Waupaca Senior Center

• Wellness • Education • Recreation

Let Our Hearts Be Full of Both Thanks and Giving

Inside this Issue

Meet the Staff.....2
Day Trips 3
Resources 4
Computer Classes 5
Caregiver Conference.....6
Calendar 8
Fitness Programs... ..... .10
Special Events.....13
Membership.....15
Accreditation.....16

Monday - Friday: 8-3:30 pm

November 2021

Senior Center Guidelines

Masks are optional at the Senior Center for fully vaccinated members.

Please support the Senior Center by renewing your 2022 membership

waupacaseniorcenter.com
cityofwaupaca.org

1-715-258-4437

Our **VISION** is to be an indispensable asset to seniors and the Waupaca community.

OUR MISSION STATEMENT:

To provide older adults opportunities for continued independence to maintain an active, productive, and dignified life.

Meet Your Staff at the Senior Center

Andrew Whitman
Parks & Recreation Director
awhitman@cityofwaupaca.org

Sara Reybrock
Senior Center Coordinator
sreybrock@cityofwaupaca.org

Sue Wunderlich
Wellness Instructor
swunderlich@cityofwaupaca.org

Forrest Peters
Computer Instructor
fpeters@cityofwaupaca.org

Helen Halverson
Wellness/Volunteer Coordinator
hhalverson@cityofwaupaca.org

Kathy Rusch
Wellness Instructor
krusch@cityofwaupaca.org

Kathy Pickar
Administrative Professional
kpickar@cityofwaupaca.org

We are committed to giving you the best health and wellness experience at an incredibly affordable cost. Please let us know if there is anything better we can do to serve you. This year, all Veterans receive a free membership. Thank you for your service.

Like us on facebook

Follow Us On Facebook

Go to your Facebook Page
Search Waupaca Senior Center
Click on the LIKE Button

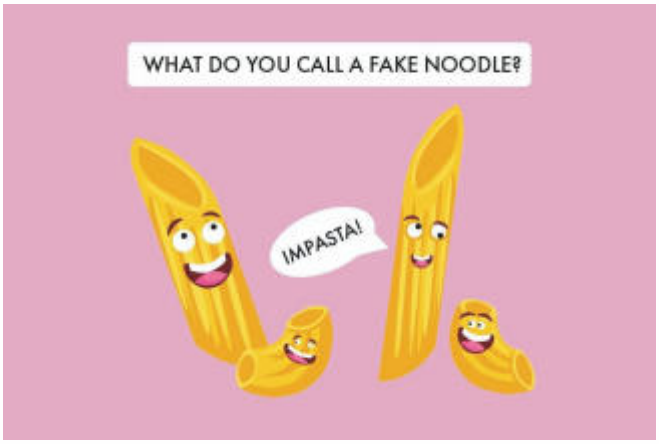
Or

Go to our Home Page at
www.waupacaseniorcenter.com
for hours, online membership, and the newsletter

Senior Advisory Board

The Senior Advisory Board meets 4 times a year. Anyone in the community is welcome to attend the meetings. Meeting dates and times are listed below.

Tuesday, January 19, 2021 8:00 am
Tuesday, April 20, 2021 8:00 am
Tuesday, July 20, 2021 8:00 am
Tuesday, October 19, 2021 8:00 am



DAY TRIP NEWS

WEDNESDAY, DECEMBER 1: **Holiday Inn**
The Fireside Theater, Fort Atkinson

Based on the classic film staring Bing Crosby and Fred Astaire, Irving Berlin's Holiday Inn celebrates all the holidays of the year. This joyous musical features thrilling dance numbers, laugh-out-loud comedy and a parade of hit songs. Lunch is included.

Total Cost: $155.00
Departure 7:30 am – Return 6:30 pm

Sign-up begins Tuesday, September 7th. Bus capacity is limited to 40, so sign-up as soon as you can. We have a more detailed itinerary that you can pick up at the front desk to help you with your decision and planning. (Food choices, shopping, and amount of walking, etc.)

ROCK STEADY BOXING
WAUPACA SENIOR CENTER

Rock Steady Boxing is a non-contact boxing program for individuals with Parkinson's Disease. Our next session is coming soon. Sign up TODAY! Each week we will focus on balance, strengthening, boxing, core work, large movements & vocal activation.

When: Tuesdays and Thursdays from November 9th to December 21st (6 week session)
Cost: $10.00 for 12 classes
Time: 1:00 pm
Assessment Needed: Please call 715-258-4437

Senior Center Staff

Senior Coordinator : Sara Reybrock
(sreybrock@cityofwaupaca.org)

Instructor: Sue Wunderlich
(swunderlich@cityofwaupaca.org)
Computer Instructor: Forrest Peters
(fpeters@cityofwaupaca.org)
Fitness Instructor: Kathy Rusch
(krusch@cityofwaupaca.org)
Instructor & Volunteer Coordinator: Helen Halverson
(hhalverson@cityofwaupaca.org)
Front Desk: Kathy Pickar
(kpickar@cityofwaupaca.org)

Waupaca Senior Center Advisory Board

Dave Peterson	Diane Baker
Sue Wunderlich	Betty Stewart
Gene Antoniewic	Joan Bretwisch
Joanne Rasmussen	Kim Kinner
Roy Luellen	Helen Halverson
Charlotte Murray	

Waupaca Senior Center Directory

Waupaca Public Library	715-258-4414	www.waupacalibrary.org
Waupaca City Hall	715-258-4411	www.cityofwaupaca.org
Waupaca Police Dept.	715-258-4400	www.cityofwaupaca.org
Waupaca Sheriff Dept.	715-258-4466	www.co.waupaca.wi.us
Gold Cross Ambulance	715-258-8103	www.goldcross.org
Waupaca Aging & Disability Resource Center (ADRC)	715-258-6400	www.youradrcresource.org
Social Security Administration	800-772-1213	www.ssa.gov
Waupaca Co. Veterans Service Office	715-258-6475	www.co.waupaca.wi.us
Energy Assistance Program	715-258-6820	
Waupaca Food Pantry	715-256-1645	
Waupaca Nutrition Site	715-258-9598	www.co.waupaca.wi.us
The Bread Basket (Methodist Church)	715-258-3400	
Theda Care Medical Center	715-258-1000	www.thedacare.org
Waupaca Taxi	715-258-2880	www.cityofwaupaca.org
Mobility for Vets Wheelchair Repair	715-281-6175	
700 South Industrial Drive, Waupaca (NEW ADDRESS)		

Community Service Helpline	211
Information, Directory Lookup	411
Traveler Information	511
Cell Phones Only: Provider Services	611
Telecommunications Relay System (TTY)	711
Diggers Hotline	811
EMERGENCY (Police, Fire, Sheriff)	911

Computer Classes Offered at WSC

Mini Pool League Tournament Winners

Rick Bock 1st
Stan Golla 2nd

We currently have 36 men shooting in our annual pool league. They play every Monday at 12:30 pm. Here are our current leaders after 5 weeks of play…

Bob Dickerson	10-2
Stan Golla	10-2
Rod Frankovic	9-0
Pat Stahl	9-1
Dan Nordhaus	8-3

TUESDAYS COMPUTER CLASS
Class from 6:00-7:30 pm

Pre-Register for One on One Help

THURSDAYS
Classes from 6:00-7:00 pm
Holiday Labels, & Gift Tags

This month we will be learning:
Holiday Extras

Having technical issues or want to learn some basics? Forrest Peters is here to help

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Waupaca County Caregiver Coalition

STRONGER TOGETHER

A FREE Conference for Caregivers

FRIDAY, NOVEMBER 5, 2021

Waupaca Senior Center & Recreation Center
407 School Street Waupaca, WI 54981

REGISTER

by calling Deb at (715) 252-3892

9am: ***Registration & Exhibit Booths***

10am: ***Keynote Speaker: Martin Schreiber***, *Former Governor of Wisconsin & Author of "My Two Elaines: Learning, Coping & Surviving as an Alzheimer's Caregiver"*

11:30am ***Breakout Sessions***

- *Healthy, Quick Meals on a Dime for Those with Little Time*
- *Connecting with Others: We're Stronger Together!*
- *I Just Need Fun! Cardio Drumming- Bang Out Your Frustrations & Have a Blast Doing It*

12:30pm: ***Complimentary Lunch*** *provided by Fleming's Cafe*

1:30pm ***Breakout Sessions***

- *Easy Technology Help for Caregivers to Get Connected*
- *Connecting with Others, Part 2: Ok So Now What?!*
- *I Just Need Fun! Paint & Palette with Janet Graves**

Create a masterpiece in this exciting, entry level painting class

**Painting begins at 1:15 - limited to 25 participants, all supplies provided*

Virtual Attendance Option: Most sessions will be recorded & shared via social media for later viewing.

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Brain Games: Use it or Lose It

Thanksgiving WORD SEARCH

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A O R T Y N K C E A Z Y I P T K
M W W S P C G G L T N F L N H B
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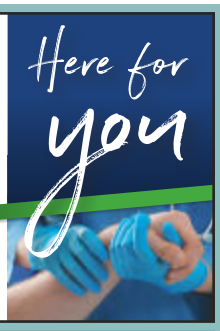

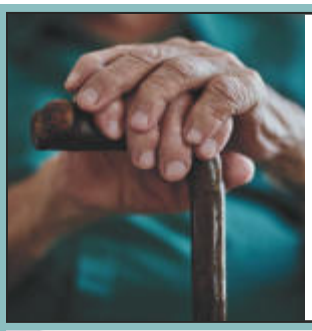

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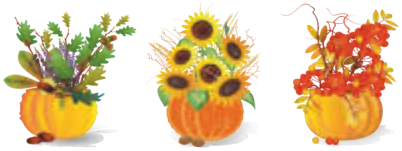
November

Monday	Tuesday	Wednesday
1 9:00 am Silver Sneaker Circuit (ER) *9:30 am Bridge Club (CD)* 10:00 am Cardio Drumming (ER) 11:00 am Tai Chi (ER) 12:30 pm Strong Seniors 12:30 pm Men's Pool League	2 9:00 am AFEP (ER) 10:00 am The Yarners (CR) 10:00 am Line Dancing (ER) *12:15 pm Mahjong (CR)* *12:30 pm Sheepshead (CD)* *6:00 pm 1:1 Computer Help (CL)*	3 8:00 am Woodcarving (L) 9:00 am Jamba (Gym) 10:00 am Qi Gong (ER) 11:00 am Tai Chi (ER) 12:30 pm Strong Seniors
8 9:00 am Basic AFEP (CR) 9:00 am Silver Sneaker Circuit (ER) *9:30 am Bridge Club (CD)* 10:00 am Cardio Drumming (ER) 11:00 am Tai Chi (ER) 12:30 pm Strong Seniors 12:30 pm Men's Pool League	9 9:00 am AFEP with Sara (ER) 10:00 am The Yarners (CR) 10:00 am Mindfulness Yoga (CD) 10:00 am Line Dancing (ER) *12:15 pm Mahjong (CR)* *12:30 pm Sheepshead (CD)* 1:00 pm Rock Steady Boxing *6:00 pm 1:1 Computer Help (CL)*	10 8:00 am Woodcarving (L) 8:30 am Town Trekkers 9:00 am Basic AFEP (ER) 9:00 am Jamba (Gym) 10:00 am Qi Gong (ER) 11:00 am Tai Chi (ER) *11:00 am Sculpting Santa RSVP* 12:30 pm Strong Seniors
15 9:00 am Basic AFEP (CR) 9:00 am Silver Sneaker Circuit (ER) *9:30 am Bridge Club (CD)* 10:00 am Cardio Drumming (ER) 11:00 am Tai Chi (ER) 12:30 pm Strong Seniors 12:30 pm Men's Pool League	16 9:00 am AFEP (ER) 10:00 am The Yarners (CR) 10:00 am Line Dancing (ER) 10:00 am Mindfulness Yoga (CD) *12:15 pm Mahjong (CR)* *12:30 pm Sheepshead (CD)* 1:00 pm Rock Steady Boxing (ER) *6:00 pm 1:1 Computer Help (CL)*	17 9-3 ADRC Open Enrollment Medicare 8:00 am Woodcarving (L) 8:30 am Town Trekkers 9:00 am Basic AFEP (ER) 9:00 am Jamba (Gym) *9:00 am Rug Hooking (CR)* 10:00 am Card Making with Carol 10:00 am Qi Gong (ER) 11:00 am Tai Chi (ER) *11:00 am Sculpting Santa RSVP* 12:30 pm Strong Seniors
22 9:00 am Basic AFEP (CR) 9:00 am Silver Sneaker Circuit (ER) *9:30 am Bridge Club (CD)* 10:00 am Cardio Drumming (ER) 11:00 am Tai Chi (ER) 12:30 pm Strong Seniors 12:30 pm Men's Pool League	23 9:00 am AFEP (ER) 10:00 am Line Dancing (ER) 10:00 am The Yarners (CR) 10:00 am Mindfulness Yoga (CD) *12:15 pm Mahjong (CR)* *12:30 pm Sheepshead (CD)* 1:00 pm Rock Steady Boxing ER *6:00 pm 1:1 Computer Help (CL)*	24 8:00 am Woodcarving (L) 8:30 am Town Trekkers 9:00 am Basic AFEP (ER) 9:00 am Jamba (Gym) *10:00 am Book Club (CR)* 10:00 am Qi Gong (ER) 11:00 am Tai Chi (ER) *11:00 am Sculpting Santa RSVP* 12:30 pm Last Strong Seniors
29 9:00 am Basic AFEP (CR) 9:00 am Silver Sneaker Circuit (ER) *9:30 am Bridge Club (CD)* 10:00 am Cardio Drumming (ER) 11:00 am Tai Chi (ER) 12:30 pm Men's Pool League	30 9:00 am AFEP (ER) 10:00 am Line Dancing (ER) 10:00 am The Yarners (CR) 10:00 am Mindfulness Yoga (CD) *12:15 pm Mahjong (CR)* *12:30 pm Sheepshead (CD)* 1:00 pm Rock Steady Boxing ER *6:00 pm 1:1 Computer Help (CL)*	**Every Wednesday** 4:30 pm TOPS Group (CR) 5:30 pm AA Meeting (CD) *Town Trekkers will meet inside when the weather is bad*

2021



Thursday	Friday	Saturday
4 9:00 am AFEP (ER) 10:00 am Cardio Drumming (ER) *10:00 am Toenail Clinic* 6:00 pm Computer Class (CL) Holiday Labels	5 Waupaca Caregiver Conference No Classes	6
11 9:00 am AFEP (ER) 10:00 am Cardio Drumming (ER) 10:00 am Mindfulness Yoga (CD) *10:00 am Toenail Clinic* 1:00 pm Rock Steady Boxing (ER)	12 9:00 am Jamba (Gym) 9:30 am Hand & Foot (CR) 10:00 am Qi Gong (ER) 10:00 am Wii Bowling *5:30 pm Wine Tasting Event ($10)*	13
18 9:00 am AFEP (ER) 10:00 am Cardio Drumming (ER) 10:00 am Mindfulness Yoga (CD) *10:00 am Toenail Clinic* 1:00 pm Rock Steady Boxing (ER) 6:00 pm Computer Class (CL) Holiday Tags	19 1:1 9:00 am Jamba (Gym) 9:30 am Hand & Foot (CR) 10:00 am Qi Gong (ER) 10:00 am Wii Bowling	20
25 	26 Center Closed 	27
		Room Key ER: Exercise Room AA:Augie Austin Gym CL: Computer Lab CD: Card Room CR: Craft Room L: Lobby

Waupaca Senior Center Exercise Programs

- ***Cardio Drumming:*** Beat to the rhythms of modern music on large stability balls. It's an energetic drumming adventure that anyone can do. Mondays and Thursdays at 10:00 am (FREE) *Intensity: Moderate-High ****
- ***Silver Sneaker Circuit:*** Certified instructor lead class including low impact cardio exercises and upper body strengthening. Mondays at 9:00 am (FREE) *Intensity: Moderate-High ****
- ***Tai Chi:*** Instructor leads Sun Style Tai Chi and does basic Fundamentals of Tai Chi. *Intensity: Low **
- ***Strong Seniors:*** Regimented strength training class led by Certified Instructors ($20.00 for 12 weeks when available) *Intensity: Moderate ***
- ***Jamba:*** Instructors will lead an energetic dance class geared toward seniors 50 years and older. Wednesdays and Fridays at 9:00 am (FREE) *Intensity: High*****
- ***Arthritis Foundation Exercise Program:*** Led by Certified instructors. Class may include a variety of exercise including range of motion, balance, cardio, strengthening, and relaxation. Tuesdays and Thursdays at 9:00 am (FREE) *Intensity: Low**
- ***Line Dancing:*** Instructor Lead Line dancing routines. Tuesdays at 10:00 am (FREE) *Intensity: Moderate-High ****
- ***Qi Gong***: A Certified Instructor teaches slow fluid movements that stretch & strengthen, in a deep breathing, meditative state of mind Wednesdays and Fridays at 10:00 am (FREE) *Intensity: Moderate***
- ***Mindfulness Yoga:*** Seated gentle stretches, deep breathing, meditation and mindfulness. Tuesday and Thursdays at 10:00 am (FREE) *Intensity: Low**
- ***Rock Steady Boxing:*** Certified instructor lead class for individuals with Parkinson's Disease. A non-contact class offering techniques to assist with gross motor skills, balance, core strength and vocal strengthening. Tuesdays and Thursdays at 1:00 pm (12 classes for $10.00) Must complete an assessment prior to the program. *Intensity: Moderate***

- *All classes are subject to change with availability of instructors.*

- ***Please note we encourage you to get a doctor's approval before performing an exercise program. Exercise classes are done at your own risk. Please choose classes that meet your ability level.***

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at

www.mycommunityonline.com

Activities & Fun To Be Had

Sculpting Santa Workshop

Sculpting Workshop
"Olde World Santa"

Registration Deadline
November 1st.

All materials provided. Bring sack lunch; Nov. 10, 17 & 24; 11am-2pm. Cost $65.

Central Wisconsin's Master Artist, Deann L. De La Ronde, a multi-talented and faceted artist, will be sharing her knowledge in the art of oven-baked sculpture. She has educational and successful classes often with returning students. Come be part of the fun!

Class Size is Limited, Please RSVP

715-258-4437

Card Making Class

Make 3 beautiful holiday cards with Carol. She will bring all the supplies and instruct you so you can complete your project and take it home all in the same day.

When: Wednesday, November 17, 2021

Time: 10:00 am-12:00 pm

Cost: Free

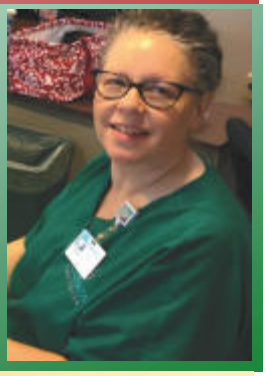
Where: Card Room

Max Capacity: 12 people
RSVP: 715-258-4437

TOENAIL CLINIC

Every Thursday
Please call in advance for an appointment.

715-258-4437

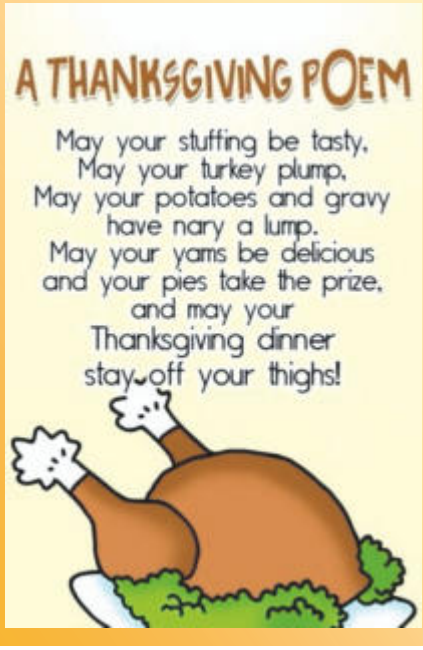


Drive Through Holiday Cheer Event

For the last few year we have been spreading holiday cheer to local seniors by going door to door with cheer boxes. This year we are going to do something different. We will be hosting a drive through holiday cheer event on

Wednesday, December 22, 2021.

Members will be encouraged to drive through the senior center parking lot and pick up a gift box, either for themselves or for a friend. We will have a limited number of boxes so RSVP is required. It will be fun, filled with joy, and of course lots of laughter. If you would like to participate, donate money toward items, or be a helper, please call 715-258-4437



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The Formal Wine & Cheese Tasting Gala

Dan Immel from PRP Wine International & Waupaca Senior Center Present

A Wonderful Event of Wine Tasting, Hors Dourves, Silent Auction,
Great Music and Fun!

Please RSVP for this event: 715-258-4437 by November 5, 2021

Anyone 21 years and older is welcome to attend, so bring your friends and family

Cost: $10.00/per person

Account Creation Form

***This form is only necessary if you want our office to setup your account.**

1. Name & Address:

*First Name: _____ *Last Name: _____

*Street Address: _____

*City: _____ *State: _____ *Zip _____

Mailing Address IF DIFFERENT than above:

Street Address: _____

City: _____ State: _____ Zip _____

2. Contact Info:

*Home Phone: (_____)_____-_____

Work Phone: (_____)_____-_____

Cell Phone: (_____)_____-_____

Cell Phone Carrier: _____

☐ Yes, I agree to receive text messages

☐ Yes, I am the main contact for my family

*Email Address: _____

☐ Yes, you may photograph or film me

How did you hear about us? Friend/Family Newsletter Radio Website Other _____

3. Personal Info:

*Gender: M or F *(circle one)*

*Date of Birth: _____/_____/_____

*Customer Type: General Public

4. Emergency Contact:

*First Name _____ Last Name_____

*Relationship _____

*Phone: (___) ____-_____

*Geographic Location:

☐ City of Waupaca ($15)

☐ Dayton ($20)

☐ Farmington ($10)

☐ Lind ($20)

☐ Other ($20)

☐ Town of Waupaca-Senior ($20)

WAUPACA SENIOR CENTER
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Waupaca, WI 54981

www.cityofwaupaca.org
www.waupacaseniorcenter.com

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Accreditation & Membership

The Waupaca Senior Center (WSC) achieved the honor of being an accredited Senior Center in the state of Wisconsin by the Wisconsin Association of Senior Centers in May 2011. In 2016 and in 2021 we received re-certification for another 5 year cycle. The State and National Standards, as established by the National Council on Aging and the National Institute of Senior Centers are used as the criteria. The Center is among the prestigious ranks for excellence in programming and recognizes the Waupaca Senior Center's achievements in the dedication to serving older adults.

The Waupaca Senior Center (WSC) encourages anyone ***50 years and older*** to join as a member. Memberships run from January 1 to December 31st of each year. You can sign up as a member throughout the year. There is a $10 membership fee for Farmington residents, $15.00 for City residents and all other townships or out-of-city residents pay $20 each year. Memberships may be purchased on line at www.waupacaseniorcenter.com or at the Senior Center.

Join the BEST in Recreation, Education and Wellness