



WAUPUN

SENIOR CENTER

newsletter



September 2015 | Issue 1 | Volume 7

NEW! COMPUTER CLASSES

Through the use of the Community Service Fund, the Waupun Area School District was able to provide twelve Chromebooks to the Waupun Senior Center.

These laptops will be available to use in the Senior Center during operating hours. A free computer class will be held on Tuesday, September 15th at 3:00pm and on Wednesday, September 30th at 10:00am to learn the features of our new laptops! Preregister by signing up at the Senior Center front desk or by calling 324-7930.

YMCA WORKOUT TRIP

The YMCA of Dodge County is offering a monthly trip to use their facility in Beaver Dam.

When: Friday, September 18th from 9:15-11:45am.

Cost: \$6/person

Register: Space is limited. All interested people must preregister by signing up at the Senior Center front desk or by calling 324-7930. Trip includes:

- ◆ Transportation to and from the YMCA
- ◆ Admission
- ◆ Propulsion walking and lap swimming in the pool
- ◆ Group fitness class at 9:45am
- ◆ Water aerobics class at 10:30am
- ◆ Hot tub and whirlpool use
- ◆ Wellness Center weights and equipment use



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ENTERTAINMENT

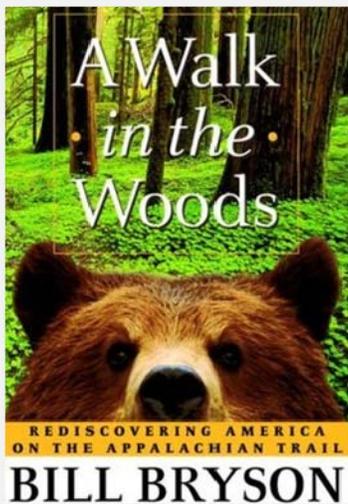
BOOK CLUB

Our current book is *A Walk in the Woods Rediscovering America on the Appalachian Trail* by Bill Bryson, 397 pages.

“The Appalachian Trail stretches from Georgia to Maine and covers some of the most breathtaking terrain in America –majestic mountains, silent forests, sparkling lakes. If you’re going to take a hike, it’s probably the place to go. And Bill Bryson is surely the most entertaining guide you’ll find. He introduces us to the history and ecology of the trail and to some of the other hardy (or just foolhardy) folks he meets along the way and a couple of bears. *A Walk in the Woods* will make you long for the great outdoors (or at least a comfortable chair to sit and read in). Source:

goodreads.com Pick up your copy at the Waupun Senior Center and join us on

Friday, September 11th at 10:00am for coffee and discussion. The next book will be selected at the September meeting.



JAM SESSION

Sing, play an instrument, dance, or listen. Bring your own instrument or use one of ours. Join us on Wednesday, September 9th and 23rd at 10:30am for a groovy good time! Brought to you by the Brandon music Makers.

BINGO

Join us for free bingo on the second Friday of the month! August Winners:

Front Row: Rose Pfeiffer, Fern Tavs, Jean Dohrman
Back Row: Brinton Mohr, Beulah Oppermann, Charolette Feucht, Nancy Neevel, Bob Kastein



Next bingo is September 11th at 1:00pm and is sponsored by ComForCare Home Care. ComForCare Home Care covers Dane, Sauk, Columbia, Dodge, and Iowa counties. Caregivers live in the area they serve to provide a wide range of daily personal services, including: medication reminders bathing, grooming, and hygiene, family respite, meal preparation, light housekeeping, laundry, transportation/errands, and companionship.

TAILGATE COOKING

Are you ready for some football!?! Join us in the Waupun Senior Center kitchen to cook up some tasty tailgate favorites. On Tuesday, September 22 at 1:00pm. Brought to you by Golden Living Continental Manor of Randolph. Sign up ahead of time by calling 324-7930 or stop by the Senior Center office. FREE!



COMMISSION

MEMBERS WANTED!

The Senior Center Commission meets on the third Thursday of each month at 8:30am. The Commission meets to talk about the needs of the Senior Center. Anyone interested in the treasurer position, please come to the next meeting. Anyone interest on serving on the Commission, please come to the next meeting. All member terms are 3 years. All are welcome to attend the meetings to share comments, questions, ideas or concerns. Next Commission meeting is on Thursday, September 17th at 8:30am.



Current members pictured from left to right:
Jane Reilly (Vice President), Marion Birkholz, Marj Peachey (President),
Nancy Neevel (Treasurer), and Joyce Pattee (Secretary). Not picture:
Lucille Ninneman

STAY ACTIVE

NEW! YOGA IN THE PARK

Yoga Stretch is going to the park! Join us at West End Park, located across the street from Waupun Memorial Hospital. Yoga in the park will be very similar to regular yoga at the Senior Center. This will give you the opportunity to enjoy the beauty of nature while practicing yoga. Chair support will be offered to safely perform a variety of seated and standing postures. **FREE!**

Rain location: Waupun Senior Center

When: Thursday, September 10th & Monday, September 21st from 10:30—11:15am

FALL PICKLEBALL

Pickleball will continue to run through the month of September at the West End Park tennis courts. 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. WE have amazing pickleball volunteers that will be there each time to teach and to hand out equipment.

When: Mondays at 5:30pm

FREE! Equipment and instructors provided!

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

SWIMMING SPECIAL

Summer is coming to an end and there will be some discounted days for a last chance to swim at the Waupun Family Aquatic Center for the season.

Where: 701 County Park Road

Cost: Only \$2.00/Day

When: September 1st—3rd from 4:00—7:00pm AND September 4th from 4:00—6:00pm

WII BOWLING

Wii Bowling will be held on Tuesday afternoons starting at 1:00pm. Sign up at the Senior Center office. Wii bowling is a great source of exercise, entertainment, and fun in a friendly competitive atmosphere. The Wii mimics your own body's movements to control the game you are playing. Come play the Wii anytime! Give it a try! Setup instructions are provided.

How to Wii Bowl:

- Place the red Wii remote control bracelet securely around your wrist on your dominant hand.
- Press the "A" button when it is your turn to bowl.
- Bowl the ball by gripping the controller and stretching your arm back.
- Hold down the "B" button and swing your arm forward.
- When you want the ball to be released, let go of the "B" button.

POOL NEWS

5

NEW SURFACE

Our pool tables are now resurfaced with new cloth! The Senior Center Commission purchased new pool balls and racks. Thanks!

WINTER LEAGUE

Sign up for your pool league at the Senior Center office. All leagues start the first week in December.

Leagues: Tuesday morning men's singles
NEW! Women's league on Tuesday afternoons
NEW! Co-ed doubles league on Tuesday afternoons

POOL RULES

Let's keep our pool room in pristine condition by following the pool rules.

- Break with the cues marked with green tape only.
- Do not sit on the pool tables.
- Do not set food or drinks on pool tables.
- No spearing or jumping the cue ball.
- When racking, gently place the pool balls in the rack.
- Leave pool balls in the pockets when finished playing.
- Cover the pool table when finished playing.

FOR YOUR HEALTH

FOOT CARE CLINIC

Foot assessment and toenail trimming by Fond du Lac County Health Department.

When: Wednesday, September 2nd and Wednesday, September 16th.

Appointments start at 8:20am.

Cost: \$25.00/appointment.

Must register one day prior at the Waupun Senior Center or call 324-7930. Space is limited.

FLU CLINIC

Come to the Waupun Senior Center to get your flu shot. The cost of the flu shot is covered under the following: Medicare Advantage Plans that include Anthem BlueCross BlueShield, Network Platinum Plus, SecureHorizons Direct, AARP/Medicare Complete and Medicare Medical (PART B) or Railroad. Private pay cost is \$30.00.

When: Wednesday, September 30th at 12:30pm

BLOOD PRESSURE CHECK

Come to the Waupun Senior Center on Wednesday, September 16th at 11:00am to have your blood pressure checked! Brought to you by Golden Living - Continental Manor of Randolph.

A MESSAGE FROM JULIE HILBERT, BENEFIT SPECIALIST, FDL COUNTY DEPARTMENT OF SENIOR SERVICES

Dental Care & Coverage Difficult for Many Adults by the GWAAR Legal Services Team
Medicare does not cover dental care such as cleanings, fillings, tooth extractions, dentures, and dental plates. Medicare Part A may pay for certain dental services that you get when you're in a hospital. However, due to the lack of Medicare coverage, many older Americans go without dental care. The Affordable Care Act subsidies cannot be used to purchase dental coverage except as an add-on to health coverage. In Wisconsin, Medicaid dental coverage for adults includes pain relief, infection treatment, tooth restoration, cleanings, fluoride treatments, crowns and fillings, X-rays, root canals, dentures and implants apart from preventive dental care checkups. However, extensive paperwork and oversight also limit the number of dentists willing to take Medicaid patients.

Wisconsin's Department of Health Services provides a list of free or reduced dental clinics that can be accessed at: www.dhs.wisconsin.gov/guide/freedental.htm. Donated Dental Service is for people who are unable to afford necessary dental treatment because of low income which is linked to a permanent disability, chronic illness, or age 65 or older. Dentists involved in this program agree to volunteer their time. A person needing dental services without coverage may also consider reaching out to local dentistry schools or area technical colleges to see if they offer reduced services with their students.

LUNCH MENU

Senior Dining



Fellowship, Food & Fun

September 2015

Fond du Lac County Senior Dining

Is Money Tight?

You might be eligible for a Food Share Wisconsin (Quest) Card

To contact the Food Share Wisconsin Help Line call
1-877-366-3635

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																									
	<i>1</i> Lasagna Casserole Mixed Italian Salad Watermelon Slice Rainbow Sherbet * French Bread	<i>2</i> Chopped Steak in Burg/Mush Sauce Mashed Potatoes Creamy Cuke Salad Peach Slices Cookie * Sliced Bread	<i>3</i> Hawaiian Meatballs Baby Red Potatoes Baby Carrots Birthday Cake Seedless Grapes * Dinner Roll	<i>4</i> Glazed Ham Sweet Potato Bake Health Slaw Pineapple Tidbits Rice Pudding * Sliced Bread																																																																																																									
<i>7</i> Closed Labor Day	<i>8</i> Roast Turkey Mashed Potatoes Summer Blend Veg. Cranberry Gelatin Frosted Cake * Dinner Roll	<i>9</i> Beef Stroganoff Casserole Tossed Salad Cantaloupe Slice Fudge Brownie * Sliced Bread	<i>10</i> Mush Pork Cutlet Mashed Potatoes Red Cabbage Coconut Cream Pie Apple Slices * Dinner Roll	<i>11</i> Chicken Marsala Baked Potato Carrots Pear Slices Cinnamon Roll * Sliced Bread																																																																																																									
<i>14</i> Beef Stew Maple Brussel Sprouts Applesauce Cake Honeydew Melon * Garlic Biscuit	<i>15</i> Bratwurst on a Bun German Pot. Salad Green Beans Mandarin Orange Gelatin Cookie *	<i>16</i> Baked Chicken Twice Bk Style Pot. Copper Penny Salad Ice Cream Cup Fruit Cocktail * Sliced Bread	<i>17</i> Crispy Fish Fillet Au Gratin Potatoes Peas and Carrots Watermelon Slice Frosted Cake * Onion Rye Roll	<i>18</i> BBQ Meatballs Baby Red Potatoes Western Corn Key Lime Pie Seedless Grapes * Sliced Bread																																																																																																									
<i>21</i> Pork Jaegerschnitzel Mashed Potatoes Pickled Beet Salad Applesauce Tapioca Pudding * Sliced Bread	<i>22</i> Chicken Cacciatore Baked Potato Mixed Vegetable Choc. Rasp. Torte Plum Halves * Dinner Roll	<i>23</i> Salisbury Steak Mashed Potatoes Swiss Spinach Fruited Gelatin Cookie * Sliced Bread	<i>24</i> Chicken, Broccoli and Rice Casserole Green Beans Pineapple Tidbits Cinnamon Roll * Dinner Roll	<i>25</i> Country Fried Steak Mashed Potatoes Carrots Egg Custard Pie Apple Slices * Sliced Bread																																																																																																									
<i>28</i> Chili Casserole Spinach Salad with Rasp. Vinaigrette Peach Slices Vanilla Pudding * Cornbread	<i>29</i> Baked Chicken Twice Bk Style Pot. Three Bean Salad Peanut Butter Cookie Honeydew Melon * Dinner Roll	<i>30</i> Meatloaf Sour Cream and Chive Potatoes Calif. Blend Veg. Pear Slices Fudge Brownie * Sliced Bread	<table border="1"> <thead> <tr> <th colspan="7">Aug 2015</th> </tr> <tr> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> <td></td> </tr> <tr> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> </tr> <tr> <td>10</td> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> </tr> <tr> <td>17</td> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> </tr> <tr> <td>24</td> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>31</td> </tr> </tbody> </table>	Aug 2015							M	T	W	T	F	S	S					1	2		3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30							31	<table border="1"> <thead> <tr> <th colspan="7">Oct 2015</th> </tr> <tr> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> </tr> <tr> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> </tr> <tr> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> </tr> <tr> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> </tr> <tr> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td>31</td> <td></td> </tr> </tbody> </table>	Oct 2015							M	T	W	T	F	S	S				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
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SEPTEMBER 2015 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>OPEN MONDAY - FRIDAY 7:30am - 4:00pm</p>	<p>9am Hand & Foot Cards 1:00pm Wii Bowling</p>	<p>8:20am Foot Clinic 1:00pm Sheepshead</p>	<p>10:30am Yoga Stretch 1:00pm Sheepshead</p>	<p>4</p>
<p>7 CLOSED</p>	<p>9:00am Hand & Foot Cards 12:00pm Lunch with the Mayor 1:00pm Wii Bowling</p>	<p>10:30am Jam Session 1:00pm Sheepshead</p>	<p>10:30am Yoga in the Park 1:00pm Sheepshead</p>	<p>11 10:00am Book Club 1:00pm Bingo</p>
<p>14</p> <p>10:30am Yoga Stretch 1:00pm Euchre 5:30pm Pickleball</p>	<p>9:00am Hand & Foot Cards 1:00pm Wii Bowling 3:00pm Computer Class</p>	<p>8:20am Foot Clinic 11:00am Blood Pressure Check 1:00pm Sheepshead</p>	<p>8:30am Commission Meeting 10:30am Yoga Stretch 1:00pm Sheepshead</p>	<p>18 9:15am YMCA Trip 1:00pm Energy Assistance</p>
<p>21</p> <p>10:30am Yoga in the Park 1:00pm Euchre 5:30pm Pickleball</p>	<p>9:00am Hand & Foot Cards 1:00pm Wii Bowling 1:00pm Tailgate Cooking</p>	<p>10:30am Jam Session 1:00pm Sheepshead</p>	<p>9:00am Senior Expo 11:00am Yoga at Senior Expo 1:00pm Sheepshead</p>	<p>25</p>
<p>28</p> <p>10:30am Yoga Stretch 1:00pm Euchre 5:30pm Pickleball</p>	<p>9:00am Hand & Foot Cards 1:00pm Wii Bowling</p>	<p>10:00am Computer Class 12:30pm Flu Clinic 1:00pm Sheepshead</p>	<p>30 I E. Main Street Waupun, WI 53963 (920) 324-7930 parks@cityofwaupun.org</p>	<p>SCHEDULE IS SUBJECT TO CHANGES Please call to 324-7930 to register and verify.</p>

HELLO

A MESSAGE FROM RACHEL KAMINSKI, WAUPUN PROGRAM DIRECTOR, YMCA OF DODGE COUNTY



The past 7 months at the Waupun Senior Center have been meaningful, insightful, and just plain fun. I have had the pleasure of creating new senior activity options, learning about the history of Waupun, and meeting wonderful members of the Waupun community. I am extremely thankful for the participants and volunteers of the Waupun Senior Center who make this place so welcoming and enjoyable.

The Waupun Senior Center is truly a place for all kinds of opportunities. If you need help, my office door is open. If you have any new ideas for activities, my office door is open. If you have any suggestions on how to make the Senior Center even better, my office door is open.

GAMES

EUCHRE

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

August High Scores:

Rose Heideman (62)

Fern Tavs (61)

Rose Heideman (61)

Esther Vande Woude (60)

Rose Heideman (59)

JACK OF SHEEPSHEAD

25¢ Jack of Diamonds Sheepshead is on Wednesdays at 1:00pm. Beginners welcome!

August Top Scores:

Lynn Tavs (95)

Bob Kastein (93)

Lorna Paskey (89)

Joan Meyer (87)

SUDOKU

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HAND & FOOT CARDS

Hand & Foot will be played on Tuesday mornings at 9:00am. Hand & Foot is a card game related to Canasta. Senior Center rules are provided and we will teach you how to play.

PUZZLE

Like to puzzle? There is always a puzzle to work on at the Senior Center!

BLACK SHEEPSHEAD

\$1 Black Queens Sheepshead is on Thursdays at 1:00pm. Join the fun!

August Top Scores:

Vi Wilkenson (91)

Ron Harmsen (90)

Russell Jorgenson (86)

Rose Heideman (81)

SENIOR CENTER ACTIVITY WORD SCRAMBLE

GOYA _____

HEDSHAPESE _____

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KOBO LBCU _____

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MJA OSINSES _____

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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.

Menu: Located on page 10

LUNCH WITH THE MAYOR

Join Mayor Kyle Clark for lunch at the Waupun Senior Center on Tuesday, September 8th. To register for lunch you must call 324-7930 or sign up at the Senior Center front desk by noon on Friday, September, 4th. \$3.00 is the suggested donation for lunch.

ENERGY ASSISTANCE

Energy Services Inc. focuses on helping those in desperate need, with the sole purpose to protect the lives of Wisconsin residents through the bitter cold winters. Fall heating season is coming up. Stop by to see if you qualify for energy assistance. You must provide your most recent energy bill, photo ID, social security number, written proof of your household's gross income for the last three months.

When: Friday, September 18th from 1:00-3:00pm

To schedule an appointment, please call

NOLAN INSURANCE

You're invited to discover Medicare tips and tricks with Jaime and Katie from Nolan Insurance Agency, LLC. No matter if you are newly eligible or have been on Medicare for quite some time, you won't want to miss joining them. Jaime and Katie bring a combined 24 years of insurance experience and enjoy working with seniors daily!

Please plan to attend one of their two educational seminar offerings.

When:

Friday, October 2nd at 10:30 – 11:00am

Tuesday, October 13th at 1:00 – 1:30pm

Space is limited to the first 80 people so please call 920-346-2241 or email jmartinez@nolanins.com before September 21st to reserve your spot!

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.

The Active Adult Resource Council and
Waupun Chiropractic
 Welcome You
Thurs, Sept 24th | 9 am - 2 pm
 at Central Wisconsin Christian School
 301 Fox Lake Rd, Waupun
 Dozens of Vendors • Door Prizes
 Lunch Available for Purchase

9:15 - Dodge County Master Gardeners
 "Putting Your Garden to Bed for Winter"
 10:00 - "Just Us" duet
 11:00 - Yoga Stretch with Rachel
 Noon - BINGO
 1:15 - CWC Kids Choirs

Top Platinum Sponsor



Gold Sponsor



Silver Sponsors

ADRC of Dodge County
 ContinUUs
 Home Instead Senior Care
 Hope Health & Rehab Center

2015

SENIOR EXPO



Get Your
FLU SHOT
 Here!
 (with Thrifty White)

Antique Appraisal

9AM - 1PM

Bring Yours Along!

(with Schroud Auction & Appraisal Service)



Lamers Tour & Travel
 Olson Eye Care
 Radio Plus FM 103.3 AM1170
 ResCare Home Care
 Waupun Senior Center



WAUPUN
 SENIOR CENTER

301 E Main Street
 Waupun, WI 53963
 324-7930

MAILING LIST

If you or a person you know wish to be our Senior Center Newsletter emailing list please, submit your email to michelle@cityofwaupun.org. If you would like to be placed on our mailing list, please send a check in the amount of \$13.50 payable to: City of Waupun to Waupun Senior Center, 301 E Main Street, Waupun, WI 53963.

BUILDING RENTAL

Monday—Friday
 5:00pm—9:00pm
 \$50.00

Saturday, Sunday & Holidays
 4 hours—\$50.00
 8 hours—\$75.00

*\$ 25 Key/Cleaning Security Deposit

To reserve call 324-7930 or stop by the Senior Center to check availability and pick up an application.

Provided in Rental:

- Refrigerator/Freezer
- Microwave
- 2 Roasters
- Stove
- 30 and 60 cup coffee maker
- Seating and serveware for 80 people
- Cleaning supplies
- WiFi