



WAUPUN

SENIOR CENTER *newsletter*



Age 62+



Where you don't have to act your age

JANUARY 2024

NEW YEAR'S PARTY

Hello, 2024!!! You are invited to a New Year's party at the Waupun Senior Center!

Registration is required by noon on Friday, December 29 by calling 324-7930 or registering at the Senior Center office. There is a suggested donation of \$5.00 for lunch.

When: Tuesday, January 2

- 11:30am—2024 Resolutions and Toast to the New Year
- 11:45am—Lunch
 - ◆ **Menu:** Chopped Steak in Burger with Mushroom Sauce, Mashed Potatoes, Peas & Carrots, Peach Slices, Cookie, Dinner Roll
- 12:30pm—2023 Recap Party Games
- 1:00pm—Bingo



WHAT'S INSIDE:

- BINGO
- City Interview—Mayor
- Craft Club
- Dementia Care Specialist
- Drums
- Fitness Classes
- Foot Care
- Mobile Meals & Indoor Dining
- Pickleball
- Rental Information
- Taxi Information
- Tech Support

Senior Center closed on Monday, January 1.



Address: 301 E. Main Street, Waupun, WI 53963
Phone: Senior Center Desk Phone (920) 324-7930
Hours: Mondays, Wednesdays, Thursdays from 8:00am—4:00pm
 Tuesdays, Fridays from 8:00am—2:00pm
Email: parks@cityofwaupun.org



ACTIVITIES

CITY INTERVIEW

Come to the Waupun Senior Center to talk with Mayor Rohn Bishop. The Mayor will introduce himself, give updates on city happenings, and answer questions from the attendees.

When: Tuesday, January 16 at 1:00pm



PUZZLES

We have several puzzles available to take home. Those are located by the front sitting area. Feel free to take some home or bring puzzles from home to share. We also have a puzzle table at the Waupun Senior Center to work on when you visit.



CRAFT CLUB: WOODEN DOLLS

Join us at the Waupun Senior Center to design and paint wooden dolls! Make 1, 2 or a family! Paint and markers will be used to make your unique wooden dolls. All of the supplies are provided and there are examples by the Senior Center office. Sign up at the Senior Center office or call 324-7930.

When: Tuesday, January 9 at 11:30am

KNIT-WITS

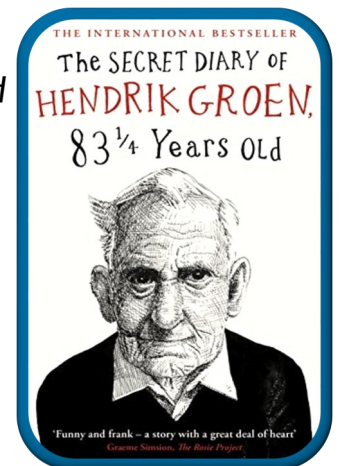
Calling all Knit-Wits! Do you love knitting? We do too! This is a social knitting group that works on personal projects while chit chatting. New members are always welcome. We will help with projects, teach knitting or crocheting, how to read patterns etc., but we are not instructors. Bring your own yarn and knitting needles and join us for some fun conversations!

When: Wednesdays at 6:00pm

JANUARY BOOK CLUB

This month's book is titled: *The Secret Diary of Hendrik Groen, 83¼ Years Old* by Hendrik Groen, 376 pages. "Hendrik Groen may be old, but he is far from dead and isn't planning to be buried any time soon. Granted, his daily strolls are getting shorter because his legs are no longer willing and he has to visit his doctor more than he'd like. Technically speaking he is...elderly. But surely there is more to life at his age than weak tea and potted geraniums?" Source: goodreads.com. Pick up your copy after January 2 at the Waupun Senior Center office.

Optional Discussion: Friday, January 26 at 9:00am



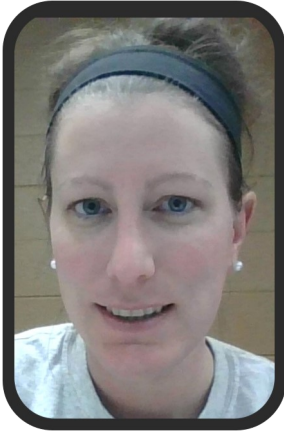
BILLIARDS

We have two pool tables and plenty of billiards equipment to shoot pool anytime the Waupun Senior Center is open.

HELLO

3

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



Happy New Year! This month marks nine years for me at the Waupun Senior Center. Nine wonderful years (2020 stunk, but we got through it). Thank you all for allowing me to be your director and for playing along. I am truly grateful to call this place my second home and I hope you are too. We had an amazing 2023 and I can't wait to see what fun 2024 brings. With the new year, we need to make sure that we get everyone's correct contact information. Please make sure that you sign the attendance notebook every day you visit the Waupun Senior Center. Keeping track of attendance is very important. Please fill in all of the information. This includes the lunch sign up list and activity sign up clipboards. Fill in all of the information just in case we need to contact you.

Also, we have our yearly participant registration form to be completed. If you eat lunch with us, there is also a dining participation form that must be completed, as well. Sounds like a lot, but trust me, it will only take a few minutes to get everything done and done correctly. It saves me a lot of time in the end. Thank you!

Love, Rachel

CARDS & TABLE GAMES

NEW PLAYERS ARE ALWAYS WELCOME!

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. Senior Center 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? Bank or Bust can be played with 2 or more people. Keep your points or gamble them away! First person to get to 10,000 points wins. Wednesdays at 9:00am.

BOARD GAMES

There is a book shelf full of different kinds of board games at the Waupun Senior Center. Play one of our games or bring your own game to play! If you want to start a game group or get an organized game together, please let Rachel know.



THURSDAY DOMINOES

This is not the set up and knock down dominoes. Let's play some real dominoes! Thursdays at 9:00am in the Kitchen or Front Room at the Waupun Senior Center.

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.

RENTAL

5

SENIOR CENTER RENTALS

Rent the Waupun Senior Center! It is a large space for birthday parties, anniversaries, holiday parties, wedding receptions and showers!

Amenities: Refrigerator/freezer, microwave, stove, 30-cup coffee maker, handicap accessible entry/seating and serveware for 60 people, serving window, freedom to rearrange tables and chairs as needed, free WiFi, and more!

Rental Fees:

- Weekdays: \$50 (5:00pm—9:00pm)
- Weekends & Holidays: \$50 (4 Hours) or \$75 (8 Hours)
- All rentals require a separate \$50.00 Key/Cleaning Security Deposit

To check availability and/or schedule, please call 324-7930 and ask for Rachel.



6 JANUARY ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED Happy New Year!	2 <i>New Year's Party</i> 8am Fitness Center 9am Hand & Foot Cards 10:30am Tone 11:30am New Year's Party 11:45am Lunch 12:30pm Party Games 1pm Bingo	3 8am Fitness Center 9am Dice 10:30am Aerobics 11:45am Lunch 1pm Sheepshead 6pm Knit-Wits	4 8am Fitness Center 8:30am Foot Care 9am Dominoes 10:30am Yoga 1pm Sheepshead	5 8am Fitness Center 9am Se7ens 10:30am Aerobics
8 8am Fitness Center 9am Marbles 10:30am Yoga 11:45am Lunch 1pm Euchre 1pm Golf Cards 6pm Pickleball	9 8am Fitness Center 9am Hand & Foot Cards 10:30am Tone 11:30am Craft Club 11:45am Lunch Noon Blood Pressure	10 8am Fitness Center 9am Dice 10:30am Aerobics 11:45am Lunch 1pm Sheepshead 6pm Knit-Wits	11 8am Fitness Center 9am Dominoes 10:30am Yoga 1pm Sheepshead	12 8am Fitness Center 9am Se7ens 1pm SIA Bingo
15 8am Fitness Center 9am Marbles 10:30am Yoga 11:45pm Lunch 1pm Euchre 1pm Golf Cards 6pm Pickleball	16 8am Fitness Center 9am Hand & Foot Cards 10:30am Tone 11:45am Lunch 1pm Mayor	17 8am Fitness Center 9am Dice 9am Prairie Ridge Yoga 10:30am Aerobics 11:45am Lunch 12:30pm Eyeglasses 1pm Sheepshead 6pm Knit-Wits	18 8am Fitness Center 8:30am Foot Care 9am Dominoes 10:30am Yoga 1pm Sheepshead	19 8am Fitness Center 9am Se7ens 10:30am Aerobics 1pm Prairie Ridge Bingo 2pm Buddy Bingo
22 8am Fitness Center 9am Marbles 10:30am Yoga 11:45pm Lunch 1pm Euchre 1pm Golf Cards 6pm Pickleball	23 8am Fitness Center 9am Hand & Foot Cards 10:30am Tone 11:45am Lunch	24 8am Fitness Center 9am Dice 10:30am Aerobics 11:45am Lunch 1pm Sheepshead 6pm Knit-Wits	25 8am Fitness Center 9am Dominoes 9am Dementia Care Specialist 10:30am Yoga 1pm Sheepshead	26 8am Fitness Center 9am Se7ens 9am Book Club 9:15am Drums 10:30am Aerobics
29 8am Fitness Center 9am Marbles 10:30am Yoga 1pm Euchre 1pm Golf Cards 6pm Pickleball	30 8am Fitness Center 9am Hand & Foot Cards 10:30am Tone 11:45am Lunch	31 8am Fitness Center 9am Dice 10:30am Aerobics 11:45am Lunch 1pm Sheepshead 6pm Knit-Wits		

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

JANUARY LUNCH MENU

The Waupun Senior Center lunch program is brought to us by the elderly nutrition program of ADRC 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 11:45am, Monday—Wednesday **CLOSED Thursdays & Fridays**

- \$5.00 suggested donation

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

- \$5.00 suggested donation





Eligibility: Available to all persons age 60 years of age or older or a spouse/domestic partner (under age 60) who is eating with their spouse/domestic partner 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.

Registration: Participants can register up to ONE MONTH ahead but no later than one business day prior by 11:30am 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 please call 920-929-3466.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY Mobile Meals Only	FRIDAY Mobile Meals Only
1 CLOSED Happy New Year!	2 <u>New Year's Party</u> Chopped Steak in Burger Mushroom Sauce Mashed Potatoes Peas & Carrots Peach Slices Cookie Dinner Roll	3 Chicken, Broccoli & Rice Casserole Fresh Spinach Salad w/ Raspberry Vinaigrette Applesauce Vanilla Pudding Sliced Bread	4 Mushroom Pork Cutlet Mashed Potatoes Three Bean Salad Petite Banana Birthday Cake Dinner Roll	5 Smoked Sausage Baked Beans Corn Gala Apple Cinnamon Roll Sliced Bread
8 Salisbury Steak Mashed Potatoes Carrots Fruited Gelatin Sugar Cookie Sliced Bread	9 Glazed Ham Baked Potato Mixed Vegetables Pineapple Tidbits Chocolate Sundae Cup Dinner Roll	10 Orange Chicken Patty White Bean Salad Broccoli Cuts Tropical Fruit Salad Butterscotch Pudding Sliced Bread	11 Swedish Meatballs Mashed Potatoes Tossed Salad Pear Slices Applesauce Cake Dinner Roll	12 Lasagna Casserole Health Slaw Orange Peanut Butter Cookie French Bread
15 Escalloped Potatoes & Ham Casserole California Blend Veggies Peach Slices Fudge Brownie Sliced Bread	16 Country Fried Steak Mashed Potatoes Peas/Pearl Onions Honeydew Melon Chocolate Chiffon Torte Dinner Roll	17 Chicken Cacciatore Casserole Baby Red Potatoes Baby Carrots Pineapple Tidbits Cookie Sliced Bread	18 BBQ Pork Cutlet Calico Bean Casserole Broccoli Cuts Applesauce Chocolate Pudding Dinner Roll	19 Beef Stew Spinach Salad w/ Asian Sesame Dressing Cantaloupe Frosted Cake Cheddar Biscuit
22 Honey Mustard Meatballs Baked Potato Corn Pear Slices Sliced Bread	23 Chicken Marsala Mashed Potatoes Peas & Carrots Gala Apple Cinnamon Roll Dinner Roll	24 Beef Stroganoff Casserole Tossed Salad Honeydew Melon Raspberry Sherbet Sliced Bread	25 Bratwurst on a Bun Baked Beans California Blend Veggies Petite Banana White Brownie	26 Pepper Steak Baby Red Potatoes Green Beans Fruited Gelatin Spiced Cake Sliced Bread
29 Ham Roll Sweet Potato Bake Cole Slaw Pineapple Tidbits Vanilla Pudding Sliced Bread	30 Meatloaf Baked Potato Peas & Carrots Tropical Fruit Salad Alexander Torte Dinner Roll	31 Breaded Fish Fillet German Potato Salad Broccoli Cuts Peach Slices Sundae Cup Dinner Roll	<p>Senior Dining</p>  <p>Fellowship, Food & Fun</p>	
 <i>Feil's Catering</i> Your Senior Dining Provider Menus & Nutritional Analysis at (920) 326-6050				

FITNESS & FUN

FITNESS CENTER

The Waupun Senior Center has 14 resistance fitness machines, a treadmill, and a cabinet of handheld weights, resistance bands, and exercise balls. We use a timer to rotate and everyone. We will show you how to use each piece of equipment. cleans the machine after each use with a disinfectant wipe. Please join us!

When: 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

INDOOR MONDAY PICKLEBALL

The Wesley Center at 114 S. Forest Street in Waupun is open for pickleball on Monday evenings starting at 6:00pm. Balls and paddles provided. All skill levels welcome.

PRAIRIE RIDGE YOGA

Join us for a new yoga class at Prairie Ridge Assisted Living! We are taking our yoga class to Prairie Ridge and you are invited! Prairie Ridge Assisted Living located at 819 Wilcox Street.

When: Wednesday, January 17 at 9:00am

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

PICKLEBALL

Pickleball is played on a badminton size court. Players use paddles and a heavy wiffle ball to play. Players rotate in and change teams throughout the evening. Come play or watch!

When: Mondays at 6:00pm (Indoor) Wesley Center Gym located at 114 S. Forest Street

NEW HOTEL SWIMMING

We are happy to share that Baymont hotel in Waupun has open swimming in their indoor pool! Swimming is allowed in the hotel pool Monday—Friday from 8:00am—2:00pm.

ALL SENIOR SWIMMERS MUST HAVE A MEDICAL DOCTOR'S NOTE TO USE THE HOTEL POOL! FEE TO SWIM IS \$4 EACH TIME YOU SWIM!

Where: 5 Gateway Drive, Waupun

FITNESS & FUN

9

*** NEW *** DRUMS

Come drum with us! This activity will be led by Waupun Area School District student, Maddox. Maddox will show us how to beat to our own drum! Drum to the music and patterns while working your upper body and mind. Drumsticks, a large exercise ball and a basket are used to create our drumkit. This class is easy to learn and fun.

Come drum with us or just listen to the beat!

When: Friday, January 26 at 9:15am



PING PONG

We have a removable ping pong table that sits on our pool table! This is easy set up and take down. The ping pong table, net, paddles, and ping pong balls will be available all month. If you want to meet and play, please let Rachel know to set up the ping pong table.

INDOOR BEAN BAG TOSS

We have several bean bag toss boards to set up and use to play bean bag toss in pairs or singles. If you want to meet and play, please let Rachel know to set up the bean bag toss boards.

SERVICES

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, January 25 from 9:00am to Noon

GOT GLASSES?

At the Waupun Senior Center, we have a container for used eyeglasses, sunglasses and glasses cases. The container is provided and picked up by the Waupun Lions Club for redistribution. The container is located by the front door of the Waupun Senior Center. Thank you!

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, January 4
Thursday, February 1

Thursday, January 18
Thursday, February 15

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.



EYEGLASS ADJUSTMENTS

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

When: Wednesday, January 17 at 12:30pm



DRUG REPOSITORY (DROP-OFF)

Church Health Services, Inc. is seeking unused/ unneeded medicines and medical supplies.

- Prescription & Over the Counter Medications (non-opioids)
- Medical Supplies & Equipment
 - (wheelchairs, walkers, canes, adult diapers, etc.)

As a drug repository member with a licensed pharmacist, we are able to accept, store and dispense donated medications and medical supplies to individuals who are low income. Please do not bring any opioids and leave all items in the original container. To find out if you are eligible to receive or to learn more; call 920-887-1766, option 1 or email us at info@churchclinic.org. Drug repository donations can be brought to the Waupun Senior Center by appointment only by calling 324-7930.



SERVICES

11

***NEW BLOOD PRESSURE SCREENINGS

Katie from Care Plus will be at the Waupun Senior Center once a month to do free walk-in blood pressure screenings. These screenings are not intended to diagnose and medical condition,

When: Tuesday, January 9 from Noon—1:00pm



TECH SUPPORT

Need help? This is a one-on-one service to take care of your tech related needs. Bring your personal laptop, tablet or cell phone. You can also learn using one of the Waupun Senior Center laptops. Appointments can be scheduled by calling 324-7930.

LUNCH PROGRAM VOLUNTEERS

We are looking for lunch program volunteers in the Waupun Senior Center kitchen. Volunteer hours are approximately 9:30am – 12:30pm on the day scheduled. Volunteers receive a free meal. Please call 920-929-3937, if you are interested in volunteering. **Volunteer duties include:** Cleaning the dining room tables and chairs, Taking temperatures, Setting the dining room tables, Reporting lunch attendance and registration & Serving lunch

SERVE WAUPUN REQUESTS

SERVE Waupun is an outreach wing of ONE Waupun, with the goal of helping connect people with a need to a group looking to help others. This awesome group of volunteers at SERVE Waupun continue to 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.

NEED A RIDE?

SAFE & RELIABLE TAXI SERVICE

WAUPUN TAXI

920-324-2426

www.browncab.net



Serving primarily within the City Limits plus 1 mile. When volume allows up to five miles.

TITLE VI and ADA The City of Waupun Shared Ride Taxi Service operates its programs and services without regard to race, color, national origin, disability, sex, age, religion, income status or limited English proficiency (LEP) in accordance with Title VI of the Civil Rights Act, Americans with Disabilities Act (ADA), and related nondiscrimination authorities. For more information on the Waupun Shared Ride Taxi civil rights program, ADA obligations, and the procedures to file a complaint, contact City Hall at 920-324-7900, (for hearing impaired, please use Wisconsin Relay 711 service <https://wisconsinrelay.com>). Waupun Taxi is an equal opportunity employer.

— FOLLOW US ON —
FACEBOOK



WAUPUN RECREATION DEPARTMENT

- Activity Announcements
- Activity Pictures
- Resources
- Updates

BINGO

We are going to play bingo four times this month!

Thanks to our great sponsors!

- **TUESDAY, JANUARY 2 at 1:00PM—New Year's Party**
- **FRIDAY, JANUARY 12 at 1:00PM—SIA Bingo**
- **FRIDAY, JANUARY 12 at 2:00PM—Buddy Bingo**
- **FRIDAY, JANUARY 19 at 1:00PM—AT PRAIRIE RIDGE**

Friday, January 12 at 1:00pm

Sponsored by SIA Insurance Services

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



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



Kate Burk



Jordan Sterk



Kyle Heuver

Friday, January 12 at 2:00pm

Buddy Bingo

After SIA Bingo... We will be joined by the third grade students from Rock River Intermediate School to play bingo in teams. Seniors and students will be paired together to play. There will be bingo prizes for each buddy on the winning team.

Friday, January 19 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.

