Inspiring Wellness | Enriching Lives | Building Community

EXTENDED HOURS

We are happy to announce that the Waupun Recreation Department is extending operating hours in the Waupun Community Center! 6am—7pm, Monday—Friday Community Center closed Friday, April 18.

Come meet our new staff members and enjoy the building amenities and programs before and after work/school. Activity schedule and gym schedule are in this newsletter. Memberships and day pass information are listed on the next page. Room rental information will be posted in the near future.



The City of Waupun, in partnership with Rock River Coalition, Protect WI Waterways and Wis-Pak will be hosting a Rain Barrel Workshop. Learn about stormwater, health of the Rock River watershed, and how rain barrels help! You'll build your own rain barrel. \$15 fee.

Register by April 10 at https://rockrivercoalition.org/ event/2025-rain-barrel-workshop-waupun/

Address: 520 McKinley Street Suite A, Waupun, WI 53963

Phone: (920) 324-7930

Hours: Mondays—Friday, 6:00am—7:00pm

Email: parks@cityofwaupunwi.gov

Website: https://www.cityofwaupunwi.gov/

WHAT'S INSIDE:

- Billiards
- •Bingo
- Book Club
- Card Games
- •Craft Clubs
- Dementia Care Specialist
- •Fitness Center
- •Foot Care
- •Indoor Walking
- Mayor Visit
- Meals
- Membership
- Pickleball
- Poetry
- Presentations
- Open Gym
- Schools Day Out
- Smart Driver
- •SPARK!
- •T-shirts
- Taxi Information
- •Yoga 9am & 10:30am





MEMBERSHIP

Waupun Community Center participation requires a membership or day pass fee to provide, maintain, and expand our services and programs. Stop on in for a tour!

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

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

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.

Age of Use Policy. Our facility is not a daycare or healthcare facility. Youth under 12 years of age must be attending a scheduled activity under the direct supervision of a caregiver. Adult participants must be independent or with a caregiver.

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

Gift Certificates Available

MEMBERSHIP

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
Membership Key Tag		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



HAPPY SPRING

EASTER LUNCH & PARTY

Join us to for a EGG-stravagant time! Lunch will be served at 11:30am. Bunny bingo, egg hunt and egg dying will follow. Registration is required by noon on Thursday, April 17 by calling 324-7930 or registering at the welcome desk. There is a suggested donation of \$5.00 for lunch. For ages 60+.

When: Monday, April 21

Lunch Menu: Glazed Ham, Sweet Potato Bake, Health Slaw, Fruit, Dessert & Bread

2025 T-SHIRT

T-shirts are "cantaloupe" color, 100% ring spun cotton, preshrunk, jersey knit and come in sizes mens small to 5XL.T-shirts are \$10 each. Place your order at the Recreation Department Center office by April 21.



ACTIVITIES

Lets sing along to the musical talents of some of our members and friends. All musical talents are invited and welcome. Looking for singers, musical instrument players and listeners. Song lyrics will be displayed on screen for easy follow along. Join us! **Practice:** Friday, April 4 from 2:30—4pm Performance: Tuesday, April 8 at 1pm

CRAFT CLUB

This month, we are painting a seascape and adding in marble gem turtles. We will use acrylic paint, glue, and sand to create unique art on canvas. Register at the welcome desk or call 324-7930 by April 11.

When: Tuesday, April 15 at 1pm



POETRY READING

Join Michael Belongie, a Wisconsin poet and author of seven poetry books. Michael is also a local resident, poetry educator, poetry judge, and past president of the Wisconsin Fellowship of Poets. Come listen to some of his poetry. Register at the welcome desk or call 324-7930 by April 11.

When: Monday, April 14 at Noon

SPARK!

SPARK! Is a creative engagement program for people with early to mid-stage memory loss and their care partners. Programs provide experiences that stimulate conversations, provide peer support and inspire creativity through creative engagement, workshops and programs. SPARK! Programs are free for families to attend. To register for SPARK!, please call 920-386-3580.

When: Thursday, April 3 from 4—5pm

Where: Imagine That! Art Studio located at 409 E. Main Street, Waupun



NATIONAL HEALTHCARE DECISIONS DAY

SSM Health is offering an information booth to provide information forms and tools for participants to talk about their wishes with family, friends, and healthcare providers, and develop written advance directives (healthcare power of attorney and living will). Stop by to get information and talk with SSM staff. These resources are available at ssmhealth.com or by calling 920-926-4704.

When: Wednesday, April 16 anytime between 11am—1:30pm



SMART DRIVER COURSE

Brought to us by AARP. This course is taught by an AARP Smart Driver classroom instructor. In this course, you will: Refresh your driving skills, explore the latest traffic laws, understand the importance of proper maintenance of your vehicle, learn research-based driving strategies to help you stay safe behind the wheel, and more! Safer driving may save you money on your car insurance by taking this course. Register at the welcome desk or call 324-7930 by April 25.

When: Tuesday, April 29 from 12:30pm—4:30pm

Fee: \$20 for AARP Members or \$25 for non-AARP members

SERVICES MEDICAL SUPPLIES & EQUIPMENT DROP OFF

Church Health Services, Inc. is seeking gently used/unneeded medical supplies and equipment. Items accepted are wheelchairs, walkers, canes, adult diapers, etc. 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. Medical supplies and equipment donations can be brought to the Waupun Recreation Department office. If you are in need of a wheelchair, walker, cane, bathroom aids/supplies, please ask a Recreation Department staff. Member. We do keep equipment on hand.

BLOOD PRESSURE SCREENINGS

Lakeland Care nurses are generously volunteering their time to offer free blood pressure screenings at the Waupun Community Center. Taking just a few minutes to check your blood pressure can make a big difference in managing your overall health. These screenings are quick, easy, and open to all community members—no appointment required! We look forward to seeing you there!



When: Wednesday, April 9 from noon—2pm

CARDS & GAMES

BILLIARDS

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

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.

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

Each week we will play a different game. We have Monopoly, Sequence, Rummikub and more!

When: Thursdays at Noon

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.

PING PONG TUESDAYS

Come play ping pong on Tuesday afternoons. Equipment and table will be ready. Join us on Tuesdays at 1:00pm

ACTIVITIES



MAYOR VISIT

Meet and/or catch up with Mayor Rohn Bishop. He will give the audience an update on city happenings, make announcements and answer questions from attendees. Join us at the Community Center to get your monthly update.

When: Tuesday, April 29 at 1pm

APRIL BOOK CLUB

This month's book is titled: A Single Thread by Tracy Chevalier, 336 pages. "After the Great War....Violet Speedwell has become a "surplus woman," one of a generation doomed to a life of spinsterhood after the war killed so many young men....She saves enough to move out of her mother's place and into the town of Winchester, home to one of England's grandest cathedrals. There, Violet is drawn into a society of broderers (women who embroider kneelers for the Cathedral) carrying on a centuries-long tradition of bringing comfort to worshippers." Source: goodreads.com. Pick up your copy after April 1 at the Recreation Department office.

Optional Discussion: Friday, April 25 at 9am

SAFE ONLINE SHOPPING

Information from the Wisconsin Bureau of Consumer Protection will be presented. Come Learn how to avoid scams and keep your personal information safe when buying online. Course topics include: online shopping scams, Wi-Fi, internet access, payment methods, and shipping considerations. Register at the welcome desk or call 324-7930 by April 21. Sign up for lunch and/ or the presentation.

When: Tuesday, April 22 from 12:15pm—1pm

Lunch Menu: Salisbury Steak, Mashed Potatoes, Vegetables, Fruit, Dessert, Roll, Milk

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 1:00pm

INDOOR BEAN BAG TOSS

Join us to play bean bag toss in the gymnasium at 12:30pm on Thursdays.



PICKLEBALL

Join us to play or learn how to play pickleball at the Waupun Community Center! You can find our gymnasium schedule on page 8 of this newsletter. We have times scheduled for open play and lessons. We also have the equipment needed for you to play. Want to reserve a court? Please sign up at Waupun Recreation Department office, call (920) 324-7930, or email parks@cityofwaupunwi.gov

FITNESS CENTER FITNESS

The Waupun Community Center has new fitness machines, treadmills, steppers, and bikes. It also has handheld weights, resistance bands, and exercise balls. The fitness center is open during building hours. Circuit Time is Monday—Friday from 8:00am—10:00am. **Fitness Center**Orientation is on the 4th Wednesday of every month, Wednesday, April 23 from 3-4pm.

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 all standing and seated yoga poses. This class focuses on stretching your whole body by focusing on specific muscles and muscle groups. Please wear tennis shoes.

When: Mondays & Thursdays at 9am & 10:30am

AEROBICS

Move to the music using hand-held weights, an elastic band, and a small ball. A chair is used for seated exercises and standing support. Equipment provided.

When: Wednesdays & Fridays at 10:30am

INDOOR WALKING

Come walk inside our gym or through our hallways.

17 laps in the gym = 1 mile and 10 laps in the building = 1 mile

GYMNASIUM SCHUDULE

We have pickleball, basketball, and volleyball equipment to use. For open gym/court reservations, please call 920-324-7930.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6am	Open Gym				
8am	Pickleball Beginner	Pickleball Beginner	Pickleball Beginner	Pickleball Beginner	Pickleball Beginner
9am	Pickleball Intermediate/ Advanced	Pickleball Intermediate/ Advanced	Pickleball Intermediate/ Advanced	Pickleball Intermediate/ Advanced	Pickleball Intermediate/ Advanced
Ham	Pickleball Beginner	Pickleball Beginner	Pickleball Beginner	Pickleball Beginner	Pickleball Beginner
Ipm	Open Gym				
2pm	Learn to Play Pickleball	Open Gym	Learn to Play Pickleball	Open Gym	Learn to Play Pickleball
3pm-7pm	Open Gym				

SERVICES 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 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, April 3 Thursday, April 17

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 Recreation Department to do any eyeglass or sunglass adjusting, replacement of screws, or nosepads. Cleaning supplies available. **When:** Wednesday, April 16 at 12:30pm—1:00pm

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, April 24 from 9:00am-Noon

APRIL ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 1:00pm Ping Pong	9am Dice 10:30am Aerobics 11:30am Lunch Noon UNO 1pm Sheepshead 1pm Knit-Wits	8:30am Foot Care 9am Dominoes 9am Yoga 10:30am Yoga Noon Board Games 12:30pm Bean Bags 1pm Sheepshead 4pm SPARK!	9am Se7ens 10:30am Aerobics 11am-12:30pm Community Table Meal 1pm Cornerstone Caregiving Bingo 2:30pm Sing Along Practice
9am Marbles 9am Yoga 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards	9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 1pm Sing Along Performance 1:00pm Ping Pong	9am Dice 10:30am Aerobics 11:30am Lunch Noon UNO Noon Blood Pressure 1pm Sheepshead 1pm Knit-Wits	9am Dominoes 9am Yoga 10:30am Yoga Noon Board Games 12:30pm Bean Bags 1pm Sheepshead	9am Se7ens 10:30am Aerobics 11am-12:30pm Community Table Meal 1pm SIA Bingo
9am Marbles 9am Yoga 10:30am Yoga 11:30am Lunch Noon Poetry Reading 1pm Euchre 1pm Golf Cards	9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 1pm Craft Club 1:00pm Ping Pong	9am Dice 10:30am Aerobics 11am Healthcare Decisions 11:30am Lunch Noon UNO 12:30pm Eyeglasses 1pm Sheepshead 1pm Knit-Wits	8:30am Foot Care 9am Dominoes 9am Yoga 10:30am Yoga Noon Board Games 12:30 Bean Bags 1pm Sheepshead	18 CLOSED
9am Marbles 9am Yoga 10:30am Yoga 11:30am Easter Lunch & Party 1pm Euchre 1pm Golf Cards T-shirt Order Due	9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 1215pm Safe Online Shopping 1pm Ping Pong	9am Dice 10:30am Aerobics 11:30am Lunch Noon UNO 1pm Sheepshead 1pm Knit-Wits 3pm Fitness Center Orientation	9am Dominoes 9am Dementia Care Specialist 9am Yoga 10:30am Yoga Noon Board Games 12:30pm Bean Bags 1pm Sheepshead	9am Se7ens 9am Book Club 10:30am Aerobics 11am-12:30pm Community Table Meal 1pm Charleston House Bingo
9am Marbles 9am Yoga 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards	9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 12:30pm Smart Driver 1pm Mayor 1pm Ping Pong	9am Dice 10:30am Aerobics 11:30am Lunch Noon UNO 1pm Sheepshead 1pm Knit-Wits		

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

APRIL LUNCH MENU

The Waupun senior dining lunch 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. Now serving cafeteria style!

When: Indoor dining at 11:30am, Monday—Wednesday, \$5.00 suggested contribution

When: Mobile meals 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.

Registration: Participants must 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
Feil's Calering Your Senior Dining Provider Menus & Nutritional Analysis at (920) 326-6050	I Orange Chicken Baby Red Potatoes Vegetable Fruit Dessert & Roll	Honey Must. Meatballs Garlic Mash. Potatoes Peas/Pearl Onions Fruit Dessert & Bread	3 Smoked Sausage Calico Bean Casserole Vegetable Fruit Dessert & Roll	4 Spinach Lasagna Casserole Vegetable Fruit Dessert & Bread
7 Baked Chicken Mashed Potatoes Three Bean Salad Fruit Dessert & Bread	8 Beef Stroganoff Vegetable Fruited Gelatin Dessert & Roll	9 Pork Jaegerschnitzel Mashed Potatoes Vegetable Fruit Dessert & Bread	Cheesy Chicken & Rice Casserole Vegetable Fruit Dessert & Roll	II Macaroni & Cheese Cole Slaw Vegetable Fruit Dessert & Bread
Pot Roast Baby Red Potatoes Vegetable Fruited Gelatin Dessert & Bread	I5 Swedish Meatballs Mashed Potatoes Vegetable Fruit Dessert & Roll	Chicken Marsala Calico Bean Casserole Peas/ Pearl Onions Fruit Dessert & Bread	I7 Pork Steak Mashed Potatoes Vegetable Fruit Dessert & Roll	CLOSED
21 Glazed Ham Sweet Potato Bake Health Slaw Fruit Dessert & Bread	22 Salisbury Steak Mashed Potatoes Vegetable Fruit Dessert & Roll	23 Brat w/ Bun Baked Beans Vegetable Fruit & Dessert	24 Chicken Tetrazzini Spinach Salad w/ Creamy Italian Fruit Dessert & Roll	25 Cranberry/Kraut Meatballs Baked Potato Vegetable & Fruit Dessert & Bread
28 Mushroom Pork Cutlet Mashed Potatoes Vegetable & Fruit Dessert & Bread	29 Beef Stew w/ Biscuit Cole Slaw Fruit Dessert	30 Country Steak Mashed Potatoes Carrot Salad Fruit Dessert & Bread	Senior Dining Fellowship, Food Fun	

FRIDAY COMMUNITY TABLE MEAL 11:00AM—12:30PM. A great, social meal at no cost served by organizations, businesses and volunteers in our community! All ages are welcome! Dine in or carryout. Menu changes weekly. Join us in the Waupun Community Center Dining Room! Not on April 18.

BINGO

Thank you to our bingo sponsors and volunteers!

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

Community Table BINGO is at 10am every Friday.

Come for Friday Community Table meal served from 11AM—12:30PM before afternoon bingo.

Friday, April 4 at 1:00pm

Bingo sponsored by Cornerstone Caregiving! Cornerstone Caregiving is proud to provide in-home care in the Fond du



Lac, WI area. We cater to senior care, palliative care, respite care, Alzheimer's & dementia care, and other services to ensure comfort and well-being continually. Additionally, we offer services to cater broadly to wellness and companionship needs.

Friday, April 11 at 1:00pm

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.









Friday, April 18 at 1:00pm—AT 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.



Friday, April 25 at 1:00pm

Sponsored by Charleston House! A senior living and memory care community located in the heart of beautiful



Beaver Dam, Wisconsin. To help you feel right at home and meet your personal preferences, you will have an opportunity to choose from a variety of spacious and comfortable unit floor plans. Exercise programs and religious services to scheduled outings and intergenerational events, our monthly calendars have everything our residents need to stay active — body, mind, and spirit.

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 of contact Rachel Kaminski at 920-324-7930.

PUZZLES & BOOKS

We have puzzles and books available to take home. These items are located in the sitting room. We also have a table to work on a puzzle when you visit.