



Waupun Senior Center



JUNE 2015 NEWSLETTER

MONARCHS & MILKWEED

Join us on Friday, June 5th with Marsh Haven Nature Center Director, Renee Wahlen, at the Waupun Senior Center to learn about Monarch Butterflies and milkweed. These beautiful winged creatures face declining numbers and are being considered to be placed on the endangered species list. Come learn how we can all help the Monarchs in our community.



Milkweed seeds and other free resources provided. Families welcome!

When: Friday, June 5 from 10:30-11:30am

COMMISSION MEETING

Do you have something to share? Please bring your questions, comments or concerns regarding the Waupun Senior Center to the Commission Meeting on June 18th at 8:30am. All are welcome to attend.

TIMBER RATTLERS BASEBALL TRIP

Timber Rattlers vs. Kane County

When: Tuesday, July 7th

Who: Ages 50 & up

Cost: \$30 (Includes game ticket, beverage, brat & deluxe motor coach transportation)

Our Seats: Section 103

Registration: As soon as possible. Space is limited. Register at the Senior Center or call 324-7930.

Bus departs: Waupun Senior Center at 10:00am

Game time: 12:05pm

Bus returns: Waupun Senior Center at 4:00pm



Location:

301 E Main Street
Waupun, WI 53963

Hours:

7:30am—4:00pm
Monday—Friday

Contact:

(920) 324-7930

parks@cityofwaupun.org

On the Radio:

AM 1170

Tuesdays at 7:45am

BUDDY JAM SESSION

Join us on Wednesday, June 24th at 10:30am for Buddy Jam! Summer school elementary students are coming to the Waupun Senior Center to jam with us. All are invited! Bring your children, grandchildren and great-grandchildren along to play instruments and sing along! Regular Jam Session will be on Wednesday, June 10! And will continue to be the 2nd and 4th Wednesday of the month. FREE!



GAMES

NEW! SUMMER POOL LEAGUE

Summer Pool League registration is now open. League will be played singles style and held on Tuesday mornings. League fee: \$10. A T-shirt will be awarded to the first place winner! Starts June 2nd and ends on August 25th. End of the season team tournament on September 1st. Sign up at the Senior Center front desk or call 324-7930. Congratulations to Al Holden, Winter League Champion!

EUCHRE

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

May High Scores:

Ev Lemke (67)
Leroy Hughes (67)
Doris Laurain (64)
Millie Armga (63),

SHEEPSHEAD

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

May High Scores:

Lynn Tavs (117)
Lynn Tavs (100)
Bruce Uecker (100)

CRIBBAGE

Cribbage is played every Tuesday afternoon at 1:00pm. 2-4 people can play at a time. We have multiple tables and cribbage boards to play many games at the same time. Don't know how to play? We will teach you! Just don't get a 19!

NEW! FRIDAY GAME DAY

This fun, friendly opportunity will be offered every Friday at 9:00am! Friday Game Day consists of board games, card games, and lawn games. Play one of our games or bring your own! We have marbles, Monopoly, bean bag toss, Phase 10, Scrabble, dominoes, chess, checkers, and so many more games! Show us how to play your favorite game or learn someone else's favorite game. Want to add to our game collection? Game donations are always welcome!



HAND & FOOT CARDS

Hand & Foot will be played on Tuesday mornings at 9:00am. Hand & 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. Don't know how to play? That's OK! Senior Center rules are provided and we will teach you how to play this popular southern game.

ENTERTAINMENT

BINGO

May Winners:

Culvers Coupon Bob Kastein,
Beverly Kastein, Kyle Clark, Doris
Zastrow

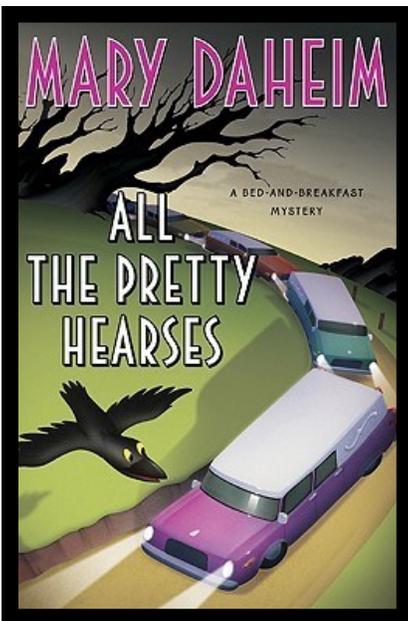
Lunch Vouchers: Tom Holzman,
Lucille Ninneman, Bob Kastein,
Beulah Opperman

\$5 Winners: Arthur Ossman and
Lynn Tavs

**June Bingo is sponsored by
Prairie Ridge Assisted Living on
Friday, June 12 at 1:00pm.**



BOOK CLUB



Our current book is *All the Pretty Hearses* by Mary Daheim.
288 pages.

“There’s no “fun” in “fund-raiser” for Judith McMonigle Flynn when she donates an overnight stay at Hillside Manor for the parish school’s annual auction—not when the pricey winning bid goes to the persnickety Paine family. Dinner is included—if Judith can sort through the endless allergies and aversions of the painfully picky Paines. The last thing she needs is another B&B guest who checks out permanently. Judith figures she’s already got way too much on her plate, so what else could possibly go wrong? On the other hand, at Hillside Manor, what can possibly go right?

Source: <http://www.goodreads.com>

Pick up your copy at the Waupun Senior Center and join us on Friday, June 12th at 10:00am for coffee and discussion. The next book will be selected at the June 12th meeting. Don’t forget to bring your *Hearses* book to the June 12th meeting!

PUZZLE

Do you like to work on puzzles? The Waupun Senior Center always has a puzzle that needs to be worked on. Help us complete it!

STAY ACTIVE

NEW! PICKLEBALL

Pickleball is the fastest growing sport for active older adults. The game combines features of badminton, tennis and ping pong. In pickleball, the ball and paddle are plastic. The court is smaller than a tennis court and the rallies are fun and exciting. Pickleball is great low impact exercise and, like all sports, it gives you a mental and physical release. You can forget your worries and even laugh while exercising.

When: Mondays at 5:30pm

Where: West End Park Tennis Courts

FREE! Equipment and instructors provided! Give it a try!



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. Beginners can join anytime.

FREE!

When: Mondays from 10:30—11:15am

Thursdays from 10:30—11:15am

WAUPUN FAMILY AQUATIC CENTER

OPEN SATURDAY, JUNE 6th!

Location: 701 County Park Road

Season Passes: Individual Pass - \$50.00; Family Pass - \$100.00

Daily Passes: Ages 3 years and under – FREE

Ages 4 years and older - \$4.00

Night Swim Only Monday -

Friday (6:00PM – 8:00PM) - \$2.00

Hours of Operation:

Open Swim: Monday—Friday 1:00 PM to 5:00 PM

& 6:00 PM to 8:00 PM

Saturday & Sundays

11:00 AM to 8:00 PM

Lap / Adult Swim: Monday—Friday 5:00 PM to 6:00 PM

Water Aerobics: Mondays & Wednesdays from

5:00—6:00pm from June 8—July 29

June Event: Father's Day on Saturday, June 21st. \$1 admission for Dads.

Contact: (920) 324-7924



FOR YOUR HEALTH

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. Make checks payable to: Fond du Lac County Health Department. Must register one day prior at the Waupun Senior Center or call 324-7930. Space is limited. Make your appointment months in advanced.



MEMORY SCREENING

A memory screening is a wellness tool that is a simple and safe evaluation tool that checks memory and other thinking skills. It can identify possible changes in memory and cognition. All memory screens done by Judy Wiese, Dementia Care Specialist of the Aging & Disability Resource Center of Dodge County. Schedule a Tuesday, June 30th appointment by calling 324-7930. FREE!

CARE CONSULTATIONS

Are you a caregiver of someone with memory loss? The Aging & Disability Resource Center of Dodge County is here to help! FREE!

- Explore options for assessment, diagnosis and treatment.
- Discuss strategies for dealing with family dynamics.
- Plan for future care needs and support.

Call 324-7930 to schedule your Friday, June 12th appointment at the Waupun Senior Center.

DIETITIAN AVAILABLE

Join us on Friday, June 19th at 1:00pm. This informational presentation will include dietary education on good cardiac food habits. Questions are welcome! Brought to you by Golden Living - Continental Manor of Randolph.

MONTHLY BLOOD PRESSURE CHECK

A blood pressure test measures the pressure in your arteries as your heart pumps. You might have a blood pressure test as part of a routine doctor's appointment or as a preventative screening. FREE! Come to the Waupun Senior Center on Tuesday, June 16 at 10:30am to have your blood pressure checked! Brought to you by Golden Living - Continental Manor of Randolph.



SERVICES

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

Suggested 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; May'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!

REMINDER: The kitchen is for volunteers only. If you need something from the kitchen please ask a volunteer first. Please use the pool room hallway to get to the restrooms.

SENIOR TRANSPORTATION

Transportation for ages 60+ 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 Forrest Mall in Fond du Lac 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.

COMPUTER

We have a guest computer to use! Use the Internet, type up a letter or play games! Need help using the computer? Just ask! Sign up by the front desk to schedule your computer time. Free WiFi available for use on mobile devices or laptops.



NEW PRICES! SENIOR CENTER BUILDING RENTAL

A great place for...

- Holiday parties
- Family reunions
- Baby showers
- Birthday parties
- Anniversary parties

Amenities:

- Refrigerator/freezer, microwave, stove, 30 cup coffee maker
- Seating and serveware for 80 people
- Free WiFi

Prices:

Monday—Friday

5:00-9:00pm—\$50.00

Saturday, Sunday & Holidays

4 hours—\$50.00

8 hours—\$75.00

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

Spring Cleaning — It's Not Just for Your House

by the GWAAR Legal Services Team

This is the time of year when most people start to clean out their homes and donate or sell unneeded items. Garage sales become abundant as people organize and sort through old clothes, household goods, and furnishings. Spring is also a good season to review powers of attorney as well as beneficiary designations on insurance and assets to ensure the documents you have in place reflect your wishes.

Powers of Attorney

Preparing and signing a power of attorney can seem like a daunting task — one that people are relieved to cross off their “to do” list and have completed. However, planning for incapacity is a process, not a one-time event. Anytime there are significant changes in one's life, it is recommended to revisit and perhaps update these important documents. Honoring Choices of Wisconsin (honoringchoiceswi.org) recommends that people update their planning documents whenever one of these four events occurs:

- Decade (every 10 years)
- Death of a loved one
- Divorce
- Diagnosis or decline

Anytime you experience one of these life changes — a new diagnosis or health decline, a divorce, or death of a loved one — it is vital that you update your powers of attorney. Wisconsin law presumes that a person would not want an ex-spouse to act as an agent under a power of attorney. However, if the former spouse was the only agent listed or the only other agent named had passed away, then the documents do not serve the purpose for which they were drafted. Additionally, the law changes from time to time, so it's always a good idea to review power of attorney documents at least every 10 years to ensure they are up to date.

NOTE: Powers of attorney documents cannot be modified once signed. Making changes to the already-signed documents may invalidate them altogether. Instead, have new documents drafted and signed.

Beneficiary Designations

Life insurance policies, retirement accounts, and certain investment accounts typically pass to a person designated as the beneficiary upon the death of the account holder. Many people fill out the beneficiary designation form when the account is first established and then fail to review this selection down the road. It is important to review the named beneficiaries on these accounts as time passes. If the listed beneficiary passes away, subsequently divorces you, or is no longer close with you, you may want to name a new beneficiary.

Even if you have already drafted a will or a trust, it is still important to update the beneficiary designations on your accounts because these assets do NOT pass by virtue of your will or trust. These assets are like a contract that is paid out upon your death and the contract dictates who will get the money upon your death.

NOTE: Each company has its own form to designate a beneficiary. To review or change your beneficiary, call the customer service department for each individual account or policy you have. Changes to beneficiary designations are usually not considered completed until they are put in writing, signed, mailed, and received back by the company.



June 2015

Waupun Senior Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:30am Yoga Stretch 1pm Euchre 25¢	2 9am Hand & Foot Cards 9am Pool League 1pm Cribbage	3 8:20am Foot Care 1pm Sheepshead 25¢	4 10:30am Yoga Stretch 1pm Sheepshead \$1	5 9:00am Friday Game Day 10:30am Monarchs & Milkweed Marsh Haven
8 10:30am Yoga Stretch 1pm Euchre 25¢	9 9am Hand & Foot Cards 9am Pool League 1pm Cribbage	10 10:30am Jam Session 1pm Sheepshead 25¢	11 10:30am Yoga Stretch 1pm Sheepshead \$1	12 9:00am Friday Game Day 8:30am Care Consolations 10am Book Club Meeting 1pm Bingo
15 10:30am Yoga Stretch 1pm Euchre 25¢	16 9am Hand & Foot Cards 9am Pool League 10:30am Blood Pressure 1pm Cribbage	17 8:20am Foot Care 1pm Sheepshead 25¢	18 8:30 Commission Meeting 10:30am Yoga Stretch 1pm Sheepshead \$1	19 9:00am Friday Game Day 1:00pm Dietitian
22 10:30am Yoga Stretch 1pm Euchre 25¢	23 9am Hand & Foot Cards 9am Pool League 1pm Cribbage	24 10:30am Jam Session 1pm Sheepshead 25¢	25 10:30am Yoga Stretch 1pm Sheepshead \$1	26 9:00am Friday Game Day
29 10:30am Yoga Stretch 1pm Euchre 25¢	30 8:30am Memory Screens 9am Hand & Foot Cards 9am Pool League 1pm Cribbage	OPEN MONDAY—FRIDAY 7:30am—4:00pm	301 E. Main Street Waupun, WI 53963 (920) 324—7930 parks@cityofwaupun.org	SCHEDULE IS SUBJECT TO CHANGES Please call to 324-7930 to register and verify.