Inspiring Wellness | Enriching Lives | Building Community

***NEW EXTENDED HOURS

We are happy to announce that the Waupun Recreation Department is extending operating hours in the Waupun Community Center!

> Starting, Monday, March 17 hours will be: 6am—7pm, Monday—Friday

Come meet our new morning and evening staff and enjoy the building amenities and programs before and after work or school. Rental information will be announced in April.

ST. PATRICK'S DAY PARTY

Join us for a festive good time! St. Patrick's Day apparel is optional, but highly encouraged. A delicious traditional St. Patrick's Day lunch will be served at 11:30am. Team trivia and scavenger hunt will follow. Registration is

required by noon on Friday, March 14 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, March 17

Lunch Menu: Corned Beef, Cabbage, Carrots, Potatoes, Fruited

Gelatin, Cinnamon Roll, Bread

WHAT'S INSIDE:

- Billiards
- •Bingo
- Book Club
- •Card Games
- Craft Clubs
- •Dementia Care Specialist
- •Fitness Center
- •Fitness Classes
- Foot Care
- •Indoor Walking
- Mayor Visit
- Meals
- Membership
- Pickleball
- Police Academy
- Presentations
- Open Gym
- •Schools Day Out
- •SPARK!
- Taxi Information

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

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	



SCHOOLS DAY OUT

Calling all kids and caregivers! Happy Spring Break! Join us for kids activities in the Community Center for some instructor lead fun brought to you by the Waupun Recreation Department, REACH Waupun, and the Waupun Area School District Key Club.

Tuesday, March 25 Activities:

11:30am—Craft (Rock Painting & Coloring Pages)

Noon—Basketball

12:30pm—Kickball

1:00pm—Dodgeball

1:30pm—Pickleball

2-4pm—Open Gym



Thursday, March 27 Activities:

11:30am-4pm—Board Games, Air Hockey & Ping Pong

11:30am-4pm—Open Gym

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.

Registration is open now and required. Sign up at the Waupun Recreation Department office, call (920) 324-7930, or email parks@cityofwaupunwi.gov

ACTIVITIES

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.

When: Tuesday, March 4—Advanced Law Enforcement Rapid Response Training & Graduation



CRAFT CLUBS

This month, we are making pebble art and painting rocks. Sign up for one or both! Register at the welcome desk or call 324-7930.

When: Tuesday, March 18 at 11:30am—Pebble Art Tuesday, March 25 at 11:30am—Rock Painting





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, March 6 from 4—5pm

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



HEALTHY SNACKING

Join Nutrition Educator, Melanie Phillip, in the Community Center kitchen and dining room to learn about some tips and tricks about healthy snacking. Sign up for lunch and/or class by calling



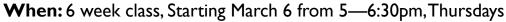
324-7930 or at the welcome desk. Lunch is served at 11:30am. The class will start after lunch. Register for lunch by noon on Monday, March 10. Suggested lunch contribution is \$5 for ages 60+.

When: Tuesday, March 11 at Noon

Lunch that Day: Chicken Teriyaki, Baked Potato, Carrots, Pears, Cake, Roll

POWERFUL TOOLS FOR CAREGIVERS

Powerful tools for caregivers is an educational program designed to help caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, neighbor, or friend. To register, please call 920-929-3466.



Where: Waupun Community Center, 520 McKinley Street



PRESENTATIONS

HOW TO PREVENT PICKLEBALL INJURIES

Benjamin Wiseley, MD, Board Certified Orthopedic Surgeon will be in the Waupun Community Center gymnasium to talk about pickleball injury prevention. With pickleball becoming more popular, there is potential for injuries to occur if players are not careful. A variety of helpful pickleball tips will be demonstrated to help you prevent injuries and enjoy the sport. Register for this presentation by calling 920-324-7930 or sign up at the Recreation Department welcome desk.

When: Monday, March 17 at 2:00pm

WAUPUN AREA SCHOOL DISTRICT LISTENING SESSIONS

Curious about the upcoming referendum or have questions you'd like answered in a casual setting? The district is hosting drop-in sessions through mid-March to provide an easy opportunity for you to connect and get the information you need. Stop by at your convenience!

When: Thursday, March 6 from 11:15am—12:15pm (Waupun Community Center)

Thursday, March 13 from 11:15am—12:15pm (Waupun Community Center)

ACTIVITIES



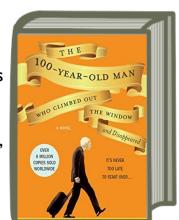
MAYOR VISIT

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 from the Mayor.

When: Tuesday, February 18 at <u>12:30pm</u>—Police Academy Topic: EMS & Fall Prevention

MARCH BOOK CLUB

This month's book is titled: The 100-Year-Old Man Who Climbed Out the Window and Disappeared by Jonas Jonasson, 396 pages. "After a long and eventful life, Allan Karlsson ends up in a nursing home, believing it to be his last stop. The only problem is that he's still in good health. A big celebration is in the works for his 100th birthday, but Allan really isn't interested (and he'd like a bit more control over his alcohol consumption), so he decides to escape. He climbs out the window in his slippers and embarks on a hilarious and entirely unexpected journey. It would be the adventure of a lifetime for anyone else, but Allan has a larger-than-life backstory: he has not only witnessed some of the most important events of the 20th century, but actually played a key role in them." Source: goodreads.com. Pick up your copy after March 3 at the welcome desk.



Optional Discussion: Friday, March 28 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.

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

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

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

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, March 26 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 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. Schools Day Out 3/18. For open gym/court reservations, please call 920-324-7930.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8am	Walking	Walking	Walking	Walking	Walking
8:30am	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
11:00am	Pickleball Beginner	Pickleball Beginner	Pickleball Beginner	Pickleball Beginner	Pickleball Beginner
1:00pm	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, March 6 Thursday, March 20

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, March 19 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, March 27 from 9:00am-Noon

MARCH ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9am Marbles 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards	9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 12:30pm Police Academy 1:00pm Ping Pong	9am Dice 10:30am Aerobics 11:30am Lunch 11:45am Craft Club Noon UNO 1pm Sheepshead 1pm Knit-Wits	8:30am Foot Care 9am Dominoes 10:30am Yoga 11:15pm WASD Talk Noon Board Games 12:30pm Bean Bag 1pm Sheepshead 4pm SPARK! 5pm Caregiver Class	9am Se7ens 10:30am Aerobics 11am-12:30pm Community Table Meal 1pm Cornerstone Caregiving Bingo
9am Marbles 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards	9am Hand & Foot Cards 10:30am Tone 11:30am Lunch Noon Healthy Snacking 1:00pm Ping Pong	9am Dice 10:30am Aerobics 11:30am Lunch Noon UNO Noon Blood Pressure 1pm Sheepshead 1pm Knit-Wits	9am Dominoes 10:30am Yoga 11:15pm WASD Talk Noon Board Games 12:30pm Bean Bag 1pm Sheepshead 5pm Caregiver Class	9am Se7ens 10:30am Aerobics 11am-12:30pm Community Table Meal 1pm SIA Bingo
9am Marbles 10:30am Yoga 11:30am Lunch & St. Patrick's Day Party 1pm Euchre 1pm Golf Cards 2pm Pickleball Injury Prevention	9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 11:30am Craft Club I 1:00pm Ping Pong	9am Dice 10:30am Aerobics 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 12:30 Bean Bag 1pm Sheepshead 5pm Caregiver Class	9am Se7ens 10:30am Aerobics 11am-12:30pm Community Table Meal 1pm Bingo at Prairie Ridge
9am Marbles 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards	9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 11:30am Craft Club II Schools Day Out 1pm Ping Pong 1pm Mayor Visit	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 10:30am Yoga Noon Board Games 12:30pm Bean Bag 1pm Sheepshead 5pm Caregiver Class	9am Se7ens 9am Book Club 10:30am Aerobics 11am-12:30pm Community Table Meal

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

WEATHER POLICY

In the event of inclement/severe weather, The Waupun Community Center shall close with or without notice. If the Waupun Area School District has closed and/or canceled school related activities, all Waupun Community Center Recreation Department activities are canceled, and will close. If the Waupun Area School District has a delayed start due to bad weather, the Waupun Community Center Recreation Department early morning activities will be canceled. Morning activities will start at 10:00am and the facility will open at 10:00am. If the Waupun Area School District closes early or cancels after school activities, The Waupun Community Center Recreation Department will close accordingly, and all afternoon and evening activities will be canceled. Waupun Community Center closing and delays will be announced on: wwww.cityofwaupunwi.gov, Facebook Waupun Recreation Department and on AM 1170/103.3 FM

MARCH LUNCH MENU

Senior Dining

Seil's Catering

Your Senior Dining Provider

Menus & Nutritional Analysis

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 are 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

60) who is eating with their spouse who is age 60 or older. No person shall be excluded at (920) 326-6050 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 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	THESDAY	WEDNECDAY	THURSDAY	FRIDAY
MONDAY	TUESDAY	WEDNESDAY	Mobile Meals Only	Mobile Meals Only
3 Italian Sausage on Bun Baked Beans California Blend Veggies Pineapple Cake	4 Liver & Onions Baked Potato Peas & Carrots Apple Pudding Roll	5 Breaded Fish Fillet German Potato Salad Peas/Pearl Onions Honeydew Melon Cookie Bread	6 Mushroom Pork Cutlet Mashed Potatoes Baby Carrots Applesauce Birthday Cake Roll	7 Spinach Lasagna Cole Slaw Peaches Pudding Bread
10 Swiss Steak Mashed Potatoes Corn Tropical Fruit Raspberry Sherbet Bread	II Chicken Teriyaki Baked Potato Carrots Pears Cake Roll	Chili Casserole Spinach Salad with Creamy Italian Dressing Cantaloupe Pudding Cornbread	Meatloaf Garlic Mashed Potatoes Green Beans Petite Banana Cinnamon Roll	14 Macaroni & Cheese Three Bean Salad Broccoli Cuts Pineapple Cookie Bread
Corned Beef Cabbage Carrots & Potatoes Fruited Gelatin Cinnamon Roll Bread	18 Pepper Steak Calico Bean Casserole Pickled Beet Salad Peaches Vanilla Pudding Dinner Roll	19 Baked Chicken Mashed Potatoes Peas & Cheese Salad Apple Ice Cream Cup Bread	20 Ham Roll Sweet Potato Bake Cole Slaw Apricots Cookie Dinner Roll	21 Crab Creole over Brown Rice Broccoli Cuts Tropical Fruit White Brownie Bread
24 Roast Pork Loin Mashed Potatoes Copper Penny Salad Applesauce Cookie Bread	25 BBQ Meatballs Baked Potato Western Corn Pears Cake Roll	26 Roast Turkey Mashed Potatoes Carrots Orange Poppy Seed Torte Bread	27 Chicken Cacciatore Spinach Salad Mixed Vegetables Fruited Gelatin Orange Sherbet Dinner Roll	28 Breaded Fish Fillet Baked Beans Health Slaw Pineapple Cake Bread

FRIDAY COMMUNITY TABLE MEAL II:00AM—I2:30PM. 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!

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.

Friday, March 7 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, March 14 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. Pizza provided by Pizza Ranch.











Friday, March 21 at 1:00pm—AT Prairie Ridge

When: Wednesday, March 12 from noon—2pm

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.



BLOOD PRESSURE SCREENINGS

Lakeland Care nurses are generously volunteering their time to offer free blood pressure screenings at the Waupun Community Center. We look forward to this LAKELAND opportunity to help empower and strengthen our community by promoting healthy lifestyles. 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!



MEDICAL SUPPLIES & EQUIPMENT DROP OFF

Church Health Services, Inc. is seeking unused/ 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.

