you'll get hands-on with Thai cuisine while enjoying delicious dishes and snacks!



Hands on cooking: Deep– Fried Chicken Spring Rolls

Demonstration only: Chicken Cashew Savory

This is not gluten free or vegan and will contain nuts.

Maximum 11 people

Fee: \$15 member; \$20 non– members

Deadline to register: Thursday, March 6

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: March 3-31
Fee: \$13.50 Member
\$27.00 Non-member

Deadline is Thurs., February 27

Next session is April 3-28



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 25, 10-11:00 am

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

Instructor is Brienne Brown, RYT

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

HIKES WITH GINNY

First Thursday of every month starting April 3, 9:00 am

Mark your calendar for the first Thursday of every month! Each month Ginny will take you to different locations to enjoy the great walking trails that we have in the area.

You will carpool to each location and be back at Starin Park around noon.

Call 262-473-0535 if you have any questions.

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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

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.

KENTUCKY DERBY HATS

Wednesday, April 16, 1:00 pm

Get ready for the Kentucky Derby with your very own Kentucky Derby Hat! Wear it on Saturday, May 3 as you watch the Kentucky Derby on TV. It will also be great to keep the sun out of your eyes.

Fee: TBD (check in the April Newsletter for the fee)

Deadline to register: Wednesday, April 2

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.

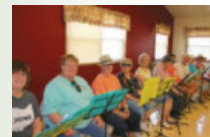


You can also now cancel a reservation you made for an activity, that does not include payment, at the kiosk. Call or email if you need assistance with the kiosk.

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, March 3, 11:00 am

The Book Club will Discuss *Saturday Night at the Lakeside Supper Club* by J. Ryan Stradal.

The March book will be *The Maid* by Nita Prose

Molly Gray is not like everyone else. She struggles with social skills and misreads the intentions of others. Her gran used to interpret the world for her, codifying it into simple rules that Molly could live by.

Since Gran died a few months ago, twenty-five-year-old Molly has been navigating life's complexities all by herself. No matter—she throws herself with gusto into her work as a hotel maid. Her unique character, along with her obsessive love of cleaning and proper etiquette, make her an ideal fit for the job. She delights in donning her crisp uniform each morning, stocking her cart with miniature soaps and bottles, and returning guest rooms at the Regency Grand Hotel to a state of perfection.

But Molly's orderly life is upended the day she enters the suite of the infamous and wealthy Charles Black, only to find it in a state of disarray and Mr. Black himself dead in his bed. Before she knows what's happening, Molly's unusual demeanor has the police targeting her as their lead suspect. She quickly finds herself caught in a web of deception, one she has no idea how to untangle. Fortunately for Molly, friends she never knew she had unite with her in a search for clues to what really happened to Mr. Black—but will they be able to find the real killer before it's too late?

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, March 4 & Thursday, March 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

Yoga (Hybrid)—Tues. or Thurs., 10:00 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

Thursday, March 13, Depart at 10:30 am

For lunch we will head to Delevan Family Restaurant , in Delevan. Please reserve your seat by **Thursday, March 6.**

Breakfast Bunch

Thursday, March 20, Depart 8:15 am

Head to Pine Cone, in Johnson Creek . Please reserve your seat by **Thursday, March 13.**

Fish Fry

Friday, March 28, Depart 4:00 pm

Enjoy a fish fry at Real McCoy's, in Whitewater . Please reserve your seat by **Thursday, March 20.**

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

JANESVILLE SHOPPING

Wednesday, March 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

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



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

REMINDERS

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

CHEESE AND CHOCOLATE

Wednesday, April 30, 8:15 am

Board the van for a nice drive to Theresa, WI. Our first stop will be Widmer's Cheese Cellars where you will be able to see them make the cheese and watch a short video on how it is made. We will then head over to Confection's for any occasion for lunch and some sweet treats.

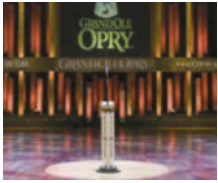
Fee: \$10 member; \$20 non-member

Deadline to Register: Wednesday, April 23

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

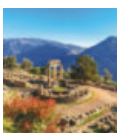
Visit 5 ports in New Zealand and 4 ports in Australia. Experience incredible landscapes, diverse wildlife and rich cultures! You will get a chance to visit Melbourne, Australia Wellington, New Zealand, Burnie (Tasmania) Australia and many more.

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

Email Jennifer at JJackson@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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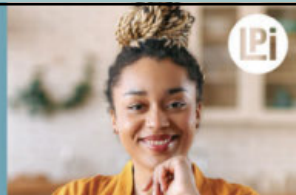
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Activity Calendar

March 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 School Referendum Presentation 3:00 Tai Chi	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) 3:00 Tai Chi	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) 10:00 Medicare Presentation 11:00 Warblers 12:00 Senior Forum 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Hand and Foot	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: "A Real Pain" 3:00 Tai Chi	12 8:00 Pickleball (A) 8:30 Tai Chi Cont. 8:30 IGeTS 10:00 Indoor Walking 10:30 Sign Language 11:30 Together for Healthy Lakes 12:30 Pickleball (A) 12:30 Stained Glass (A)	13 8:00 Pickleball (A) 8:30 Tai Chi Beginner 9:30 FUNfit (H) 10:30 Lunch Bunch 10:30 Cooking Class 11:00 Puzzle Exchange 12:30 Pickleball (A) 1:00 Fire and Police Referendum Presentation 3:00 Tai Chi	14 8:00 Pickleball (A) 9:30 IGeTS 10:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) Office Closed
17 8:00 Pickleball (A) 9:30 FUNfit-(H) 11:00 Warblers 12:30 Pickleball (A) 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) 2:00 Garden Club 3:00 Tai Chi	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) 3:00 Tai Chi	21 8:00 Pickleball (A) 9:30 IGeTS 10:00 Indoor Walking 10:00 Sewing 10:00 Yoga with Brienne (HC) 11:00 World Poetry 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: "A Different Man" 3:00 Tai Chi	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) 3:00 Tai Chi	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
31 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 Canasta 1:00 Qi Gong			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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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.

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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., 12-4 pm. They have two shifts each day 12-2 pm and 2-4 pm. Contact Kim Adams by email wwartsalliance@gmail.com if interested or have questions. Other opportunities may be Event assistance, program distribution, and bakers.

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.

WHITEWATER COLLECTS

Sunday, March 23, 1:00-4:00pm, Cravath Lakefront Community Center

The 11th Annual Whitewater Collects show will be held on Sunday, March 23 from 1:00 PM to 4:00 PM at the Cravath Lakefront Community Center in Whitewater. This popular annual event, put on by the Whitewater Historical Society, features area residents displaying items they enjoy collecting. The collections vary from antique to contemporary. In addition to viewing displays of area collectors, visitors can receive free verbal professional evaluations of up to two antique or vintage items they bring in. The evaluations are performed by noted auctioneer, Carol Miller, owner of Bailey's Honor Auction and Estate Services, LLC. The event is free and open to the public.

Collections being displayed this year include a Magic Lantern collection, antique purses, Fiesta ware, a Ravens and other birds collection, Doc Martens, Civil War items, vintage children items, area antique advertising, barbed wire, vintage globes, bon bon plates, cookbooks, trains, items from the historic Heart Prairie Norwegian Methodist Episcopal Church, and more items still being registered.

If you would like to display a collection (space is still available), or to find out more information, contact Jan Goder at jgoder1976@gmail.com or 262-949-0644. Join us for a fun and interesting event!

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

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?

FAIRHAVEN LECTURE SERIES— REMARKABLE WOMEN

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

March 17- “Edna Ferber: Middlebrow Author, Copyright Pioneer”

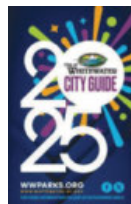
March 24- “Why Have There been No Great Women Artists?”

April 7- “Revolution, Rights, and Women’s Activism: Olympe de Gouge”

April 14- “Landscape of College Athletics and Women in Sport”

CITY OF WHITEWATER 2025 CITY GUIDE

The City’s 2025 City Guide has been published. You can find it online at www.wwparks.org. If you are looking for a printed version those will be available at the City Municipal Building, Senior Center, and Library.



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



Free Monday Night Spaghetti Meals

An Invitation to the Campus & Community

Every Monday
5:00 PM to 6:00 PM

Hot meals & frozen To-Go's now available!

At: Congregational United Church of Christ,
Whitewater
133 S. Franklin Street, Whitewater, WI



Coordinated by:
First English Lutheran Church & Congregational UCC

Comidas Gratis de Espaguetis los Lunes por la Noche

¡Una invitación para el campus y la comunidad!

Cada lunes
5: 00 PM a 6:00 PM

¡Comidas calientes y congeladas para llevar disponibles!

En: Iglesia Congregacional Unida de Cristo,
Whitewater
133 S. Franklin Street, Whitewater, WI



Coordinado por:
Primera Iglesia Luterana Inglesa e Iglesia Congregacional Unida de Cristo