



WAUPUN

SENIOR CENTER *newsletter*



Age 62+



Where you don't have to act your age

SEPTEMBER 2022

SENIOR CITIZENS POLICE ACADEMY

Our Senior Citizens Police Academy is back! The Waupun Police Department is giving us our own mini version of what it is like to be a police officer! New information and topics will be presented. This fun, learning opportunity is for everyone! There are no tests or quizzes. Bring your questions to ask our experts! Topics will include overviews of the Police Department, Fire Department and EMS. Other topics will include police investigations and use of force. There will also be a demonstration from the Waupun Police Department's new K9, Jet! You have the choice to attend one class or all six!

When: Tuesdays, 11:30am—1:00pm, Waupun Senior Center

- September 13
- September 20
- September 27

- October 4
- October 11
- October 18



Registration is required. Sign up at the Senior Center office or call 324-7930.

MOVIE AFTERNOON: *Home Team*

"The story about New Orleans Saints head coach Sean Payton coaching his son's 6th grade football team, when Payton was suspended for the entire 2012 season."

Source: imdb.com. PG, 2022, Comedy/Sport
1 hour, 35 minutes.



FREE POPCORN AND BEVERAGES!

When: Tuesday, September 27 at 2:30pm

Registration is required. Sign up at the Senior Center office or call 324-7930.



WHAT'S INSIDE:

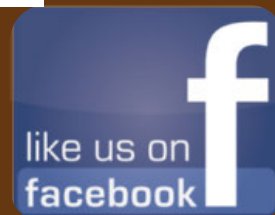
- Bingo
- Book Club
- Bowling League
- City Interview—Mayor
- Drum Exercise
- Fitness Center
- Fond du Lac County ADRC & Aging
- Foot Care
- Pickleball
- Mobile & Curbside Meals
- Senior Expo
- Yoga in the Park

Address: 301 E. Main Street, Waupun, WI 53963

Phone: Senior Center Desk Phone (920) 324-7930

Hours: Mondays, Wednesdays, Thursdays from 8:00am—4:00pm
Tuesdays, Fridays from 8:00am—2:00pm

Email: parks@cityofwaupun.org



CARDS & GAMES

MONDAY EUCHRE

Let's play some cards! \$1 to play! Every Monday at 1:00pm. **(Not on 9/5)**

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! Join us!

When: Mondays at 9:00am **(Not on 9/5)**

MONDAY GOLF CARDS

Golf is a card game where players try to earn the lowest number of points over the course of nine deals. The game has little in common with its solitaire.

When: Mondays at 1:00pm **(Not on 9/5)**

TUESDAY HAND & FOOT CARDS

Hand & Foot is a card game related to Canasta. Senior Center rules are provided and we will teach you how to play. It's fun!

When: Tuesdays at 9:00am

WEDNESDAY JACK OF DIAMONDS SHEEPSHEAD

Are you ready? \$1 to play on Wednesdays at 1:00pm.

WEDNESDAY DICE

Do you like to shake dice? Bank or Bust can be played with 2 or more people. Keep your points or gamble them away! First person to get to 10,000 points wins. We will teach you!

When: Wednesdays at 9:00am

THURSDAY DOMINOES

When: Thursdays 9:00am in the Kitchen or Front Room at the Waupun Senior Center.

THURSDAY BLACK QUEENS SHEEPSHEAD

Join us! \$1 to play on Thursdays at 1:00pm.

FRIDAY SE7ENS

Game style of play is very similar to Canasta or 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.

When: Fridays at 9:00am

GAMES

3

WOMENS BOWLING LEAGUE

Do you like to bowl? Looking to join a bowling team? We want to have one! We are in search of three person teams with one person to substitute. The other teams in the league are also looking for substitutes. Price: Sanction fee and \$12/week



When: Wednesdays, Starting on September 7— mid April (approximately 32 weeks)
9:00am—11:00am (3 games/Wednesday)

Interested? Call Rachel at 324-7930 or sign up at the Senior Center office.

PING PONG

We have a removable ping pong table that sits on one of our billiards table! This is easy set up and take down. The ping pong table, net, paddles, and ping pong balls will be available all month. If you want to meet and play someone, please let Rachel know and we can coordinate schedules. It is so much fun!

POOL TABLES

We have two pool tables at the Waupun Senior Center with all the equipment to shoot a game of pool. Tables are available to use whenever the building is open.



Feil's Catering

Your Senior Dining Provider

Menus & Nutritional Analysis
at (920) 326-6050



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DHS Approved 4/22/2021

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to place an ad today!
jparkinson@lpicommunities.com
or (800) 950-9952 x5887



FITNESS

FITNESS CENTER

The Waupun Senior Center has 14 resistance fitness machines and a cabinet of handheld weights, resistance bands, and exercise balls. We will show you how to use each piece of equipment. We use a timer to rotate and everyone cleans the machine after each use with a wipe. Please join us!

When: Monday—Friday from 8:00am—10:00am (**Not on 9/5**)

MONDAY YOGA I

Chair support is offered for standing and seated yoga poses. This class focuses on stretching your whole body by focusing on specific muscle and muscle groups. This is a 45 minute class. Please wear tennis shoes.

When: Mondays at 10:30am (**Not on 9/5**)

TUESDAY TONE

Tuesday Tone is a combination of yoga and aerobics. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. A chair may be used for balance and support.

When: Tuesdays at 10:30am

WEDNESDAY AEROBICS I

Move to the music through a variety of exercises designed to increase muscle strength, range of movement 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 at 10:30am

THURSDAY YOGA II

Move your whole body through a complete series of seated and standing yoga poses and stretches. Chair support is always available to safely perform poses designed to increase flexibility, balance and range of movement.

When: Thursdays at 10:30am

YOGA IN THE PARK

WHEN: THURSDAY, SEPTEMBER 15 at 10:30am

WHERE: HARRIS MILL PARK (300 N. Mill Street, Parking lot is on N. Forest Street)

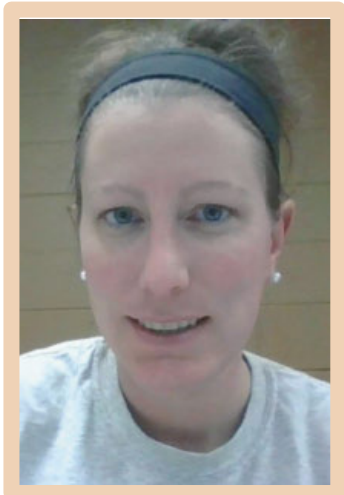
FRIDAY AEROBICS II

This workout offers standing, low-impact exercises and upper-body strength work with hand-held weights, elastic band with handles and a small ball. A chair is available for support. It is suitable for nearly every fitness level and can be adapted depending on the comfort of the individual participants. We have hand-held weights of ranging from 11b to 10lb. We also have two sizes of elastic bands.

When: Fridays at 10:30am

HELLO

A MESSAGE FROM RACHEL KAMINSKI, RECREATION PROGRAM DIRECTOR, CITY OF WAUPUN



I really want to thank everyone for being so understanding and kind about my summer schedule and seasonal duties. We truly have the best participants and volunteers here. Summer duties are coming to an end, so I will plan any expected time off in advance and make sure you are aware of it in future newsletters or signs at the Senior Center.

This month, is the last call for our 2022 Waupun Senior Center t-shirts. Please let me know if you would like to purchase or order one.

This is an exciting time of year with school starting. I have a kindergartner! The Senior Center's adopted third grade class will be visiting us and we are currently collecting school supplies for teachers to distribute throughout the school year. School supply donations can be placed in the white barrel at the Senior Center. Thanks!

Love, Rachel

Kohls Community Funeral Home

405 West Main Street • Waupun, WI 53963
920-324-5547 • www.kohlsfh.com



Randolph Community Funeral Home

208 S. High St.
Randolph, WI 53956
(920) 326-5131
www.randolphfh.com

Jamie Minnema
Funeral Director/Manager

Markesan Community Funeral Home

868 N. Margaret St.
Markesan, WI 53946
(920) 398-1522
www.markesanhf.com

Elizabeth Federer
Funeral Director

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This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

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ACTIVITIES

CRAFT CLUB: ADULT COLORING

Join us at the Waupun Senior Center to color! Coloring isn't just for children. Adult coloring can reduce stress, improve focus, allow your creativity to shine, and more! This fun activity will use coloring pages, colored pencils and fine tip markers. Each participant will go home with coloring book designed for adults! All of the supplies are provided. **FREE!** Sign up at the Senior Center office or by calling 324-7930.

When: Wednesday, September 21 at 11:30am



DRUM EXERCISE

Drumsticks, a large exercise ball and a basket are used to create our drumkit. This class is easy to learn and is a workout for all fitness levels and abilities. Come drum with us our just listen to the beat! This will be a 30 minute class.

When: Tuesdays at 2:00pm



KNIT-WITS

Are you a Knit-Wit? Do you love knitting? We do too! This is a social knitting group that spends most of the time working on personal projects and chit chatting. New members are always welcomed. We will help with projects and we will teach knitting or crocheting and how to read patterns etc., but we are not instructors. Bring your own yarn and knitting needles and join us for some fun conversations!

When: Wednesdays at 6:15pm

SEPTEMBER BOOK CLUB

This month's book is titled: *The Kitchen Front* by Jennifer Ryan, 408 pages. "In a new World War II-set story, four women compete for a spot hosting a wartime cookery program called The Kitchen Front - based on the actual BBC program of the same name - as well as a chance to better their lives. Two years into WW2, Britain is feeling her losses; the Nazis have won battles, the Blitz has destroyed cities, and U-boats have cut off the supply of food. In an effort to help housewives with food rationing, a BBC radio program called The Kitchen Front is putting on a cooking contest--and the grand prize is a job as the program's first-ever female co-host. For four very different women, winning the contest presents a crucial chance to change their lives. But with so much at stake, will the contest that aims to bring the community together serve only to break it apart?" Source:

goodreads.com. Pick up your copy after September 1 at the Waupun Senior Center office.

Optional Discussion: Friday, September 30 at 9:00am



SEPTEMBER ACTIVITY CALENDAR

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 8am Fitness Center 8:30am Foot Care 9am Dominoes 10:30am Yoga II 1pm Sheepshead	2 8am Fitness Center 9am Se7ens 10:30am Aerobics II
5 CLOSED Labor Day	6 8am Fitness Center 9am Hand & Foot Cards 10:30am Tone 2pm Drums	7 8am Fitness Center 9am Dice 9am Bowling League 10:30am Aerobics I 1pm Sheepshead 6:15pm Knit-Wits	8 8am Fitness Center 9am Dominoes 10:30am Yoga II 1pm Sheepshead	9 8am Fitness Center 9am Se7ens 10:30am Aerobics II 1pm SIA Bingo
12 8am Fitness Center 9am Marbles 10:30am Yoga I 1pm Euchre 1pm Golf Cards 6pm Pickleball	13 8am Fitness Center 9am Hand & Foot Cards 10:30am Tone 11:30am Police Academy 2pm Drums 	14 8am Fitness Center 9am Dice 9am Bowling League 10:30am Aerobics I 11:30am FdL Presentation 1pm Sheepshead	15 8am Fitness Center 8:30am Foot Care 9am Dominoes 10:30am Yoga in the Park 1pm Sheepshead 	16 8am Fitness Center 9am Se7ens 10:30am Aerobics II 1pm Prairie Ridge Bingo
19 8am Fitness Center 9am Marbles 10:30am Yoga I 1pm Euchre 1pm Golf Cards 6pm Pickleball	20 8am Fitness Center 9am Hand & Foot Cards 10:30am Tone 11:30am Police Academy 1pm City Interview 2pm Drums 	21 8am Fitness Center 9am Dice 9am Bowling League 10:30am Aerobics I 11:30am Craft Club 12:30pm Eyeglasses 1pm Sheepshead 	22 8am Fitness Center 9am Dominoes 10:30am Yoga II 1pm Sheepshead	23 8am Fitness Center 9am Se7ens 10:30am Aerobics II 1pm WCCA Buddy Bingo
26 8am Fitness Center 9am Marbles 10:30am Yoga I 1pm Euchre 1pm Golf Cards 6pm Pickleball	27 8am Fitness Center 9am Hand & Foot Cards 10:30am Tone 11:30am Police Academy 2pm Drums 2:30pm Movie  	28 8am Fitness Center 9am Dice 9am Bowling League 10:30am Aerobics I 1pm Sheepshead 6:15pm Knit-Wits	29 8am Fitness Center 9am Dominoes 10:30am Yoga II 1pm Sheepshead	30 8am Fitness Center 9am Se7ens 10:30am Aerobics II

SCHEDULE IS SUBJECT TO CHANGES

Please 324-7930 to verify and register for activities and lunch curbside lunch.

SEPTEMBER LUNCH MENU


The Senior Center lunch program is brought to us by Fond du Lac County Senior Dining Program with the goal of providing one hot, nutritious meal containing 1/3 of daily dietary needs. All meals served with milk.

When: Monday—Friday

- Curbside pick up at 10:00am
- \$3.00 suggested donation
- Indoor dining at Noon or otherwise listed
- \$3.00 suggested donation
- Mobile meals are delivered between 9:30am and 11:30am
- \$3.50 suggested donation

Eligibility: Ages 60+ or married to someone 60+
Cancellations: If you must cancel due to illness or an emergency, please call the Waupun Senior Center at 324-7930 as soon as possible.

Mobile Meals: To see if you or someone you know is eligible please call 920-929-3113.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 CLOSED Labor Day	 <i>Tail's Catering</i> Your Senior Dining Provider Menus & Nutritional Analysis at (920) 326-6050		1 Pork Steak Mashed Potatoes Three Bean Salad Birthday Cake Cantaloupe Slice Dinner Roll	2 Breaded Fish Fillet German Potato Salad Peas and Carrots Vanilla Pudding Tropical Fruit Salad Sliced Bread
6 Honey Mustard Meatballs Mashed Potatoes Broccoli Cuts Blonde Brownies Applesauce Dinner Roll	7 Chicken Teriyaki Brown Rice Chinese Ramen Salad Cinnamon Roll Apricot Halves Sliced Bread	8 Ham Roll Calico Bean Casserole Mixed Vegetables Honeydew Melon Butterscotch Pudding Dinner Roll	9 Country Fried Steak Mashed Potatoes Carrots Petite Banana Coconut Cream Pie Sliced Bread	
12 Meatloaf Baked Potato Corn Peach Slices Chocolate Chip Cookie Sliced Bread	13 Chili Casserole Spinach Salad with Raspberry Vinaigrette Cantaloupe Slice Ice Cream Cup Cornbread	14 Baked Chicken Garlic Mashed Potatoes Copper Penny Salad Apple Slices Tapioca Pudding Sliced Bread	15 Hamburger on a Bun Baked Beans California Blend Veggies Fudge Brownie Fruited Gelatin	16 Orange Chicken Baby Red Potatoes Green Beans Sugar Cookie Pineapple Tidbits Sliced Bread
19 Swiss Steak Mashed Potatoes Baby Carrots Raspberry Sherbet Pear Slices Sliced Bread	20 Escaloped Potatoes and Ham Casserole Tossed Salad Cantaloupe Slice Butterfinger Torte Dinner Roll	21 Chicken Marsala White Bean Salad Mixed Vegetables Chocolate Pudding Orange Sliced Bread	22 Lasagna Casserole Broccoli Cuts Cinnamon Roll Petite Banana French Bread	23 Roast Pork Loin Mashed Potatoes Wax Beans Applesauce Peanut Butter Cookie Sliced Bread
26 Cranberry/Kraut Meatballs Baked Potato Peas and Carrots Spice Cake Fruit Cocktail Sliced Bread	27 Baked Chicken Twice Bake Style Potato Three Bean Salad Oatmeal Raisin Cookie Pineapple Tidbits Dinner Roll	28 Pepper Steak Baby Red Potatoes California Blend Veggies Fruited Gelatin Vanilla Pudding Sliced Bread	29 Roast Turkey Mashed Potatoes Baby Carrots Pumpkin Cake Petite Banana Dinner Roll	30 Bratwurst on a Bun Cheesy Potato Bake Cole Slaw Apples Slices Chocolate Chip Cookie

PRESENTATIONS

9

FOND DU LAC COUNTY ADRC & AGING

Join us to learn about the recent integration of the department of Fond du Lac County Senior Services to the Department of Social Services (ADRC). The Aging and Disability Resource Center (ADRC) of Fond du Lac County assists older adults, people with disabilities and families/caregivers in finding services and resources to keep them living well and independently. Come to the Waupun Senior Center to learn about services and opportunities available to seniors like nutrition, transportation, support groups, caregiving, elder benefits and more. Dodge county residents are also welcome to attend to learn about similar resources in Dodge County.

When: Wednesday, September 14 at 11:30am

CITY INTERVIEW

Come to the Waupun Senior Center to talk with Mayor Rohn Bishop. The Mayor will introduce himself, give



updates on city happenings, and answer questions from the attendees.

When: Tuesday, September 20 at 1:00pm

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C 4C 01-1431

EXPO

The Senior Expo Council Inc

&



present

schedule of events

9:00 a.m. - 1:00 p.m.

50+ Exhibitor Booths

Lunch for Purchase
Benefiting Waupun Kiwanis

11:00 a.m. - 1:00 p.m.

Special Events
Throughout the Day

9:30 a.m. – BINGO

10:00 a.m. – Master Gardeners

11:00 a.m. – Yoga with Rachel Kaminski
Senior Center – Waupun

Noon – Health & Home Safety

by the Waupun Fire Dept./EMR

Visit the HearingLife Booth to get your
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For more information visit:

SeniorExpoCouncil.com

hosted at

Central Wisconsin Christian School
301 Fox Lake Rd. • Waupun, WI 53963



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- Waupun Fire Department
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Senior Expo... informative. empowering. fun.

2022
SENIOR EXPO
OCT 6
waupun
9:00 a.m. - 1:00 p.m.

free admission

DOOR PRIZES

SERVICES

11

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, moisturizing lower leg and foot massage by Keren from Lotus Foot Care, LLC.. Please bring a bath towel to your appointment.

Fee: \$30/30 minute appointment or until foot care is complete. New patients are \$35.

When: Thursday, September 1
Thursday, September 15
Thursday, October 6
Thursday, October 20

Appointments begin at 8:30am. Last appointment is at 4:30pm. Call 324-7930 to schedule your appointment. Appointments can be made months in advance.



EYEGLOSS ADJUSTMENTS

Teresa Ruch from Rock River Eyewear will be at the Waupun Senior to do any eyeglass or sunglass adjusting, replacement of screws, or nose pads. Cleaning supplies will be available for free.

When: Wednesday, September 21 at 12:30pm



TECH SUPPORT

Learn to Zoom, set up a Facebook account, learn how to set up your MyChart account, learn to use email or search the internet. This is a one-on-one appointment to take care of your tech-related needs. Bring your personal laptop, tablet or cell phone. You can also learn using one of the Waupun Senior Center laptops. Appointments can be scheduled by calling 324-7930.



GOT GLASSES?

At the Waupun Senior Center, 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 the Waupun Senior Center. Thank you!

WE ARE WISCONSIN DRUG REPOSITORY

Church Health Services, Inc. is seeking unused/ unneeded medicines and medical supplies. You may be able to help us or receive free:

- Prescription & Over the Counter Medications
- Medical Supplies (wheelchairs, walkers, canes, adult diapers, etc.)

As a drug repository member with a licensed pharmacist, we are able to accept, store and dispense donated medications and medical supplies to individuals who are low income. Please do not bring any opioids and leave all items in the original container. 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. Drug repository donations can be brought to the Waupun Senior Center by appointment only by calling 324-7930.



BINGO

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

FRIDAY, SEPTEMBER 9 at 1:00PM
FRIDAY, SEPTEMBER 16 at 1:00PM
FRIDAY, SEPTEMBER 23 at 1:00PM

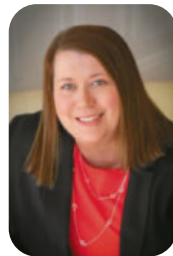
Friday, September 9 at 1:00pm

Sponsored by SIA Insurance Services

SIA is proud to sponsor 2nd Friday Bingo for the Waupun Senior Center! 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.



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



Kate Burk



Jordan Sterk



Kyle Heuver

Friday, September 16 at 1:00pm

Sponsored by Prairie Ridge

Prairie Ridge Assisted Living facilities in Beaver Dam, Mayville and Waupun that provides exceptional care and personalized assisted living options for seniors. We take the time to know your life stories, your family, friends and your dreams. Visit us at <http://www.prairieridgeassisted.com/> or call us at (920) 210-4039.



Friday, September 23 at 1:00pm

WCCA Buddy Bingo

We will be joined by our third grade buddies from Rock River Intermediate School to play bingo in teams! There will be bingo prizes for each buddy on the winning team. The WCCA is dedicated to enhancing the lives of people with meaningful programs, resources, and connections so together we can live and age strong in Waupun.

