# WAURUN RECREATION DEPARTMENT NEWSLETTER

**PLAY LOCAL** 324-7930

**DECEMBER 2024** 



**520 MCKINLEY ST, WAUPUN, WI** 

**TUESDAY, DECEMBER 3, 2024** 

**3PM OPEN HOUSE 4PM DEDICATION CEREMONY** 5PM-7PM TOURS







funds that provided a \$4.9M grant awarded to the City of Waupun via the Wisconsin Department of Administration by the U.S. Department of Treasury and by private donor contributions.

COFFEE SNACKS 8 JUICE

> cityofwaupunwi.gov 920-324-7930

Address: 520 McKinley Street, Waupun, WI 53963

Phone: (920) 324-7930

Hours: Mondays—Friday, 8:00am—4:00pm

Email: parks@cityofwaupun.gov

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

### WHAT'S INSIDE:

- Bingo
- •Billiards League
- Book Club
- Card Games
- Mayor Visit
- Craft Club
- •Dementia Care Specialist
- •Fitness Center
- Fitness Classes
- •Foot Care
- •Holiday Fun
- •Indoor Walking
- Meals
- Membership
- Pickleball
- Open Gym
- •SERVE Waupun
- •Taxi Information





### MEMBERSHIP

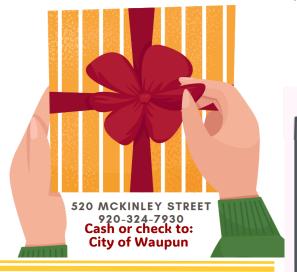
LOOKING FOR A GIFT TO GIVE A LOVED ONE?
GIVE A GIFT OF YEARLONG FUN!

# WAUPUN COMMUNITY CENTER MEMBERSHIP GIFT CERTIFICATE

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!

MEMBERSHIPS CAN BE PURCHASED AT THE WAUPUN COMMUNITY CENTER WELCOME DESK. OPEN MONDAY - FRIDAY, 8AM-4PM

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



**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.

### **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

### **POOL PASS**

On sale now through December 12, 2024. The purchaser will be provided with a Waupun Family Aquatic Center Pool Pass certificate in which the recipient will redeem next summer when the pool opens.

Resident Individual Season Pass: \$100 Non-Resident Individual Season Pass: \$125

Resident Family Season Pass: \$200

Non-Resident Family Season Pass: \$250

\*\*\*Family Season Pass includes up to 5 family members and is intended for immediate family only; all family members must reside at the same address. An additional 2 family members can be added for \$10 each. A maximum of 7 family members per Family Season Pass.

\*\* Military Active or Retired: I5% Discount. To qualify, a Military ID must be shown at time of purchase.

\*Pay by cash, check or charge





Friday, 7AM-11AM

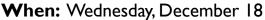
## HOLIDAY FUN

### **HOLIDAY PARADE**

The Waupun Senior Center will be participating in this year's holiday parade! We are looking for volunteers to ride or walk next to our float. The parade is on Friday, December 6 at 6:30pm. Line-up time is at 5:45pm at St. Joseph's Catholic Church. Please sign up at the welcome desk or call 324-7930.

### HO! HO! HO! LET'S PARTY

You are invited to a Christmas party at the Community Center! Registration is required by noon on Monday, December 11 by calling 324-7930 or registering at the welcome desk. There is a suggested donation of \$5.00 for lunch.



- 11:15am—Christmas Sweater Contest with Prizes
  - Sweater Contest Categories: Most Festive and Most Creative
- II:30am—Lunch
  - Menu: Beef Stew, Cole Slaw, Pineapple Tidbits, Cinnamon Roll, Bread, Milk
- 12:15pm—Bingo

### **DECORATING**

We are looking for volunteers to help decorate the Community Center for Christmas. When: Wednesday. December 4 anytime between 9am and 3pm



### CRAFT CLUB: KEEPSAKE ORNAMENT

Join us to make a keepsake ornament. Bring a piece of clothing or fabric that has special meaning to you or use our festive fabric. Sign up at the welcome desk or by calling 324-7930.

When: Tuesday, December 10 at 11:30am

### **SANTA'S HELPERS**

Santa and the Waupun Fire Department need our help. We are in need of volunteers to assist in responding to some letters from children in our community. If you are interested, please call 324, 7930 or sign up at the welcome.

call 324-7930 or sign up at the welcome desk. Letters will be available on Monday, December 16 at 9am and need to be returned by 9am on Thursday, December 19. Thanks!



920.239.8570 • 810.610.5357

## HOLIDAY FUN

### **TROLLEY NIGHT & CRAFT SHOW**

Annual My Property Shoppe Holiday Light Contest and Trolley Night! This year held at the NEW COMMUNITY CENTER!! Come join in the fun! Free trolley rides, SANTA, and his Reindeer will all be on hand, along with local crafters, artists and direct sale vendors in the gymnasium.

When: Thursday, December 12 from 5:00pm—8:00pm

### **CRAFT: HOLIDAY FLORAL CENTERPIECE CLASS**

Join Janah Monarch, owner of Monarch Floral Creations to make a special, beautiful, holiday floral centerpiece. In this class, you will learn how to make a Christmas candle centerpiece using fresh winter greens and flowers. The inspiration for this year's design is "The Christmas Candle". This lovely centerpiece will be great for your table or to gift to a family member or friend. Bring a smile, enjoy some hot cider while you listen to festive music and chat. The class fee covers the fresh flowers, candle, and supplies.

When: Tuesday, December 17 at 5:00pm

**Fee:** \$40. Sign up at the welcome desk or by calling 324-7930. Class fee is due at sign up. Cash or check.

# ACTIVITIES

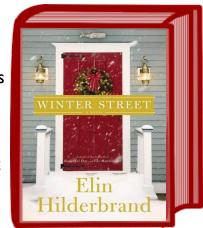


**MAYOR VISIT** Meet and/or catch up with Mayor Rohn Bishop. He will give the audience an update on city happenings, make announcements and answer questions from attendees. Join us at the new Community Center to get your monthly update from the Mayor.

When: Tuesday, December 17 at 1:00pm

### **DECEMBER BOOK CLUB**

This month's book is titled: Winter Street by Elin Hilderbrand, 249 pages. "In bestseller Elin Hilderbrand's first Christmas novel, a family gathers on Nantucket for a holiday filled with surprises. Kelley Quinn is the owner of Nantucket's Winter Street Inn and the proud father of four, all of them grown and living in varying states of disarray... As Christmas approaches, Kelley is looking forward to getting the family together for some quality time at the inn...It might be up to Kelley's ex -wife, nightly news anchor Margaret Quinn, to save Christmas at the Winter Street Inn. "Source: goodreads.com. Pick up your copy after December 2 at the welcome desk.



Optional Discussion: Friday, December 27 at 9:00am

### **PUZZLES**

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

### **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, December 2 from 4:00pm—5:00pm Where: Imagine That! Art Studio,408 E. Main St, Waupun



#### **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

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.

### **CARDS & GAMES**

### WINTER BILLIARDS LEAGUE

We have two pool tables and plenty of billiards equipment to shoot pool anytime the our building is open. We will be starting our winter league Tuesday, December 3. Sign up in billiards room ASAP.

### **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

### FITNESS CENTER

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

### 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 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

### INDOOR WALKING

Come walk inside our gym or through our hallways. Monday—Friday, 8:00am—4:00pm.

#### **GYMNASIUM SCHUDULE**

December 1-30 (Closed December 12, 24, 25 & 30). We have pickleball equipment.

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

### **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, December 18 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, December 26, 9:00am-Noon

# DECEMBER ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9am Marbles 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards 4:00pm SPARK!	Pool League 9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 1:00pm Ping Pong 3:00pm Grand Opening 4:00pm Dedication Ceremony 5:00pm Tours	9am Decorating 9am Dice 10:30am Aerobics 11:30am Lunch Noon UNO 1pm Sheepshead 1pm Knit-Wits	8:30am Foot Care 9am Dominoes 10:30am Yoga Noon Board Games 1pm Sheepshead	9am Se7ens 10:30am Aerobics 11am-1pm Community Table Meal 6:30pm Holiday Parade
9am Marbles 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards	Pool League 9am Hand & Foot Cards 10:30am Tone 11:30am Craft Club 11:30am Lunch 1:00pm Ping Pong	9am Dice 10:30am Aerobics 11:30am Lunch Noon UNO 1pm Sheepshead 1pm Knit-Wits	9am Dominoes 10:30am Yoga Noon Board Games 1pm Sheepshead 5pm Trolley Night & Craft Show	9am Se7ens 10:30am Aerobics 11am-1pm Community Table Meal 1pm SIA Bingo
9am Santa's Helpers 9am Marbles 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards	Pool League 9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 1:00pm Mayor Visit 1:00pm Ping Pong 5:00pm Floral Class	9am Dice 10:30am Aerobics 11:15am Xmas Party 11:30am Lunch Noon UNO 12:30pm Eyeglasses 1pm Sheepshead 1pm Knit-Wits	8:30am Foot Care 9am Dominoes 10:30am Yoga Noon Board Games 1pm Sheepshead	9am Se7ens 10:30am Aerobics 11am-1pm Community Table Meal 1pm Prairie Ridge Bingo
9am Marbles 10:30am Yoga Video 11:30am Lunch 1pm Euchre 1pm Golf Cards Rachel Gone	CLOSED	CLOSED	9am Dominoes 9am Dementia Care Specialist 10:30am Yoga Video Noon Board Games 1pm Sheepshead Rachel Gone	9am Se7ens 9am Book Club 10:30am Aerobics Video  Rachel Gone
9am Marbles 10:30am Yoga Video 11:30am Lunch 1pm Euchre 1pm Golf Cards Rachel Gone	CLOSED	JANUARY 1  CLOSED	LUNCH MENU ON PAGE I I	FITNESS CENTER INFO & GYMNASIUM SCHDEULE ON PAGE 8

### DECEMBER 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.

Senior Dining

When: Indoor dining at II:30am, 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY Mobile Meals Only	FRIDAY  Mobile Meals Only
2 Ham Roll Garlic Mashed Potatoes Raw Carrots w/Dip Fruited Gelatin Alexander Torte Bread	3 Chicken Cacciatore Baked Potato Mixed Vegetables Applesauce Cinnamon Roll Dinner Roll	4 Mushroom Chopped Steak Mashed Potatoes Green Beans Peach Slices Cookie Bread	5 Smoked Sausage Baked Beans Carrots Pear Slices Birthday Cake Dinner Roll	6 Pork Jaeger Schnitzel Mashed Potatoes Red Cabbage Apple Butterscotch Pudding Bread
9 Swiss Steak Mashed Potatoes Peas/Pearl Onions Tropical Fruit Cookie & Bread	I0 Lasagna Casserole Broccoli Cuts Honeydew Melon Ice Cream Cup French Bread	I I Cranberry/Kraut Meatballs White Bean Salad Cole Slaw Applesauce Cake Bread	Chicken, Broccoli Rice Casserole Spinach Salad Pear Slices Cinnamon Roll Dinner Roll	13 Meatloaf Garlic Mashed Potatoes Mixed Vegetables Petite Banana Cookie Bread
16 Pork Loin Mashed Potatoes California Blend Veggies Peach Slices Applesauce Cake Bread	17 Liver & Onions Baked Potato Corn Orange Cake Dinner Roll	18 Beef Stew Cole Slaw Pineapple Tidbits Cinnamon Roll Bread	19 Meatloaf Mashed Potatoes Carrots Fruited Gelatin Cookie Dinner Roll	20 Chicken Marsala Baby Red Potatoes Green Beans Apple Chocolate Banana Torte Bread
23 Glazed Ham Baked Beans Health Slaw Applesauce Spice Cake Bread	CLOSED	CLOSED	26 Honey Mustard Meatballs Baked Potato Peas & Carrots Petite Banana Brownie Dinner Roll	27 Breaded Fish Filet German Potato Salad Broccoli Cuts Pear Slices Cookie Bread
30 BBQ Pork Cutlet Baby Red Potatoes Western Corn Pineapple Tidbits Vanilla Pudding Bread	CLOSED	January I  CLOSED		COMMUNITY TABLE FRIDAY MEAL STARTS ON DECEMBER 6 I lam—Ipm

### BINGO

We are going to play bingo three times this month!

Thanks to our great sponsors!

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

### Friday, December 13 at 1:00pm

SIA is proud to sponsor 2<sup>nd</sup> 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 2<sup>nd</sup> Friday of every month at 1:00pm. Pizza provided by Pizza Ranch.











Wednesday, December 18 at 12:15pm—Christmas Party Bingo Party information on page 4 of this newsletter.

#### Friday, December 20 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.





# 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.

### **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.