

WAUPUN



WAUPUN
CITY OF SCULPTURE

RECREATION DEPARTMENT NEWSLETTER

PLAY LOCAL

324-7930

MAY 2024

NUTRITION SESSIONS

Join Nutrition Educator, Melanie Phillip, at the Recreation Department to learn about some at home cooking tips and tricks. These sessions will be right after lunch. Sign up for lunch and stay for the sessions or sign up for the session only. Sign up for lunch and/or nutrition session by calling 324-7930 or at the Recreation Department office.

Tuesday, May 7: "Microwave Cooking", 12:30—1pm

Lunch that Day: Pepper Steak, Baked Potato, Peas & Carrots, Honeydew Melon, Cookie, Dinner Roll

Lunch is served at 11:45am. Register for lunch by noon on Monday, May 6. Suggested lunch donation is \$5.

Tuesday, May 14: "Spice Up Your Meals", 12:30—1pm

Lunch that Day: Lasagna Casserole, Tossed Salad with Ranch, Apple, Ice Cream Cup, French Bread

Lunch is served at 11:45am. Register for lunch by noon on Monday, May 6. Suggested lunch donation is \$5.



Extension
UNIVERSITY OF WISCONSIN-MADISON

SPORTS & ART DONATIONS

Summer is coming! The Waupun Recreation Department is looking for sports equipment and arts & crafts supply donations. If you are cleaning out your cupboards, closets, basement or garages and find some items that you do not need anymore, bring them down to the Recreation Department office. We will use these items for summer programs for all ages. Thanks!



WHAT'S INSIDE:

- ABCs of Long-Term Care
- Bingo
- City Interview—Mayor
- Dementia Care Specialist
- FdL ADRC Office Hours
- Fitness Classes
- Foot Care
- Meals
- Rental Information
- Summer Activity Info
- SPARK!
- Taxi Information
- Volunteer Opportunity

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

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

When: Tuesday, May 21 at 1:00pm



CRAFT CLUB: LILAC PINECONE FLOWERS

Join us at the Recreation Department to make lilacs out of pinecones. We will paint the pinecone and arrange artificial flowers to make a nice floral centerpiece. Examples are located by the Recreation Department office. All of the supplies are provided. Sign up at the office or call 324-7930.

When: Tuesday, May 14 at 11:30am

MAY BOOK CLUB

This month's book is titled: *Little Fires Everywhere* by Celeste Ng, 338 pages.

"Everyone in Shaker Heights was talking about it that summer: how Isabelle, the last of the Richardson children, had finally gone around the bend and burned the house down. In Shaker Heights, a placid, progressive suburb of Cleveland, everything is meticulously planned – from the layout of the winding roads, to the colors of the houses, to the successful lives its residents will go on to lead. And no one embodies this spirit more than Elena Richardson, whose guiding principle is playing by the rules. Enter Mia Warren..." Source: [goodreads.com](https://www.goodreads.com). Pick up your copy after May 1st at the Recreation Department office. **Optional Discussion:** Friday, May 31 at 9:00am



KNIT-WITS

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!

When: Wednesdays at 6:00pm

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, May 6 from 4:00pm—5:00pm

Where: Imagine That! Art Studio located at 408 E. Main Street, Waupun



SUMMER INFO

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WAUPUN FAMILY AQUATIC CENTER

Opens for the 2024 season on Saturday, June 1 at Noon, Buy a season pass or day pass. Senior Swim starts on Friday, June 7 at 11am.

WAUPUN PARK PROGRAM

Opens for the 2024 season on Saturday, June 1 at Noon, Lots of activities and special events planned for all ages at Dodge Park, Pine Street Park, West End Park and at other locations around town. Visit www.cityofwaupun.com for more information.

CITY OF WAUPUN

SCAN ME

SUMMER KICK-OFF PARTY

Thursday, May 30
5:00pm – 7:00pm
West End Park
200 Beaver Dam Street

FAMILY EVENT
for all ages

FEATURING
DJ/Karaoke,
Face painting/Temporary Tattoos,
Photo Op, Craft Project,
Lawn Games, Inflatables,
Kona Ice

GET ALL OF YOUR SUMMER 2024 INFO

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.

(NOT on THURSDAY, MAY 30)

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.

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.

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.

*****NEW*****

WEDNESDAY UNO

Taken from a suggestions on our chalkboard, UNO will be played on Wednesday afternoons at Noon. 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.



PROGRAMS

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MEDICATION REVIEW

Join John Winters, an SSM Health pharmacist, as he meets with interested participants at the Waupun Recreation Department to review the medications that you take. Please bring a list of your current prescriptions and dosage along. Participants can sign up for a 15-minute time slot to meet with Winters to review their medications, possible interaction concerns, side effects and worries. Interested residents can reserve their spot by calling 324-7930.

When: Tuesday, May 21. Appointments from 12:30pm—2:30pm



ABCs OF LONG-TERM CARE

The Waupun Recreation Department is welcoming Kristin White, SSM Health at Home senior business development consultant, as she presents the ABCs of long-term care. Most people do not understand all of the levels of care available as we age into facility or home-based care. White will take the guess work out of facility levels of care and help you to know your community resources for help in making decisions when the time comes. Call to reserve your spot for either date at 324-7930.

When: Tuesday, May 28 at 12:30pm **AND/OR** Wednesday, May 29 at 5:00pm



MAY ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 8am Fitness Center 9am Dice 10:30am Aerobics 11:45am Lunch Noon UNO 1pm Sheepshead 6pm Knit-Wits	2 8am Fitness Center 8:30am Foot Care 9am Dominoes 10:30am Yoga 1pm Sheepshead	3 8am Fitness Center 9am Se7ens 10:30am Aerobics
6 8am Fitness Center 9am Marbles 10:30am Yoga 11:45pm Lunch 1pm Euchre 1pm Golf Cards 6pm Pickleball	7 8am Fitness Center 9am Hand & Foot Cards 10:30am Tone 11:45am Lunch 12:30pm <i>Microwave Cooking</i>	8 8am Fitness Center 9am Dice 10:30am Aerobics 11:45am Lunch Noon UNO 1pm Sheepshead 6pm Knit-Wits	9 8am Fitness Center 9am Dominoes 10:30am Yoga 1pm Sheepshead	10 8am Fitness Center 9am Se7ens 9:15am Drums 10:30am Aerobics 1pm SIA Bingo
13 8am Fitness Center 9am Marbles 10:30am Yoga 11:45pm Lunch 1pm Euchre 1pm Golf Cards 6pm Pickleball	14 8am Fitness Center 9am Hand & Foot Cards 10:30am Tone 11:45am Lunch 11:30am Craft Club Noon Blood Pressure 12:30pm <i>Spice Up Your Meals</i>	15 8am Fitness Center 9am Dice 9am Prairie Ridge Yoga 10:30am Aerobics 11:45am Lunch 12:30pm Eyeglasses Noon UNO 1pm Sheepshead 6pm Knit-Wits	16 8am Fitness Center 8:30am Foot Care 9am Dominoes 9am Dementia Care Specialist 10:30am Yoga 1pm Sheepshead	17 8am Fitness Center 9am Se7ens 10:30am Aerobics 1pm Prairie Ridge Bingo
20 8am Fitness Center 9am Marbles 10:30am Yoga 1pm Euchre 1pm Golf Cards 6pm Pickleball	21 8am Fitness Center 9am Hand & Foot Cards 10:30am Tone 11:45am Lunch 12:30pm Medication Review Appointments 1pm Mayor	22 8am Fitness Center 9am Dice 10:30am Aerobics 11:45am Lunch Noon UNO 1pm Sheepshead 6pm Knit-Wits	23 8am Fitness Center 9am Dominoes 10:30am Yoga 1pm Sheepshead	24 8am Fitness Center 9am Se7ens 10:30am Aerobics
27 <u>CLOSED</u> 	28 8am Fitness Center 9am Hand & Foot Cards 10:30am Tone 11:45am Lunch 12:30am <i>ABCs of Long-Term Care</i>	29 8am Fitness Center 9am Dice 10:30am Aerobics 11:45am Lunch Noon FdL ADRC Noon UNO 1pm Sheepshead 5:00pm <i>ABCs of Long-Term Care</i>	30 8am Fitness Center 9am Dominoes <u>BUILDING CLOSSES AT 10AM</u> 5pm Summer-Kick Off Party at West End	31 8am Fitness Center 9am Se7ens 9am Book Club 10:30am Aerobics

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

MAY 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. Persons under age 60, cost of meal is \$8.72.



Registration: 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.



SSMHealth.
Waupun Memorial Hospital

MONDAY	TUESDAY	WEDNESDAY	THURSDAY Mobile Meals Only	FRIDAY Mobile Meals Only
<p>Senior Dining</p>  <p>Fellowship, Food & Fun</p>	 <p><i>Feil's Catering</i> Your Senior Dining Provider Menus & Nutritional Analysis at (920) 326-6050</p>	<p>1 Chick. Patty Marsala Calico Bean Casserole Cole Slaw Peach Slices Cookie Sliced Bread</p>	<p>2 Swiss Steak Mashed Potatoes Mixed Vegetables Petite Banana Birthday Cake Dinner Roll</p>	<p>3 Meatloaf Baby Red Potatoes Baby Carrots Applesauce Chocolate Sundae Cup Sliced Bread</p>
<p>6 Country Cacciatore Garlic Mashed Potatoes California Blend Veggies Pineapple Tidbits Cinnamon Roll Sliced Bread</p>	<p>7 Pepper Steak Baked Potato Peas & Carrots Honeydew Melon Cookie Dinner Roll</p>	<p>8 Mush Pork Cutlet Mashed Potatoes Three Bean Salad Tropic. Fruit Salad Vanilla Pudding Sliced Bread</p>	<p>9 Beef Stew Broccoli Cuts Fruited Gelatin Banana Cake Cheddar Biscuit</p>	<p>10 Liver & Onions Baby Red Potatoes Corn Pear Slices White Brownie Sliced Bread</p>
<p>13 Roast Turkey Mashed Potatoes Sliced Carrots Peach Slices Butterscotch Pudding Sliced Bread</p>	<p>14 Lasagna Casserole Tossed Salad w/Ranch Apple Ice Cream Cup French Bread</p>	<p>15 Orange Chicken Baked Potato Peas & Carrots Fruited Gelatin Cinnamon Roll Sliced Bread</p>	<p>16 Cranberry/Kraut Meatballs Cole Slaw Green Beans Pineapple Tidbits Cookie Dinner Roll</p>	<p>17 Roast Pork Loin Mashed Potatoes California Blend Vegetables Applesauce Alexander Torte Sliced Bread</p>
<p>20 Salisbury Steak Mashed Potatoes Corn Pear Slices Applesauce Cake Sliced Bread</p>	<p>21 Ham Roll Sweet Potato Bake Broccoli Cuts Trop. Fruit Salad Cookie Dinner Roll</p>	<p>22 Chili Casserole Spinach Salad Orange Chocolate Dream Torte Cornbread</p>	<p>23 Burg/Mush Chopped Steak Mashed Potatoes 3 Bean Salad Petite Banana Raspberry Sherbet Dinner Roll</p>	<p>24 Chicken, Broccoli, & Rice Casserole Carrots Pear Slices Creamsicle Torte Sliced Bread</p>
<p>27 CLOSED Memorial Day</p>	<p>28 Beef Stroganoff Tossed Salad Peach Slices Fudge Brownie Dinner Roll</p>	<p>29 Bratwurst on Bun Baked Beans Coleslaw Apricot Halves Cinnamon Roll</p>	<p>30 Chicken Tetrizzini Baby Carrots Honeydew Melon Cookie Dinner Roll</p>	<p>31 Hamburger on a Bun German Potato Salad Broccoli Cuts Apple Ice Cream Cup</p>

FITNESS & FUN

FITNESS CENTER

The Waupun Senior Center/Recreation Department 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. We clean 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

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, May 15 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 (**NOT on THURSDAY, MAY 30**)

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

CARDIO DRUMMING

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 your drumkit. This class is easy to learn and fun. Come drum with us or just listen to the beat!

When: Friday, May 10, 9:15am—9:45am

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.

RENTALS

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BUILDING RENTAL

Rent the Waupun Senior Center/Recreation Department building! 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.*

PARK SHELTER RENTALS

Are you looking for an outdoor space to host a graduation party, family reunion, wedding, etc.? There are several park shelters in town that can accommodate small to large group gatherings.

Park Shelters Available:

- Dodge Park—\$65 resident/\$90 non
- Harris Mill Park—\$65 resident/\$90 non
- West End Park—\$65 resident/\$90 non
- Wilcox Park—\$65 resident/\$90 non
- McCune Park—\$65 resident/\$90 non
- McCune Park Concession Stand—\$100 resident/\$115 non (+\$50 deposit)

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

SERVICES

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BLOOD PRESSURE SCREENINGS

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

When: Tuesday, May 14 from Noon—1:00pm



THURSDAY LUNCH PROGRAM VOLUNTEER

We are looking for a Thursday 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

GOT GLASSES?

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 our building.

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.

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.

NEED A RIDE?

SAFE & RELIABLE TAXI SERVICE

WAUPUN TAXI

920-324-2426

www.browncab.net



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FACEBOOK



WAUPUN RECREATION DEPARTMENT

- Activity Announcements
- Activity Pictures
- Resources
- Updates

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, MAY 10 at 1:00PM**
- **FRIDAY, MAY 17 at 1:00PM—AT PRAIRIE RIDGE**

Friday, May 10 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



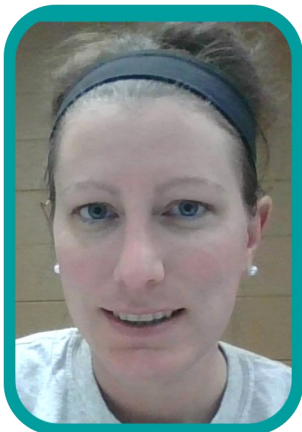
Friday, May 17 at 1:00pm—AT Prairie Ridge

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.



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



Happy May! This is a busy and exciting time of the year for the Waupun Recreation Department! We will start to get out into the parks for summer activities and events. The Waupun Family Aquatic Center will open June 1 and the Park Program starts on June 3. To kick summer off we are having a party at West End Park on Thursday, May 30 from 5:00-7:00pm. You are all invited! That's a lot to get ready for and lots of fun things ahead! If you need me, please give me a call. The Senior Center desk phone number is 920-324-7930 and my cell phone number is 608-212-4630.

Last call for 2024 Waupun Recreation Department t-shirts! Place your order with me ASAP. - Rachel