



The Park Bench

Seniors in the Park Newsletter
April 2010 Volume X Issue 4

Seniors in the Park promotes and enhances a vital aging community

VOLUNTEER APPRECIATION

Thursday, April 29, 2:00—4:00 pm

Save the date! The theme this year is Volunteers Rock! You are encouraged to come in your 50's attire and have fun with TV and music trivia, games, music, door prizes and recognition of volunteers. Ice Cream Sundaes will be served and are being sponsored by Our House Senior Living. The event is free for volunteers and the cost for guests is \$2.00.

Please RSVP for the event by Monday April 26.

**Volunteers donated a total of 1603 hours doing a myriad of jobs which make Seniors in the Park viable, energetic and fun.
The value of these volunteers is \$24,045.**

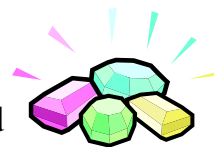
ROCKS 101

Wednesday, April 14, 2:00 – 4:00

The energy from rocks and stones can affect the body in a myriad of wonderful and interesting ways. The class will cover the affect of stones and gems on your body, gem stones such as Amethyst, stones as jewelry and décor, and the laying on of stones. Bring in your jewelry or stones and discover their “affect” on you.

Presenter: Charlotte Soto

Cost: \$3.00 payable to instructor RSVP by Monday April 12



TIMBER WOLF RECOVERY

Tuesday, April 6, 1:00 pm



Larry and Emily Schuenemann's interest in the wolf recovery in Wisconsin began with Emily's teaching at Marshall Middle School where students went to Trees for Tomorrow in Eagle River. The study of the wolf was a subject taught with many principles of ecology and provided a way for students to become actively involved in their recovery. They have traveled to both Yellowstone & Isle Royale National Parks and the Northwest Territories of Canada to study wolves. As a skilled photographer, Larry has documented their travels and will share some of his photos of wolves in the wild. Besides the experiences from these trips the couple will draw from their involvement with the DNR carnivore tracking program. Emily is a regional coordinator for tracking blocks in central Wisconsin. In the summer they also participate in howling surveys. The program will focus on monitoring the wolf population and some of the current problems and challenges in managing the wolf population in Wisconsin. Register by Monday April 1

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Classes and Activities

NVR2LATE

Wednesday April 14, 6:00 pm

Wednesday April 21, 5:30 pm

On April 14 the group will gather for a pot luck with games to follow. The second Wednesday of the month will remain pot luck night. On the 21st the group is meeting at the Community Building to carpool to dinner at Moy's in Elkhorn. NVR2LATE is a group for single, adults 50+ who are interested in making new friends to share interests and activities with.

Please RSVP by the Monday prior



FIVE WISHES

Thursday, April 8, 12:30 pm

Five Wishes is the first living will that talks about your personal, emotional, and spiritual needs, as well as your medical wishes. Five Wishes lets you say exactly how you wish to be treated if you get seriously ill. It's easy to use. All you have to do is check a box, circle a direction or write a few sentences. Ice cream sundaes will be served at the class.

Presenter: Taylor Danz, Hospice Advantage

Register by Tuesday, April 6



CAR CLEANING AND INSPECTION

Saturday, May 22,

9:00 am -11:00 am

Whitewater High School

All seniors are welcome to have their vehicle inspected for free at the Whitewater High School Shop on the west side of the school. No repairs will be made during the inspection. You will be informed of any problems and referred to your own mechanic. The National Honor Society will be cleaning the interior of the cars. Inspections and cleaning will last approximately 20 minutes. Snacks will be available.

Please call for an appointment by May 20.

ALL ABOUT COLOR

Thursday April 8, 12:30 –4:00 pm

In this watercolor class you will learn about mixing colors, what pigments will do when mixed, and how to mingle color. The glazing method will also be demonstrated.

Instructor: Marilyn Fuerstenberg

Cost \$10.00 payable to instructor

RSVP by Tuesday April 6

FALLS PREVENTION PRESENTATION

Tuesday April 6, 11:00 am

Kris Ruf, Prevention Specialist at Walworth County Department of Health and Human Services will present pertinent information on falls prevention. Falls prevention bingo will also be played.

UWW LECTURE SERIES

World War II Stories: Sixty-five Years Since Victory

Wednesdays, 1:00 pm



UW-W Emeritus Professor Richard

Haney returns with an engaging series of talks on WWII.

Mar. 31—Generals Dwight Eisenhower and Douglas MacArthur: Vital Strategic Combat Decisions in Europe and the Pacific

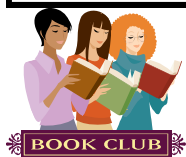
Apr. 7—Hiroshima and Nagasaki: President Harry Truman's Decision to Use the Atomic Bomb

Apr. 21—"When Is Daddy Coming Home? An American Family During World War II," the best-selling book by Richard Haney, detailing the wartime lives of his father [who was killed in combat] and his mother [life in wartime Janesville].

Apr. 28—Anti-Nazi European Resistance Movements: Civilians in the occupied countries fight back.

May 5—Rationing, V-mail, Movies, Songs, Shortages and Regret-to-Inform Telegrams: The American Home Front During World War II

Please register for the presentations in advance.



BOOK CLUB

Monday, April 5, 10:30 am

The Book Club will discuss *Sun, Stone and Shadows*. The book for May is *Very Valentine* by Adriana Trigiani.

The Angelini Shoe Company, one of the last family-owned businesses in Greenwich Village, has been making exquisite wedding shoes since 1903 but now teeters on the brink of financial collapse. To save their business from ruin, 33-year-old Valentine Roncalli, apprentice to and granddaughter of master artisan Teodora Angelini, must bring the family's old-world craftsmanship into the 21st century. Juggling a budding romance, her duty to her family, and a design challenge presented by a prestigious department store, Valentine returns to Italy with her grandmother, turning her life and the business upside down in ways she never expected.



GOLF LEAGUE BEGINS

Mondays 8:30 am

The organizational meeting for the Seniors in the Park golf league will be held at the Oak Ridge Golf Course on Bowers Lake Road in Milton on Monday April 12 8:30 am. Golf will follow, weather permitting. There is a membership fee of \$5.00 and golfers must be 60 years old as of April 12 or spouse must be 60. Flag prizes are awarded weekly, and there is a luncheon to conclude the season. For more information, contact Don Roberts, 608-868-7054; Vicki Flitsch, 608-884-3586; or Bill Holcomb, 262-495-2273.

OUR OWN CABLE TV SHOW!

A committee has been formed to present our own cable show, "The Park Bench", on the City of Whitewater's Cable Channel 98 or Digital 990. We are in need of people to plan the show, find interesting people to interview, develop interview questions, host the show, and do the videotaping and editing of the show. Please contact Deb, as soon as possible if you are interested in working on this exciting project. Some aspects of the show are already in the planning stages and your help is needed.

OUR HOUSE SENIOR LIVING MOVIES



Special thanks to Our House Senior Living for sponsoring the monthly movie. Popcorn and a beverage will be served.

"Up in the Air"

Tuesday, 12:30 pm

Rated: R 108 min.

Ryan Bingham is a corporate downsizing expert whose job is to fire people from theirs. Just as he is on the cusp of reaching ten million frequent flyer miles and he's met the frequent-traveler woman of his dreams, his life on the road, living out of a suitcase, and loving every second of it, is threatened when his boss hires arrogant young Natalie. She develops a method of video conferencing that will allow termination without ever leaving the office. Determined to show the naive girl the error of her logic, Ryan takes her on one of his cross country firing expeditions, but as she starts to realize the disheartening realities of her profession, he begins to see the downfalls to his way of life.

"The Blind Side"

Tuesday, April 27, 12:30 pm

Rated: PG-13 129 min.

This is the story of Michael Oher, a homeless African-American youngster from a broken home, taken in by the Touhys, a well-to-do white family, who help him fulfill his potential. At the same time, Oher's presence in the Touhys' lives leads them to some insightful self-discoveries of their own. Living in his new environment, the teen faces a completely different set of challenges to overcome. As a football player and student, Oher works hard and, with the help of his coaches and adopted family, becomes an All-American offensive left tackle.

Activities

BINGO!

Tuesdays, 10:00 am

- April 6: Culver's Bingo
 April 13: Our House Senior Living
 April 27: City Bingo

Weekly Bingo Sponsors:

Culver's Our House Senior Living

City Bingo Sponsors:

- | | | |
|---------------------------|---------------------|-----------|
| Topper's Pizza | Novak's | Subway |
| McCullough's | Robin's Nest | Pizza Hut |
| Commercial Bank | Genoa Pizza | Sentry |
| Bergey Jewelry | Rosa's Pizza | Beer Here |
| Dale's Bootery | Rocky Rococo | Taco Bell |
| Day N Nite Café | Dental Perfections | |
| Winchester True Value | Eastsider/Westsider | |
| Fort Com. Credit Union | Tincher Realty | |
| Dalee Water Condition. | Eastside Laundry | |
| Binning & Dickens Ins. | Mirage Hair Studio | |
| First Citizens State Bank | Jessica's | |
| The Sweet Spot | Restaurant | |

Remember to thank our sponsors when you visit them.

ACTIVITIES AT A GLANCE

- Bid Euchre**—Mondays 1:00
Book Club—First Monday 10:30. Books available at Starin Park
Bowling—Wednesdays 9:00 am, Hawk Bowl
Canasta—First, third and fifth Mondays 1:30
Ceramics—Tuesday and Wednesday 6:30-8:00 pm, Thursdays 1-3 at Armory
Dominoes—First Tuesday 11:30
Golf—Mondays 8:30 am Oak Ridge Golf Course, Milton
NVR2LATE—Potluck and games; Second Wednesday 6:00 pm
Potluck—First Tuesday 11:00. Bring a dish to pass
Senior Forum—First Monday at noon
Sheepshead—Tuesdays 1:00 pm
Stretch & Flex—Mon & Thurs. 9:30 am
Texas Hold 'em Poker—First/Third Wed 1:00
Wii Bowling/Sports—Mondays 11:00 am
Zumba® Gold—Wednesdays 10:45 am

TELL ME A STORY

FAIRHAVEN LECTURE SERIES

Mondays, 3:00 pm

Fairhaven Lecture Hall

Apr. 5—Digital Storytelling: How Journalists are Adapting to the Internet

James Kates, Department of Communication

Apr. 12—Works on Paper: Whitewater to Oaxaca, Mexico—A Cultural Narrative

Art Department Faculty Group

COLORLIGHT THERAPY

Wednesday, May 19 2-4 pm

This class will cover the affect of color on your body, color codes for your spine, color codes in your name and the application of colorlight to balance emotions using Chromalite II.

Register by Monday, May 17

Instructor: Charlotte Soto

Cost: \$3.00, payable to the instructor

SELF DEFENSE CLASS

Thursday May 20 1:00 pm

Learn basic, simple ways that any ability or age can use to defend themselves. Emphasis in the class will be on awareness & prevention of attacks, knowing & controlling risks, and control of your environment.

SENIOR FORUM

Monday, April 5, Noon

Become involved! We are looking for some leaders to step forward and assist with the many wonderful ideas generated by the accreditation committee. An agenda is posted on the bulletin board at least 3 days prior to the meeting. The meeting minutes can also be found at the city website www.ci.whitewater.wi.us.

ZUMBA® GOLD

Wednesdays, 10:45 am

Put a little cha-cha-cha in your day with Zumba® Gold. It is movement to Latin or other fun music. Cool down and stretch with chi gong.

Instructor: Sindy Leibbrand, Certified Zumba® and Chi Gong instructor

Cost: \$3.00 per class (Payable to the instructor)

MAKE A DIFFERENCE DAY

Friday, April 23 1—3:00 pm

Make a Difference Day is a day of service in the city of Whitewater where UW-Whitewater and the community come together in a volunteer effort to improve the community. Hundreds of volunteers are needed to make this event happen! Last year over 500 people took part. Can you help? Opportunities this year include playground installation, tree planting, painting, highway clean up, City Library work and much more. Volunteers will work from 1 to 3 pm and will receive a t-shirt and food for their work! All work supplies will also be provided. Community members can register and be assigned to a project by contacting Matt Amundson at mamundson@ci.whitewater.wi.us or by calling (262) 473-0122.



NOTES FROM THE KITCHEN

The Spring/Summer menu is here! Back are several different salads, hamburgers, hot dogs and new this year is a ham and turkey on foccacia flat bread. Busy with yard work? Let us cook for you. Anyone 60 and over is welcome to attend the meal. Nutrition Site meals are served at 11:30, Monday through Friday. The suggested donation is \$2.50. To reserve a meal, call 262-473-0536 by noon a day in advance (call Friday for a Monday meal) or call Walworth County at 1-800-365-1587 and leave your name, phone and the meal site you would like to attend. It's that simple. Enjoy a meal with us.

~Sue

MEAL SITE CANCELLATIONS

Cancellations must be called in no later than 8 am the day of your reservation or the night before. Please call the Nutrition office at 262-741-3333 and leave your message. The County gets charged for meals ordered. Please help out the Nutrition Program by canceling in advance.

BIRTHDAY DAY

Wednesday, April 14, 11:30 am

Celebrate your April birthday with us. Sign up for the meal by noon a day in advance.



Happy April Birthdays to:

- | | |
|-----------------|--------------------|
| 5—Rose Ellestad | 21—Adele Gergen |
| 6—Joe Raupp | 25—Jerry Nell |
| 14—Marion Malo | 30—Margaret Patzer |
| 17—Wilfred Roe | Matt Amundson |
| Deb Weberpal | |



TORNADO SAFETY AT SENIORS IN THE PARK

We will have tornado education in the month of April so everyone knows where to go in the event of a tornado.

Tornado Watch:

A tornado watch is declared when conditions are right for developing a tornado. Participants will be informed of the weather so they may decide whether they want to leave or not.

Tornado Warning

When a tornado warning is issued the staff will inform all participants and move them to the outdoor bathrooms. Participants may leave the building, but should be cautioned of the unsafe weather and be advised to remain in the building.

LEAF AND YARD WASTE COLLECTION INFORMATION

The City of Whitewater Department of Public Works will conduct a leaf and yard waste collection the week of April 12. Please place your bagged yard wastes on the curb by Monday April 12. Yard waste must be bagged in clear or transparent bags only. Yard waste will not be collected if not bagged properly or placed in non transparent or black bags. Brush will not be collected as part of the yard waste collection. Residents requesting brush collection may call 473-0542 to make an appointment for pickup on Tuesdays. **NOTICE: It is against city ordinance to deposit any yard waste debris on city streets or right of ways other than City of Whitewater designated days.** If you have any questions, please feel free to call the Street/Parks Dept. at 473-0542.

Van Trips

RED SKELTON:
A TRIBUTE PRERFORMANCE
 Cancelled until August 26, 3:00 show
 Stoughton Opera House

Cost: \$30.00—2 seats left!
Reservation/payment due July 22.
 Trip departs: 1:30; Return approx: 6:00 pm

BRANSON ON THE ROAD
Thursday, April 15, 3:00 pm show
 Sold out!

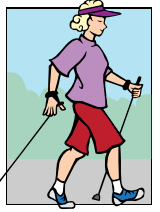
Trip departs: 1:30; Return approx: 6:00 pm

MADISON ARBORETUM
HIKE

Tuesday May 18

The UW Arboretum in Madison has a fabulous collection of lilacs. Enjoy their beauty and fragrance on the first of our monthly hike series. There are many paths to hike, there is a visitor center where you can shop or get information and there are also gardens to walk through if you are not an avid hiker.

Cost: \$8.00 (Minimum 8)
 Departure 8:30 am, Ret approx 12:30 pm
RSVP/Payment due by Thursday May 13



BLUE SPRING LAKE HIKE
Wednesday June 23

This hike is 3.9 miles and is the beginning of the “Kettle Trekker” hiking program.

Cost: \$3.00 (Minimum 5)
 Departure 8:30 am, Ret approx 10:30 am
RSVP/Payment due by Thursday June 17



LUNCH BUNCH
Thursday, April 8

Travel to Burlington to delight in Napoli’s Italian and American food.

After lunch visit Chocolate Expressions for some sweet treats.

Departure: 10:30 am. Cost: \$5
RSVP by Tuesday, April 6.

- May: Daddy Maxwell’s—Williams Bay
 - June: Cotton Picker & Gooseberries-Burlington
 - July: Sammy’s on the Square—Walworth
 - August: Ivan’s on the Square—East Troy
 - Sept: Depot & Brownberry Bread—Oconomowoc
 - Oct: Eagle Springs Pub
 - Nov: Ray’s Restaurant & Cheese Chalet—Edgerton
 - Dec: Millies
- This schedule is tentative. Please share your ideas

JANESVILLE SHOPPING
Thursday, April 22, 10:30 am

Join us for a fun day in Janesville.
 Stops determined by those on the trip.

Departure: 10:30 am. Cost: \$5
RSVP by Tuesday, April 20.



The Fireside

FIRESIDE 2010

Wednesday, June 2—Cinderella
 RSVP/Payment deadline: Mon., May 3

Wednesday, Aug. 4—Ring of Fire
 RSVP/Payment deadline: Thurs. July 1

Wednesday October 20—Hairspray
 RSVP/Payment deadline: Mon. Sept 13

Cost: \$67.00
 Payable to: The Fort Atkinson Senior Center.
 Arrive at the Fireside at 10:30 am. Lunch is at 11:15 and Show at 1:30. Transportation is on your own.

Extended Trips

NATURAL WONDERS OF COSTA RICA

October 13-21, 2010, 9 days

Tour Highlights:

- Paos Volcano National Park
- Coffee Plantation Tour
- Cano Negro Jungle Cruise and Wildlife Refuge
- Arenal Volcano National Park
- Selvatura Park (Cloud forest conservation project)
- Monteverde Cloud Forest
- Butterfly Farm
- Hummingbird Gallery
- Carara Biological Reserve
- Orchid Garden Tour
- Sarchi Artesian Village
- Farewell Dinner and Folklore Show



Cost includes:

- Professional Naturalist Tour Director
- 2 nights-All Inclusive Eco-Resort in rainforest
- 2 nights-Paos Volcano area (La Fortuna)
- 2 nights at hotel-Monteverde Cloud Forest
- Airfare
- Sightseeing/admissions per itinerary
- 18 meals (8B –3L –7D)
- Hotel Transfers
- Baggage Handling
- International Air Departure Taxes

Cost: \$2399

\$500 deposit due by March 13

Detailed itinerary is available online at www.ci.whitewater.wi.us, Department, Seniors in the Park, at the Starin Park Community Building or by calling 262-473-0535.

Premier World Discovery

Coach Trips Page 7

ARCHITECTS AND EATERIES

Wednesday, May 12

Savor the deliciousness of **Clausen's European Bakery**. They are known for their fabulous homemade breads and European tortes and pastries. Next a tasty stop at **Mustard Museum**. Check out their new site in Middleton, see a video on mustard, and sample fabulous mustards and dips. After lunch, at the Claddagh Pub (with 5 menu choices), a step-on guide will inform us on **Frank Lloyd Wright's** Madison as we tour the Unitarian House, Monona Terrace, and around the city learning about his life and works.

Cost: \$47 (Lunch included, give choice when making reservation)

RSVP/Payment due Wed., April 14

Checks made out to City of Whitewater

Depart: Fort K-Mart 8:00 am;
Starin Park 7:30 am

Return (approx) Fort K-Mart: 5:30 pm
Starin: 6:00 pm

EAST MEETS WEST

Tuesday June 15

Start the day enjoying the peace, serenity, and beauty of the Shri Swaminarayan Mandir. This traditional Hindu temple is a masterpiece of exotic design and workmanship and the largest in the US. Marvel at the hand-carved marble. Dress code includes no shorts, no sleeveless tops and no skirts shorter than knee length. A buffet lunch will be at Taste of the Himalayas with 15-20 choices and a salad bar. We will tour the Fabyan Villa which is a 1907 Frank Lloyd Wright redesign and the Japanese Gardens designed in 1910 by Taro Otuska. Last will be the Fabyan Dutch Windmill dating from 1850. There will be a lot of walking on this tour.

Cost: \$47 includes all admissions, lunch and snacks on the bus.

RSVP/Payment due Wed., May 19

Checks made out to City of Whitewater

Depart: Fort K-Mart 7:00 am;
Starin Park 7:30 am

Return (approx) Fort K-Mart: 5:30 pm
Starin: 6:00 pm



GRIEF SUPPORT GROUP

Tuesday, April 20, 2:00

This group is open to anyone who has experienced a loss. Share and grow with one another. Currently the group will meet monthly. Questions, call Pat Ross at 473-8822.

SERVICES AT A GLANCE

- **Blood Pressure Screening-Tuesday, Apr. 27, 11:00 am.** Provided free by the Whitewater Family Practice
- **Foot Clinic-Tuesday, Apr. 6, 12:00 noon** Please bring a towel. No appointment is necessary. Cost is \$10.00.
- **Therapeutic Table Massage-Monday, Apr. 12, 1:00 pm.** Sharon Baker, half-hour massages for \$25. Appointments must be made in advance by calling 262-473-0535.

IMPORTANT NUMBERS & WEB SITES

- **Alzheimer's Assistance**, Southeastern WI Chapter, 1-800-272-3900 or www.alzheimers-sewi.org
- **Walworth County Benefit Specialist**, contact Julie Juranek, 262-741-3200 or 1-800-365-1587
- **Aging and Disability Center of Walworth Co. (ADRC)**, 1-800-365-1587
- **Information and Referral**, (County Aging Services), 262-741-3423
- **Coalition of Wis. Aging Groups/Elder Law Center**, 608-224-0606 or www.cwag.org
- **Retired Senior Volunteer Program (RSVP)**, contact Patti O'Brien, 262-472-9632
- **Social Security Administration**, 1-800-772-1213
- **GWAAR, Greater Wisconsin Agency on Aging Resources, Inc.**, 262-821-4444 or 608-224-6300, www.gwaar.org
- **Walworth County Chapter of AARP**, contact Jim Davis, 262-642-5694

THANK YOU TO . . .



- Cash Donations: **Gretchen Barth and Marie Waters**
- Items for showcase—**Joyce Huang**
- Book/Puzzle Donation—**Anita Bishop**



FUNDS FOR FRIENDS

We received \$81.40 for January, \$58.28 for February and \$54.09 for March, for a total of \$193.77, for our Funds for Friends project. Keep up the great work collecting those Sentry receipts. Make sure you ask for a "**Friends**" sticker when you get your receipt. Remember to collect them at both the Elkhorn and Whitewater Sentry stores.

CELL PHONE RECYCLING

Please donate your old cell phone to Seniors in the Park. Besides keeping cell phones out of landfills, it raises money for programs and activities. Seniors in the Park also accepts small electronics for recycling. These electronics will include laptops, cameras, mp3 players and video game consoles.

Bring old cell phones and small electronics to drop-off sites at the Starin Park Community Building, Irvin L. Young Library and the Municipal Building.



DONATIONS, GIFTS, MEMORIALS

"No man can become rich without himself enriching others." Andrew Carnegie

You can make Seniors in the Park a recipient of a gift any time of the year. We appreciate your generosity and support of our programs.

GREETING CARDS

Check out our supply of greeting cards. We have a great selection of Graduation, Confirmation, First Communion and Easter cards, as well as everyday and special greeting cards at low prices.



MAKE A DIFFERENCE

Make a difference by improving the programs and services offered at Seniors in the Park. Contact Deb with questions or your interest. Volunteer as a team for some opportunities.

Cable TV Show Production—Be a part of the new cable TV show either behind the scenes or in front of the camera. People are needed to plan shows, find interviewees, develop interview questions, videotape, edit and host the show.

Movie Director—Choose and project two movies a month on the second and fourth Tuesdays, 12 pm—2:30 pm. Can be as simple as you want or add your own flair with movie backgrounds or interesting facts. Training provided.

Experience Coordinator—Provide people with quality travel experiences by planning and escorting day trips. Support and training provided.

Health and Fitness Event Planners—A group is being formed to plan and implement health and fitness opportunities for special events. Events include, but are not limited to: Event at Taste of Whitewater, September 11 and/or Women's Health and Fitness Day, Sept 29.

Reflections—Reflecting on where we've been helps us go forward. Maintain and update our historical information and photos. Time commitment is your schedule, and training is provided.

Van Drivers—Once or twice a month. Training and funding provided for CDL license.

Update the Volunteer Application and Training Manual—Developing a volunteer base is crucial to our existence. These items need to be in place to assist in recruitment and retention of volunteers.

WELCOME NEW VOLUNTEER

Welcome to **Patti Grosskreutz**, who has volunteered to help in the office as a receptionist on Monday mornings. Patti bowls in our bowling league with her husband Steve. She is retired for General Motors and lives outside of Whitewater. She has enjoyed her first few weeks here meeting new people and learning the ropes. Please welcome Patti when you see her.



RETIRED SENIOR VOLUNTEER PROGRAM (RSVP)

Looking for something meaningful to do in retirement? If you are, contact RSVP. They have an array of volunteer jobs just waiting for that special someone, who just might be you! Give them a call at 472-9632 and talk to Patti. If you are not an RSVP Volunteer and you volunteer here at Seniors in the Park, Deb has forms available to fill out to join RSVP.

JOB TRAINING FOR SENIORS

Seniors in the Park is a SER Employment training site and is currently seeking someone to fill a receptionist training slot 20 hours per week. This is an 18-month training program which assists people in preparing for jobs in the community.

SER Jobs for Progress has been in the business of training job seekers for the workplace for nearly 40 years. SER is an acronym for Service, Employment and Redevelopment and means "to be" in Spanish. Eligibility requirements include: Age of 55 or better, income requirements and be a resident of Walworth County. Interested parties should contact Deb Weberpal, Seniors in the Park, at 262-473-0535, or Darlene Pauna, SER Jobs for Progress, at 262-638-6670, for more information.

Seniors in the Park serves adults of the Whitewater area who are 55 or better. Other adults are welcome to participate on a space available basis.

Seniors in the Park
PO Box 178
Whitewater WI 53190



Accredited by
the Wisconsin
Assoc. of Senior
Centers

Member:

Wis. Association of Senior Ctrs.
Wis. Parks & Recreation Assoc.
National Council on Aging
Nat'l Institute of Senior Centers

Seniors in the Park
504 W Starin Rd
PO Box 178
Whitewater WI 53190
Phone 262-473-0535
Fax 262-473-0537
Nutrition Site 262-473-0536
Mon-Thurs 8:30 am—4:30 pm
Deb Weberpal, CPRP
Senior Coordinator
dweberpal@ci.whitewater.wi.us
Romelle Koch, Volunteer Editor
For General City information see
the city website at
www.ci.whitewater.wi.us
Seniors in the Park is a division of
Whitewater Parks and Recreation
Matt Amundson, CPRP, Director
Michelle Dujardin, Recreation &
Community Events Coordinator

NEWSLETTER SUBSCRIPTION
OR PICK-UP SITES

To have the Seniors in the Park Newsletter mailed to your home for one year, send \$5 with this coupon. To receive the newsletter **FREE**, go online to www.ci.whitewater.wi.us. Click on Departments, then Seniors in the Park or go to www.whitewaterbanner.com and look for the link in the left column. The newsletter is available for pick up at the Starin Park Community Building, Municipal Building, the Whitewater Aquatic and Fitness Center, and the Irvin L. Young Memorial Library.

Name _____

E-Mail _____

Address _____



Seniors in the Park Activity Calendar –April 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Activities take place at the Starin Park Community Building unless otherwise noted. (A)=Downtown Amory (L)=Cravath Lakefront (OR)=Oak Ridge Golf course, Milton</p>			<p>1 9:00 – 3 AARP Tax Assistance 9:30 Stretch/Flex 1:00 Ceramics (A)</p>	<p>2 Meal Site is Closed</p>
<p>5 9:30 Stretch/Flex 10:30 Book Club 11:00 Wii Bowl 12:00 Senior Forum 1:00 Bid Euchre 1:30 Canasta</p>	<p>6 10:00 Culvers Bingo 11:00 Falls Prevention Talk 11:00 Potluck 11:30 Dominos 12:00 Foot Clinic 1:00 Timber Wolves 1:00 Sheepshead 6:30 Ceramics (A)</p>	<p>7 10:45 Zumba® Gold 1:00 WWII Stories 1:00 Texas Hold ‘em Poker 6:30 Ceramics (A)</p>	<p>8 9:00 – 3 AARP Tax Assistance 9:30 Stretch/Flex 11:00 Lunch Bunch 12:30 Five Wishes 12:30 All About Color 1:00 Ceramics (A) 1:00 TV Show mtg</p>	<p>9 11:30 Nutrition Site - Brookdale</p>
<p>12 8:30 Golf mtg w/ golf to follow (OR) 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre 1:00 Therapeutic Massage</p>	<p>13 10:00 Our House Senior Living Bingo 12:30 Our House Senior Living Movie “Up in the Air” 1:00 Sheepshead 6:30 Ceramics (A)</p>	<p>14 10:45 Zumba® Gold 11:30 Birthday Day 2:00 Rocks 101 6:00 NVR2LATE Pot luck and game night 6:30 Ceramics (A) RSVP due A&E trip</p>	<p>15 9:30 Stretch/Flex 1:00 Ceramics (A) 1:30 Depart for Branson on the Road</p>	<p>16</p> 
<p>19 8:30 Golf (OR) 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre 1:30 Canasta</p>	<p>20 1:00 Sheepshead 2:00 Grief support Group 6:30 Ceramics (A)</p>	<p>21 10:45 Zumba® Gold 1:00 WWII Stories 1:00 Texas Hold ‘em Poker 5:30 NVR2LATE To Moys 6:30 Ceramics (A)</p>	<p>22 9:30 Stretch/Flex 10:30 Janesville Shop 1:00 Ceramics (A)</p>	<p>23 Make a Difference Day 1:00 – 3:00</p>
<p>26 8:30 Golf (OR) 9:30 Stretch/Flex 11:00 Wii Bowl 1:00 Bid Euchre</p>	<p>27 10:00 City Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie “The Blind Side” 1:00 Sheepshead 6:30 Ceramics (A)</p>	<p>28 10:45 Zumba® Gold 1:00 WWII Stories 6:30 Ceramics (A)</p>	<p>29 9:30 Stretch/Flex 1:00 Ceramics (A) 2:00 Volunteer Appreciation</p>	<p>30</p>



Walworth County Nutrition Menu – April 2010



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Persons age 60 or older and their spouse, regardless of age, are eligible to participate. A suggested donation amount is posted at the meal site. Those unable to contribute will still be welcome at the site. For more information, call (262) 741-3333 or 1-800-365-1587, ext. 3333. You may reserve a meal by calling your meal site coordinator <u>before 12:00 p.m. one (1) business day in advance</u>. If she cannot be reached, call the Nutrition Program office at 741-3333 or 1-800-365-1587, Ext. 3333. Cancellations must be made no later than <u>8:00 a.m.</u> the day of your reservation. Call the Nutrition Program office and leave a message.</p>			<p>1 Ham and Turkey Club Focaccia Flat Bread Lettuce and Tomato Pea Salad Mandarin Oranges</p>	<p>2 Senior Lunch Centers will be closed Good Friday</p>
<p>5 Chicken Breast ala Cran-Raisin Sauce Savory Brown Rice Scandinavian Vegies Multi Grain Roll Chilled Apricots</p>	<p>6 Italian Beef Sandwich on a Sliced Wheat Bun Peas Stewed Tomatoes Vanilla Pudding</p>	<p>7 Savory Ground Pork and Curly Noodle Casserole Carrots Parslied Cauliflower Rye Bread Fruit Jell-O</p>	<p>8 Meatloaf and Gravy Mashed Potatoes Harvard Beets Wheat Bread Applesauce</p>	<p>9 AT BROOKDALE Open Faced Hot Turkey Sandwich on Multi- Grain Bread Baked Sweet Potatoes Broccoli Cherry Crisp</p>
<p>12 Pork Stroganoff Mashed Potatoes Parslied Carrots Marble Rye Bread Chocolate Chip Cookie</p>	<p>13 Spaghetti and Meatballs Mixed Green Salad Garlic Bread Chilled Pears</p>	<p>14 BLT Chicken Salad Mixed Salad Greens with Tomato Wedges Mandarin Oranges Ry Krisp Crackers Marble Cake</p>	<p>15 Hamburger on a Bun Baked Beans Mixed Vegetables Fruit Sunburst</p>	<p>16 Italian Baked Chicken Thigh Mashed Potatoes Green Beans Wheat Bread Fresh Melon</p>
<p>19 Salisbury Steak Potatoes O'Brien Harvard Beets Wheat Bread Rosy Applesauce</p>	<p>20 Fiesta Pasta Bake Corn and Black Beans Green Beans Potato Roll Banana</p>	<p>21 Kielbasa Scalloped Potatoes Spinach Rye Bread Chilled Peaches</p>	<p>22 Oven Fried Chicken Patty Mashed Potatoes Brussels Sprouts Wheat Roll Fruit Cup</p>	<p>23 Turkey Pasta Salad with Shell Rigate Lettuce and Tomato Mandarin Oranges Wheat Bread Strawberry Mousse</p>
<p>26 BBQ Riblet on a Sliced Wheat Bun Diced Red Potatoes Parslied Cauliflower Mixed Fruit</p>	<p>27 Beef Barley Soup Parslied Carrots Peas and Onions Wheat Bread Cantaloupe</p>	<p>28 Oven Fried Chicken (Drumsticks) Mashed Potatoes Mixed Vegetables Wheat Bread Fruit Jell-O</p>	<p>29 Tuna Salad Supreme with Lettuce and Tomato American Potato Salad Rye Bread Chilled Apricots</p>	<p>30 Rigatoni & Meat Sauce Italian Mixed Vegies French Bread Ranger Cookie</p>



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