



Waupun Senior Center

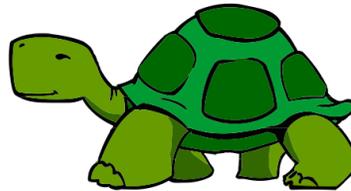
AUGUST 2015



NEWSLETTER

**ANIMAL AMBASSADORS**

Marsh Haven Messengers are animal ambassadors here to share a message about care, concern, and education for all animals, including our local wildlife. Our animal ambassadors will travel from their home at Marsh Haven Nature Center, a non-profit nature center located on the north end of the Horicon Marsh, to be part of an educational and fun animal experience. All animals have interesting back stories that we would like to share with you. Program includes animal stories, fascinating facts, educational information, Q&A, and of course, the animals. Bring your grandchildren and/or great grand children along on Friday, August 7<sup>th</sup> at 10:30am for this wild presentation!



**COMMISSION MEETING**

Are you interested in being a member of the Waupun Senior Center Commission? Positions are open. If you are interested in serving on the Commission or want to ask questions, share ideas, comments or concerns regarding the Waupun Senior Center to the Commission Meeting on August 20<sup>th</sup> at 8:30am. All are welcome to attend.

**WE HAVE A WII!**

The Waupun Senior Center just recently installed a Nintendo Wii! This video game system uses motion controls for a fun, active, and exciting experience with games that give you the feeling of playing your favorite sports like bowling, tennis, baseball and golf. Your own body's movements are used to interact with the games and you control whether you win or lose. Come play anytime! Play a single game, 1 on1 or 2 vs. 2. Instructions provided.

**Look for Wii Bowling League to start in September!**



**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

## EUCHRE

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

### July High Scores:

Marion Birkholz (66)

Ed Parduhn, Rose Heideman, Eleanor Hacht (63)

Eleanor Hacht and Ev Lemke (58)

## SHEEPSHEAD

25¢ Jack of Diamonds Sheepshead is on Wednesdays at 1:00pm and \$1 Black Queens Sheepshead is on Thursdays at 1:00pm. Join us or learn to play!

### July High Scores:

Lynn Tavs (93)

Bruce Uecker (92)

Ron Harmsen and Sylvia Herman (85)

## HAND & FOOT CARDS

Tuesday mornings at 9:00am. Senior Center rules are provided and we will teach you how to play this 10,000 point game!

## BINGO

**Thank you Golden Living Continental Manor in Randolph for sponsoring July Bingo!**

### July Winners:

Extra Card: Brinton Mohr, Georgene Mulder, Bellulah Oppermann and Beverly Kastein

Lunch Vouchers: Georgene Mulder, Bob Kastein, Marion Redeker and Millie Bleich

\$5.00: Brenda Teele and Rosie Pfeiffer

**Free bingo every second Friday of the month! Next bingo is August 14<sup>th</sup> at 1:00pm.**



## ARE YOU READY FOR FOOTBALL SEASON?!

**Do you know the name of the 32 teams in the National Football League?**

**Can you find all 32 football teams in the word search?**

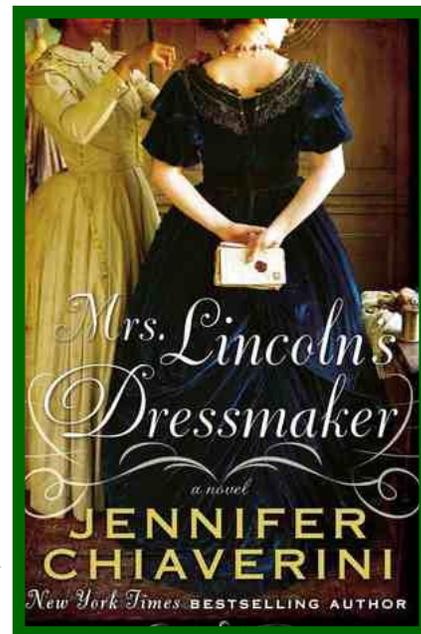
J H Z L E S M R N B R X F Y T Y H S H S  
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R E D S K I N S W S B W B O P Y P R U D

# ENTERTAINMENT

## BOOK CLUB

Our current book is *Mrs. Lincoln's Dressmaker : A Novel* by Jennifer Chiaverini, 352 pages.

“This historical novel unveils the private lives of Abraham and Mary Lincoln through the perspective of the First Lady’s most trusted confidante and friend, her dressmaker, Elizabeth Keckley. In a life that spanned nearly a century and witnessed some of the most momentous events in American history, Elizabeth Hobbs Keckley was born a slave. A gifted seamstress, she earned her freedom by the skill of her needle, and won the friendship of First Lady Mary Todd Lincoln by her devotion. A sweeping historical novel, *Mrs. Lincoln’s Dressmaker* illuminates the extraordinary relationship the two women shared, beginning in the hallowed halls of the White House during the trials of the Civil War and enduring almost, but not quite, to the end of Mrs. Lincoln’s days. Source: <http://www.goodreads.com>



Pick up your copy at the Waupun Senior Center and join us on Friday, August 14<sup>th</sup> at 10:00am for coffee and discussion. The next book will be selected at the meeting. Don't forget to bring your *Lincoln* book to the meeting!

## FUNNEL CAKES

Yum! It's fair time! Learn how to make this fair favorite at the Waupun Senior Center on August 6<sup>th</sup> at 1:00pm. Brought to you by Golden Living Continental Manor of Randolph. Sign up by calling 324-7930 or stop by the Senior Center office. FREE!



## JAM & JIVE

Music can be uplifting, relaxing and just plain enjoyable. Join us on Wednesday, August 12<sup>th</sup> and 26<sup>th</sup> at 10:30am for Jam & Jive Session! Sing, play an instrument, dance, listen or watch. Bring your own instrument or use one of ours. We have song books, bells, a ukulele, piano, keyboard, tambourine, and more. We play popular favorites like “Five Foot Two, Eye of Blue”, “Waiting for the Robert E. Lee”, “Hey Good Lookin’”, “Amazing Grace” and many more songs! Don't forget your dancing shoes!

# STAY ACTIVE

## NEW! AQUA YOGA

Yoga Stretch is going to the pool! Join us at the Waupun Family Aquatic Center, located at 701 County Park Road, for this new Senior Center activity. Yoga in the pool is an amazing place to experience the many benefits of yoga. The feeling of weightlessness in the water takes the stress out of challenged joints and stabilizes them to free muscular tightness or discomfort. Rachel Kaminski, Waupun Program Director, will be instructing the class. Lifeguard on duty.



**When:** August 21<sup>st</sup> and 28<sup>th</sup> at 10:00am

**Cost:** \$1.00/class

## 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. If a certain pose is too difficult for you, no worries. Just do something. Any safe movement and stretching is positive. Please wear tennis shoes. FREE!

When: Mondays from 10:30—11:15am

Thursdays from 10:30—11:15am

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## 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. Give it a try!

**FREE! Equipment and instructors provided!**

**When:** Mondays at 5:30pm

**Where:** West End Park Tennis Courts

## FITNESS PRESENTATION

Join us for an interactive and informational workshop by Waupun Anytime Fitness on Tuesday, August 11 at 1:00pm. Did you know that Waupun Anytime Fitness offers 24/7 access to 2,600 Anytime Fitness locations, fully reimbursed memberships through insurance, fitness consultations, personal fit coaching, and personal training? The staff of Anytime Fitness is also bringing along several current members to answer questions, and tell their success stories of fitness. As well as answering questions, these members will demonstrate several exercises to do at home to help increase your strength, mobility, flexibility, and balance. If you have any further questions, please contact Alyssa, gym manager, at 324-4912.

# FOR YOUR HEALTH

## FOOT CARE CLINIC

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 and clinics fill up fast.

**When:** Wednesday, August 5<sup>th</sup> and Wednesday, August 19<sup>th</sup>.

## CHRISTIAN HOME AND REHABILITATION CENTER

Representatives from the Christian Home and Rehabilitation Center will be visiting the Waupun Senior Center August 18<sup>th</sup> at 1:00. The Administrator, Barb Wirkus and Board of Directors President, Susan Buwalda, will be informing those attending about the vision, future and the impact that the Christian Home has in Waupun. Come and learn how you can help!!!

## FREE MONTHLY BLOOD PRESSURE CHECK

By taking steps to lower your blood pressure, you can reduce your risk of heart disease, stroke, and kidney failure. Lowering your blood pressure can help you live a longer, healthier life. Come to the Waupun Senior Center on Wednesday, August 19<sup>th</sup> at 11:00am to have your blood pressure checked! Brought to you by Golden Living - Continental Manor of Randolph.

# TRIPS

## LET'S GO FISHING

**When:** Tuesday, August 4<sup>th</sup>

**Where:** Montello Dam

**Who:** Ages 50 & up

**Cost:** \$5.00

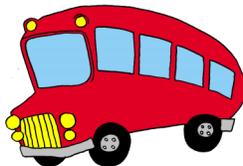
(includes transportation, bait and fishing pole use)

**What to bring:** Your fishing gear and a sack lunch

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

**Bus departs:** 7:30am

**Bus returns:** 1:00pm



## FARM TECHNOLOGY DAY

The Wisconsin Farm Technology Days is the largest agricultural show in Wisconsin and one of the largest in the nation.

**When:** Tuesday, August 25<sup>th</sup>

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

**Who:** Ages 50 & up

**Cost:** \$10.00

(includes admission and transportation)

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

**Bus departs:** 8:30am

**Bus returns:** 2:30pm

# 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; August'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:** Please use the pool room hallway to get to the restrooms.

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## SENIOR TRANSPORTATION

Transportation for ages 60+ within the city limits of Waupun. \$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 2<sup>nd</sup> and 4<sup>th</sup> 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.

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## COMPUTER USE

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.

**Stay tuned for computer classes starting in September!**

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## LIBRARY

We have a “take a book, return a book” bookshelf at the Waupun Senior Center. Anyone may stop by and pick up a book (or two) and bring back another book to leave and share. New stories or old favorites are always welcome.



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

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## Wisconsin's Foodshare Program by the GWAAR Legal Services Team

FoodShare was created to help stop hunger, promote good health, and provide for adequate nutrition. Many people benefit from FoodShare each month including seniors, families, and people with disabilities. FoodShare benefits are distributed on QUEST Cards, which operate like debit cards and can be used at grocery stores, some nutrition sites, and some farmers markets. Participants can purchase almost any kind of food including fruits, vegetables, meat, cheese, bread, and cereal. Participants should note that FoodShare may not cover all purchases. For example, FoodShare dollars cannot be used to purchase alcohol or tobacco. FoodShare is underutilized. Only one-third of eligible seniors are enrolled. Some eligible individuals do not want to receive FoodShare benefits. Often, an individual's reason to not enroll is based on widely-held false beliefs. Let's separate fact from fiction.

### FoodShare Myths & Realities

*MYTH: My benefit amount will be too low.* The maximum FoodShare benefit, for one individual, is \$194. The minimum benefit is \$16. Some may feel that the application process is not worth \$16 per month.

**Reality:** Over the course of a year, the minimum benefit totals to \$192! Additionally, benefit amounts can be "banked" for up to one year. In other words, individuals do not have to spend their benefits each month. The benefit amount can be "banked" and used when needed most, so long as it is used within a year. You can even "bank" your benefits to plan for nice holiday meals.

*MYTH: Everyone will know I am using "Food Stamps." Some people are embarrassed to use FoodShare.*

**Reality:** QUEST cards are used just like debit cards. There is no roll of stamps, so benefits can be used discreetly. Recipients use their QUEST cards just like any other credit or debit card at the cash register.

*MYTH: FoodShare is for poor people.*

**Reality:** FoodShare is a U.S.D.A.-funded nutrition program, not a welfare program. Importantly, FoodShare helps our local economies. In fact, Second Harvest Foodbank notes that the U.S.D.A. has estimated that "every \$5 of FoodShare benefits spent generates \$9 in economic activity." Do your part: find out if you qualify!

*MYTH: I have too many assets to qualify for FoodShare.*

**Reality:** Even if you own a home or vehicle, you may still be eligible for FoodShare. In fact, your assets may not even be taken into eligibility consideration. People over the age of 60 do not have to meet the FoodShare work requirements. Accordingly, a senior's eligibility for FoodShare often turns on his or her gross income. However, if an individual has a high income, he or she may still be eligible. Interested individuals should contact their local Aging & Disability Resource Center (ADRC) to determine whether they meet the eligibility guidelines. Applicants will have a face-to-face or telephone review with an economic support worker to determine eligibility.



# AUGUST 2015

## Waupun Senior Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 10:30am Yoga Stretch 1pm Euchre 25¢	<b>4</b> Fishing Trip 9am Hand & Foot Cards	<b>5</b> 8:20am Foot Care 1pm Sheepshead 25¢	<b>6</b> 10:30am Yoga Stretch 1pm Sheepshead \$1 1pm Funnel Cakes	<b>7</b> 10:30am Marsh Haven Presentation
<b>10</b> 10:30am Yoga Stretch 1pm Euchre 25¢	<b>11</b> 9am Hand & Foot Cards 1pm Fitness Presentation	<b>12</b> 10:30am Jam & Jive 1pm Sheepshead 25¢	<b>13</b> 10:30am Yoga Stretch 1pm Sheepshead \$1	<b>14</b> 10am Book Club Meeting 1pm Bingo
<b>17</b> 10:30am Yoga Stretch 1pm Euchre 25¢	<b>18</b> 9am Hand & Foot Cards 1pm Christian Home	<b>19</b> 8:20am Foot Care 11:00am Blood Pressure 1pm Sheepshead 25¢	<b>20</b> 8:30am Commission Meeting 10:30am Yoga Stretch 1pm Sheepshead \$1	<b>21</b> 10:00am Aqua Yoga
<b>24</b> 10:30am Yoga Stretch 1pm Euchre 25¢	<b>25</b> Farm Technology Day 9am Hand & Foot Cards	<b>26</b> 10:30am Jam & Jive 1pm Sheepshead 25¢	<b>27</b> 10:30am Yoga Stretch 1pm Sheepshead \$1	<b>28</b> 10:00am Aqua Yoga
<b>31</b> 10:30am Yoga Stretch 1pm Euchre 25¢		<b>OPEN</b> <b>MONDAY—FRIDAY</b> <b>7:30am—4:00pm</b>	301 E. Main Street Waupun, WI 53963 (920) 324—7930 parks@cityofwaupun.org	<b>SCHEDULE IS</b> <b>SUBJECT TO CHANGES</b> Please call to 324-7930 to register and verify.