



The Park Bench

November 2024 Seniors in the Park Newsletter



HEALTHY BRAIN OBJECTIVE



Wednesday, November 13, 11:00 am

The Healthy Brain Objective (HBO) is a Walworth County program that connects seniors who are 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.

Please call 262-473-0535 to register

This program will be put on by Jake Sawyers Dementia Care Specialist with Walworth County and Tonya Runyard Dementia Care Specialist with Jefferson County.

Deadline to register: Monday November 11

PACKERS VS BEARS

Sunday, November 17, 12:00 pm

Watch one of the longest standing rivalries there is! Wear your football attire and cheer for the team you want to win. Come in and enjoy the company even if you don't like to watch football or if the team you love isn't playing.

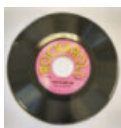


Kickoff is at noon and that is when the food will be served. We will have some tailgating foods for you to enjoy.

You just have to supply your own beverage.

Deadline to Register: Wednesday, November 13

Fee: \$5.00 member; \$10.00 non-member.



OLD TIME RADIO

Thursday, November 14, 1:00pm

Enjoy stories that you used to listen to on the radio as a kid.

Steve and Pauline will supply some treats while you listen to the stories Steve has prepared.

Deadline to register: Monday, November 11

Volume XXV Issue 11

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REMINDERS

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

SENIOR FORUM

Monday, November 11, 12:00 pm

This group shares ideas on where we might want to go on trips and what other programs we might want to offer. Please join us as we talk about how the center is doing and what the community is up to as well. Senior Forum meets every other month.

COFFEE HOUR

Tuesday, November 19, 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.

PUZZLE EXCHANGE

Thursdays, November 14, 11:00 am

From October– April we will have all of our puzzles pulled out once again for you to go through. 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.



No Exchange November 28

GARDEN CLUB



Tuesday, November 19, 2:00 pm

This month our focus will be native plants. We'll be having a visit from a local Whitewater couple who has been growing wildflowers in their yard for the public to enjoy for several years. One has a background in architectural landscaping. Come and hear their story! Our monthly meetings are a great time of sharing our knowledge and experiences and making new friends. Call 262-473-0535 for more info.

STAINED GLASS

Tuesday and Wednesday, November 12 & 13, 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, November 7

Next Class: December 10 & 11



WEEKLY CRAFTS

Thursdays, November 7-21, 1:00 pm

Are you looking for some fun and easy crafts to make for gifts? We have some fun ideas! We will have three different classes with three different crafts. We will also give you a list on where we purchased our items.

November 7– Fuzzy sock warmer

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

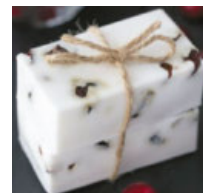
November 14– Cranberry soap

Fee: \$10.00 members; \$15.00 non-members

November 21– Make your own extract (Vanilla, Lemon, or mint)

Fee: \$10.00 members; \$15.00 non-members

Deadline to register: Monday, November 4





“The Fabulous Four”

Tuesday, November 12, 1 pm
(Comedy) Rated R (language); 1 hour, 38 minutes (2024).

Two female friends travel to Key West to be bridesmaids in a college girlfriend’s surprise wedding. Sisterhood is rekindled in a fun sort of way! Starring Bette Midler, Susan Sarandon, Megan Mullally, Sheryl Lee Ralph and Michael Bolton.

“The Magic Flute”

Tuesday, November 26, 1 pm
(Opera/Mozart/Musical) Rated PG
1 hour, 55 minutes (2022).

Now for something completely different! A modern retelling of Mozart’s world famous opera, featuring F. Murray Abraham. Come for the music, stay for the story, costumes and The Magic Flute. A quietly beautiful, fantasy of a film!

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, 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-Berkley 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.



Tuesdays, 10:00 am

November 5: Culver's Bingo
November 12: Mulberry Glen Bingo
November 26: City Bingo



Join us for Bingo! Beverages are now available. Keep bringing your own snack. Thanks to **Culver’s** and **Mulberry Glen** for sponsoring prizes.

City Bingo sponsors include:

Dale’s Bootery * McDonald’s* Binning & Dickens Insurance *
Dental Perfections * Dalee Water Conditioning * Mirage Hair Studio * Rick’s *
Jessica’s * Wal-Mart * Kwik Trip

VETERANS DAY HISTORY



VETERANS DAY
WE HONOR YOUR SACRIFICE

In November 1919, President Wilson proclaimed November 11 as the first commemoration of Armistice day. The original concept for the celebration was for a day observed with parades and public meetings and a brief suspension of business beginning at 11:00 am

An Act approved May 13, 1938 made the 11th of November in each year a legal holiday—a day to be dedicated to the cause of world peace and to be thereafter celebrated and known as “Armistice Day.” Armistice Day was primarily a day set aside to honor Veterans of World War 1.

In 1954 the 83rd Congress amended the Act of 1938 by striking the word “Armistice” and inserting in its place the word “Veterans”. This approval went through on June 1, 1954, November 11th became a day to honor American Veterans of all wars.

The Uniform Holiday Bill was signed on June 28, 1968. This was intended to ensure three day weekends for Federal employees by celebrating four national holidays on Mondays: Washington's Birthday, Memorial Day, Veterans Day, and Columbus Day.

The first Veterans day Under the new law was observed on October 25, 1971. It was quite apparent that the commemoration of this day was a matter of historic and patriotic significance to a great number of our citizens, and so on September 20th, 1975, President Gerald R. Ford signed Public Law 94-97, which returned the annual observance of Veterans Day to its original date of November 11, beginning in 1978. This action supported the desires of the overwhelming majority of state legislatures, all major veterans service organizations and the American people.

Information found on: <https://department.va.gov/>



“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: November 4 - 25

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

Deadline is Tuesday, October 29

No class November 28th
Next session is December 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

**Tuesdays, November 5 - December 17, 10-11:00 am
Thursdays, November 7 - December 19, 10-11:00 am**

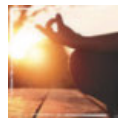
This one hour class will focus on basic yoga postures. You will stretch, strengthen and tone your entire body. Optimal alignment, concentration and relaxation are promoted in every class. The class will be in-person at Cravath Lakefront community building or you can also join online. Everyone will get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

Instructor is Brienne Brown, RYT

Tuesday fee: \$35 members; \$49 non-members
Thursday fee: \$30 members; \$42 non-members

Deadline to register: Thursday, November 31

No class November 28, December 24, 26 & 31st



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.

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

Thursdays, January 7– April 22, 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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HOLIDAY MASHUP POT LUCK

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

'Tis the season to enjoy a holiday potluck! We will have a sign-up sheet at the front desk starting Monday, November 11. Feel free to bring whatever you would like.

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.

Deadline to register: Thursday, December 12



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



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

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.



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.



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, November 4, 10:00 am

The Book Club will Discuss *LaRose* by Louise Erdrich. The November book will be TBD.

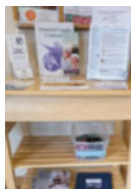
With the Whitewater library under construction we are not sure if we will have a November book or not. If we do we will have it ready to pick up on November 4th.

We will still meet to discuss the October book. In December we will plan to brainstorm some book ideas for future book club meetings if we do not have a book to read for the month.

Did you know that you don't have to purchase the books to be a part of this book club? You just have to come to the Senior Center. We have a volunteer that will pick the books up at the library and return them as well.

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, November 5 & Thursday, November 7

Toe Nail 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

TECH TUTORS

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

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., 1:30 pm

Warblers—Mon., 11:00 am

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



IGETS UPDATE

The Intergenerational Technology Services (IGeTS) is a grant funded program. This December the grant that was received to start the program is coming to a close, they will still be in service. Below are a few of their updated hours.

- Effective October 14, 2024, IGeTS office hours are 8:30-1:30 Monday-Thursday
- Starting November 4, 2024, IGeTS will transition to by appointment only until December 13, 2024
- IGeTS will be closed between December 14, 2024–January 20, 2025
- IGeTS will return Tuesday, January 21, 2025 with by appointment only hours

Trips & Extended Travel

PARADE OF TREES

Friday, November 22, 9:00 am

Head to the Geneva Lake Museum to experience the Parade of trees! This is their 6th Annual Parade of Trees exhibit. It is a creative, community effort of themed trees by the local businesses and non-profit organizations.

You will also get a chance to vote for your favorite tree!

Deadline to register: Thursday, November 14

Fee: \$15.00 member; \$20.00 non-member

EATING OUT

Lunch Bunch

Thursday, November 14, Depart at 10:30 am

For lunch we will head to Gus's Diner in East Troy. Please reserve your seat by **Thursday, November 7.**

Breakfast Bunch

Thursday, November 21, Depart 8:15 am

Head to Vasili's Corner Café in Elkhorn. Please reserve your seat by **Thursday, November 14.**

Fish Fry

Friday, November 29, Depart 4:00 pm

Enjoy a fish fry at Ding-a-ling Supper Club in Orfordville. Please reserve your seat by **Thursday, November 21.**

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

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

JANESVILLE SHOPPING

Wednesday, November 6

Pick-ups begin at 9:15. Please call to reserve your spot by the Monday prior. You can choose one or two stores on the north side of Janesville to be dropped off at. Van back in Whitewater approximately 12:30 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.

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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 on shore excursions to pick from.

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



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



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

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 water falls 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'r 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.



Happy Birthday

Elaine Schultz
Adelaide Atkielski
Jan Schmeling
Janice Batten

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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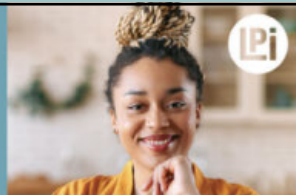
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Activity Calendar

November 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p>Key for where activities are planned</p> <p>A = Downtown Armory C = Cravath Lakefront H = Hybrid (In Person & Virtual) V = Virtual</p>				<p>1</p> <p>8:30 Tai Chi 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A)</p> <p>Office Closed</p>
<p>4</p> <p>9:30 FUNfit-(H) 10:00 Book Club 11:00 Warblers 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Canasta</p>	<p>5</p> <p>8:30 Tai Chi Intermediate 9:00 Toe Nails 10:00 Culver's Bingo 10:00 Yoga with Brienne (HC) 10:00 BP Check 12:30 Pickleball (A)</p>	<p>6</p> <p>8:30 Tai Chi 9:00 Indoor Walking 9:15 Jville Shopping 12:30 Pickleball (A) 1:30 Sign Language</p>	<p>7</p> <p>8:00 Pickleball (A) 8:30 Tai Chi Intermediate 9:00 Toe Nails 9:30 FUNfit (H) 10:00 Yoga (HC) 12:30 Pickleball (A) 1:00 Weekly Craft</p>	<p>8</p> <p>8:00 Pickleball (A) 8:30 Tai Chi 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A)</p> <p>Office Closed</p>
<p>11</p> <p>8:00 Pickleball (A) 9:30 FUNfit-(H) 12:00 Senior Forum 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Hand and Foot 1:00 Qi Gong</p> 	<p>12</p> <p>8:00 Pickleball (A) 8:30 Tai Chi Intermediate 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: "The Fabulous Four"</p>	<p>13</p> <p>8:00 Pickleball (A) 8:30 Tai Chi 9:00 Indoor Walking 11:00 Healthy Brain Objective 12:30 Pickleball (A) 1:30 Sign Language 12:30 Stained Glass (A)</p>	<p>14</p> <p>8:00 Pickleball (A) 8:30 Tai Chi Intermediate 9:30 FUNfit (H) 10:30 Lunch Bunch 11:00 Puzzle Exchange 10:00 Yoga with Brienne (HC) 12:30 Pickleball (A) 1:00 Weekly Craft 1:00 Old Time Radio</p>	<p>15</p> <p>8:00 Pickleball (A) 8:30 Tai Chi 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A)</p> <p>Office Closed</p> <hr/> <p>17</p> <p>12:00 Packer Party</p>
<p>18</p> <p>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</p>	<p>19</p> <p>8:00 Pickleball (A) 10:00 Yoga with Brienne (HC) 10:30 Coffee Hour 10:00 BP Check 12:30 Pickleball (A) 2:00 Garden Club</p>	<p>20</p> <p>8:00 Pickleball (A) 8:30 Tai Chi 9:00 Indoor Walking 12:30 Pickleball (A) 1:30 Sign Language</p>	<p>21</p> <p>8:00 Pickleball (A) 8:15 Breakfast Bunch 9:30 FUNfit (H) 10:00 Yoga with Brienne (HC) 12:30 Pickleball (A) 1:00 Weekly Craft</p>	<p>22</p> <p>8:00 Pickleball (A) 8:30 Tai Chi 9:00 Parade of Trees 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A)</p> <p>Office Closed</p>
<p>25</p> <p>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</p>	<p>26</p> <p>8:00 Pickleball (A) 10:00 City Bingo 10:00 Yoga with Brienne (HC) 10:00 BP Check 12:30 Pickleball (A) 1:00 Movie: "The Magic Flute"</p>	<p>27</p> <p>8:00 Pickleball (A) 8:30 Tai Chi 9:00 Indoor Walking 12:30 Pickleball (A) 1:30 Sign Language</p>	<p>28</p> <p>OFFICE CLOSED</p> 	<p>29</p> <p>8:00 Pickleball (A) 9:00 Indoor Walking 10:00 Sewing 12:30 Pickleball (A) 4:00 Fish Fry</p> <p>Office Closed</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; Vigil Volunteers. They also are looking for volunteers 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 lighted figures 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.



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.

WHITEWATER PARADE OF LIGHTS

Friday, December 6

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

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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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



ACTIVITY SURVEY

Please fill out and return to Senior in the Park. Thank you!
Check all boxes that you enjoy doing or would like to see here.

Travel

Gardens Museums Food
 Festivals. Art Galleries
 Ball Games/Sports Casino
 Historical Sites Wine/Beer
 Shopping International
 3-5 Day Domestic Cultural

Other:

Life Enrichment

Brain Fitness Gardening
 Social Activities Journaling
 Wellness Men's Fitness
 Spirituality Environment
 Educational speakers
 Advocacy Financial

Other:

Organized Activities

Bingo Movies
 Singing Guest Speakers
 Walking Board Games
 Outdoor Games Dancing

Other:

Creative Arts

Watercolor Acrylic
 Colored Pencils Pastels
 Sketching/Drawing
 Crafts Cooking

Other: