



# The Park Bench

May 2024

Seniors in the Park Newsletter



## SCHOLARLY SCOOP: ENHANCING ENVIRONMENTAL EDUCATION THROUGH VIRTUAL TOURS

Friday, May 3, 10:30-11:30 am

Virtual tours act as a means to explore diverse environments and phenomena from anywhere in the world. Particularly beneficial for individuals facing physical limitations or geographical barriers, virtual tours provide an opportunity to visit remote areas, historical sites, and other locations that may be challenging to access. They also serve as a safe and controlled environment for exploration, catering to individuals with limited mobility or those unable to undertake long-distance travel.

My name is Derek Wallis, I am a nature-loving adventurer with a passion for sustainability. I am involved in numerous projects at UW-Whitewater related to coursework, undergraduate research, and the Sustainability Office on campus. When not working, I can be found hiking, biking, and immersing myself in different cultures. I enjoy being busy, so I often find myself heavily involved with everything I can be. Feel free to ask me about myself as I am involved in more than can be easily listed

Please call 262-473-0535 to register in advance

## FLIPPO

Thursday, May 16, 1:00

Flippo is similar to bingo, it is all luck of the draw. You do not need to know anything about cards to play this game! The caller determines how many cards you have out, then they will draw cards until someone has all of their cards flipped over.

You can bring your own deck of cards or we will supply you with one.

This game is sponsored and facilitated by Village Care Giving.

**Deadline to register:** Monday, May 13

Call 262-473-0535 with any questions



Volume XXV Issue 5

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## SENIOR FORUM

**Monday, May 13, 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.

## BLOOD PRESSURE CHECKS



**Every Tuesday from 10:30-11:30 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.

## REMINDER

**If you change your email, phone number or address, please remember to let us know. This way we can keep our records up to date. Thanks for your help.**

## COOKING CLASS

**Wednesday, June 12, 11:00am-1:00pm**

Savor the flavors of Thailand!! Join us for a live demonstration and tasting of Thai spring rolls, Tom Kha Soup, and Thai Iced Tea. Secure your spot now for an adventure of flavors and cultural immersion brought to you by Signal Health Group of Southern Wisconsin.

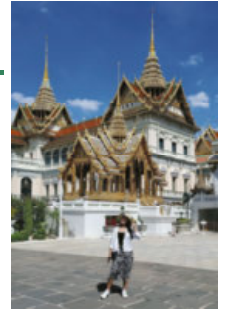
### Menu:

Thai Spring Roll ( Demonstration)  
Tom Kha Soup ( Sampling)  
Thai Iced Tea ( Sampling)

**Maximum:** 11 people

**Deadline to Register:** Wednesday, June 5

**Fee:** \$ 5 for members; \$20 for non members



## FRAUD SEMINAR

**Thursday, May 23, 1:00pm**

Fraud can have serious consequences on your finances and your wellbeing. In this seminar, we will explore several different types of fraud, with an emphasis on the scams which most often target older adults. This includes what they are, how to recognize them, and what you can do to protect yourself.

Throughout the presentation, you'll learn how to identify and combat telemarketer scams, lottery and sweepstakes scams, romance scams, tech support scams, and more. We will explore how these scams work and the tactics that fraudsters use to trick their victims.

For each type of fraud, we'll show you how to spot the red flags and keep your money in your pocket. We'll also review how to keep your personal information safe from fraudsters in the first place, and what steps to take if you think you've been the victim of fraud.

By the end of this seminar, you will have a better understanding of financial fraud and be equipped with the knowledge you need to protect yourself and your finances.

**Deadline to register:** Thursday, May 16

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



**“Zone of Interest”**

**Wednesday, May 8, 1 pm**  
**(Drama/History) Rated PG-13; 1 hour, 45 minutes**  
**(2024). Languages: German, Polish, Yiddish.**  
**Shown with English subtitles.**

Our annual Summer “art film” series returns with the Academy Award winner for Best International Film. Summer, 1943. The commandant of Auschwitz and his wife and children live a life of leisure next door to the death camp in Poland. As the War winds on, he is under Reich pressure to increase the numbers of The Final Solution...

**“The Color Purple”**

**Tuesday, May 14, 1 pm**  
**(Drama/Musical) 2 hours, 21 minutes**  
**Rated PG-13 (2023)**

A young black woman in the South in 1909 faces much hardship and sadness, her only happiness being her family and a new suitor. Starring Taraji P. Henson, Colman Domingo, Jon Batiste, and Lou Gossett, Jr. Oscar Nomination for Best Supporting Actress, Danielle Brooks.

**“The Taste of Things”**

**Tuesday, May 28, 1 pm**  
**(Romance/Period Drama/Culinary Arts)**  
**Rated PG-13. 2 hours, 15 minutes (2023).**

The story of an esteemed cook and the fine gourmet she has been working for over the last 20 years. Food is a gift of love here, and romance courses through this delightful film.

AARP Movies for Grownups nominations for Best Actress (Juliette Binoche) and Best Foreign Film. Language: French; shown with English subtitles.

## WEDNESDAY ART FILMS ARE BACK

Our fist art film starts this month! Each art film will be on a Wednesday at 1:00pm. The date may vary depending on what Wednesday works best.

Call 262-473-0535 with any questions.

## PATTERN READING

**Wednesday, May 29, 1:00 pm**

Do you have a pattern that you would like help reading? This can be any pattern from crochet, knitting, tatting, sewing, or whatever you are working on.

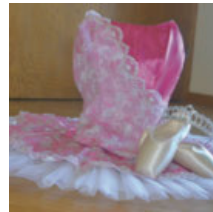
If you have you have a specific pattern feel free to send it to jjackson@whitewater-wi.gov. That will give the instructor time to look it over before class.

**Deadline to register:** Tuesday, May 28

## THE ART OF BALLET

**Thursday, May 30, 11:00 am**

Have you ever wondered how ballet came to be? Are the point shoes really made out of wood? We will go over the basic history, what components go into ballet and much more!



**Deadline to register:** Tuesday, May 28

## ACTIVITIES AT A GLANCE

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

**Book Club**—First Mon., 11:00. Books available at Senior Center

**Canasta**—First, Third & Fifth Mon., 1:00 pm

**Competitive Pickleball**—Tues. & Thurs., 12:30-2:30 pm, Downtown Armory Gym

**Fitness Drumming**— Wednesday 10:30 am

**“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

**Pegs and Jokers**—Third Mon., 9:00 am

**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**—Mon., 10:45 am

**Warblers**—Mon., 11:00 am

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



## “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: May 2-30

Fee: \$12.00 Member  
\$24.00 Non-member

**Deadline is Monday April 29**

Next session is June 3-28

**No Class May 27**

## FITNESS DRUMMING

**Wednesdays, 10:30 am**

Get a great cardio workout while listening to songs that get you moving and grooving! Bring your own supplies. We supply drum sticks

Call 262-473-0535 with questions.

## YOGA WITH BRIENNE

**Tuesdays, May 7– June 25 , 10-11:00 am  
Thursdays, May 2– June 27, 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: \$35.00 members; \$49 non-members

**No Class May 9, 14, 16 and June 4.**



## TAI CHI FOR ARTHRITIS AND FALL PREVENTION– 16 WEEK CLASS

**Wednesdays, June 5– September 18, 3:15-4:15 pm**

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:** Monday, June 3

## INDOOR WALKING

**Wednesdays & 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.

## TAI CHI FOR ARTHRITIS AND FALL PREVENTION– 8 WEEK CLASS

**Wednesdays & Fridays June 5– July 26, 8:00—9:00 am**

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:** Monday, June 3

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



## GARDEN CLUB

Tuesday, May 21, 2:00pm

“Whitewater Growers” meet the third Tuesday of each month at 2:00 pm. There are so many benefits to gardening such as meeting fellow gardeners and learning from each other. In the next few meetings we will be discussing what topics we would like to learn about for this year and potting up various plants for future plant sale.

Please call 262-473-0535 to register

## STAINED GLASS

May 14 & 15, 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.

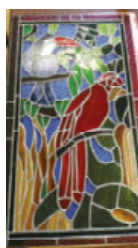
Supplies to bring: Safety glasses, an old towel, scissors and a 100-watt soldering iron, if you have one.

Instructor is Caroline Britton.

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

Deadline to register: Wednesday, May 1

Next Class: June 4 & 5



## 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.)

## 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.



## WHITEWATER WARBLERS

Mondays, 11:00 am

It's a fun group of people with HUGE hearts.

Music and socializing are proven to be good for health and brain fitness, so come join us. You don't need to read music; just enjoy singing and having fun.



## SEWING GROUP

Fridays, 10:00 am-3:00 pm

Join other sewers and share ideas, get help and have fun.

Bring your machine and anything you may need. Either bring a lunch or go out with the group. Stay as long or short as you want. Questions: call 262-473-0535.



## BOOK WORMS



**Monday, May 6, 11:00 am**

The Book Club will Discuss *Still Alice* by Lisa Genova. The May book is *Angela's Ashes* by Frank McCourt.

“When I look back on my childhood I wonder how I managed to survive at all. It was, of course, a miserable childhood: the happy childhood is hardly worth your while. Worse than the ordinary miserable childhood is the miserable Irish childhood, and worse yet is the miserable Irish Catholic childhood.”

So begins the luminous memoir of Frank McCourt, born in Depression-era Brooklyn to recent Irish immigrants and raised in the slums of Limerick, Ireland. Frank’s mother, Angela, has no money to feed the children since Frank’s father, Malachy, rarely works, and when he does he drinks his wages. Yet Malachy—exasperating, irresponsible, and beguiling—does nurture in Frank an appetite for the one thing he can provide: a story. Frank lives for his father’s tales of Cuchulain, who saved Ireland, and of the Angel on the Seventh Step, who brings his mother babies.

**Did you know you do not have to buy the books for our book club? We rent them from the library and return them the next month!**

## TOENAIL CLINIC

**Thursday, May 2**

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**



# BINGO

**Tuesdays, 10:00 am**

**May 7: Culver's Bingo**

**May 14: Mulberry Glen Bingo**

**May 28: City Bingo**

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

**City Bingo sponsors include:**

- Dale's Bootery \* Floral Villa \* Binning & Dickens Insurance \***
- Dental Perfections \* Brain Freeze \* Taco Fresco \* Jersey Mike's \***
- Dalee Water Conditioning \* Mirage Hair Studio \* Rick's \* Jessica's \* Wal-Mart \* Kwik Trip**



## TECH TUTORS

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



## COFFEE HOUR

**Tuesday, May 21, 10:30 am**

Our House Senior living will be supplying our items for coffee hour this month. Come enjoy some fun conversation while eating some delicious treats and drinking coffee.

If you don't drink coffee we have tea, hot chocolate, and water as well! Call 262-473-0535 to register.



# Trips & Extended Travel

## EATING OUT

### Lunch Bunch

**Thursday, May 9 , Depart at 10:30 am**

For lunch we will be heading to Citrus Cafe, in Janesville. Please reserve your seat by **Thursday, May 2**

### Breakfast Bunch

**Thursday, May 16, Depart 8:15 am**

Head to Joni's Diner, in Lake Geneva. Please reserve your seat by **Thursday, May 9.**

### Fish Fry

**Friday, May 31, Depart 4:00 pm**

Enjoy a fish fry at Squiddys 2, in Palmyra . Please reserve your seat by **Thursday, May 16**

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

## 10 CHIMNEYS TOUR

**Wednesday, May 22, 9:30 am**

Visit the estate created by theater legends Alfred Lunt and Lynn Fontanne. Get the chance to see the wonderful estate and learn a little more about Alfred and Lynn as you go.

Deadline to register: Monday, May 13

Fee: \$40 member; \$45 non-member



## GREAT CANADIAN CITIES

**July 24– August 2, 2024**

Get a the feel of France without having to fly as far. Take a city tour of Montreal, Quebec, Toronto, and Niagara Falls. Take the 1000 Islands cruise and see some large, small and tiny islands. Enjoy your farewell dinner at the world famous Skylon Tower.

**Tour Rates:** \$4,099 per person double; \$5,224 single

## JANESVILLE SHOPPING

**Wednesday, May 1**

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.

## MADISON MALLARDS



**Thursday, June 20**

Take me out to the ball game! We will be heading to the Pepsi pre-game this year at the Madison Mallards. Enjoy some food before hand and then watch a fun game.

Pepsi tailgate package: \$35.00

Beer tailgate package: \$42.00

**Deadline to register:** June 6



## SEDONA'S RED ROCKS AND THE GRAND CANYON

**September 15– 20, 2024**

Spend 4 nights in Sedona, at the heart of Red Rock Country. Ride the Grand Canyon Railway after seeing the Grand Canyon. Take a day to relax and shop in Sedona or take an optional Jeep tour.

**Tour Rate:** \$3,099 per person double; \$3,968 single



# Trips & Extended Travel

9

Adults of all ages are welcome on our trips. Please call or email for a brochure or more information. Brochures are also available in the lobby of the center.



## HIGHLIGHTS OF ITALY'S AMALFI COAST

October 8-October 15, 2024

Enjoy a walking tour of Sorrento and try some freshly made mozzarella cheese. Have a day to yourself or take an excursion to the Isle of Capri. Take a guided tour to Naples and enjoy a panoramic Naples City Tour. Experience a guided tour of Pompeii then continue onto the "Eternal City" of Rome.  
**Tour Rates:** \$3,995 per person double; \$4,695 single

## PACIFIC NORTHWEST & CALIFORNIA

October 7-14, 2024

Make your way from Washington to California on this wonderful 8-day trip. Enjoy the Washington State Ferry, local winery, Redwood National Park, Golden Gate Bridge and much more.

**Tour Rate:** \$3,999 Per person double, \$4,899 single



## HISTORIC SAVANNAH & CHARLESTON HOLIDAY

December 4-10, 2024

Looking for somewhere warm to go right before the holidays? Spend 2 nights in Charleston, SC, 2 nights in Savannah, GA and 2 nights at Jekyll Island Club. Enjoy city tours of Savannah and Charleston and enjoy a nice meal at Jekyll Island Club. Take in the views on a Beaufort Carriage Ride while you are there.



**Tour Rate:** \$3,425 per person double; \$4,400 single

## NEWYORK CITY HOLIDAY

December 6-10, 2024

Enjoy 4 nights in the big apple. Get the chance to see the 9/11 memorial, a Broadway show, Rockettes and much more! You will be able to get some of your Christmas shopping done when you visit the Christmas Store.

**Tour Rate:** \$3,675 per person double; \$4,670 single



## HAWAIIAN ADVENTURE

March 27– April 5, 2025

Aloha! Start your trip on the sun-drenched beaches of Waikiki. Visit the WWII Valor in the Pacific National Monument, visit a coffee bean farm and enjoy their coffee.

Tour Rate: \$5,999 per person double; \$5,949 per person triple; \$7,699 single



## KINGDOMS OF SOUTH-EAST ASIA

December 28, 2024– January 15, 2025

Take 19 days to explore the culture of South East Asia. Start your morning with Tai Chi in the park with locals. Eat traditional cuisine and take an immersive cooking class. Start your trip in Hanoi, Vietnam and end in Bangkok, Thailand.

**Tour Rates:** \$6,399 per person double; \$7,049 single

## 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.



## 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](http://wisconsin caregiver.org) website.

## DEMENTIA RESOURCE LIST

Pat Metz, DFCI volunteer, has compiled a list of resources. Email [jfrench@whitewater-wi.gov](mailto: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



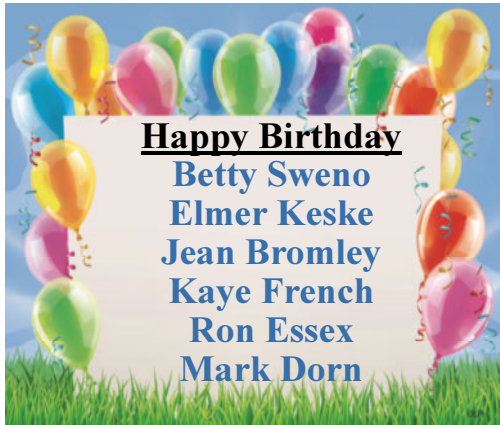
Respite Services will be provided thanks to Mulberry Glen Senior Living Community. RSVP will be required by 4pm the Tuesday before the meeting.

For more information contact Jake Sawyers at:  
262-741-3273 or [jsawyers@co.walworth.wi.us](mailto:jsawyers@co.walworth.wi.us)

## WHITWATER DEMENTIA FRIENDLY COMMUNITY INITIATIVE (DFCI)

**Third Monday of each month, 1:30 pm**

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



### Happy Birthday

Betty Sweno  
Elmer Keske  
Jean Bromley  
Kaye French  
Ron Essex  
Mark Dorn

## 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](http://wwparks.org), [www.whitewater-wi.gov](http://www.whitewater-wi.gov), click on Departments, then Seniors in the Park or [MyCommunityOnline.com](http://MyCommunityOnline.com).

Newsletters are also available outside the Starin Park



## FIND NEWSLETTERS ONLINE

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



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

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

## LET'S GROW YOUR BUSINESS

### Advertise in our Newsletter!

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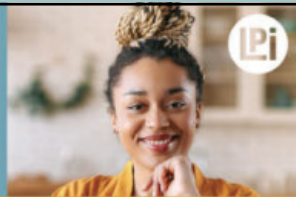
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# Activity Calendar

## May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p><b>Activities are held at Starin Park Community Building unless otherwise noted.</b></p> <p><b>A = Downtown Armory</b>  <b>C = Cravath Lakefront</b>  <b>H = Hybrid (In Person &amp; Virtual)</b>  <b>V = Virtual</b></p>		<p><b>1</b></p> <p>8:00 Pickleball (A)            9:00 Indoor Walking            9:15 Jville Shopping            10:30 Fitness Drumming            12:30 Pickleball (A)</p>	<p><b>2</b></p> <p>8:00 Pickleball (A)            8:30 Toe clinic            9:30 FUNfit (H)            10:00 Yoga (HC)            12:30 Pickleball (A)</p>	<p><b>3</b></p> <p>8:00 Pickleball (A)            9:00 Indoor Walking            10:30 Scholarly Scoop            12:00 Sewing            12:30 Pickleball (A)  <b>Office Closed</b></p>
<p><b>6</b></p> <p>8:00 Pickleball (A)            9:30 FUNfit-(H)            10:45 Sign Language            11:00 Warblers            11:00 Book Club            12:30 Pickleball (A)            1:00 Mah Jongg            1:00 Canasta</p>	<p><b>7</b></p> <p>8:00 Pickleball (A)            10:00 Culver's Bingo            10:00 Yoga with Brienne (HC)            10:30 BP Check            12:30 Pickleball (A)</p>	<p><b>8</b></p> <p>8:00 Pickleball (A)            9:00 Indoor Walking            10:30 Fitness Drumming            12:30 Pickleball (A)            1:00 Movie: "Zone of Interest"</p>	<p><b>9</b></p> <p>8:00 Pickleball (A)            9:30 FUNfit (H)            10:30 Lunch Bunch            12:30 Pickleball (A)</p>	<p><b>10</b></p> <p>8:00 Pickleball (A)            9:00 Indoor Walking            10:00 Sewing            12:30 Pickleball (A)  <b>Office Closed</b></p> 
<p><b>13</b></p> <p>8:00 Pickleball (A)            9:30 FUNfit-(H)            10:45 Sign Language            11:00 Warblers            12:00 Senior Forum            12:30 Pickleball (A)            1:00 Mah Jongg            1:00 Hand and Foot</p>	<p><b>14</b></p> <p>8:00 Pickleball (A)            9:15 Rockin' Respite            10:00 Mulberry Bingo            10:30 BP Check            12:30 Pickleball (A)            12:30 Stained Glass            1:00 Movie: "The Color Purple"</p>	<p><b>15</b></p> <p>8:00 Pickleball (A)            9:00 Indoor Walking            10:30 Fitness Drumming            12:30 Pickleball (A)            12:30 Stained Glass</p>	<p><b>16</b></p> <p>8:00 Pickleball (A)            8:15 Breakfast Bunch            9:30 FUNfit (H)            12:30 Pickleball (A)            1:00 Flippo</p>	<p><b>17</b></p> <p>8:00 Pickleball (A)            9:00 Indoor Walking            10:00 Sewing            12:30 Pickleball (A)  <b>Office Closed</b></p>
<p><b>20</b></p> <p>8:00 Pickleball (A)            9:00 Pegs and Jokers            9:30 FUNfit-(H)            10:45 Sign Language            11:00 Warblers            12:30 Pickleball (A)            1:00 Mah Jongg            1:00 Canasta            1:30 DFCI</p>	<p><b>21</b></p> <p>8:00 Pickleball (A)            10:30 Coffee Hour            10:00 Yoga with Brienne (HC)            10:30 BP Check            12:30 Pickleball (A)            2:00 Garden Club</p>	<p><b>22</b></p> <p>8:00 Pickleball (A)            9:00 Indoor Walking            9:30 10 Chimneys            10:30 Fitness Drumming            12:30 Pickleball (A)</p>	<p><b>23</b></p> <p>8:00 Pickleball (A)            9:30 FUNfit (H)            10:00 Yoga with Brienne (HC)            12:30 Pickleball (A)            1:00 Fraud Seminar</p>	<p><b>24</b></p> <p>8:00 Pickleball (A)            9:00 Indoor Walking            10:00 Sewing            12:30 Pickleball (A)  <b>Office Closed</b></p>
<p><b>27</b></p> <p><b>Office Closed</b></p> 	<p><b>28</b></p> <p>8:00 Pickleball (A)            9:15 Rockin' Respite            10:00 City Bingo            10:00 Yoga(HC)            10:30 BP Check            12:30 Pickleball (A)            1:00 Movie "The Taste of Things"</p>	<p><b>29</b></p> <p>8:00 Pickleball (A)            9:00 Indoor Walking            10:30 Fitness Drumming            12:30 Pickleball (A)            1:00 Pattern Reading</p>	<p><b>30</b></p> <p>8:00 Pickleball (A)            9:30 FUNfit (H)            10:00 Yoga with Brienne (HC)            11:00 The Art of Ballet            12:30 Pickleball (A)</p>	<p><b>31</b></p> <p>8:00 Pickleball (A)            9:00 Indoor Walking            10:00 Sewing            12:30 Pickleball (A)  <b>4:00 Fish Fry</b>  <b>Office Closed</b></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](mailto: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.

**IGETS** Intergenerational Technology Services (IGeTS) at University of Wisconsin-Whitewater, is looking for community volunteers. IGeTS is open Monday thru Thursday from 8:30 – 1:30 . If you have a basic level understanding of how to use technology and passion for helping others learn, we would love to hear from you. For more information please contact Tanya Mordecai at [igets@uww.edu](mailto:igets@uww.edu) or call 262-472-1837.

## MEMORIAL DAY PARADE AND CEREMONY

**Monday, May 27**

Memorial Day parade will start at 10:30 from Hearthstone Parking lot East on North Street and will end at the Armory. The observance ceremony will be to follow at the armory.

**Advertiser of the  
Month**



## 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
- 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



**WWUSD Robotics  
Booster Club presents:**

## STEAM FAIRE

**MAY 18TH, 2024  
10:00AM - 3:00PM**

Vendors -kids activities -  
ESports competition- art  
show -concessions - raffle

\*Admission is free. Cash donations and/or donations  
to Lakeland Animal Shelter appreciated.

Whitewater High School  
534 Elizabeth St.  
Whitewater, WI 53190

## 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



## TECHNOLOGY ASSISTANCE FOR YOUR DEVICE

IGeTS services include group training classes, one-on-one technology support and telehealth visit support. Group training classes are offered daily on a rotating basis, and include such topics as Apple Devices: The Basics, Android Devices: The Basics, and how to protect yourself against cyber threats. One-on-one support services to address individual technology needs and questions are also available by appointment. IGeTS services are provided primarily by students attending the University of Wisconsin - Whitewater, and are available in both English and Spanish.

IGeTS is open Monday – Thursday from 8:30am – 1:30pm and is located in UW-Whitewater’s Community Engagement Center at 1260 W. Main Street, Room 124, Whitewater, WI 53190. To learn more about IGeTS services or to access the January group training class schedule visit <https://www.uww.edu/igets> , call 262-472-1837 or email [igets@uww.edu](mailto:igets@uww.edu) .

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# Seniors in the Park

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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](http://schedulesplus.com/wwtr)  
[www.wwparks.org](http://www.wwparks.org)  
[www.whitewater-wi.gov](http://www.whitewater-wi.gov)

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



## MUCHAS GRACIAS VOLUNTEERS

We would not be the center we are today without the wonderful help of our volunteers!

In 2023 our volunteers donated 3,241.5 hours. The value of this donated time is \$48,622.50!

Our volunteers help organize trips, set up for programs, facilitate programs and much more!

