



WAUPUN

SENIOR CENTER *newsletter*

Age 50+

October 2018 | Issue 4 | Volume 44

FALL FESTIVAL CRAFT SHOW

Mark your calendars! The Waupun Senior Center will be having an arts & craft show and fabulous lunch! Multiple vendors and free admission. Food and beverage will be sold. \$8/meal includes pulled pork sandwich, chips, side, beverage, and dessert. Free pumpkin painting for kids! All proceeds from concessions and booth rentals will go toward a fundraising campaign for a portable outdoor theater to show movies in the parks. Would you like to be a craft vendor?

Do you have something to sell? It's \$10/booth indoor and \$5/booth for outdoor. Please contact Rachel at 324-7930, if you have any questions.

When: Saturday, October 13th from 10:00am—3:00pm.



HAUNTED HOUSE

Wind your way through the Waupun Senior Center in a haunted maze like you have never seen before! At the end of the maze, enjoy trick or treating at our kitchen. All are invited to attend, so bring your children, grandchildren, and great grandchildren along for some family fun. Last year 800 people enjoyed our haunted maze and photo opportunities. If you would like to volunteer to set up the haunted house or to hand out candy and beverages please sign up by the Senior Center office. We are also looking for spooktacular individuals to dress in costume and participate in the haunted house. **Free!**

When: Saturday, October 27th from 2:00pm—4:00pm



HALLOWEEN PARTY & BINGO

You are invited to a Halloween party at the Waupun Senior Center! Play Halloween bingo at 11:00am before lunch. Lunch served at noon. Costume contest during lunch. Prizes for all costume contest entries.

When: Wednesday, October 31st

Lunch Menu:

- Salisbury Steak
- Mashed Potatoes
- Corn
- Butterscotch Torte
- Honeydew Melon
- Sliced Bread

There is a suggested donation of \$3.00 for lunch. Registration is required one day in advance by noon by calling 324-7930 or registering at the Senior Center front desk.

Registration Deadline: Noon on Monday, October 30th



Address: 301 E. Main Street, Waupun, WI 53963
Phone: (920) 324-7930
Hours: 8:00AM—4:00PM Mondays, Wednesdays, and Thursdays
 8:00AM—2:00PM Tuesdays and Fridays



FITNESS

MONDAY ACTIVE YOGA

Chair support is offered for standing and seated yoga poses. This class focuses on stretching your whole body by focusing on specific muscles and muscle groups. Abdominal exercises, hip exercises and brain exercises are especially targeted. This is a 45-minute class. Please wear tennis shoes. **FREE!** Give it a try!

When: Mondays at 9:00am AND 10:00am

TUESDAY PICKLEBALL

This month we are playing indoors and outdoors. There are three indoor courts and three outdoor courts. The indoor courts are located at the Union Youth Center located at 421 E. Jackson Street. Two outdoor courts are at West End Park located at 200 Beaver Dam Street. There is one court at Dodge Park located at 518 S. Madison Street. Most of the group meets at the Union Youth Center and some at West End Park. Join us! Don't know how to play? We will teach you. Pickleball is a low impact sport that is easy to learn and a lot of fun! Players use paddles and a wiffle ball to play. Instructors and equipment are provided.

When: Tuesdays at 5:30pm

WORKOUT WEDNESDAY

Move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a ball are offered for resistance. A chair is used for seated exercises and standing support. It is suitable for beginning to intermediate skill levels. Multiple water breaks are offered throughout the class. Give it a try! **FREE!**

When: Wednesdays at 10:00am,

THURSDAY YOGA STRETCH

Move your whole body, head to toes, through a complete series of seated and standing yoga poses and stretches. Chair support is always available to safely perform poses designed to increase flexibility, balance and range of movement. Beginners can join anytime. Breathing exercises and meditation are done throughout the class. Please wear comfortable clothing and tennis shoes. Try it! **FREE!**

When: Thursday at 9:00am AND 10:00am, ***No Yoga Stretch on Thursday, October 25.***

FRIDAY FITNESS

This workout offers standing, low-impact choreography with standing upper-body strength work with hand-held weights, elastic tubing with handles and a ball. A chair is available for support. This class is faster paced than our Wednesday Workout. It is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants. **FREE!** Give it a try!

When: Fridays at 10:00am, ***No Friday Fitness on October 26.***

HELLO

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A MESSAGE FROM RACHEL KAMINSKI, RECREATION PROGRAM DIRECTOR, CITY OF WAUPUN



October is always an exciting time of year at the Waupun Senior Center! There is a lot going on!

Thank you to everyone who donated school supplies. Mrs. Hulls 3rd graders were very happy.

I'm placing another Senior Center t-shirt order. If you would like to order a 2018 t-shirt, please talk to me. It's a teal color and \$7 t-shirt.

We are low on volunteers right now. Two volunteers are needed on Thursdays to work in the kitchen and one volunteer is needed to work at the front desk on Wednesdays. You can work at your own pace, take breaks, and get a substitute if you are busy or have other plans. We will train you until you feel comfortable to do it on your own. It's fun!

CLUBS

PAINT PALS

Come to the Senior Center to paint a pumpkin door hanger just in time for trick or treaters! All materials will be provided. Pre-register by calling 324-7930 or signing up by the Senior Center office.

When: Tuesday, October 23rd at 10:00am



KNIT-WITS

In the month of October the Knit-Wits will be working on individual projects and starting to knit Santa hats for premature babies. Santa hats will be donated to St. Mary's Hospital NICU in Madison. Joins us for some social knitting. Bring your current project to knit and chat. Please bring your own yarn and needles. All are welcome to attend this fun weekly night knitting circle.

When: Thursdays at 6:30pm

CRAFT CLUB: TIE-DYE

We are going to do tie-dye!!!! Bring anything you want to tie-dye. Socks, shirts, bandanas, any fabric white and prewashed. Multiple items can be tie-dyed. Come to learn different techniques to make different designs using rubber bands. Dyes, gloves and aprons will be provided. FREE! Pre-register by calling 324-7930 or signing up by the Senior Center office.

When: Tuesday, October 17th at 10:00am



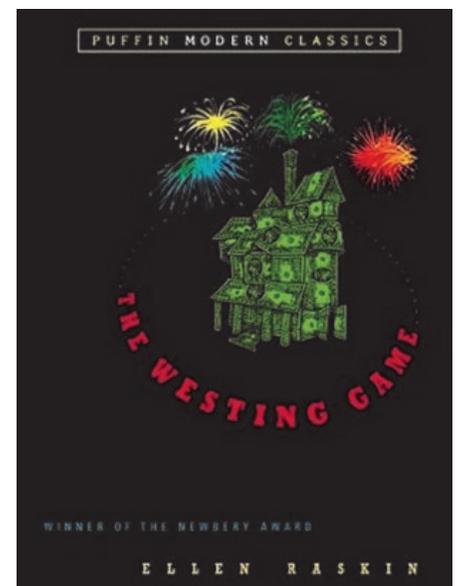
QUICK READ BOOK CLUB

Our current book is *The Westing Game* by Ellen Raskin, 182 pages.

“A bizarre chain of events begins when sixteen unlikely people gather for the reading of Samuel W. Westing's will. And though no one knows why the eccentric, game-loving millionaire has chosen a virtual stranger - and a possible murderer - to inherit his vast fortune, one thing's for sure: Sam Westing may be dead... but that won't stop him from playing one last game!”

Source: goodreads.com

Pick up your copy TODAY at the Waupun Senior Center and join us on Friday, October 26th at 10:00am for book discussion.



VOLUNTEERS

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Looking for something to do? The Senior Center is looking for a Wednesday front desk volunteer and Thursday kitchen volunteer. Volunteer times are 10:00am—1:00pm. Lunch and transportation to and from the Senior Center for volunteer duties are free to volunteers that are willing to make this weekly commitment. Lunch is served at noon and mobile meals are ready for delivery at 11:00am. The lunch program is managed by Fond du Lac County Senior Services Dining. Please call Rachel at 324-7930, if interested and we will get you trained.

WEDNESDAY DESK

Desk volunteers answer the phone, take messages, schedule ride appointments, monitor lunch registrations, do light paperwork, and over-the-phone reporting. The desk volunteer also assists in packaging mobile meals.

THURSDAY KITCHEN

Kitchen duties include practicing safe food handling procedures, checking food temperatures, packaging mobile meals, serving lunch, cleaning dishes and general cleaning.

*we ♥ our
Volunteers*



OCTOBER 2018 LUNCH MENU

LUNCH

PROGRAM

The Senior Center lunch program is brought to us by Fond du Lac County Senior Dining Program with the goal of providing one hot, nutritious meal containing 1/3 of daily dietary needs.

When: Monday—Friday at Noon.

Eligibility: Ages 60+ or married to someone 60+

Mobile Meals: To see if you or someone you know is eligible please call 920-929-3113.

Registration: Required one day in advance by noon by calling 324-7930 or registering at the Senior Center front desk.

Cancellations: If you must cancel due to illness or an emergency, please call the Waupun Senior Center at 324-7930 as soon as possible.

Suggested Donations: \$3.00 at the Senior Center \$3.50 mobile meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Swiss Steak Mashed Potatoes Peas & Carrots Choc. Pudding Watermelon Slice Sliced Bread	2 Glazed Ham Baby Red Potatoes Spinach Salad with Raspberry Vinaigrette Pineapple Tidbits Cookie Dinner Roll	3 Roast Turkey Mashed Potatoes Baby Carrots Raspberry Sherbet Seedless Grapes Sliced Bread	4 Baked Spaghetti Broccoli Cuts Birthday Cake Pear Slices French Bread	5 Teriyaki Chicken Baked Potato Wax Beans Apricot Halves Cinnamon Roll Sliced Bread
8 Mushroom Pork Cutlet Mashed Potatoes Red Cabbage Sugar Cookie Apple Slices Sliced Bread	9 Cranberry/ Kraut Meatballs Escalloped Potatoes Cantaloupe Slice Frosted Cake Dinner Roll	10 Baked Chicken Garlic Mashed Potatoes Three Bean Salad Butterscotch Pudding Honeydew Melon Sliced Bread	11 Crispy Fish Fillet German Pot. Salad Cole Slaw Petite Banana Ice Cream Cup Dinner Roll	12 Chili Casserole Tossed Salad Peach Slices Cookie Cornbread
15 Pot Roast Baby Red Potatoes Carrots Choc Cloud Torte Seedless Grapes Sliced Bread	16 Pork Steak Mashed Potatoes Mixed Vegetables Applesauce Vanilla Pudding Dinner Roll	17 Orange Chicken Baked Potato Green Beans Coconut Cream Pie Honeydew Melon Sliced Bread	18 Beef Stroganoff Winter Blend Vegetables Fruited Gelatin Frosted Cake Dinner Roll	19 Beef Frank on a Bun Calico Bean Casserole California Blend Veggies Applesauce Cake Watermelon Slice
22 Chicken Breast Mashed Potatoes Summer Blend Veggies Pear Slices Tapioca Pudding Sliced Bread	23 Pepper Steak Au Gratin Potatoes Chinese Ramen Salad Key Lime Pie Pineapple Tidbits Dinner Roll	24 Escalloped Potatoes and Ham Casserole Tossed Salad Fruited Gelatin Fudge Brownie Sliced Bread	25 Swedish Meatballs Mashed Potatoes Peas and Carrots Spice Cake Applesauce Dinner Roll	26 Chicken and a Biscuit Casserole Broccoli Cuts Petite Banana Cookie
29 Baked Chicken Twice Bk Style Pot. Copper Penny Salad Sundae Cup Apple Slices Sliced Bread	30 Ham Roll Squash Health Slaw Peach Slices Frosted Cake Dinner Roll	31 Halloween Party Salisbury Steak Mashed Potatoes Corn Butterscotch Torte Honeydew Melon Sliced Bread	All meals are served with milk, water and butter.	

OCTOBER 2018 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00am Active Yoga 10:00am Active Yoga 1:00pm Euchre	2 9:00am Hand & Foot Cards 5:30pm Pickleball	3 9:00am Bank or Bust Dice 10:00am Workout Wednesday 1:00pm Sheepshhead 1:00pm Arizona Pool	4 9:00am Marbles 9:00am Yoga Stretch 10:00am Yoga Stretch 1:00pm Sheepshhead 6:30pm Knit-Wits	5 9:00am Se7ens 10:00am Friday Fitness <u>SATURDAY, OCTOBER 6</u> Noon Euchre Tournament
8 9:00am Active Yoga 10:00am Active Yoga 1:00pm Euchre	9 9:00am Hand & Foot Cards 5:30pm Pickleball	10 9:00am Bank or Bust Dice 10:00am Workout Wednesday 1:00pm Sheepshhead 1:00pm Arizona Pool	11 9:00am Marbles 9:00am Yoga Stretch 10:00am Yoga Stretch 1:00pm Sheepshhead 6:30pm Knit-Wits	12 9:00am Se7ens 10:00am Friday Fitness 1:00pm Bingo <u>SATURDAY, OCTOBER 13</u> 10:00am Fall Festival
15 9:00am Active Yoga 10:00am Active Yoga 1:00pm Euchre	16 9:00am Hand & Foot Cards 10:00am Craft Club 1:00pm Smart Driver Class 5:30pm Pickleball	17 9:00am Bank or Bust Dice 10:00am Workout Wednesday 11:00am Eyeglass Adjustments 1:00pm Sheepshhead 1:00pm Arizona Pool	18 9:00am Marbles 9:00am Yoga Stretch 10:00am Yoga Stretch 1:00pm Sheepshhead 6:30pm Knit-Wits	19 9:00am Se7ens 10:00am Friday Fitness 1:00pm Bingo
22 9:00am Active Yoga 10:00am Active Yoga 1:00pm Euchre	23 9:00am Hand & Foot Cards 10:00am Paint Pals 1:00pm Bingo 3:00 Insurance Seminar 5:30pm Pickleball	24 9:00am Bank or Bust Dice 10:00am Workout Wednesday 1:00pm Sheepshhead 1:00pm Arizona Pool	25 1:00pm Sheepshhead 6:30pm Knit-Wits <i>Rachel is gone.</i>	26 9:00am Se7ens 10:00am Book Club <u>SATURDAY, OCTOBER 27</u> 2:00pm Haunted House
29 9:00am Active Yoga 10:00am Active Yoga 1:00pm Euchre	30 9:00am Hand & Foot Cards 5:30pm Pickleball	31 9:00am Bank or Bust Dice 10:00am Workout Wednesday 11:00am Halloween Bingo Noon Halloween Party 1:00pm Sheepshhead 1:00pm Arizona Pool	SCHEDULE IS SUBJECT TO CHANGES Please call to 324-7930 to register and verify	Please sign the Senior Center notebook everyday!

CARD GAMES

SATURDAY EUCHRE TOURNAMENT

Next Tournament is Saturday, October 6th!

Registration, snacks, Pizza Ranch pizza and beverages at **NOON**. Tournament starts at **12:30PM**. \$5 entry fee. Multiple prizes!

MONDAY EUCHRE

\$1 to play! Every Monday at 1:00pm. September High Scores: Lynn Tavs (63), Millie Armga (57), Nancy Neevel, Joyce Pattee, Marion Birkholz, Ed Parduhn(56)

TUESDAY HAND & FOOT

Hand & Foot is a card game related to Canasta. Senior Center rules are provided and we will teach you how to play. It's fun!

When: Tuesdays at 9:00am

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! Join us!

When: Thursdays at 9:00am

WEDNESDAY JACK OF SHEEPSHEAD

\$1 Jack of Diamonds Sheepshead is on Wednesdays at 1:00pm. September High Scores: Norine Keresman (97), Wayne Bahr (95), Mary Ann

BANK OR BUST DICE

Do you like to shake dice? This is a really fun game that's similar to Farkle. Bank or Bust can be played with 2 or more people. Keep your points or gamble them away! There is no limit of players. 6 dice are used. One game lasts about an hour and multiple games can be played. First player to reach 10,000 points wins. Each player has a maximum of 3 rolls per turn. We will teach you!

When: Wednesdays at 9:00am

THURSDAY BLACK QUEENS SHEEPSHEAD

\$1 to play Black Queens! Thursdays at 1:00pm. September High Scores: Barb Tabat (90), Wayne Bahr (89), Joyce Friese (87)

FRIDAY SE7ENS

Game style of play is very similar to Canasta or 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.

When: Fridays at 9:00am

CARDS/BOARD GAMES

Would you like to start a card game or board game group at the Senior Center? If yes, please let Rachel know. The Waupun Senior Center has several board games and plenty of playing cards. That's how our hand & foot, se7ens, and marbles games started. Someone wanted to play, they told Rachel, Rachel put it in the newsletter and more people wanted to play! We have cribbage, Sequence, Rummikub, dominoes, chess, checkers, and more! If you have an idea or would like to start an organized game, tell Rachel and we can get the ball rolling.

SERVICES

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MEDICARE PART D & MEDICARE ADVANTAGE PLANS

Are you paying too much for your Medicare Prescription Drug plan? Do you check your drug plan every year to make sure it is the right one for you? It's that time of year again, the Annual Enrollment Period. Plans can change their premiums, co-pays and other plan details each year. Be sure to review your plan. Assistance will be at the Senior Center to help you make the right choice!

When: Thursday, October 25th from 8:00 to 11:00 am for Dodge County residents only

Where: Waupun Senior Center

Please call Amanda at 920-386-3584 to schedule your appointment with Amanda Higgins the Elder Benefit Specialist/SHIP Counselor from the Aging and Disability Resource Center of Dodge County.

EYEGLOSS ADJUSTMENTS

The newly named Rock River Eyewear will be at the Waupun Senior Center for one hour to do any eyeglass or sunglass adjusting, replacement of screws, or nose pads. Cleaning supplies will be available for free to take home. No appointments necessary. Just bring your glasses and walk in.

When: Wednesday, October 18th at 11:00am



SERVICES

AARP SMART DRIVER CLASS

Refresh your driving skills by attending this course. Learn about:

- ◆ Defensive driving techniques
- ◆ Proven safety strategies
- ◆ New traffic laws and rules



Plus there are no tests to pass. You simply sign up and learn. Upon completion you could receive a multi-year discount on your car insurance! For more information consult your agent or visit www.aarp.org/drive.

When: Tuesday, October 16th from 1:00pm—5:00pm

Where: Waupun Senior Center

Course Fee: \$15 for AARP members, \$20 for non-members

Register: Required one day in advance by noon by calling 324-7930 or registering at the Senior Center front desk.

TRANSPORTATION

We can take you anywhere within the city limits of Waupun with the exception of the laundromat or pet-related places. We can take you to doctor appointments, hair appointments, grocery shopping, to restaurants, to banks, to the library, to anywhere! Transportation for ages 60+ within the city limits of Waupun. Multiple stops can be scheduled in 15-minute or more increments. Riders must be able to navigate two steps safely to board the vehicle. Van can seat up to nine passengers. **Cost:** \$1.00 each stop. Rides must be scheduled the day before by noon by calling 324-7930. Rides can be scheduled as early as 9:00am. The last non-medical ride is at 2:00pm and the last medical ride appointment is at 3:00pm.

MOBILE MEALS

The purpose of the mobile meal program is to provide one nutritionally balanced hot meal for five days per week on a temporary or permanent basis to homebound individuals. To be eligible to receive delivered mobile meals, individuals must be 60 years of age or older or married to someone 60 years of age or over, be frail or homebound, unable to cook for themselves or have someone in home to assist them in cooking. For eligibility and assessment each individual will receive a home visit by Fond du Lac County Department of Senior Services. To see if you or someone you know is eligible please call 920-929-3113. This service is brought to us by Fond du Lac County Department of Senior Services. Residents of Dodge County are also eligible within the city limits of Waupun.

INSURANCE SEMINAR

Harvey Lewis Insurance Agency has been serving the Waupun area for over 20 years. Harvey and Heather enjoy helping people and guiding them through their Medicare and individual insurance options. Doing what is right for the customer is the primary goal, so it is important to find out what their needs and wants are. They will be at the Senior Center to answer any questions you may have.

When: Friday, October 23rd at 3:00pm

BINGO

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Play bingo three times in October thanks to our great donors and sponsors! Each bingo player gets 2 free cards to play, 10 free games with multiple prizes! Join us for free bingo at the Waupun Senior Center on:

FRIDAY, OCTOBER 12TH at 1:00PM

FRIDAY, OCTOBER 19TH at 1:00PM

TUESDAY, OCTOBER 23RD at 1:00pm

WEDNESDAY, OCTOBER 31ST at 11:00AM

Friday, October 12

Sponsored by SIA Insurance Services

SIA is proud to sponsor 2nd Friday Bingo at the Waupun Senior Center for 2018! 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.

Located at 999 W. Main Street. Call (920) 324-2071 to talk with us.

Friday, October 19

Sponsored by Boots and Elmo Pomplun

Please come to the Senior Center to play bingo on behalf of the Pompluns' 63rd wedding anniversary!



Tuesday, October 23

Sponsored by Prairie Ridge Assisted Living, Waupun, Beaver Dam & Mayville

Please Join Pam Mainz from Prairie Ridge Assisted Living facilities in Waupun, Beaver Dam and Mayville for monthly bingo at the Senior Center. Prairie Ridge is also happy to provide coffee to the Senior Center daily. Prairie Ridge offers assisted living options for seniors keeping them safe while allowing them to continue to be social and independent! Please Call Pam Mainz at 920.210.4039 for more information or with any questions!

We'd love to have you tour!

Locations: Waupun is at 819 Wilcox Street, Beaver Dam is at 212 E Industrial Drive, Mayville is at 1175 Breckenridge Street



Wednesday, October 31

HALLOWEEN PARTY & BINGO

You are invited to a Halloween Party at the Waupun Senior Center! Play Halloween bingo at 11:00am before lunch. Lunch served at noon. Costume contest during the lunch. Prizes for all costume contest entries. \$3.00 suggested donation for lunch. Must pre-register for lunch by noon on Tuesday, October 30. More information on the front page.

CRAFT SHOW

City of Waupun Senior Center

FALL FESTIVAL

ARTS & CRAFTS SHOW

Saturday, October 13th from 10:00am—3:00pm

301 E. Main Street, Waupun, WI 53963

(920) 324-7930

VENDORS WANTED!



Multiple vendors and free admission.

Food and beverage will be sold.

Free pumpkin painting for kids!



All proceeds from concessions and booth rentals will go toward a fundraising campaign for a portable outdoor theater to show movies in the parks.

Interested in becoming a vendor? Booth space is 10' x 10'. Booth price is \$10/booth includes an 8' long table or 4' round table.

Please contact Rachel at the City of Waupun Senior Center/ Recreation Department at 324-7930 to reserve a booth.