



A Whitney Senior Center/ Third Age University Publication

Whitney Whistler

July - August 2012

WSC is committed to helping expand minds through life-long learning because education begins at birth and continues long after retirement.



Whitney Senior Center
1527 Northway Drive
St. Cloud, MN 56303

Office Hours:

Monday - Friday • 8 a.m. - 4:30 p.m.

Contact Number:

Office: 320-255-7245

Senior Center Building Hours:

Monday - Friday • 7 a.m. - 6 p.m.

Saturday • 8 a.m. - 12 noon

Sunday • Closed

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Welcome to Whitney!

Whitney Senior Center (WSC) is a community-oriented organization providing a variety of social, health and educational opportunities for citizens, predominately age 55 and over, in the St. Cloud metropolitan area. This mission is accomplished in a non-discriminatory inclusive manner, emphasizing sensitivity and life-long learning for the participants.

Orientation to W S C

If you are new to our community, or even if you've lived here all your life but haven't taken the time to visit us, we welcome you to a guided orientation of our facility. Come meet staff, volunteers, and new friends. Come see what we offer. We think you will like what you find here.

Dates: Every Monday

Time: Tour begins at 10:30 a.m.

Check in at WSC Front Desk

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Find us on the
City of St. Cloud website.

Go to: www.ci.stcloud.mn.us
Select "Departments" and then
"Whitney Senior Center."

Whitney Senior Center
will be CLOSED
Independence Day
Wednesday, July 4



Director's Notes by Laura Hood

As I write this note it is Flag Day, a holiday first observed in 1877, 100 years after the adoption of the stars and stripes banner as our country's flag. Many credit Betsy Ross for making the first flag. Betsy was a seamstress who made clothes for George Washington and, as the story goes, he asked her to make a flag to represent our new country. Most experts, however, credit Francis Hopkinson, a delegate to the Continental Congress from New Jersey, as the original flag designer. Regardless, I think most would agree our flag represents strength and pride. It also represents our rights under the U.S. Constitution; it represents a country that was founded on principles of freedom from persecution and oppression one where neighbors reach out to each other and together build a community. Over the last few centuries people have flocked to this land looking for a better life. Over the next few months we will be presented with information about important issues ranging from changing our constitution to who should represent us in making decisions for our state and country. These will not be easy decisions. They will require us to pay attention, seek out truth not "sound bites." We need to think deeper than one party or another. We need to think about how these issues will affect us personally, as a community of all ages, and as a country. We need to remember that we are a whole lot smarter than a commercial on T.V. and have been successful in raising families, being members of a neighborhood, contributing to a work environment and being a good citizen. Whitney Senior Center will be hosting a number of Forums this fall that we hope you will attend as an opportunity to learn and gather information.



Most importantly we need to remember we all came from somewhere else. We all came from a country with a different flag. The greatness of America is the collection of people from all over the world settling onto this land, sharing their culture and creating The United States of America. We are also a work in progress. So keep your eye on the flag and remember all that it represents, first and foremost that "all are created equal."

Flag FACTS

- ★ In 1814, Francis Scott Key wrote, "Defense of Fort McHenry," when he saw the flag still flying the morning after an attack by the British. Today, that poem is known by another name: "The Star-Spangled Banner."
- ★ The Flag Act of 1818 states that a star be added for any new state on the Fourth of July following that state's admission.
- ★ Flag Day was observed for the first time in 1877, the 100th anniversary of the adoption of our country's red-white-and-blue banner.
- ★ Students first said the Pledge of Allegiance in 1892, the 400th anniversary of Christopher Columbus's arrival in the Americas.
- ★ In 1916, President Woodrow Wilson established Flag Day as an annual national celebration. Congress officially recognized Flag Day by passing the National Flag Day Bill in 1949, during President Harry Truman's administration.
- ★ In 1983, the world's largest flag was displayed in Washington, D.C. The flag, which measured 411 feet by 210 feet, weighed 7 tons! Each star measured 13 feet across.



ARENA Dance Company and Main Street Project

The “ARENA Dancers Main Street Project” is a work in progress that will premiere in 2014. Through dance and conversations with seniors, the project will depict reflections of small town America, asking the question “Does Main Street still exist?” and looking at how relationships have changed through our technological community.

July 10, 9 - 11 a.m.

A discussion about the project will invite seniors to reminisce about their life and experiences growing up in their home town and how relationships have changed through our technological advancement.

July 17, 9 - 11:30 a.m.

ARENA Dancers, a premiere dance company from the Twin Cities, will perform based on the conversations from the previous week. The dance company will also lead seniors in 30 minutes of light chair aerobics and stretching.

Holocaust Discussion

A student from the St. Cloud Technical and Community College will present a fictional essay on the Holocaust. He has included information about his father who fought in WWII, was a prisoner of war and was actually in a concentration camp. Participants will be encouraged to share their memories of this time in history.

Date: Tuesday, August 7

Time: 9:30 a.m.

Cost: Free

Facilitator: Rudy Torres



Senior Dance

featuring the

Kickin’ Country Band

Bring your friends and kick up your heels to the great music of the Kickin’ Country Band! Wonderful variety music includes classic Country, 50’s and 60’s.

Date: Tuesday, July 10

Time: 6 - 9 p.m.

Date: Tuesday, August 28

Time: 6 - 9 p.m.

Cost: \$6 per person





The Third Age University (TAU)

TAU provides educational, creative and leisure opportunities in a friendly environment. The approach to learning is simple - learning for pleasure. There is no accreditation or validation and there are no assessments or qualifications to be gained. The word “university” is used in the sense of people coming together to share and pursue learning in all its forms.

The Goals of the Third Age University are:

1. To encourage and enable older people no longer in full-time paid employment positions to help each other to share their knowledge, skills, interests and experience.
2. To demonstrate the benefits and enjoyment to be gained and the new horizons to be discovered in learning throughout life.
3. To celebrate the capabilities and potential of older people and their value to society.

The Third Age University (TAU) started in Toulouse, France in 1973. Why Third Age? The French see life as divided into four phases: Educational, Professional, Retirement (Third Age), and Dependency. The Third Age is a time characterized by a sense of accomplishment and fresh beginnings, a time for creativity, continued learning, and exploration. It is also a time to enjoy new relationships, appreciate family and friends, and explore one’s spirituality. Third Agers are a unique bunch who have more time to pursue their passions with vigor. Most Third Age Universities around the world are tied to a University. Whitney Senior Center’s Third Age is under the umbrella of the City of St. Cloud.

Discover the variety of Third Age University classes available at WSC! Decide how you would like to get involved and enjoy the benefits of lifelong learning. Stop by the WSC Front Desk to get your TAU membership card. This membership card will allow you to participate in many of the classes. Purchase the card with as many “scans” you choose. When you come to a class that has a “scan” fee, you simply stop by the Front Desk and staff will scan your card. The prices of scans are as follows:

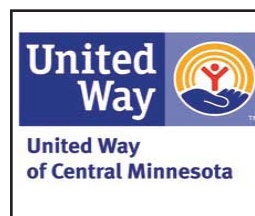
6 scans: \$18 (\$15 St. Cloud resident discount)

12 scans: \$36 (\$30 St. Cloud resident discount)



Although WSC offers many classes at no cost, some of the Third Age University and Fitness classes have a fee. It is through those fees that we are able to offer the class.

Whitney offers a **limited amount** of scholarships for those who are unable to pay the full cost of a particular class. Contact Laura Hood, Aging Service Director, for more information.



The Third Age University (TAU) is partially funded by the United Way of Central Minnesota.



Senior Enrichment Sessions

Fridays, 10 - 11 a.m.

Friday, July 6

No session due to Independence Day holiday.

Friday, July 13

Understanding Grief and Loss

Heartland Home Health Care & Hospice will discuss the stages of grief and ways to cope with it.

Friday, July 20

Essential Oils: Brain Health

Part I: The Stress Epidemic

What is stress and what exactly does it do to our bodies? Can the damage be reversed? Is all stress bad for you? Learn how to manage stress by developing positive coping strategies. Discover how essential oils can be used to relieve stress naturally.

Friday, July 27

Travel Talkin': Cambodia, Thailand/Myanmar, Vietnam

James & Michael will take you to Cambodia where you'll see Anchor Wat and other temples that were once lost to the jungle. See floating villages and schools on the largest freshwater lake in Southeast Asia. Learn about the Killing Fields and the dark period in Cambodia's history. Then you will experience Bangkok, Thailand and see many different temples and Buddha statues of different sizes. Greet long-neck women during a brief stop in Myanmar (Burma), and visit an enchanted elephant camp. These agile animals shoot basketballs, play soccer, and paint pictures...yes paint pictures. Then it's onto North Vietnam to visit Ho Chi Minh City, and surrounding areas. You'll learn a different perspective of the Vietnam War, and how locals protected their land during the civil unrest at that time. Round off the tour by going to Ho Chi Minh City, Saigon. Experience the thrilling markets, see the

Reunification Palace, and Mekong Delta among many other things. Learn about the American War and the ways the local people defended themselves and their land during the Vietnam War. See the Cu Chi Tunnels, with a network that is 75 miles long.

Friday, August 3

Aging in Kenya

St. Cloud State University professor Dr. Eddah Mutua-Kombo will share her personal experience growing up in Kenya under the care of her grandmother.

Friday, August 10

Yes, No, Maybe So: Ethical Dilemmas in Healthcare

Heartland Home Health Care & Hospice will present on the topic of dealing with difficult health care decisions for ourselves and our loved ones, and advocating for the patient's best interests.

Friday, August 17

Hearing Loss

Avada Audiology & Hearing Care Center will present information on hearing loss and ways it can be managed. Presented by Mike Skinner and Jean Dunning of Avada.

Friday, August 24

Travel Talkin': Switzerland

James & Michael will take you to the beautiful country of Switzerland. Enjoy the Swiss Alps as they show you the villages of Interlaken, Murren, Wengen and Grindelwald to name a few. You will see a stunning view of the Lauterbrunnen Valley before moving onto the medieval city of Lucerne with its Chapel Bridge & Water tower.

Friday, August 31

No session due to Memorial Day holiday.



The Summer Foreign Film Series

Facilitated by John Augustin

Dates: Thursdays

Time: 9:30-11:30 a.m.

Cost: Free

July 5

“Diabolique” - France

Released in 1955, it is considered one of the 100 Outstanding Films of the 20th Century and a true classic in the Alfred Hitchcock mold. It was one of the first French films to become an overwhelming hit in the US. This mystery drama is about murder in a private school for boys. The wife (played by the great Simone Signoret) and the mistress of a tyrannical head master dispose of him only to be mystified by the disappearance of his body and ghostly hints of his presence. In true Hitchcock fashion, the film has a surprise ending.



July 12

“My Father and I” - France

This 2002 film is the story of a successful Parisian doctor who is confronted unexpectedly by the arrival of his long estranged father, who abandoned his wife and two sons years prior to practice medicine in Africa. Secrets are revealed and the crisis triggered by his mysterious father will alter things forever. Harrowing, fascinating psychodrama.

Four Corner Stones of Financial Literacy

Join Roger Rieger, Catholic Charities Financial Outreach Coordinator, who will help seniors understand the Corner Stones to Financial Literacy. Topics will include:



- Budgeting to Create Savings
- Debt Reduction & Asset Building
- Building a Good Credit Rating
- Consumer Protection & Financial Institutions

Date: Tuesday August 21 & 28 (attend both sessions.)

Time: 9:30-11:30 a.m.

Cost: Free and open to the public

Interesting Money Facts

\$ Did you know that money has a short life span? On average a \$1 bill lasts only 18 months, a \$5 bill will last two years, and a \$10 bill will last three years. This is why the U.S. Bureau of Engraving & Printing has to reprint \$541 million worth of currency each year.

\$ The first ATM to ever exist was at Barclays Bank in London, in 1967. It was invented by John Shepherd-Barron while bathing in his tub, or so he claimed. Guess what else? That ATM didn't charge a fee...

\$ The U.S. “\$” sign has long been in use to represent foreign currency prior to the the issue of the first U.S dollar in 1875. Not only that, but the “\$” symbol never has, nor does it now, appear on any U.S. currency.



These computer classes will

resume in September:

- Computers Made Easy
- Internet Shopping
- Editing Photos
- Digital Photo

Computer Open Lab

Summer Hours

Mondays, 1 - 3 p.m.

Call the WSC front desk to confirm availability, 320-255-7245.

Senior Surf Computer Class

“Senior Surf” is a free class to introduce you to the Internet. Basic knowledge and use of the computer (like using a mouse) is necessary before taking this class. You will learn about popular websites and navigating the Internet. Class meets one time for 3 hours.

Dates: Fridays, July 13, Aug 10, Sept 14

Time: 9 a.m. - noon

Cost: Free

Call the Senior LinkAge Line to register at 1-800-333-2433 or 320-253-9349.

Funny Computer Facts

- ☞ Bill Gates, the founder of Microsoft was a college drop out.
- ☞ On one of the world’s most popular shopping websites, eBay, there are transactions of approximately \$680 per second.
- ☞ There are approx. 6,000 new computer viruses released every month.
- ☞ The E-mail is older than the World Wide Web.
- ☞ Doug Engelbart, invented the first computer mouse in the year 1964 and was made up of wood!
- ☞ If you open up the case of the original Macintosh, you will find 47 signatures, which is of each member of Apple’s Macintosh division of 1982.
- ☞ The first Apple computer which was built by Steve Jobs and Steve Wozniak, was made by using parts they got for free from their employers. They would scrounge spare parts from work.
- ☞ It is believed that the first computer virus released in the world was designed to protect research work.
- ☞ The group of 12 engineers who designed IBM PC were called “The Dirty Dozen”.
- ☞ A normal human being blinks 20 times in a minute, whereas a computer user blinks only 7 times a minute!
- ☞ Sweden is a country with the highest percentage of Internet users (75%).
- ☞ The game Tetris was created in the early eighties and has sold more than 40 million copies worldwide, making its creator richer by \$8m.
- ☞ ‘Stewardesses’ is the longest word which can be typed with only the left hand.



NEW!



Ballroom Dance for ALL AGES!

Learn 4-5 new dances to prepare for that summer or fall wedding! Adults of all ages welcome in this intergenerational class. Partners encouraged, but not required. Invite your friends, family and loved ones!

Date: *Tuesdays, July 10 - August 28 (8 sessions)*

Time: *5 - 6 p.m.*

Cost: *\$25 per person (TAU scans will not be used for this class.)*

Instructor: *Prescott Handley, WSC instructor*

NEW!

Healthy Lifestyles

Join this newly developed group to learn and share information about making healthier food choices and getting your body moving, which may result in improved physical and emotional health! The intention for this group is to stay focused on healthy lifestyles, so please come with a willingness to make positive changes in your life. Topics include strength training (July 11), veggies (July 18), whole grains (July 25), NuVal system (Aug. 1), food weight and measurement (Aug. 8), fiber (Aug. 15), stretching (Aug. 22), and water (Aug. 29).

Date: *Wednesdays*

Time: *3 - 4 p.m.*

Cost: *Free*

Facilitators: *Charlotte Hurdler and Barb Montag*

NEW!

Yogalates = Yoga + Pilates!

Come for an hour of low-impact stretching and toning for an energizing and refreshing start to your day! Using classic yoga poses combined with core strength exercises, this class will improve your balance and revitalize your mind, while increasing strength. It will cultivate strength, stamina, stability and flexibility with particular attention paid to building tone in the deeper postural “core” muscles. Yogalates is suitable for all ages and is a very safe and accessible method making it ideal for those who suffer from back pain, arthritis, and osteoporosis.

Date: *Tuesdays, beginning July 10*

Time: *8 a.m.*

Instructor: *Rose Mueller, Certified fitness instructor.*

Cost: *1 scan on TAU membership card per class.*

The human brain continues to create new neurons throughout life. Exercise and cognitive stimulation can impact the number of new cells created in your brain.



WSC Fitness Center

The WSC Fitness Center is here to help you achieve your fitness goals with treadmills, ellipticals, rowing machine, stationery bikes (including recumbents), strength stations and free weights. Purchase a membership at the WSC front desk or by mail. Cost is \$45 for the rest of the calendar year (St. Cloud: \$39.50) or \$16.50 for just July and August (St. Cloud: \$14). Please wear membership badge and sign in at the Fitness Desk at each visit.

Fitness Center Hours

Monday-Friday: 7 a.m. - 5:30 p.m.

Saturday: 8 a.m. - 12 noon.

Fitness Center Orientation

You do not have to be a member in order to attend free orientations to the WSC Fitness Center. Sessions include how to safely use the equipment, basic weight training instruction, and tips for starting your fitness program. Call the WSC Front Desk at 320-255-7245 to find out when current orientations are scheduled.

Pickleball Opportunities!

Pickleball is a racket sport that is popular among seniors. It has been described as a blend of badminton, tennis and ping-pong. It is fun at any level of fitness, so give it a try. Meet in the Recreation Gym. New to pickleball? Get basic instruction on Mondays at 9:30 a.m.

Date: *Monday and Wednesday*

Time: *9:30 a.m.*

Cost: *\$2.25 per session or visit the Recreation desk to purchase a card to reduce cost to \$1.80. Paddles provided.*

Check the Fitness Center for current news such as a special speaker or a program that could impact you!

New Series!

Local Gems for Outdoor Activity

Join us for outings at a local venue you may not have used. Call WSC Front Desk at 320-255-7245 to register and for questions.

Beaver Island Trail (Biking): Enjoy a 30-45 minute bike ride on the lovely, shaded Beaver Island Trail. Meet at the trailhead: South from downtown St. Cloud on 5th Ave. S., continue across University Dr. Take a left just past the Hockey Center and then a right onto 3rd Ave. S. Continue past the “Husky Hub” building to the sign indicating a left turn to the Beaver Island Trail parking lot. Toilet facilities located in the building. Bring your own bike & helmet!

Date and time: *Tuesday, July 24 at 9 a.m.*

Cost: *Free*

North Loop (Hiking): You will feel like you are on a shaded north woods hike right here in town! We will explore the area for 30-45 minutes. Meet by the woods: Next to the prison and across from St. Benedict’s Senior Community. Park on 15th Ave. SE about a block north of St. Benedict’s. Bring bug protection! It’s a nice spot to use hiking poles, too!

Date and time: *Tuesday, August 14 at 9 a.m.*

Cost: *Free*





Qigong for Health and Happiness

Qigong (pronounced “chee-gong”) is a time honored self-healing practice dating back to ancient China. A practitioner of Qigong can cultivate greater energy, health, and emotional well-being through a mindful blending of breath, gentle movement, and positive intention. Qigong is extremely easy to learn, yet conveys the full health benefits of far more complicated systems. Experience this exceptional self-care practice for yourself. **Advance registration required- visit WSC Front Desk or call 320-255-7245.**

Date: Tuesday July 10, 17, 24, 31 (4 sessions)

Time: 9 - 10 a.m.

Cost: \$25 (TAU scans will not be used for this class.)

Instructor: Mike Geppert, Geppert Holistic Healing

Yoga

Yoga teaches us how to stretch the body, focus the mind, pay attention to the breath and live in the present moment with a greater sense of ease and well-being. This class will teach you techniques to increase strength, flexibility and balance the body, increase breath awareness and increase the ability of the mind to focus.

Date: Tuesday

Time: 3 - 4 p.m.

Cost: 2 scans on TAU membership card per class.

Instructor: Patsy Murphy, Certified yoga instructor

Shaping Up

Come for an hour of fun and exercise as we move to music. Includes a light resistance training with weights, toning abdominal muscles and stretching. All equipment is provided.

Date: Monday, Wednesday, Thursday

Time: 8:30 - 9:30 a.m.

Cost: 1 scan on TAU membership card per class

Instructor: Mary Beth Cochran, Certified fitness instructor

Pilates with Paula

This class addresses alignment, breath work and sequencing to create a program of body awareness and core strength. Bring a mat to class.

Date: Monday and Friday

Time: 1:15 - 2:15 pm

Cost: 1 scan on TAU membership card per class.

Instructor: Paula Woischke, Certified fitness instructor

Enhance Fitness Class

Enhance

Fitness is lively, interactive, and fun!

Designed for older adults, these popular group exercise classes feature cardiovascular conditioning exercises, strength training, and balance routines that help improve flexibility, bone density, and stability. The sessions also promote endurance, coordination, and mental sharpness. Certified fitness instructor offers personal attention while participants work at their own pace to improve overall health and well-being.

Whitney Senior Center:

Monday, Wednesday, Friday, 12 noon

Monday, Friday, 8:30 a.m.

Benet Place South:

Monday - Friday, 10 a.m.

Cost: 1 scan on TAU membership card per class.

Sponsored by UCare Minnesota, classes are offered at no charge to UCare for Seniors members.

Instructor: Paula Woischke, Certified fitness instructor

Zumba

Zumba is a dance fitness program that combines Latin music with dance to *make exercise fun!* Zumba classes have easy to follow moves to create a one-of-a-kind fitness program that you will love!

Date: Friday

Time: 2 - 3 p.m.

Cost: 1 scan on TAU membership card per class.

Instructor: Prescott Handley, WSC instructor



Knitting, Crocheting & Fiber Arts

Ravelympics: Tally-ho! Calling all fiber artists and crafters! Join us for the mass “cast on” on July 27, to coincide with the start of the Olympics Opening ceremonies in London. Projects to be complete by August 12 for a chance at a gold medal. Crocheters/ knitters/ spinners/ dyers work at a level that will challenge individual skills. Check out the Ravelympics website at www.ravelry.com/groups/ravelympics-2012.

Date: *Monday*

Time: *1:00 - 2:00 p.m.*

Cost: *1 scan on TAU card per session*

Instructor: *Prescott Handley*

Whitney Woodshop

Join the Whitney Woodshop. The facility is open to adults age 55 and older to be creative and to use the wide variety of quality equipment and hand tools available. Purchase your membership card at the WSC Front Desk. You supply your own materials.

Cost: *Annual rate is \$90 (\$78 St. Cloud resident discount). Tri-annual (4 months) is \$33 (\$29 St. Cloud resident discount). Daily use is \$5 (\$4 St. Cloud resident discount)*

Woodshop Hours:

Monday - Thursday

8:30 - 11:30 a.m. and 12:30 - 3:30 p.m.



Coming in September...

Knit/Crochet-A-Long

The Whitney Knitting and Crocheting Group will be sponsoring a Knit/Crochet-A-Long (KCAL) during regularly scheduled classes. All participants will use a common sweater pattern, will start at the same time, and finish as they are able. You will learn pattern reading, knitting with circular needles, new construction techniques, shawl collars, ribbing, and multi-color knitting.

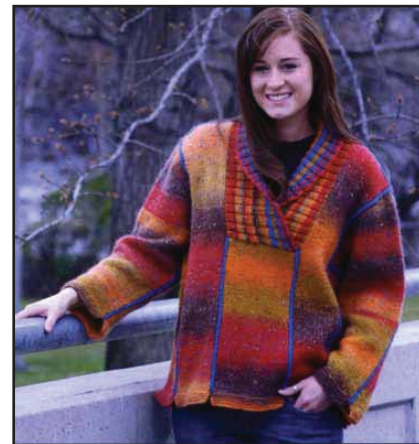
You do not have to register in advance for this class, but must stop at the Whitney front desk and pick up the materials list prior to September 10th.

Date: *Mondays, beginning September 10*

Time: *1 p.m.*

Cost: *1 scan on TAU card per session*

Instructor: *Prescott Handley*





Art on Display

Come and view area artists' work on display at WSC. Displays change regularly.

Office Hallway

Kao Lee Thao - Acrylic (July & August)

West Hallway 1

Patty Jean Paulus - Realism Oil. (July)

Shirley Strom - Nature Photography (August & September)

West Hallway 2

William Meemken - Fine Art Digital Photography (July & August)

Sexton Gallery

Carole Otto - Mixed Media (July & August)

Clemens East

Yvonne Sexton - Mixed Media (July)

Lawrence "Bud" Netka - Acrylic (August & September)

Display Case

Felix Tristani - Wood Carving. (July)

Linda Patton - Gem Stone Jewelry & Fabric (August & September)

Art Curator: *Jim Grabinski*

If you are interested in displaying your art at WSC, please contact Jim at 320-251-2209 or jmgrab@charter.net.

German

Basic and conversational German with music and short reading selections.

Date: *Mondays*

Time: *10:00 am Basic German*

11:00 am Conversation songs & readings

Cost: *1 scan on TAU card per class.*

Instructor: *Barbara Bloomer*, WSC instructor

Spanish

Spanish language classes will resume in September.

Art History

Art History classes will resume in September.

Interesting Language Facts

- ▶ The Hawaiian alphabet has 12 letters.
- ▶ The name Wendy was made up for the book Peter Pan.
- ▶ The dot over the letter 'i' is called a tittle.
- ▶ 'Go', is the shortest complete sentence in the English language.
- ▶ "Goodbye" came from "God bye" which came from "God be with you."

- ▶ WAS IT A CAR OR A CAT I SAW.. 'WASITACARORACATISAW'.. This is the only English sentence which even if we read in reverse, it'll give the same sentence.
- ▶ The sentence "The quick brown fox jumps over a lazy dog." uses every letter of the alphabet.
- ▶ The word Tips is actually an acronym standing for 'To Insure Prompt Service'.
- ▶ The words 'racecar,' 'kayak' and 'level' are the same whether they are read left to right or right to left (palindromes).
- ▶ Hoover vacuum cleaners were so popular in the UK that many people now refer to vacuuming as hoovering.



Clubs

All of these classes and activities are free to those who are 55 years and older who would like to participate. What are you waiting for?

Whitney Quilters

This social group crafts quilts the old-fashioned way - by hand.

Thursdays, 9 a.m. - 3 p.m.

Alzheimer Association

Caregiver Support

This group meets to support caregivers of those suffering from memory loss.

Tuesdays, 6:30 - 8 p.m.

No meetings in July.

Depression Support

Thursdays, 1 - 2 p.m.

Memory Loss Support Group

Support and education for the caregiver of a person with memory loss. Person with memory loss also attends and is provided supervision in a separate room. Call

320-393-3647 for more information.

2nd and 4th Thursday of the month

1 - 2:30 p.m.

Open Painting

Bring your canvas and paints as we paint together using all mediums and learn from one another. For more information contact Alice at 320-251-4653.

Tuesdays, 8 a.m. - 12 noon

Variety Band (Jammers)

Both professional and beginner musicians and singers can come to make music and enjoy each other's company. Listeners are also invited for music, fellowship and refreshments.

Contact Ken Hoeft
320-260-3348 for more information.

Third Tuesday of every month,
6:30 p.m.

Silver Brushes

Exuberant group of watercolor artists meet to share knowledge of watercolor. Casual, no formal instruction.

Mondays, 8:30 - 11:30 a.m.

Stretching Club

From age 55 to 95, all are welcome. Join us for group-directed easy stretching exercises. Come check us out!

Monday-Wednesday-Friday,
10:30 - 11:10 a.m.

Cost: *Free will donation to WSC*

Billiards

Play alone, with friends or people you haven't met before. Billiards serve as a means to unwind and enjoy easy conversation while challenging you, both body and mind. WSC has six pool tables and one snooker table. Open during WSC hours (see front cover).

Line Dancing

Enthusiastic group wants to meet you for fun while dancing to the music. Get exercise without even realizing it!

Tuesdays, 1 - 2 p.m.

Weight Control

This group supports each other in reaching and maintaining a healthy weight.

Wednesdays, 9:30 - 11:30 a.m.

Whitney Readers

The Whitney Readers Book Club meets to discuss a book which has been chosen by the group. Be a part of a group that enjoys reading as much as you do!

July 3 - The Weird Sisters by Eleanor Brown

August 7 - Whistling in the Dark by Lesley Kagen

September 4 - The Paris Wife by Paula McLain

October 2 - The Post Mistress by Sarah Blake

First Tuesday of every month,
9:30 - 10:30 a.m.

Wood Carving Club

Persons at all levels of woodcarving experience are welcome to join this fun and social group.

Bring your own tools for individual carving projects. No instructor.

Tuesdays, 9 - 11:30 a.m.



Cards and Games

Everyone age 55 and over is welcome.

Contract Bridge.....Mondays, 12:30 p.m.

Pinochle..... Fridays, 1 p.m.

Euchre.....Mondays*, 1 p.m.

*EXCEPT the 3rd Monday of the month

Whist.....Tuesdays, 1 p.m.

Wed. Contract Bridge.....Wednesdays, 12:30 p.m.

Duplicate Bridge.....Fridays, 12:30 p.m.

Cribbage.....Wednesdays, 1 p.m.

Bingo.....3rd Wednesday/month, 1 p.m.

Skat.....Wednesdays/ Fridays, 9:30 a.m.

500/Cribbage.....3rd Monday/ month, 1 p.m.

Bridge for Fun*.....2nd Friday/month, 8 a.m.

** newcomers welcome but call Kory Solarz to arrange partners. 320-203-7151.*

Texas Hold ‘Em.....Thursdays, 9:30 - 11:30 a.m.

WSC 500 Cards*.....2nd Monday/month, 1 - 4 p.m.

* Fee to play is \$2.00 and everyone is eligible to win prizes.

St. Cloud Garden and Flower Club



“Tour of Local Private Gardens”

Date: Monday, July 23

Time: 5:30 p.m.

Meet in the east parking lot at WSC to pick up a map and arrange to car pool. Arranged by Lorna Nestel, Garden Club member. Contact

Lorna at 320-251-1327 with questions.

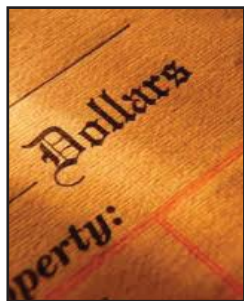
Free and open to the public.

“Potluck Picnic”

Date: Monday, August 20

Time: 6 p.m.

Members and Guests Potluck Picnic. Bring a dish to share and meet at the picnic area near the wedding event location.



Property Tax Assistance

August 7 (Tuesday) &
August 8 (Wednesday)

9 - 11 a.m.

Offered by AARP
Volunteers.

“We all should know that diversity makes for a rich tapestry, and we must understand that all the threads of the tapestry are equal in value no matter what their color.”

Maya Angelou



Tips From Barbara's Kitchen

Virtually all types of beans, including kidney beans, lima beans, black beans, pinto beans and more, are not only delicious, they are nutrient powerhouses. On average, just one-half cup of beans contains a whopping 6 grams of fiber. That's about a quarter of the recommended daily intake.

Rather than buy the canned beans, it is so easy to do your own in your slow cooker at home. I buy the big bags of dry beans and after cooking I freeze 3 cup containers for use as needed for a quick side dish or to put in chili. I keep a variety on hand. By cooking your own beans you save a substantial amount of money, reduce sodium and enhance flavor.

Slow Cooking Dry Beans

1 pound dried beans, (black, great northern, pinto or kidney)

1 onion, chopped

4 cloves garlic, minced

1 tsp. thyme, or any spice you like

1 bay leaf

5 cups boiling water

1/2 tsp. salt (optional)

First you need to soak the beans in enough cold water to cover them by 2 inches for 6 hours or overnight. Drain the beans and place in slow cooker. Add the onion, garlic, thyme and bay leaf. Pour in the boiling water. Cook covered on high until beans are tender, 2 to 3 1/2 hours, add salt and cook for 15 minutes more.

Good Health to You,
Barbara

SOCIAL SECURITY QUESTIONS AND ANSWERS

By Steven Thayer,
District Manager



Question:

Recently, I was told I shouldn't be carrying my Social Security card around. Is that true?

Answer:

We encourage you to keep your Social Security card at home in a safe place. Do not carry it with you unless you are taking it to a job interview or to someone who requires it. Identity theft is one of the fastest growing crimes in America, and the best way to avoid becoming a victim is to safeguard your card and number. To learn more, visit our Social Security number and card page at www.socialsecurity.gov/ssnumber.

Question:

My father receives Social Security retirement benefits, and I will be in charge of his estate when he dies. Should that occur, do I need to report his death to Social Security or will benefits automatically stop?

Answer:

When your father dies, please notify Social Security as soon as possible by calling us at 1-800-772-1213 (TTY 1-800-325-0778). Another person, such as a spouse, may be eligible for survivors benefits based on his record. Also, we might be able to pay a one-time payment of \$255 to help with funeral expenses. We suggest reading a copy of our online publication, [How Social Security Can Help You When A Family Member Dies](http://www.socialsecurity.gov/pubs/10008.html), at www.socialsecurity.gov/pubs/10008.html.



Senior Dining

Catholic Charities Senior Dining Program provides low-cost, nutritious noon-hour meals to persons age 60 and over. Mature men and women who want to leave their meal preparation to someone else can choose from a variety of dining options. At Whitney Senior Center meals are served M-F between 11 a.m. and 12:30 p.m. A Lighter Side menu option is also available. Reservations are not required. Suggested donation is \$3.50 for persons 60 years of age and older. For more information on the program information and menus, visit www.ccstcloud.org/seniordining.

Call 320-650-3068 for questions and menu.

RSVP

Men and women age 55 or better can engage in meaningful volunteer service that strengthens the well-being of both self and community. One time events and ongoing opportunities available.

Contact Jennifer Wucherer at 320-255-7295 for more information.

Health and Foot Clinic

Benton and Stearns County Health Services provide seniors over 60 with health education and foot care. You must call to make an appointment.

Stearns - 320-656-6000 or 1-800-450-3663

Benton - 320-968-5087 or 320-968-5141

55+ Auto Insurance Discount Program

MN Hwy Safety & Research Center

Topics discussed:

- new laws
- driver distraction
- road rage
- vehicle technology
- defensive driving

To register:

www.mnsafetycenter.org

1-888-234-1294

320-529-1539

Senior Law Project - Legal Services

If you are age 60 years or older and live in Anoka, Benton, Chisago, Isanti, Kanabec, Mille Lacs, Morrison, Pine, Sherburne, Stearns, Todd, Wadena or Wright counties, the Senior Law Project can provide you legal advice or representation for these issues:

- Social Security
- Medical Assistance and other public benefits
- Medicare
- Housing
- Consumer
- Nursing home problems

The Senior Law Project *does not* handle legal issues relating to the following:

- Living trusts
- Wills
- Estate planning
- Real estate transactions

Call 320-253-0121 to schedule an appointment.

Volunteer Attorney Program for Central Minnesota Legal Services

This program works with clients on legal issues in the eight county area. Attorney volunteer time and services. **Call 320-257-4873 for more information.**

Health Care Directive (Living Will)

A health care directive is instructions given by an individual specifying what actions should be taken for their health in the event that they are no longer able to make decisions for themselves due to illness or incapacity. Professional representatives from St. Cloud Hospital are available to provide forms, information, answer questions and assist in properly completing this legal document.

Date: *First and third Tuesday of every month
(July 3 & 17 and August 7 & 21)*

Time: *11 a.m.*

Cost: *Free*



Do you know the difference between Medicare and Medicaid? Want to find out what an “Advantage” plan is and how it compares to “Original” Medicare? Do you know how to find the very best, most cost-effective Medicare Part D plan specific to your medication needs?

All of this and much more is covered in the New to Medicare class presented by the staff of the Senior LinkAge Line. Not affiliated with any insurance company. Find out the unbiased facts and sign up for this free class.

***Would you like to
understand Medicare better?***

Confused by all the Medicare options available to you? This informative class can help simplify things.

New to Medicare classes

Tuesday, July 3, 3 - 5 p.m.

Tuesday, July 17, 6 - 8 p.m.

Tuesday, August 7, 3 - 5 p.m.

*Call Senior LinkAge Line to register.
1-800-333-2433 or 320-253-9349*

*This class is for anyone of any age
who wants to better understand Medicare
and all its options.*



Munsinger Clemens Botanical
Society presents...

Music in the Gardens

Sundays at 3 p.m.

June 10 • Granite City Brass

June 24 • Al Asmus Jazz Quartet

July 15 • Gina Chavez, Latin Folk Singer

July 29 • Dennis Warner Folk Group

August 12 • Dolce' Wind Quintet

August 26 • Laura Caviani Jazz Quartet



Gina Chavez



Protect Yourself from Cons and Scams

- DON'T: talk to telemarketers
- DON'T: give out credit card number(s)
- DON'T: give out bank ID number(s)
- DON'T: give out driver's license number
- DON'T: give out social security number
- DON'T: give out account passwords or ID's
- DON'T: open e-mail from unknown sources, just hit DELETE
- DON'T: throw away bank, credit card or any other statements without shredding first
- DON'T: give in to pushy people on the phone or in person
- DON'T: assume the person on the other end of the phone line claiming to be your grandchild or relative really is. Double check by calling the person at the phone number you have from them.

Phony Charities: Solicitations for groups pretending to be a charity, real or otherwise. *Make your own contacts to donate.*

Bank Scams: You are asked to withdraw money to help with an undercover investigation. *The money becomes "evidence" that is not returned.*

Free Prize Offers: "Low cost trips" *that never take place or have hidden expenses.*

Foreign/ Domestic Lottery Schemes: You're told that you've inherited or won a large sum of money. *Consult with an attorney. Foreign lotteries are illegal in the U.S.*

Insurance Fraud: Policies offering "low rates with big benefits." *If it seems to good to be true, it probably is.*

Utility Inspector: False accusations of "breaking utility regulations" and offers to find a *quick fix when there is really nothing wrong.*



A Cherokee Parable

An old Cherokee chief was teaching his grandson about life...

"A fight is going on inside me," he said to the boy.

"It is a terrible fight and it is between two wolves".

"One is evil - he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, self-doubt, and ego."

"The other is good - he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith."

"This same fight is going on inside you - and inside every other person, too."

The grandson thought about it for a minute and then asked his grandfather, "Which wolf will win?" The old chief replied, "The one you feed the most."

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320-255-7245

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Whitney Senior Center
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www.ci.stcloud.mn.us

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Disclaimer:

Whitney Senior Center (WSC) offers many opportunities to its participants to learn about many aspects of life which may include insurance, investments, medical practices and more. While WSC provides space for these presentations, we encourage you to educate yourself. The staff want you to know that we do not endorse any particular product, service or candidate. WSC suggests that you make your own thoughtful decisions based on the information presented, the reputation of the product or service, your personal need, and only after thoughtful, mature consideration.