



Waupun Senior Center



JULY 2015 NEWSLETTER

BUS TRIPS

LET'S GO FISHING

When: Tuesday, August 4th

Where: Montello Dam

Who: Ages 50 & up

Cost: \$5.00 (includes bait and fishing pole use)

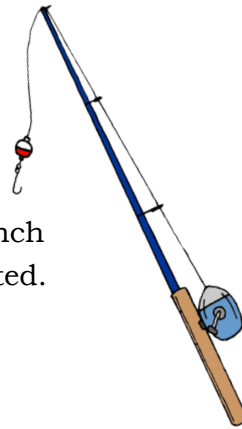
What to bring: Your fishing gear and a sack lunch

Registration: As soon as possible. Space is limited.

Register at the Senior Center or call 324-7930.

Bus departs: 7:30am

Bus returns: 1:00pm



COMMISSION MEETING

Please bring your questions, ideas, comments or concerns regarding the Waupun Senior Center to the Commission Meeting on July 16th at 8:30am. All are welcome to attend.

FARM TECHNOLOGY DAY

The Wisconsin Farm Technology Days is the largest agricultural show in Wisconsin and one of the largest in the nation. This outdoor event showcases the latest improvements in production agriculture, including many practical applications of recent research findings and technological developments. Visitors have the opportunity to see and talk with more than 600 exhibitors. Educational exhibits, special interest displays, and field machinery demonstrations provide something of interest for everyone. For additional information, pick up a brochure from the Senior Center

When: Tuesday, August 25th

Where: Statz Bros. Inc. Farm in Sun Prairie, WI

Who: Ages 50 & up

Cost: \$10.00

(includes admission and transportation)

Registration: As soon as possible.

Space is limited. Register at the Senior Center or call 324-7930.

Bus departs: 8:30am

Bus returns: 2:30pm



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



GAMES

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!

EUCHRE

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

June High Scores:

Newt Vande Woode (72)

Lois Schleicher (70)

Phyllis Beske (66)

Doris Laurain (64)

Millie Armga, & Lynn Tavs, (62)



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!

June High Scores:

Lynn Tavs (104)

Wally Neevel (92)

Russel Jorgenson (85)

Joyce Friese (83)

CRIBBAGE

Cribbage is played every Tuesday afternoon at 1:00pm. 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!

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. Senior Center rules are provided and we will teach you how to play this popular southern game.

BINGO

Thank you Prairie Ridge Assisted Living for sponsoring June Bingo!

June Winners:

Extra Card: Edna Heilmeyer, Beverly Kastein, JoAnn Rickerman, Janice Huizenga

Lunch Vouchers: Arthur Ossmann, Wally Neevel, Nancy Neevel, Janice Huizenga

\$5.00: Beverly Kastein and Rita Ossmann

July Bingo is sponsored by Golden Living

Continental Manor in Randolph on

Friday, July 10th at 1:00pm.



ENTERTAINMENT

FAMILY & BUDDY JAM SESSION

Join us on Wednesday, July 8th at 10:30am for Buddy Jam! Sing, play an instrument or just listen. Bring your own instrument or use one of ours. We have bells, a ukulele, piano, keyboard, tambourine, and more.

Summer school elementary students are coming to the Waupun Senior Center to jam with us. Bring your children, grandchildren and great-grandchildren along to play instruments and sing along! All are invited! Regular Jam Session will be on Wednesday, July 22! And will continue to be the 2nd and 4th Wednesday of the month. FREE!



BOOK CLUB

Our current book is *Sophie's Heart* by Lori Wick, 434 pages.

“Sophie is a 29 year old Czechoslovakian woman who comes to the United States hoping to build a new, better life. Very intelligent and well educated, speaking five different languages, Sophie used to work as a translator back in her homeland, but in America she finds it very difficult to get a comparable job and ends up working at a restaurant. She has to deal with rudeness, indifference, and cultural stereotypes, of which she is soon very tired despite her kind, patient nature. Alec Riley, Sophie's new employer, is a widower still grieving over the loss of his wife. He has three teenage children, they are still suffering the loss of their mother as well. Alec seeks escape in work and closes up emotionally, somewhat withdrawing from the children. Sophie's gentle presence and loving heart gradually bring the family back together.” Source: <http://www.litlovers.com>

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

PUZZLE

Do you like to work on puzzles? The Waupun Senior Center always has a puzzle in the process of being completed.

Do you have a puzzle that you would like to be completed at home? Bring it to the Senior Center and we will finish it for you!

STAY ACTIVE

PHYSICAL FITNESS JEOPARDY

Brought to you by Deb Winterhack, Generations Home Care and Hospice.

Join the Waupun Senior Center and Generations Home Care & Hospice with fun and interactive physical Fitness Jeopardy on **July 21st at 1:00pm**. Chad Weston Gardner, MSW, from Generations Home Care & Hospice becomes Alex Trebec in a fun game highlighting the need for physical fitness and strength as we age. The purpose of this game show style afternoon is to encourage physical fitness and socialization for healthy aging. Also, to provide a fun reminder of why activity is important.



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. Please wear tennis shoes and comfortable clothing. FREE!

When: Mondays from 10:30—11:15am

Thursdays from 10:30—11:15am

NO YOGA on Thursday, July 2nd and Thursday, July 23rd

PICKLEBALL

Pickleball is a great sport and exercise opportunity for active older adults. The game combines features of badminton, tennis and ping pong. The court is smaller than a tennis court and the rallies are fun and exciting. Pickleball is great low impact exercise that uses a plastic paddle and ball. Give it a try!

FREE! Equipment and instructors provided!

When: Mondays at 5:30pm

Where: West End Park Tennis Courts

SWIMMING

Where: Waupun Family Aquatic Center located at 701 County Park Road

Cost: \$4.00/Day

Adult Swimming

When: Monday—Fridays from 5:00– 6:00pm

Water Aerobics

When: Mondays & Wednesdays from 5:00– 6:00pm



FOR YOUR HEALTH

NATURE JOURNALING

Join Marsh Haven Nature Center Director, Renee Wahlen, to discover how you can use nature as your inspiration and guide to writing. Journaling can be therapeutic and fun. A nature journal is a place to grow your thoughts, feelings, ideas, activities, observations, and relationship with the natural world. And, it is an opportunity to interpret your inner thoughts out into the natural world and a space where the natural world can flow into you and leave a permanent mark. This hands-on program will help you get started on your journaling adventure. FREE!



When: Friday, July 10th from 10:30-11:30am

FALLS PREVENTION PRESENTATION

Join us at 9:00am on Wednesday, July 22nd for a fall prevention presentation. This 30 minute presentation will cover ways to prevent a fall from happening. People of all ages can get injured by a fall. For people 65 years old and older, falls are the leading cause of injury and death, and the risk of falling increases significantly with age – the older you get, the more likely you are to have an accidental fall. Questions are welcomed!

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 Wednesday, July 15th at 10:30am to have your blood pressure checked! Brought to you by Golden Living - Continental Manor of Randolph.

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. Appointments are \$25.00. Checks can be made 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. Space is limited and clinics fill up fast.

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; July'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

A Loss of a Spouse Means Rebuilding

Women are more likely to outlive their spouses, it is estimated that out of 13 million widowed Americans more than 11 million are women. Unfortunately, up to 90 percent of all women have never handled finances before. Recovering from a spouse's death is a process. There often is a significant impact on the finances. Taking control of the finances is not only an important step it can help to tackle the fear that can accompany sudden loss. There is counseling assistance such as Family Financial Counseling through the University of Wisconsin Fond du Lac that assists people with check writing and maintaining an accurate checkbook and other accounts. This is especially helpful for people now faced with having to take care of financial matters. As a surviving spouse, you may be entitled to apply for a number of financial benefits, including employer benefits, life insurance benefits, social security and/or veteran's benefits. Contact the appropriate agencies as well as your local benefit specialist to determine your eligibility.

You will need to contact your credit card companies, banks, homeowner's and life insurance companies as well as any financial institutions to let them know your spouse has died. You will need to provide copies of your spouse's death certificate to close accounts or to change them over to your name. Before changing the name on any jointly held accounts, make certain that any remaining debt has been paid off or that you at least know the status of the account. If you're concerned about being able to make payments, contact your creditor and explain your situation. Many creditors may give you an extension on your payment meaning that you can work out a plan to pay your debts off over a longer period of time. Begin the process of transferring all accounts into your name and establishing a solid credit history of your own. To change the title and registration of your car contact your local motor vehicle department. If your spouse owned any stocks or had any brokerage accounts, you'll want to change the account's name. To change a joint account, you'll need an affidavit of domicile, your spouse's death certificate and a formal letter from you indicating your social security number and requesting the change.

It's a good idea to keep a cash reserve to cover all of your expenses for a 3-6 month period. To maintain quick access to these emergency cash reserves and to ensure liquidity until you make your long-term investment decisions, consider depositing any benefit payouts that you receive in a liquid account. That way your money won't be tied up long-term in case you need to cover unexpected costs during this time of transition.

As a new widow (or widower), it is hard to think much beyond surviving the immediate pain of losing your spouse. But as you grieve and begin to take steps to rebuild your life, you'll want to make sure you take every step necessary to protect your estate and your future. Begin by reviewing your current insurance policies and evaluating your own insurance needs. Remember to check beneficiaries on every policy or account you change or open as a new account. Focus on the immediate needs and over time, take care of the rest by getting assistance along the way. For more information or assistance please contact Julie Hilbert, Senior Benefit Specialist for Fond du Lac County at 929-3521.



July 2015

Waupun Senior Center Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| | | 1 8:20am Foot Care 1pm Sheepshead 25¢ | 2 NO YOGA STRETCH 1pm Sheepshead \$1 | 3 CLOSED |
| 6 10:30am Yoga Stretch 1pm Euchre 25¢ | 7 9am Hand & Foot Cards 1pm Cribbage | 8 10:30am Jam Session 1pm Sheepshead 25¢ | 9 10:30am Yoga Stretch 1pm Sheepshead \$1 | 10 9:00am Friday Game Day 10:30am Marsh Haven Presentation 10am Book Club Meeting 1pm Bingo |
| 13 10:30am Yoga Stretch 1pm Euchre 25¢ | 14 9am Hand & Foot Cards 1pm Cribbage | 15 8:20am Foot Care 11:00am Blood Pressure 1pm Sheepshead 25¢ | 16 8:30am Commission Meeting 10:30am Yoga Stretch 1pm Sheepshead \$1 | 17 9:00am Friday Game Day |
| 20 10:30am Yoga Stretch 1pm Euchre 25¢ | 21 9am Hand & Foot Cards 1pm Fitness Jeopardy | 22 9:00am Falls Prevention 10:30am Jam Session 1pm Sheepshead 25¢ | 23 NO YOGA STRETCH 1pm Sheepshead \$1 | 24 9:00am Friday Game Day |
| 29 10:30am Yoga Stretch 1pm Euchre 25¢ | 30 9am Hand & Foot Cards 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. |