

WAUPUN WAUPUN CITY OF SCULPTURE

RECREATION DEPARTMENT NEWSLETTER

PLAY LOCAL 324-7930 NOVEMBER 2024

TUESDAY, NOVEMBER 5 ELECTION INFORMATION

For the safety and accessibility of the anticipated, large number of electors casting their vote on November 5, 2024, the Common Council has moved the polling place for all City of Waupun residents, Wards 1-15, in Dodge and Fond du Lac Counties to:

New Waupun Community Center
520 McKinley Street, Waupun, WI 53963
Polling Hours: 7:00 AM - 8:00 PM

NO RECREATION DEPARTMENT ACTIVITIES
ON TUESDAY, NOVEMBER 5,
VOTING ONLY.

WELCOME DESK VOLUNTEERS

Welcome desk volunteers needed! If you would like to volunteer at our welcome desk, please contact Rachel Kaminski at 324-7930. Volunteer hours are 3 hour shifts, once a week. 8:30am to 11:30am OR 12:30pm to 3:30pm. **Duties:** Greet people, monitor key tag kiosk, give building tours, direct participants to activity areas, answer the desk phone, and take messages.



WHAT'S INSIDE:

- Bingo
- Book Club
- Craft Club
- Dementia Care Specialist
- Fitness Classes
- Foot Care
- Gym Activities
- Mayor Visit
- Membership
- Meals
- SERVE Waupun
- Taxi Information

Address: 520 McKinley Street, Waupun, WI 53963

Phone: (920) 324-7930

Hours: Monday—Friday, 8:00am—4:00pm

Email: parks@cityofwaupun.gov



MEMBERSHIP

MEMBERSHIP

Membership rates below are valid until the end of 2025. Get your membership now to get 2 months free! There are two types of memberships and a day pass option.

Standard Annual Membership Includes: All scheduled activities with the exception of fitness		Standard + Fitness Annual Membership Includes: Fitness Center Use, Gym Activities & Fitness Classes	
Resident	\$60	Resident Individual	\$120
Non-Resident	\$80	Resident 2-Person Household	\$180
		Family	\$225
Day-Pass		Non-Resident Individual	\$140
Day-Pass Resident	\$3	Non-Resident 2-Person Household	\$200
Day-Pass Non-Resident	\$5	Non-Resident Family	\$245

Waupun Community Center participation requires a Membership Fee to provide, maintain, and expand our services and programs. Stop in in for a tour!

Standard Membership grants access to participate in basic programs and activities.

Standard + Fitness Membership grants you access to everything a Standard Membership does, plus the ability to join our many instructor-led fitness classes and access fitness center and gymnasium.

Resident versus non-Resident rate is determined by physical address. A City of Waupun address is required for resident rates.

Additional fees may apply for certain programs offered by contracted instructors, practitioners, or for travel programs. Program offerings requiring specialized instruction, or the use of equipment or special supplies will be fee-based to support program delivery. Contact the office at (920) 324-7930 if you have questions about what programs may require an additional fee.

AGE OF USE

The City of Waupun Community Center strives to provide a safe and supervised environment for all ages. Our facility offers a variety of activities and services geared towards health and recreation. However, our facility is not a daycare or care facility. Youth under 12 years of age must be attending a scheduled Waupun Community Center activity/event and under the direct supervision of a caregiver. Active older adults are welcome to bring an attendant or caregiver with them in order to enjoy services and programs. Participants without a caregiver must be independent and able to care for their own personal needs.

VISION & MISSION

3

Waupun Community Center Vision: Enriching lives. Building community. Inspiring wellness.

Waupun Community Center Mission: The Waupun Community Center provides recreation, health, social, and educational programs and services through partnerships and programming to help residents of all ages live well.

WEATHER

In the event of inclement/severe weather, the Waupun Community Center shall close with or without notice. If the Waupun Area School District has closed and/or canceled school related activities, all Waupun Community Center activities are canceled, and the Waupun Community Center will be closed. If the Waupun Area School District has a delayed start due to bad weather, the Waupun Community Center early morning activities will be canceled. Morning activities will start at 10:00am and the facility will open at 10:00am. If the Waupun Area School District closes early or cancels after school activities, the Waupun Community Center will close accordingly, and all afternoon and evening activities will be canceled. Community Center Closings and Delays will be published on: • City of Waupun website (www.cityofwaupunwi.gov) • Posted on Facebook (Waupun Recreation Department) • Broadcasted on AM 1170/103.3 FM

GYM SCHEDULE

Gym schedule starts Monday, November 11.

Monthly gym schedules will be posted in this newsletter and are subject to changes based on interest and availability. This gym schedule is for November 11—27. Building and gym are open Monday– Friday, 8am—4pm.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am	Walking	Walking	Walking	Walking	Walking
8:30am	Pickleball Intermediate	Pickleball Intermediate	Pickleball Intermediate	Pickleball Intermediate	Pickleball Intermediate
10:00am	Pickleball Intermediate/Advanced	Pickleball Intermediate/Advanced	Pickleball Intermediate/Advanced	Pickleball Intermediate/Advanced	Pickleball Intermediate/Advanced
11:30pm	Pickleball Beginner	Pickleball Beginner	Pickleball Beginner	Pickleball Beginner	Pickleball Beginner
1:00pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
2:00pm	Learn to Play Pickleball	Open Gym	Learn to Play Pickleball	Open Gym	Learn to Play Pickleball
3:00pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym

PICKLEBALL

Pickleball is played on a badminton size court. Players rotate in and change teams throughout. Come play or watch! Questions? Call the Waupun Recreation Department at 920-324-7930. Bring your own paddles and balls or use our equipment,

*****Pickleball Beginner:** A player that has minimal knowledge of the game. Has played a little and is practicing skills and rules. This is fun and slower play.

*****Learn to Play Pickleball:** Instructors and equipment provided.

OPEN GYM

Things to do during open gym: Basketball, soccer, volleyball, pickleball, walking, etc. We have sports equipment to use or bring your own.

SERVICES

5

FOOT CARE CLINIC

Professional foot care services include: a thorough lower leg and foot assessment, toenail trimming, reducing of calluses and/or corns, thinning or debridement of thick toenails, moisturizing lower leg and foot massage by Keren from Lotus Foot Care, LLC. Please bring a bath towel to your appointment.

Fee: \$35/30 minute appointment or until foot care is complete. \$40 new patients.

When: Thursday, November 7 Thursday, November 21
 Thursday, December 5 Thursday, December 19

Appointments begin at 8:30am. Last appointment is at 4:00pm. Call 324-7930 to schedule your appointment. Appointments can be made months in advance.

DEMENTIA CARE SPECIALIST OFFICE HOURS

Join Alyssa Sommerfeldt, Fond du Lac County Dementia Care Specialist, to talk about dementia. Alyssa is available to perform memory screens, provide support and dementia related resources for those living with the disease and their caregivers, or available to just chat.

When: Thursday, November 21, 9:00am-Noon

ACTIVITIES



MAYOR VISIT

Meet and/or catch up with Mayor Rohn Bishop every month on the last Tuesday of the month. He will give the audience an update on city happenings, make announcements and answer questions from attendees.

When: Tuesday, November 26 at 1:00pm

NOVEMBER BOOK CLUB

This month's book is titled: *All Good People Here* by Ashley Flowers, 312 pages. "Everyone from Wakarusa, Indiana, remembers the case of January Jacobs. Margot Davies was six at the time, the same age as January—and they were next-door neighbors. In the twenty years since, Margot has grown up, moved away, and become a big-city journalist, but she's always been haunted by the fear that it could've been her. And the worst part is, January's case has not be solved. Source: goodreads.com. Pick up your copy after 11/1 at the Waupun Recreation Department office.

Optional Discussion: Friday, November 22 at 9:00am

AARP MEDICARE ADVANTAGE SEMINAR

Looking for a fun, no-pressure way to learn more about Medicare? Join us at an upcoming event. Harvey Lewis Insurance Agency is excited to host an informational meeting at the Waupun Senior Center. Harvey Lewis Insurance Agency has been serving the Waupun area for over 25 years. Harvey and Heather enjoy helping people and guiding them through their Medicare and individual insurance options. We'll answer any questions you have about Medicare, and tell you about the benefits of a plan from UnitedHealthcare.®

When: Tuesday, November 19 at 2:00pm



CRAFT CLUB: SOFTBALL PUMPKINS

Join us to make a softball pumpkin. This fun and easy craft project is perfect for a fall decoration. There is an example by the Waupun Recreation Department office. All of the supplies are provided. Sign up at office or by calling 324-7930. Deadline: 11/11

When: Tuesday, November 12 at 11:30am



SPARK!

SPARK! Is an evidence informed program for individuals with mild cognitive impairment, early to moderate dementia, and their care partner or partners. Programming is guided by trained volunteers in a welcoming atmosphere by enjoying art, culture and nature in a comfortable setting. Registration is required. Please call Jeni at Imagine That! Art Studio at 920-937-0470 or email at jenimaly@imaginethatartstudiowaupun.com

When: Monday, November 4 from 4:00pm—5:00pm

Where: Imagine That! Art Studio, 408 E. Main St, Waupun

IMAGINE
THAT!
ART STUDIO

ADRC
Aging & Disability Resource Center
of Dodge County

CARDS & GAMES

MONDAY EUCHRE

Let's play some cards! \$1 to play! Every Monday at 1:00pm.

MONDAY MARBLES

Marbles or also known as The Aggravation Game is played with 2-6 players. Marbles and playing cards are used to play. Don't know how to play? We will teach you! Every Monday at 9:00am.

MONDAY GOLF CARDS

Golf is a card game where players try to earn the lowest number of points over the course of nine deals. Please join us on Mondays at 1:00pm.

TUESDAY HAND & FOOT CARDS

Hand & Foot is a card game related to Canasta. Rules are provided and we will teach you how to play. It's fun! We play on Tuesdays at 9:00am.

WEDNESDAY & THURSDAY BLACK QUEENS SHEEPSHEAD

Same game and two opportunities to play! Join us! \$1 to play on Wednesdays and Thursdays at 1:00pm.

WEDNESDAY DICE

Do you like to shake dice? Keep your points or gamble them away! First person to get to 10,000 points wins. Wednesdays at 9:00am.

THURSDAY DOMINOES

This is not the set up and knock down dominoes. Let's play some real dominoes on Thursdays at 9:00am.

FRIDAY SE7ENS

Game style of play is very similar to Canasta and Hand & Foot. The name comes from the fact that one of the required books must be made up entirely of sevens, which can be challenging. We play on Fridays at 9:00am.

BILLIARDS

We have two pool tables and plenty of billiards equipment to shoot pool anytime the our building is open.

WEDNESDAY UNO

UNO! UNO is a multi-player card game in which the objective is to be the first player to get rid of all the cards in their hand.

When: Wednesdays at Noon

THURSDAY BOARD GAMES

Taken from a suggestions on our chalkboard, Come on down to the Recreation Department to play some board games! Each week we will play a different game. We have Monopoly, Sequence, Rummikub and more!

When: Thursdays at Noon

FITNESS

FITNESS CENTER

The Waupun Community Center has resistance fitness machines, a treadmill, steppers, and a recumbent bicycle. Also, handheld weights and resistance bands. New fitness machines are on the way and will be available soon. Stop on in for a tour. Fitness Center is open during building hours.

When: Circuit Time Monday—Friday from 8:00am—10:00am



TUESDAY TONE

Tuesday Tone is a combination of yoga and aerobics. The movements taught in class focus on specific exercises to improve leg strength. A chair is used for balance and support.

When: Tuesdays at 10:30am

YOGA

Chair support is offered for standing and seated yoga poses. This class focuses on stretching your whole body by focusing on specific muscle and muscle groups. Please wear tennis shoes.

When: Mondays & Thursdays at 10:30am



AEROBICS

Move to the music through a variety of exercises designed to increase muscle strength, range of motion and activities for daily living. Hand-held weights, elastic band with handles and a small ball are offered for resistance. A chair is used for seated exercises and standing support.

When: Wednesdays & Fridays at 10:30am

SERVICES

9

FOND DU LAC COUNTY ADRC OFFICE HOURS

The ADRC assists older adults, people with disabilities and families/caregivers in finding services and resources to keep them living well and independently. Walk in office hours for information and assistance at the Waupun Recreation Department.

When: Wednesday, November 27 from Noon—2pm

EYEGLOSS ADJUSTMENTS

Teresa Ruch from Rock River Eyewear will be at the Waupun Recreation Department to do any eyeglass or sunglass adjusting, replacement of screws, or nose pads. Cleaning supplies available.

When: Wednesday, November 20 at 12:30pm—1:00pm



NOVEMBER ACTIVITY CALENDAR

10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CIRCUIT FITNESS CENTER MONDAY-FRIDAY 8AM - 10AM</p>				<p>1 9am Se7ens 10:30am Aerobics</p>
<p>4 9am Marbles 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards 5pm SPARK!</p>	<p>5 ELECTION DAY OPEN FOR VOTING ONLY</p>	<p>6 9am Dice 10:30am Aerobics 11:30am Lunch Noon UNO 1pm Sheepshead</p>	<p>7 8:00am Foot Care 9am Dominoes 10:30am Yoga Noon Board Games 1pm Sheepshead</p>	<p>8 9am Se7ens 10:30am Aerobics 1pm SIA Bingo</p>
<p>11 9am Marbles 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards Gym Activities Start</p>	<p>12 9am Hand & Foot Cards 10:30am Tone 11:30am Craft Club 11:30am Lunch</p>	<p>13 9am Dice 10:30am Aerobics 11:30am Lunch Noon UNO 1pm Sheepshead</p>	<p>14 9am Dominoes 10:30am Yoga Noon Board Games 1pm Sheepshead</p>	<p>15 9am Se7ens 10:30am Aerobics 1pm Bingo at Prairie Ridge</p>
<p>18 9am Marbles 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards</p>	<p>19 9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 2pm Insurance Seminar</p>	<p>20 9am Dice 10:30am Aerobics 11:30am Lunch Noon UNO 12:30pm Eyeglasses 1pm Sheepshead</p>	<p>21 8am Foot Care 9am Dominoes 9am Dementia Care Specialist 10:30am Yoga Noon Board Games 1pm Sheepshead</p>	<p>22 9am Se7ens 10:30am Aerobics</p>
<p>25 9am Marbles 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards</p>	<p>26 9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 1pm Mayor Visit</p>	<p>27 9am Dice 10:30am Aerobics 11:30am Lunch Noon UNO Noon FdL ADRC 1pm Sheepshead</p>	<p>28 CLOSED Happy Thanksgiving</p>	<p>29 CLOSED</p>

SCHEDULE IS SUBJECT TO CHANGES. PLEASE CALL 324-7930 TO VERIFY.

NOVEMBER LUNCH MENU

The Waupun Community Center senior lunch program is brought to us by the elderly nutrition program of ADRG of Fond du Lac County with the goal of providing one hot, nutritious meal containing 1/3 of daily dietary needs. All meals served with 2% milk. Menu is subject to change without notice.

When: Indoor dining at 11:30am, Monday—Wednesday **CLOSED** Thursdays & Fridays

- \$5.00 suggested contribution

When: Mobile meals are delivered between 9:30am and 11:30am, Monday—Friday

- \$5.00 suggested contribution

Eligibility: Available to all persons age 60 years of age or older or a spouse (under age 60) who is eating with their spouse who is age 60 or older. No person shall be excluded from participation in, be denied benefits of, or be subjected to discrimination on the grounds of race, color, creed, sex, national origin or their ability to pay. Persons under age 60, cost of meal is \$11.47.

Registrations: Participants can register in advance, but no later than one business day prior by noon by calling 324-7930.

Cancellations: If you must cancel, please call 324-7930 as soon as possible.

Mobile Meals: To see if you or someone you know are eligible call 920-929-3466 (FdL County residents only). City of Waupun Dodge County residents, call 920-324-6509. Dodge County rural residents, call 920-386-3580.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY Mobile Meals Only	FRIDAY Mobile Meals Only
 <p>Senior Dining Fellowship, Food & Fun</p>	 <p><i>Fruit's Connection</i> Your Senior Dining Provider Menu & Nutritional Analysis at (920) 326-6050</p>			<p>1 Glazed Ham Sweet Potato Bake California Blend Veggies Tropical Fruit White Brownie Bread</p>
<p>4 Pork Steak Mashed Potatoes Peas & Carrots Applesauce Cinnamon Roll Bread</p>	<p>5 Italian Sausage w/Bun Baked Beans Corn Orange Cookie</p>	<p>6 Chicken Pasty Mashed Potatoes Baby Carrots Pineapple Tidbits Poppy Seed Torte Bread</p>	<p>7 Beef Stroganoff Casserole Spinach Salad Honeydew Melon Birthday Cake Dinner Roll</p>	<p>8 Country Fried Steak Mashed Potatoes Peas & Pearl Onions Fruited Gelatin Raspberry Sherbet Bread</p>
<p>11 BBQ Meatballs Baked Potato Green Beans Peach Slices Cookie Bread</p>	<p>12 Baked Chicken Garlic Mashed Potatoes Three Bean Salad Tropical Fruit Cinnamon Roll Dinner Roll</p>	<p>13 Meatloaf Baby Red Potatoes Mixed Vegetables Pear Slices Frosted Cake Bread</p>	<p>14 Chili Casserole Broccoli Cuts Fruited Gelatin Orange Sherbet Cheddar Biscuit</p>	<p>15 Mushroom/Pork Cutlet Mashed Potatoes Pickled Beet Salad Pecan Banana Cookie Bread</p>
<p>18 Salisbury Steak Mashed Potatoes Corn Applesauce Vanilla Pudding Bread</p>	<p>19 Scalloped Potatoes & Ham Casserole Spinach Salad Orange Fudge Brownie Dinner Roll</p>	<p>20 Breaded Fish Fillet Culico Bean Casserole Coleslaw Apple Ice Cream Cup Bread</p>	<p>21 Baked Spaghetti White Bean Salad Broccoli Cuts Pear Slices White Brownie Bread</p>	<p>22 Swedish Meatballs Mashed Potatoes Carrots Pineapple Tidbits Cookie Bread</p>
<p>25 Roast Pork Loin Mashed Potatoes Peas & Carrots Tropical Fruit Cookie Bread</p>	<p>26 Pepper Steak Baby Red Potatoes Corn Peach Slices Chocolate Pudding Dinner Roll</p>	<p>27 Roast Turkey Mashed Potatoes Baby Carrots Cranberry Gelatin Pumpkin Chiffon Torte Bread</p>	<p>28 CLOSED</p>	<p>29 CLOSED</p>

BINGO

We are going to play bingo two times this month!

Thanks to our great sponsors!

Our awesome, jumbo, shutter slide bingo cards were donated by the Waupun Lions Club.

- **FRIDAY, NOVEMBER 8 at 1:00PM**
- **FRIDAY, NOVEMBER 15 at 1:00PM—AT PRAIRIE RIDGE**

Friday, November 8 at 1:00pm

Sponsored by SIA Insurance Services

SIA is proud to sponsor 2nd Friday Bingo for the Waupun Recreation Department! Jordan Sterk, Kate Burk and Kyle Heuver are excited to be joining you this year as your bingo callers. Can't wait to see you on the 2nd Friday of every month at 1:00pm. Pizza provided by Pizza Ranch.



SIA INSURANCE SERVICES

999 W. Main Street, Waupun
www.SIAInsurance.com
(920) 324-2071



Kate Burk



Jordan Sterk



Kyle Heuver

Friday, November 15 at 1:00pm—AT Prairie Ridge

Sponsored by Prairie Ridge

We are invited to play bingo at Prairie Ridge Assisted Living! Let's visit our friends at Prairie Ridge to play bingo their way at their place! Prairie Ridge Assisted Living is located at 819 Wilcox Street in Waupun.



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SERVE WAUPUN REQUESTS

This group of volunteers look for ways to help people with needs in our community. If you know of someone with a need or who could use a group of individuals with some tools and handyman skills, please email mvb2serve@gmail.com or contact Rachel Kaminski at 920-324-7930.