

# WAUPUN

JANUARY 2025



WAUPUN  
CITY OF SCULPTURE

## RECREATION DEPARTMENT NEWSLETTER

Inspiring Wellness | Enriching Lives | Building Community

### NEW YEAR'S PARTY

Hello, 2025!!! You are invited to a New Year's party at the Waupun Recreation Department!

**Registration is required by noon on Friday, January 3** by calling 324-7930 or registering at the welcome desk. There is a suggested contribution of \$5 for lunch. For ages 60+.

**When:** Monday, January 6

- 11:15am—2025 Resolutions and Toast to the New Year
- 11:30am—Lunch
  - ♦ **Lunch Menu:** Baked Chicken, Garlic Mashed Potatoes, Peas & Carrots, Fruited Gelatin, Cinnamon Roll & Bread
- 12:15pm—Bingo



### WHAT'S INSIDE:

- Billiards
- Bingo
- Book Club
- Card Games
- Cooking for One Class
- Craft Club
- Dementia Care Specialist
- Energy Assistance
- Fitness Center
- Fitness Classes
- Foot Care
- Indoor Walking
- Mayor Visit
- Meals
- Membership
- Pickleball
- **Police Academy**
- Open Gym
- SERVE Waupun
- Taxi Information

### FITNESS CENTER ORIENTATION

Please join Thorne Wittstruck, Exercise Physiologist from SSM Waupun Memorial Hospital, on the 4th Wednesday of each month to teach community members how to use the exercise equipment in the Community Center Fitness Center. He will also be available to answer any questions on developing an exercise program and provide exercise tips.

**When:** Wednesday, January 22 from 3:00pm—4:00pm



**Closed on Wednesday, January 1.**

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

**Phone:** (920) 324-7930

**Hours:** Mondays—Friday, 8:00am—4:00pm

**Email:** parks@cityofwaupun.gov

**Website:** <https://www.cityofwaupunwi.gov/>



# MEMBERSHIP

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

## WAUPUN COMMUNITY CENTER MEMBERSHIP GIFT CERTIFICATE

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



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!

**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
Day-Pass		Family	\$225
		Non-Resident Individual	\$140
Day-Pass Resident	\$3	Non-Resident 2-Person Household	\$200
Day-Pass Non-Resident	\$5	Non-Resident Family	\$245



# SCHOOLS DAY OUT

3

There is no school in Waupun on Monday, January 20. Join us for activities in the Community Center gymnasium. Join us for some instructor lead fun!

## Activities:

11:30am—Basketball

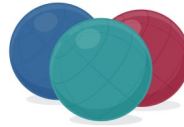
Noon—Relay Races

12:30pm—Dodgeball

1:00pm—Nerf Blaster Battle & Target Shooting

- Limited equipment provided. Bring your own Nerf and safety glasses.

1:30pm—Pickleball



**When:** Monday, January 20 from 11:30am—2pm

**Day Pass Fee:** \$3/resident, \$5/non-resident

**Age of Use Policy.** Youth under 12 years of age must be attending a scheduled activity under the direct supervision of a caregiver.

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# ACTIVITIES

## COOKING FOR ONE CLASS

Join Nutrition Educator, Melanie Phillip, in the Community Center kitchen and dining room to learn about some at home cooking tips and tricks. Sign up for lunch and stay for the cooking class or sign up for the class only. Sign up for lunch and/or class by calling 324-7930 or at the welcome desk. Lunch is served at 11:30am. The cooking class will start after lunch. Register for lunch by noon on Monday, January 13. Suggested lunch contribution is \$5 for ages 60+.



**Extension**  
UNIVERSITY OF WISCONSIN-MADISON

**FOOD WISE**  
Healthy choices, healthy lives.

**When:** Tuesday, January 14

**Lunch that Day:** Liver & Onions, Baby Red Potatoes, Corn, Peach Slices, Cake & Roll

## SENIOR CITIZENS POLICE ACADEMY

The Waupun Police Department is giving us our own mini version of what it is like to be a police officer! This fun, learning opportunity is for everyone, There are no tests, quizzes, races, or competitions. You have the choice to attend one class or all of them!

**When:** Tuesdays at 12:30pm at the Waupun Senior Center

- **January 21**— PD Dept. Overview & Equipment Day
- **January 28**— School Safety & Police Liaison Officer with the Mayor
- **February 4**— Evidence/Crime Scene Investigation & Taser
- **February 11**—K9 Demo & Drug Investigations
- **February 18**—EMS & Fall Prevention
- **February 25**—Fire Department with the Mayor
- **March 4**—Advanced Law Enforcement Rapid Response Training & Graduation



**Registration is open now and required. Sign up at the Waupun Recreation Department office or call 324-7930.**

## CRAFT CLUB

This month, we are making snowman hot chocolate jars! All the craft supplies and hot chocolate are included. Register at the welcome desk or call 324-7930.

**When:** Wednesday, January 8 at 11:45am



# NEED A RIDE?

**SAFE & RELIABLE TAXI SERVICE**

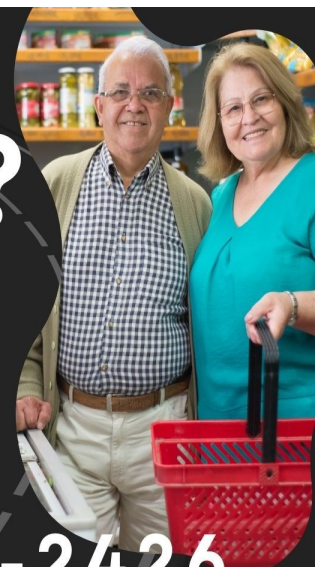
**WAUPUN TAXI**

**920-324-2426**

**www.browncab.net**



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



# REACH & FOOD PANTRY<sup>5</sup>

REACH strives to bring about positive, lasting change in the lives of Waupun area youth. REACH commits to improving the physical, social, emotional, and economic health and well-being of Waupun area youth through building relationships and providing opportunities. The Mentors and Mentees are able to use the Community Center at whatever time works best for them.

**Contact Information:** (920) 325-2011, [info@reachwaupun.org](mailto:info@reachwaupun.org)

**Location:** 520 McKinley Street, Suite C (Northeast side of Community Center)

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The Waupun Food Pantry serves families and individuals who reside in the Waupun Area by providing food and other essentials. For food pantry eligibility, individuals must live in Waupun and fill out a income based form. Donations are accepted during open hours.

The Waupun Food Pantry is open:

- Mondays—Thursdays from 9:30am—3pm
- Clothing Area is open Tuesdays from 9am—3pm
- Bible study is on Wednesdays from 2pm—3pm
- Community Table Friday Meal: 11am—1pm with Bingo 10am—11am

**Contact Information:** (920) 324-4000, [waupunfoodpantry@gmail.com](mailto:waupunfoodpantry@gmail.com)

**Location:** 520 McKinley Street, Suite B (Southeast side of Community Center)

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# ACTIVITIES



## MAYOR VISIT

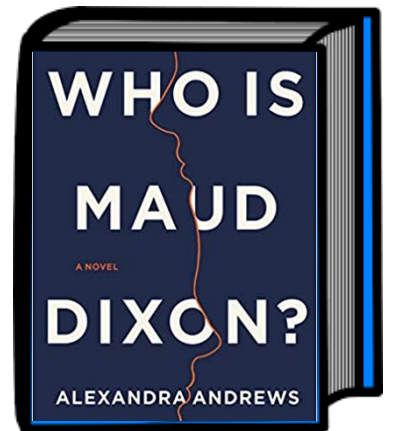
Meet and/or catch up with Mayor Rohn Bishop. He will give the audience an update on city happenings, make announcements and answer questions from attendees. Join us at the new Community Center to get your monthly update from the Mayor.

**When:** Tuesday, January 28 at **12:30pm**—Police Academy Topic: School Safety & Police Liaison Officer

## JANUARY BOOK CLUB

This month's book is titled: *Who is Maud Dixon?* by Alexandra Andrews, 324 pages. "Florence Darrow is a low-level publishing employee who believes that she's destined to be a famous writer. When she stumbles into a job the assistant to the brilliant, enigmatic novelist known as Maud Dixon—whose true identity is a secret—it appears that the universe is finally providing Florence's big chance." Source: [goodreads.com](http://goodreads.com). Pick up your copy after January 1 at the welcome desk.

**Optional Discussion:** Friday, January 31 at 9:00am



## 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.

## 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](mailto:jenimaly@imaginethatartstudiowaupun.com)

**When:** Monday, January 6 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

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



# 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.

## 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

## 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

# FITNESS

## 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 SCHEDULE

We have pickleball, basketball, and volleyball equipment to use.

	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
1:00pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
2:00pm	Learn to Play Pickleball	Open Gym	Learn to Play Pickleball	Open Gym	Learn to Play Pickleball
3:00pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym





# 10 JANUARY ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH MENU ON PAGE 11	FITNESS INFO & GYMNASIUM SCHDEULE ON PAGE 8	<b>1</b> <b>CLOSED</b>	<b>2</b> 8:30am Foot Care 9am Dominoes 10:30am Yoga Noon Board Games 12:30pm Bean Bag 1pm Sheepshead	<b>3</b> 9am Se7ens 10:30am Aerobics 11am-1pm Community Table Meal
<b>6</b> 9am Marbles 10:30am Yoga 11:15am New Year's Party 11:30am Lunch 1pm Euchre 1pm Golf Cards 4pm SPARK!	<b>7</b> Pool League 9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 1:00pm Ping Pong	<b>8</b> 9am Dice 10:30am Aerobics 11:30am Lunch 11:45am Craft Club Noon UNO 1pm Sheepshead 1pm Knit-Wits	<b>9</b> 9am Dominoes 10am Energy Assistance 10:30am Yoga Noon Board Games 12:30pm Bean Bag 1pm Sheepshead	<b>10</b> 9am Se7ens 10:30am Aerobics 11am-1pm Community Table Meal 1pm SIA Bingo
<b>13</b> 9am Marbles 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards	<b>14</b> Pool League 9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 11:45am Cooking Class 1:00pm Ping Pong	<b>15</b> 9am Dice 10:30am Aerobics 11:30am Lunch Noon UNO 12:30pm Eyeglasses 1pm Sheepshead 1pm Knit-Wits	<b>16</b> 8:30am Foot Care 9am Dominoes 10:30am Yoga Noon Board Games 12:30 Bean Bag 1pm Sheepshead	<b>17</b> 9am Se7ens 10:30am Aerobics 11am-1pm Community Table Meal 1pm Prairie Ridge Bingo
<b>20</b> 9am Marbles 10:30am Yoga 11:30am Lunch 11:30am Schools Day Out 1pm Euchre 1pm Golf Cards	<b>21</b> Pool League 9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 12:30pm Police Academy 1:00pm Ping Pong	<b>22</b> 9am Dice 10:30am Aerobics 11:30am Lunch Noon UNO 12:30pm Eyeglasses 1pm Sheepshead 1pm Knit-Wits 3pm Fitness Center Orientation	<b>23</b> 9am Dominoes 10:30am Yoga Noon Board Games 12:30pm Bean Bag 1pm Sheepshead	<b>24</b> 9am Se7ens 10:30am Aerobics 11am-1pm Community Table Meal
<b>27</b> 9am Marbles 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards	<b>28</b> Pool League 9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 12:30pm Police Academy 12:30pm Mayor Visit 1:00pm Ping Pong	<b>29</b> 9am Dice 10:30am Aerobics 11:30am Lunch Noon UNO 12:30pm Eyeglasses 1pm Sheepshead 1pm Knit-Wits	<b>30</b> 9am Dominoes 9am Dementia Care Specialist 10:30am Yoga Noon Board Games 12:30pm Bean Bag 1pm Sheepshead	<b>31</b> 9am Se7ens 9am Book Club 10:30am Aerobics 11am-1pm Community Table Meal

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

# JANUARY 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 11:30am, 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.



Fellowship, Food & Fun

MONDAY	TUESDAY	WEDNESDAY	THURSDAY Mobile Meals Only	FRIDAY Mobile Meals Only
 <i>Feil's Catering</i> Your Senior Dining Provider Menus & Nutritional Analysis at (920) 326-6050		1  <p style="text-align: center;"><b><u>CLOSED</u></b></p>	2 Beef Stew Broccoli Cuts Peach Slices Birthday Cake Cheddar Biscuit	3 Ham Roll Baked Beans Cole Slaw Apricot Halves Cookie Bread
6 Baked Chicken Garlic Mased Potatoes Peas & Carrots Fruited Gelatin Cinnamon Roll Bread	7 Baked Spaghetti California Blend Veggies Honeydew Melon Ice Cream Cup French Bread	8 Honey Mustard Meatballs Baked Potato Green Beans Pear Slices Cookie Bread	9 Beef Stroganoff Spinach Salad Orange Applesauce Cake Dinner Roll	10 Smoked Sausage Calico Bean Casserole Broccoli Cuts Tropical Fruit Butterscotch Pudding Bread
13 Mush Pork Cutlet Mashed Potatoes Mixed Vegetables Applesauce Sundae Cup Bread	14 Liver & Onions Baked Beans Corn Peach Slices Cake Roll	15 Chili Casserole Spinach Salad Cantaloupe Slice Cookie Cornbread	16 Country Fried Steak Mashed Potatoes Carrots Petite Banana Fudge Brownie Dinner Roll	17 Chicken Marsala Baked Potato Peas/Pearl Onions Fruited Gelatin Cinnamon Roll & Bread
20 Salisbury Steak Mashed Potatoes Green Beans Pineapple Tidbits Ice Cream Bread	21 Glazed Ham Baby Red Potatoes Three Bean Salad Tropical Fruit Vanilla Pudding Dinner Roll	22 Baked Chicken Garlic Mashed Potatoes Carrot Salad Pear Slices Cookie Bread	23 BBQ Meatballs Baked Potato Western Corn Applesauce Strawberry Sundae Cup Dinner Roll	24 Pot Roast Mashed Potatoes Pickled Beets Petite Banana Spice Cake Bread
27 Pepper Steak Calico Bean Casserole Cole Slaw Fruited Gelatin Cookie Bread	28 Cheesy Chicken & Rice Casserole Broccoli Honeydew Melon Cinnamon Roll Dinner Roll	29 Burger Mushroom Chopped Steak Mashed Potatoes Carrots Peach Slices Ice Cream Cup Bread	30 Chicken Cacciatore White Bean Salad Health Slaw Petite Banana White Brownie Dinner Roll	31 Roast Turkey Mashed Potatoes Green Beans Apricot Halves Chocolate Raspberry Torte Bread

# BINGO

We are going to play bingo three times this month!  
Thanks to our great sponsors!

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

## Monday, January 6 at 12:15pm—New Year's Party Bingo

Party information is on the front page of this newsletter.

## Friday, January 10 at 1:00pm

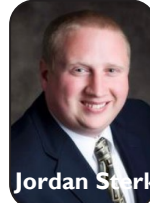
SIA is proud to sponsor 2<sup>nd</sup> Friday Bingo for the Waupun Recreation Department! Jordan Sterk, Kate Burk and Kyle Heuver are excited to be joining you this year as your bingo callers. Can't wait to see you on the 2<sup>nd</sup> Friday of every month at 1:00pm. Pizza provided by Pizza Ranch.



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



Kate Burk



Jordan Sterk



Kyle Heuver



## Friday, January 17 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.



# ENERGY ASSISTANCE

Waupun Utilities is hosting an in-person sign up event featuring Energy Services Inc., who will be on site to help customers complete forms and enroll in the Wisconsin Home Energy Assistance Program (WHEAP).

**NEW WAUPUN COMMUNITY CENTER  
520 MCKINLEY ST, WAUPUN**

**January 9, 2025 · 10 am -12 pm**

Customers can sign up for a 20 minute personal appointment by calling the Waupun Senior Center at (920) 324-7930.

Back-up date (in event of inclement weather):

**January 17, 2025 · 10 am -12 pm**

## INFORMATION YOU WILL NEED

Make sure to collect and bring the following items before applying for your benefits:

- **Verification of Income:**
  - Award Statements (if applicable)
  - Bank Statement
  - Pay Stubs for the prior month (December)
- **Household Information:**
  - Social Security Numbers (SSN) for all household members
  - Dates of Birth for all household members
  - Names of all household members (if new client or adding a member)
- **Utility Information**
- **Landlord Information (if applicable)**