



# WAUPUN

SENIOR CENTER

*newsletter*



October 2015 | Issue 1 | Volume 8

## FALL FESTIVITIES

### Pumpkin Decorating

Come to the Waupun Senior Center to decorate pumpkins! Sponsored by Golden Living - Continental Manor of Randolph and Heritage Farms of Columbus.

**When:** Tuesday, October 27<sup>th</sup> at 3:00pm

Preregister by signing up at the Waupun Senior Center front desk or by calling 324-7930.

### Costume Contest

1<sup>st</sup> Annual Waupun Senior Center costume contest.

**When:** Friday, October 30<sup>th</sup>

Judging from 10:00am to 2:00pm. No entry fee!

Prize categories:

- Scariest
- Most Creative
- Best Couple or Group

Prizes will include lunch vouchers and gift cards.

### Chili Lunch at the YMCA of Dodge County

**When:** Friday, October 30<sup>th</sup> at noon

**Cost:** \$4.00. Special price of \$2.00 with YMCA Trip participation. See page 4 for more details.

### City of Waupun Public Trick or Treating

Saturday, October 31<sup>st</sup> from 4:30—6:30pm.



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## BOOK TO MOVIE CLUB

It's not too late! Our current book is *The Book Thief* by Markus Zusak, 550 pages.

"It's just a small story really, about among other things: a girl, some words, an accordionist, some fanatical Germans, a Jewish fist-fighter, and quite a lot of thievery. . . .

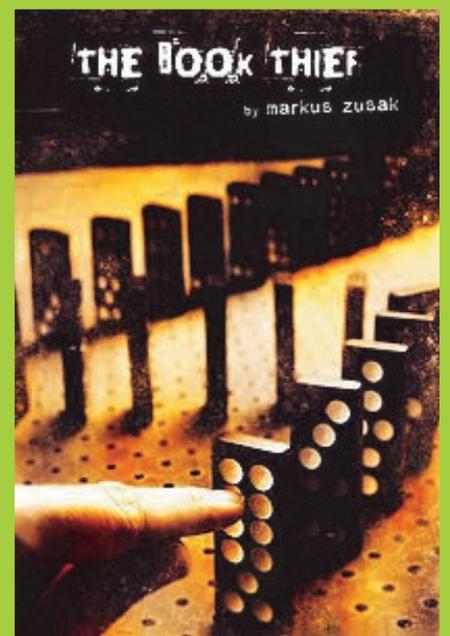
Set during World War II in Germany, Markus Zusak's groundbreaking new novel is the story of Liesel Meminger, a foster girl living outside of Munich. Liesel scratches out a meager existence for herself by stealing when she encounters something she can't resist—books. With the help of her accordion-playing foster father, she learns to read and shares her stolen books with her neighbors during bombing raids as well as with the Jewish man hidden in her basement before he is marched to Dachau. This is an unforgettable story about the ability of books to feed the soul."

Source: [goodreads.com](http://goodreads.com)

Pick up your copy at the Waupun Senior Center and join us on Friday, October 9<sup>th</sup> at 10:00am for coffee and book discussion. The movie starts at 10:30am. Do not miss the showing of this 2013, PG-13, 131 minute release starring Sophie Nélisse, Geoffrey Rush, and Emily Watson. Movie only watchers are welcome to attend. The next book will be selected at the October meeting.

## JAM SESSION

Sing, play an instrument, dance, or listen. Bring your own instrument or use one of ours. Join us on Wednesday, October 14<sup>th</sup> and 28<sup>th</sup> 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! Thank you ComForCare Home Care for sponsoring August bingo! September Winners:

Extra Card: Bob Kastein, Lucille Ninneman, Ginny Andrews, Jean Dohrman

Lunch Voucher: Ginny Andrews, Dick Andrews, Lucille Ninneman, Rita Ossmann

\$5.00: Bob Kastein and Beverly Kastein

Next bingo is on Friday, October 9<sup>th</sup> at 1:00pm and is sponsored Prairie Ridge Assisted Living which provides central Wisconsin senior living at its finest. Prairie Ridge Assisted Living facilities provides care and personalized assisted living options for seniors. We take time to know your life stories, your family, your friends and your dreams. The emphasis is on providing a wonderful assisted living lifestyle, allowing you to do what you can and helping you remain as independent as possible.

# RENTALS

## BUILDING RENTALS

The Waupun Senior center is a perfect place for showers and parties! To reserve call 324-7930 or stop by the Senior Center to check availability and pick up an application.

Amenities: Refrigerator/freezer, microwave, stove, 30 cup coffee maker, seating and serveware for 80 people, free WiFi, and more!

Weekdays

5:00pm—9:00pm

\$50.00

Weekends & Holidays

4 hours

\$50.00

8 hours

\$75.00

\*\$ 25 Key/Cleaning Security Deposit

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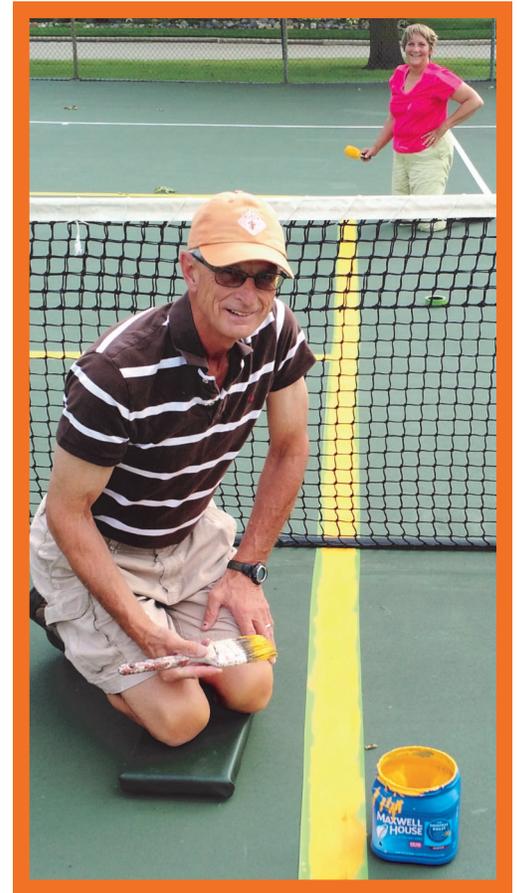
# STAY ACTIVE

## PICKLEBALL.... SERIOUSLY SPECTACULAR TO SEE!

Meet Mary Kay and Roger Gorst! These Waupun Senior Center participants have brought the popular and fastest growing active older adult sport of pickleball to Waupun. The Gorsts started playing pickleball in 2014 in Mission, Texas at Bentsen Grove Resort on a one court indoor space. In February, 2015, the Gorsts literally sent the ball sailing over the net with help from Nick and Carol Klein. Waupun pickleball debuted on June 1, 2015. Three months later, Waupun received its first permanent pickleball courts at the West End Park tennis courts, completed by the Mary Kay and Roger Gorst. Pickleball will continue to run through the month of October. 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. Come play, watch from your car, or lawn chair! Avid racket players and beginners are welcome to start! This is an extremely welcoming style of play at all times!

**When:** Mondays at 5:30pm at West End Park

**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. Super fun and super relaxed with a neck/shoulder rub at the end of the class! **FREE!**

**When:** Mondays & Thursdays from 10:30—11:15am

## YMCA TRIP

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

**When:** Friday, October 30<sup>th</sup> from 9:30am—1:45pm

**Cost:** \$8/person

Space is limited. All interested people must preregister by signing up at the Waupun 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 10:00am, water aerobics class at 10:30am, hot tub and whirlpool use, and Wellness Center weights and equipment use, and a **chili lunch**.

# POOL NEWS

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## POOL TOURNAMENT

Round robin style with double elimination tournament to decide the winner. No entry fee!

**When:** Tuesday, October 27<sup>th</sup> at 9:00am

Sign up at the Senior Center front desk!

## WINTER LEAGUE

Sign up for one of our three pool leagues at the Senior Center office. Mens singles, Womens singles, and Co-ed doubles.

All leagues start the first week in December. \$10. No charge for open pool play. Donations are accepted in the 8 ball box.



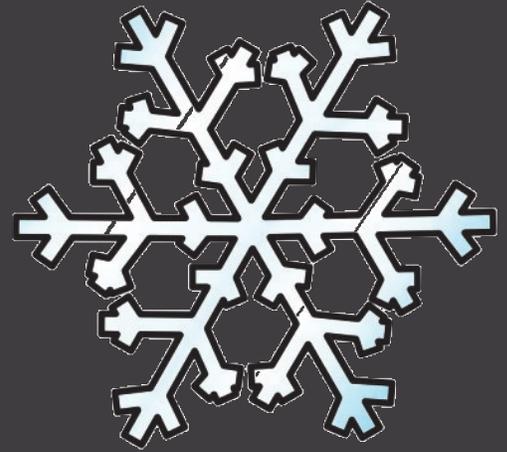
# FOR YOUR HEALTH

## WINTER SAFETY

Join Kyle Hunter, RN, Waupun Memorial Hospital Outpatient Services Director, and Dan Garcia, PT, Waupun Memorial Hospital Physical Therapist and Rehabilitation Supervisor, for a discussion on winter safety. Topics include winter storm safety, keeping warm with proper clothing, winter travel tips, how to combat seasonal affective depressive disorder (SADD) and more!

**When:** Tuesday, October 13<sup>th</sup> from 3:00—4:00pm

**Where:** Waupun Senior Center



## FOOT CARE CLINIC

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

**When:** Wednesday, October 7<sup>th</sup> and Wednesday, October 21<sup>st</sup>. 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.

## BLOOD PRESSURE CHECK

Come to the Waupun Senior Center on Wednesday, October 21<sup>st</sup> 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

### Open Enrollment Coming Soon!!!

It's hard to believe but another Medicare annual enrollment period (AEP) is upon us! What's the annual enrollment period? Each year from October 15<sup>th</sup> to December 7<sup>th</sup>, Medicare beneficiaries have the opportunity to enroll in, switch, or disenroll from Medicare stand-alone prescription drug plans (Medicare Part D) and Medicare Advantage plans (Medicare Part C). During this time, a Medicare beneficiary who has never enrolled in a Part D drug plan or Advantage plan can enroll for the first time.

You might think that if you already have a drug plan or Advantage plan that you don't need to think about switching plans during the AEP. Not so, even if you were completely happy with your drug plan or Advantage plan in 2015, you should investigate your options during the AEP because your current plan will be changing and so will the other plans available to you.

Those folks over the age of 60 and living in Fond du Lac County can contact the Waupun Senior Center at 324-7930 to schedule an appointment.

# LUNCH MENU

Senior Dining



Fellowship, Food & Fun

## October 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																																																																																											
<p style="text-align: center;">Sep 2015</p> <table border="1"> <tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td><td></td></tr> </table>	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					<p style="text-align: center;">Nov 2015</p> <table border="1"> <tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>	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								<p style="text-align: center;">1</p> <p>Pork Steak Mashed Potatoes Peas and Carrots Birthday Cake Plum Halves * Dinner Roll</p>	<p style="text-align: center;">2</p> <p>Orange Chicken Baby Red Potatoes Tossed Salad Baked Apples Seedless Grapes * Sliced Bread</p>
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<p style="text-align: center;">5</p> <p>Swiss Steak Mashed Potatoes Corn Applesauce Cinnamon Roll * Sliced Bread</p>	<p style="text-align: center;">6</p> <p>Meatballs in Honey Mustard Sauce Baked Potatoes Baby Carrots Poppy Seed Torte Pineapple Tidbits * Dinner Roll</p>	<p style="text-align: center;">7</p> <p>Roast Turkey Mashed Potatoes Green Bean Cass. Cranberry Gelatin Cookie * Sliced Bread</p>	<p style="text-align: center;">8</p> <p>Chili Casserole Winter Blend Vegetables Gingerbread Cake Honeydew Melon * Cornbread</p>	<p style="text-align: center;">9</p> <p>Cranberry Pork Cutlet Baked Potato Mixed Vegetables Sliced Apples Cookie * Dinner Roll</p>																																																																																											
<p style="text-align: center;">12</p> <p>Chicken Breast Mashed Potatoes Carrots Ice Cream Cup Fruit Cocktail * Sliced Bread</p>	<p style="text-align: center;">13</p> <p>Ham Rolls Squash Health Slaw Pineapple Tidbits Frosted Cake * Dinner Roll</p>	<p style="text-align: center;">14</p> <p>Baked Spaghetti Broccoli Cuts Key Lime Pie Pear Slices * French Bread</p>	<p style="text-align: center;">15</p> <p>Baked Chicken Twice Bk Style Pot. Copper Penny Salad Applesauce Cookie * Dinner Roll</p>	<p style="text-align: center;">16</p> <p>Hamburger on a Bun German Pot. Salad Green Beans Mand. Orange Gel. Vanilla Pudding *</p>																																																																																											
<p style="text-align: center;">19</p> <p>Swedish Meatballs Mashed Potatoes Mixed Vegetables Choc. Banana Torte Apple Slices * Sliced Bread</p>	<p style="text-align: center;">20</p> <p>Meatloaf Baked Potato Spinach Salad with Rasp. Vinaigrette Peach Slices Fudge Brownie * Dinner Roll</p>	<p style="text-align: center;">21</p> <p>Chicken Cacciatore Baby Red Potatoes Summer Blend Veg. Orange Sherbet Honeydew Melon * Sliced Bread</p>	<p style="text-align: center;">22</p> <p>BBQ Pork Cutlet Au Gratin Potatoes Winter Blend Veg. Applesauce Cookie * Dinner Roll</p>	<p style="text-align: center;">23</p> <p>Salisbury Steak Mashed Potatoes Wax Beans Spice Cake Plum Halves * Sliced Bread</p>																																																																																											
<p style="text-align: center;">26</p> <p>Escaloped Potatoes and Ham Casserole Calif. Blend Veg. Fruited Gelatin Cinnamon Roll * Sliced Bread</p>	<p style="text-align: center;">27</p> <p>Baked Chicken Twice Bk Style Pot. Cole Slaw Butterscotch Pud. Seedless Grapes * Dinner Roll</p>	<p style="text-align: center;">28</p> <p>Hawaiian Meatballs Baked Potato Baby Carrots Sugar Cookie Apple Slices * Sliced Bread</p>	<p style="text-align: center;">29</p> <p>Country Fried Steak Mashed Potatoes Pickled Beet Salad Cantaloupe Slice Frosted Cake * Dinner Roll</p>	<p style="text-align: center;">30</p> <p>Chicken Marsala Baby Red Potatoes Maple Br. Sprouts Pumpkin Cake Pear Slices * Sliced Bread</p>																																																																																											

# OCTOBER 2015 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>OPEN</b> <b>MONDAY - FRIDAY</b> 7:30am—4:00pm</p>	<p><b>301 E. Main Street</b> <b>Waupun, WI 53963</b> <b>(920) 324-7930</b> <b>parcs@cityofwaupun.org</b></p>	<p><b>SCHEDULE IS SUBJECT TO CHANGES</b> <b>Please call to 324-7930 to register and verify.</b></p>	<p>10:30am Yoga Stretch 1:00pm Sheepshead</p>	<p>10:30am Nolan Insurance</p>
<p><b>5</b> 10:30am Yoga Stretch 1:00pm Euchre 5:30pm Pickleball</p>	<p><b>6</b> 9:00am Hand &amp; Foot Cards 1:00pm Wii Bowling 3:00 Computer Class</p>	<p><b>7</b> 8:20am Foot Clinic 1:00pm Sheepshead</p>	<p><b>18</b> 10:30am Yoga Stretch 1:00pm Sheepshead</p>	<p><b>9</b> 10:00am Book Club 10:30am Movie 1:00pm Bingo</p>
<p><b>12</b> 10:30am Yoga Stretch 1:00pm Euchre 5:30pm Pickleball</p>	<p><b>13</b> 9:00am Hand &amp; Foot Cards 1:00pm Wii Bowling 1:00pm Nolan Insurance 3:00pm Winter Safety</p>	<p><b>14</b> 10:30am Jam Session 1:00pm Sheepshead</p>	<p><b>15</b> 8:30am Commission Meeting 10:30am Yoga Stretch 1:00pm Sheepshead</p>	<p><b>16</b> 1:00pm Energy Assistance</p>
<p><b>19</b> 10:30am Yoga Stretch 1:00pm Euchre 5:30pm Pickleball</p>	<p><b>20</b> 9:00am Hand &amp; Foot Cards 1:00pm Wii Bowling 3:00pm Computer Class</p>	<p><b>21</b> 8:20am Foot Clinic 11:00am Blood Pressure Check 1:00pm Sheepshead</p>	<p><b>22</b> 10:30am Yoga Stretch 1:00pm Sheepshead</p>	<p><b>23</b></p>
<p><b>26</b> 10:30am Yoga Stretch 1:00pm Euchre 5:30pm Pickleball</p>	<p><b>27</b> 9:00am Hand &amp; Foot Cards 9:00am Pool Tournament 1:00pm Wii Bowling 3:00pm Pumpkin Decorating</p>	<p><b>28</b> 10:30am Jam Session 1:00pm Sheepshead</p>	<p><b>29</b> 10:30am Yoga Stretch 1:00pm Sheepshead</p>	<p><b>30</b> 9:45am YMCA Workout Trip 10:00am Costume Contest Noon Chili Lunch at the YMCA</p>

# HELLO

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



I would like to say thank you for all of the support from the volunteers of the Waupun Senior Center, City of Waupun, and YMCA of Dodge County! It is amazing to work in an environment that focuses on teamwork.

Before it's too late and many of you depart, I want to say goodbye and safe travels to the "snowbirds" that will soon be leaving us to vacation in the warmer temperatures. It was so nice to meet all of you when you returned to Wisconsin this past spring. I hope you have a wonderful time this winter season in Arizona, Florida, Texas, and at all of the wonderful retirement communities in the South. Please stay in touch by calling us at (920) 324-7930 or emailing me at [parks@cityofwaupun.org](mailto:parks@cityofwaupun.org). Take care and safe travels!

# GAMES

## JACK OF ♦ SHEEPSHEAD

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

September High Scores:

- ♦ Lynn Tavs (104)
- ♦ Tom Main (96)
- ♦ Dixie Hawley (93)
- ♦ Ev Lemke (92)

## BLACK ♣ SHEEPSHEAD

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

September High Scores:

- ♣ Vi Wilkenson (97)
- ♣ Lynn Tavs (91)
- ♣ Marie Wellhouse (90)
- ♣ Bruce Uecker (89)

## SCREAM SCRAMBLE

LESENKTO	_____
SMKA	_____
OMEZBI	_____
TGHOS	_____
PIDRES	_____
MSROTEN	_____
POKOSY	_____
IMEARVP	_____
CIFONF	_____
HTWCI	_____
UMYMM	_____
UCEOMST	_____
RSYAC	_____
EATHUDN	_____

## EUCHRE

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

September High Scores:

- ♠ Ev Lemke (66)
- ♠ Brinton Mohr (64)
- ♠ Joyce Pattee (62)
- ♠ June Hammann & Lynn Tavs (59)

## PUZZLE

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



## 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.

## WII BOWLING

Wii Bowling League is on Tuesday afternoons starting at 1:00pm.

September High Scores:

- Tom Holzman (231)
- Brinton Mohr (214)
- Doris Laurain (209)



Anyone can use the Wii to bowl, play golf, tennis, baseball, and even boxing! The Wii is a great source of exercise and beginners can learn quickly to get in on the fun. 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.

# SERVICES

## COMPUTER CLASSES

Learn to set up a Gmail email address and learn what Gmail has offer! This free computer class will be held twice during the month of October on Tuesday, October 6<sup>th</sup>

and Tuesday, October 20<sup>th</sup> at 3:00pm. Preregister by signing up at the Senior Center front desk or by calling 324-7930.



## 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 7.



## 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 two steps safely to board the 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.

## 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 2<sup>nd</sup> at 10:30—11:00am

Tuesday, October 13<sup>th</sup> at 1:00—1:30pm

Medicare is a great program, but it was never intended to pay all your medical expenses. In fact, today just a little over 50% of health care costs for seniors are actually paid by Medicare. (These costs include medical and long term care services, prescription drugs, hospice care and more.)

Katie DeMaa is a Waupun native, married to Bj DeMaa, has 2 girls and a pet bunny named Chocolate! Jaime Martinez, grew up in Waupaca and now resides in Oshkosh with her husband, 3 girls and pet pig!



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](mailto: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.



## ENERGY ASSISTANCE APPOINTMENTS

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 here. 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, October 16<sup>th</sup> from 1:00-3:00pm

**Where:** Waupun Senior Center

To schedule an appointment, please call 1-800-506-5596.