



Waupun Senior Center APRIL 2015 NEWSLETTER



AGE 50 & OVER WELCOME!

NEW! BILLIARDS GOLF

The Waupun Senior Center now has two golf putting billiard style games. Join us after lunch! Use one of our putters or bring your own. On Friday, April 17 at 1:00pm. FREE!

Sholf

Sholf fuses the accessories of golf with the strategy, competitive play and scoring of shuffleboard. Played head-to-head, Sholf is wildly addicting and fun for all skill levels.

Putter Pool

Plays like golf - shoots like pool! Combines putting with shooting pool. Play 8 ball, rotation, 9 ball, or make up your own games. Play on carpet. For 1 to 4 players. The game includes: 6 regulation sized putting cups, 16 billiard style golf ball with imprinted numbers, and one billiard style ball rack.

Indoor Lawn Games
also on April 17
at 1:00pm
Bean Bag Toss
Horseshoes
Washer Toss
Lawn Dice



Unscramble the Spring Flowers:

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cuputtber
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ergnaimu
dafdilfo
gladlusoi
glodarmi
natacarnoi
pnsadragno

Location:

301 E Main Street
Waupun, WI 53963

Hours:

7:30am—4:00pm
Monday—Friday

Contact:

(920) 324-7930

parks@cityofwaupun.org

EASTER EGG DECORATING

Bring your children, grandchildren and great grandchildren to this family friendly event. Easter coloring pages, mazes and puzzles will also be available. Register at the Senior Center or call 324-7930.

When: Friday, April 3 from 10am—noon

Cost: \$1.00/family



BINGO WINNERS

March Winners:

Extra Card: Ginny Andrews, Jane Farley, Marion Hull, Bob Kastein

Lunch Vouchers: Mildred Bly, Ken Kwakkel, Charlotte Feucht, Phyllis Kwakkel

Gift Cards: Joyce Krenz and Joyce Pattee

Join us every 2nd Friday of the month @ 1:00pm. April Date: April 10th

Prizes: Lunch vouchers and \$5 gift cards



POOL LEAGUE

We have two 8 foot billiards tables to use. Billiards equipment is also provided. It is free to shoot open pool when the Senior Center is open. Tuesday pool league update as of March 23rd:

Currently in 1st Place: Al Holden

Currently in 2nd Place: Al Kearley

Currently in 3rd Place: Norm Jansma

EUCHRE

25¢ Euchre is on Monday afternoons at 1:00pm. Join us or learn to play with us!

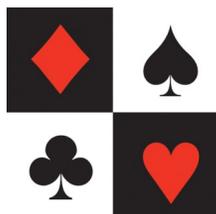
March High Scores:

Eleanor Hacht 64

Roger Blaze 58

Albert Zabel 56

Vi Wilkinson 56



SHEEPSHEAD

25¢ Sheepshead is on Wednesdays at 1:00pm and \$1 Sheepshead is on Thursdays at 1:00pm. Don't know how to play? We will teach you!

March High Scores:

Char Bronkhort 98

Newt Vande Zande 95

Lynn Tavs 88

Ron Harmsen 84

Bob Kastein 84

VOLUNTEER RECOGNITION DAY!

Volunteer Recognition Day is celebrated worldwide on April 20, 2015. It honors all volunteers who are working on behalf of others. You can celebrate Volunteer Recognition Day by thanking volunteers for their work at the Senior Center front deck, kitchen, and pool room. Thank you to our current volunteers: Betty Bruins, Nancy Neevel, Georgene Mulder, Nina Tebeest, Vi Wilkinson, Georgie Mecklenberg, Marion Birkholz, Boots, Pomplan, Lucille Ninneman, Dixie Hawley, Joyce Pattee, Jane Reilly, Marj Peachey, Ceil Mecklenberg, and Rolly Schroeder.

VOLUNTEER OPPORTUNITY

If you are interested in working at the front desk on Thursdays from 10:30am—1:00pm at the Senior Center, please call 324-7930 or stop by. Front desk volunteers must be able to answer phone calls, take messages, make phone calls, monitor daily attendance, assist with mobile meal packaging, monitor lunch registrations and payments.

SENIOR CENTER LUNCH

Great food, great company, great place! Catered by Feil's in Randolph.

Who: 60 years or older, or married to someone age 60 or older

When: Monday – Friday at noon (CLOSED Friday, April 3)

Suggestion Donation: \$3.00

Registration: Required one day in advance before noon by calling 324-7930 or registering at the Senior Center front desk.

Many popular entrees like baked chicken, pork steak, meatloaf, ham rolls, Swiss steak; April's menu is included in this newsletter. Brought to you by Fond du Lac County Senior Dining Program. Join a morning activity and stay for lunch. Have lunch and join an afternoon activity. OR join a morning activity, stay for lunch, and join an afternoon activity!

BREWERS GAME TRIP

Milwaukee Brewers vs. San Francisco Giants

When: Wednesday, May 27, 2015

Who: Ages 50 & up

Cost: \$35/person (includes transportation, parking & ticket)

Registration deadline: As soon as possible. Space is limited

Register at the Senior Center or call 324-7930

Bring your cooler on the bus with lunch and snacks or eat at one of the food vendors at the game!

Bus departs Waupun Senior Center 10:00am.

Game time: 12:40pm

Bus returns to Waupun Senior Center at 5:45pm.



Foot Care Clinic

1st and 3rd Wednesday morning of the month. Appointments start at 8:20am. Foot assessment and toenail trimming by Fond du Lac County Health Department. \$25.00/appointment. Must register one day prior at the Waupun Senior Center or call 324-7930. Space is limited.

Van Transportation

Transportations within the city limits of Waupun to medical appointments, hair appointments, restaurants, Waupun Senior Center, and many more places that are closer than you think! \$1.00 each trip. Available for people age 60 and over. Must be able to navigate 2 steps safely to board vehicle. Rides must be scheduled the day before by noon by calling 324-7930. Rides can be scheduled as early as 9:00am. The last non-medical ride is at 2:00pm and the last medical ride appointment is at 3:00pm. On the 2nd and 4th Thursday of the month, rides to the Fond du Lac County Mall are offered. Cost is \$4.00. Must have a minimum of 3 riders to make the trip. Call 324-7930 to reserve your spot or to be placed on the interest list.

MOVIE AFTERNOON

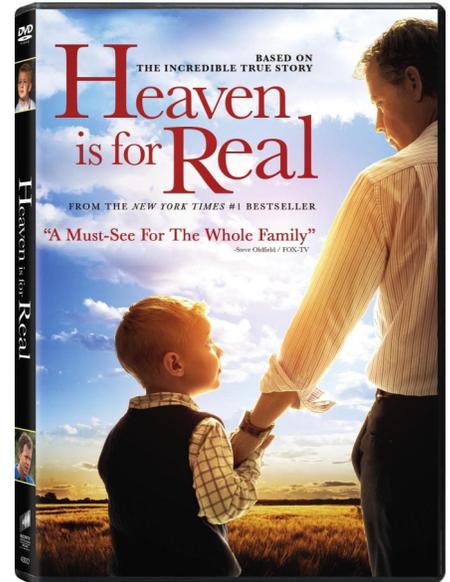
Friday, April 24 at 1:00pm

The Waupun Senior Center is great place for people age 50 or married to someone age 50 to meet people and make new friends. Join us for a FREE big screen movie. GUTH's popcorn and lemonade will be provided.

Featuring... **HEAVEN IS FOR REAL**

2014 movie; Drama; 99 minutes PG. Starring: Greg Kinnear, Kelly Reilly, Thomas Haden Church

A small-town father must find the courage and conviction to share his son's extraordinary, life-changing experience with the world. Register for the movie by calling 324-7930 or sign up at the Senior Center front desk.



BOARD GAMES AND HAND & FOOT

We are looking for fellow board gamers to join us on Thursday mornings at 9am! Play one of ours or bring your own! Card and other tabletop games welcome too! The Senior Center has Monopoly, Mancala, Cribbage, Dominoes, Uno, Farkle, Chess, Checkers, Scrabble, Skip-Bo and more! Show us how to play your favorite game or learn someone else's favorite game. Hand and Foot will be introduced on Thursday, March 19th. Hand and Foot is a card game related to Canasta, in which each player is dealt two sets of cards - the **hand**, which is played first, and the **foot**, which is played when the hand has been used up.

YMCA WORKOUT TRIP

The YMCA of Dodge County is offering a monthly trip to use their facility in Beaver Dam. The April trip will take place on Friday, April 17th from 9:15-11:45am. Space is limited to 10 people on the bus. Sign up soon to reserve your spot! Bus pick-up and drop-off location will be the Waupun Senior Center. All interested people must preregister by signing up at the Senior Center front desk or by calling 324-7930. The trip will cost \$6/person and payment is due the day of the trip. Price includes:

- Transportation to and from the YMCA
- Admission
- Facility tours
- Propulsion walking and lap swimming in the pool
- Hot tub and whirlpool use
- Wellness Center weights and equipment use
- Our own private group fitness class at 9:45am
- Pickleball in the gymnasium



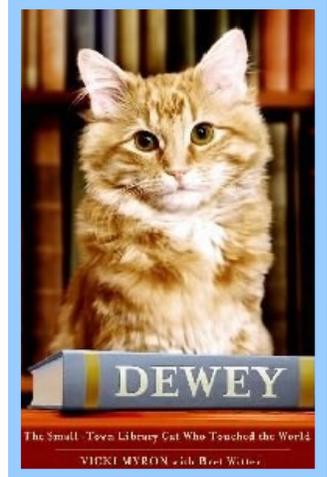
What is pickleball? Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Pickleball is played with two or more players. Players use paddles to hit a wiffle ball over a net.

BOOK CLUB

Book Club will discuss *Dewey: The Small-Town Library Cat Who Touched the World* by Bret Witter and Vicki Myron on Friday, April 10. Dewey books are still available. Hurry over to the Senior Center to pick up your book and join us at the April 10th meeting!

Description: "Based on a true story, Dewey, an abandoned kitten from the heartland, transforms a sleepy library, inspires a classic American town, and captures the hearts of animal lovers everywhere."

The next book will be selected at the April 10th meeting. Don't forget to bring your *Dewey* book to the April 10th meeting!



JAM SESSION

The Brandon Music Makers will be here every Wednesday from 10:30-11:30am! Song lyrics will be provided and song requests are welcome. Sing, play an instrument or just listen. Bring your instrument if you have one. We have a piano available for play. Come jam with us!

CRAFT CLUB

Coffee, conversations, and crafts every Tuesday morning at 9:00am. Show off your latest project or learn some tips and tricks from other crafters in the group. Do you needlepoint, crochet, cross-stitch, knit, make jewelry, scrapbook, make cards? Lets see! Bring your own craft to the Senior Center to work and chat.



CRIBBAGE

Cribbage will be on every Tuesday afternoon at 1:00pm. Cribbage is a card game traditionally for two players, but commonly played with three, four, or more, that involves playing and grouping cards in combinations which gain points. Cribbage boards and cards will be provided. Don't know how to play? That's ok we will teach you!



YOGA STRETCH

Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. FREE!

When: Mondays from 10:00-10:45am

A Message from Julie Hilbert, Benefit Specialist, FDL County Department of Senior Services

Scam Alert!

Don't Be So Quick to Wire Money to Your "Favorite Grandchild"

by the GWAAR Legal Services Team (for reprint)

Sweetheart Scam

Scammers have also been targeting older women on online dating sites. The scammer will have conversations with the unsuspecting woman and eventually profess his love for her. Then the scammer will find himself in some sort of predicament where he needs funds immediately, such as a stolen briefcase on business trip or a lost passport.

Grandparent Scam

The scammer calls and claims to be "your favorite grandchild" or close relative and is in some sort of crisis that requires immediate cash to remedy. The victim is then convinced to wire funds, send a prepaid credit card, or send cash via courier.

If you receive this sort of call, you should ask questions only your grandchild would know, such as the name of a pet, their middle name or age.

AARP publishes a state-by-state search for scams and news alerts by law enforcements. Find them here:

<https://action.aarp.org/site/SPageNavigator/FraudMap.html;jsessionid=19F0B5E0A9D3F0E6961261B76D66726E.app263b>

In a study of 10,000 people of average risk for colon cancer, Cologuard found 92% of cancer.

What is Cologuard?

Cologuard is a home test that is able to detect the presence of colorectal cancer. It was approved by the Food and Drug Administration in August 2014. It uses DNA technology to look for abnormalities in a stool sample. Cancerous or precancerous cells present in the colon will be picked up by the stool as it passes through the colon. Once Cologuard is prescribed by a physician, a collection kit is shipped directly to the patient who then collects a stool sample and sends it to the lab in the mailer provided in the kit. Patients are informed by their doctors of the results in approximately 2 weeks. If the results are a positive, a patient will have to undergo a colonoscopy to verify the results. In a study of 10,000 people of average risk for colon cancer, Cologuard found 92% of cancer.

Medicare coverage of Cologuard

Medicare Part B will cover use of this test once every three years for beneficiaries who meet the following criteria:

- Age 50 to 85 years old
- Asymptomatic (no signs or symptoms of colorectal disease including but not limited to lower gastrointestinal pain, blood in stool, positive guaiac fecal occult blood test, or fecal immunochemical test), and
- At average risk of developing colorectal cancer (no personal history of adenomatous polyps, colorectal cancer, or inflammatory bowel disease including Crohn's disease and ulcerative colitis; no family history of colorectal cancers or adenomatous polyps, familial adenomatous polyposis, or hereditary nonpolyposis colorectal cancer).

Conversely, Medicare will **not** cover use of this test if an individual:

- Has symptoms a doctor thinks may be related to colon cancer.
- Previously had a positive colonoscopy that found polyps or cancer.
- Is determined by a doctor to be at high-risk due to a family history of colon cancer.

Cologuard must be ordered by a doctor and cannot be purchased over the counter.

*Subject to co-pay on Advantage plans as a "Lab tests"



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APRIL 2015



Waupun Senior Center Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|
| <p>OPEN MONDAY-FRIDAY 7:30am-4:00pm 301 E Main Street Waupun, WI 53963 (920) 324—7930 parks@cityofwaupun.org</p> | | <p>1 8:20am Foot Care 10:30am Jam Session 1pm Sheepshead 25¢</p> | <p>2 9am Board Games 1pm Sheepshead \$1</p> | <p>3 Senior Center Open! 10am—Noon Family Easter Egg Decorating Senior Dining Program Closed</p> |
| <p>6 10am Yoga Stretch 1pm Euchre 25¢</p> | <p>7 9am Craft Club 9am Pool League 1pm Cribbage</p> | <p>8 10:30am Jam Session 1pm Sheepshead 25¢</p> | <p>9 9am Board Games 1pm Sheepshead \$1</p> | <p>10 10am Book Club Meeting 1pm Bingo</p> |
| <p>13 10am Yoga Stretch 1pm Euchre 25¢</p> | <p>14 9am Craft Club 9am Pool League 1pm Cribbage</p> | <p>15 8:20am Foot Care 10:30am Jam Session 1pm Sheepshead 25¢</p> | <p>16 9am Hand and Foot Cards 1pm Sheepshead \$1</p> | <p>17 9:15—11:45am YMCA Trip \$6 1pm Indoor Board Games 1pm Billiards Golf</p> |
| <p>20 Volunteer Recognition Day! 10am Yoga Stretch 1pm Euchre 25¢</p> | <p>21 9am Craft Club 9am Pool League 1pm Cribbage</p> | <p>22 10:30am Jam Session 1pm Sheepshead 25¢</p> | <p>23 9am Board Games 1pm Sheepshead \$1</p> | <p>24 1pm Movie Afternoon <i>Heaven is for Real</i></p> |
| <p>27 10am Yoga Stretch 1pm Euchre 25¢</p> | <p>28 9am Craft Club 9am Pool League 1pm Cribbage</p> | <p>29 10:30am Jam Session 1pm Sheepshead 25¢</p> | <p>30 9am Board Games 1pm Sheepshead \$1</p> | |

*****SCHEDULE IS SUBJECT TO CHANGES*** Please call to 324-7930 to register and verify.**

WAUPUN SENIOR CENTER BREWERS GAME TRIP



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Game time: 12:40pm

Bus returns to Waupun Senior Center at 5:45pm

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

Phone:(920)324-7930

Open: Monday-Friday from 7:30am—4:00pm

Email: parks@cityofwaupun.org

