



WAUPUN

SENIOR CENTER

newsletter



November 2015 | Issue 1 | Volume 9

COMPUTER CLASSES

Basic Introduction

Class topics will include:

- Turn on/off
- Mouse/touch pad use
- Logging on
- Searching the internet



When: Friday, November 6th at 9:00am
Friday, November 20th at 9:00am

Gmail

Class topics include:

- Creating an email account
- Sending an email
- Receiving an email

When: Friday, November 6th at 10:30am
Friday, November 20th at 10:30am

Facebook

Class topics include:

- Creating a Facebook account
- Completing a Facebook profile
- Adding friends
- Updates and notifications

When: Friday, November 6th at 1:00pm
Friday, November 20th at 1:00pm

Sign up for one class or all classes! Pre-register by signing up at the Senior Center front desk or by calling 324-7930. Space is limited.



VOLUNTEER HERE

The Waupun Senior Center is looking for individuals who would like to be trained as a substitute to work in our kitchen from 9:30am – 1:00pm and/or work at the Senior Center front desk from 10:30am – 1:00pm. If you are interested in volunteering at the Senior Center, please call 324-7930 or stop by. All volunteers receive free transportation to the Waupun Senior Center and free lunch on the day(s) scheduled to volunteer.

ENTERTAINMENT

BINGO

Join us for free bingo on Friday, November 13th at 1:00pm.

October Winners:

Extra Card: Tom Holzman, Beverly Kastein, Orvel Lackey

Lunch Voucher: Jean Dohrman, Beverly Kastein, Orvel Lackey

\$5.00: Tom Holzman, Edna Heilmeyer



November bingo is sponsored by Dodge County Housing Authority. The Dodge County Housing Authority operates apartment buildings throughout the county. They have one bedroom apartments, limited to 2 occupants restricted to senior (age 62+) or a person living with a disability regardless of age in Waupun. Our newly remodeled apartments are smoke free and pet friendly. Please call (920) 386-2866 for your



BINGO SPONSORSHIP

Only \$22 covers the cost. Sponsorship includes recognition in our newsletter and the opportunity to do a presentation

JAM SESSION

Meet the Brandon Music Makers, Joann and Brad!



Joann and Brad moved to Brandon in 2012 and formed the Brandon Music Makers. They have performed at several area nursing homes and senior centers. Brad is a natural singer and Joann plays the ukulele, piano, and autoharp. Their favorites are the classic hits from the 20s, 30s and 40s and also Hawaiian music. Joann and Brad started "Jam Session" at the Waupun Senior Center in March and they perform on the 2nd and 4th Wednesday of the month. All are invited to join them by either singing, playing an instrument or just listening. Song books are provided, so bring your instruments from home. We are looking for more singers and instrument players. To come jam with us!

When: Wednesday, November 11th and Wednesday, November 25th from 10:30-11:30am. Be prepared to have a rocking good time!

TOURNAMENTS

PRESEASON POOL TOURNAMENT

Let's get ready for the winter pool league season to begin! Pool League starts on Tuesday, December 1st. \$10 to shoot in league. This will be a singles round robin style with double elimination tournament to decide the winner. No entry fee!

When: Tuesday, November 17th at 9:00am.

Register: Sign up at the Senior Center front desk for the tournament and for league.



EUCHRE TOURNAMENT

Very pleased to announce that starting in **December** we will have a monthly euchre tournament on the first Saturday of the month from 1:00pm—4:00pm! Mark your calendars for December 5th! \$2 to play 10 games. \$20 guarantee for 1st place winner thanks to the sponsorship of the Senior Center Commission. Open to ages 18 and above.



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STAY ACTIVE

YOGA STRETCH

Stay warm and exercise this winter! 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

WII BOWLING

October High Scores:

- Tom Holzman (236)
- Dale Dehnert (118)
- Brinton Mohr (182)
- Fern Dehnert (138)
- Doris Laurain (179)
- Jim Nickel (201)

NEW GAMES! Use the Wii to bowl, golf, race, play tennis, baseball, billiards, hockey, ping pong, go hunting, fishing, and even compete in exciting obstacle courses! The Wii is a great source of exercise and is easy to use. The Wii mimics your own body's movements to control the game you are playing. Give it a try! Setup instructions are provided. Just ask the office if you want to try a new game!



YMCA TRIP

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

When: Friday, November 20th from 9:00am—11:45am

Cost: \$6/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.

INDOOR PICKLEBALL TOURNAMENT

When: Sunday, December 6th. Games start at 8:00am (Doors open at 7:30am).

Where: YMCA of Dodge County

Entry Fee: \$25 per team. Prize for top 2 teams! Limit 12 Teams.

Pre-registration is required by November 27th. Registration forms are located at the YMCA of Dodge County and at the Waupun Senior Center.

HELLO

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



Several new participants visited the Senior Center for the first time in October and as always they were greeted with a welcoming smile! Do YOU or do you know anyone that would like to come to the Senior Center and participate in a daily, weekly or monthly activity? We have something to offer for everyone. Cards, games, pool, exercise, time for chitchat and even lunch! The best part is that everything we do is free of charge or has a minimal fee or suggested donation. If transportation to and from the Senior Center is an issue, we have a van that operates from 9:00am—2:00pm, Monday—Friday for just \$1.00/ride to go anywhere in the city limits of Waupun. See page 6 for more transportation details.

Have a happy Thanksgiving and good luck deer hunters!!!



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SERVICES

INTERPRETING SPECIALIZED MEAL PLANS

Join Danielle Walter, RD, CD, Agnesian HealthCare registered dietitian, to learn how to decode specialized diets, such as carbohydrate counting for diabetes, limiting sodium and fat for cardiac health, and high fiber for bowel health. Heart healthy recipes will be available.

When: Tuesday, November 10^h from 3:00—4:00pm

Where: Waupun Senior Center



WAUPUN MEMORIAL HOSPITAL
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SENIOR CENTER LUNCH

Great food, great company, great place! Catered by Feil's in Randolph.

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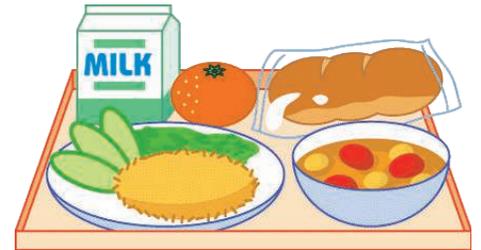
Who: 60 years or older, or married to someone age 60 or older

When: Monday – Friday at noon (No lunch 11/26 or 11/27)

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.



FOOT CARE CLINIC

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

When: Wednesday, November 4th and Wednesday, November 18th. 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, November 18th at 11:00am to have your blood pressure checked! Brought to you by Golden Living - Continental Manor of Randolph.

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.

LUNCH MENU

Senior Dining



Fellowship, Food & Fun

November 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
2 Chop Steak in Burg. Mushroom Sauce Mashed Potatoes Mixed Vegetables Peach Slices Frosted Cake * Sliced Bread	3 Chicken, Broccoli & Rice Casserole Tossed Salad Chocolate Pudding Plum Halves * Dinner Roll	4 Roast Pork Loin Mashed Potatoes Red Cabbage Applesauce Ice Cream Cup * Sliced Bread	5 Teriyaki Chicken Breast Baked Potato Carrots Birthday Cake Pear Slices * Dinner Roll	6 Salmon Loaf Escalloped Potatoes Broccoli Cuts Petite Banana Fudge Brownie * Sliced Bread
9 Glazed Ham Sweet Potato Bake Health Slaw Pineapple Tidbits Cookie * Sliced Bread	10 Meatballs in Honey Mustard Sauce Baby Red Potatoes Peas and Carrots Alexander Torte Seedless Grapes * Dinner Roll	11 Baked Chicken Twice Bk Style Pot. Pickled Beet Salad Fruit Cocktail Cinnamon Roll * Sliced Bread	12 Beef Stroganoff Casserole Spinach Salad with Rasp. Vinaigrette Cantaloupe Slice Frosted Cake * Dinner Roll	13 Mushroom Pork Cutlet Mashed Potatoes Corn Applesauce Cake Pineapple Tidbits * Sliced Bread
16 Beef Bologna Baked Potato Summer Blend Veg. Fruited Gelatin Rainbow Sherbet * Sliced Bread	17 Lasagna Casserole Mixed Italian Salad Cream Sicle Torte Honeydew Melon * French Bread	18 Pork Jaegerschnitzel Mashed Potatoes Swiss Spinach Applesauce Cookie * Sliced Bread	19 Pepper Steak Baby Red Potatoes Chinese Ramen Sal. Sugar Cookie Pear Slices * Dinner Roll	20 Chicken Breast Mashed Potatoes Green Beans Apple Slices Fudge Brownie * Sliced Bread
23 Meatloaf Sour Cream and Chive Potatoes Winter Blend Veg. Ice Cream Cup Plum Halves * Sliced Bread	24 Beef Stew Maple Brussel Sprouts Peach Slices Frosted Cake * Cheddar Biscuit	25 Roast Turkey Mashed Potatoes Escalloped Corn Pumpkin Pie Cranberry Gelatin * Sliced Bread	26 Thanksgiving	27 Closed to observe the Thanksgiving Holiday

30

Swedish Meatballs
 Mashed Potatoes
 Peas and Carrots
 Butterscotch Pud.
 Fruit Cocktail *
 Sliced Bread

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	

Dec 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			

NOVEMBER 2015 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>10:30am Yoga Stretch 1:00pm Euchre</p>	<p>3</p> <p>9:00am Hand & Foot Cards 10:00am Craft Club 1:00pm Cribbage</p>	<p>4</p> <p>8:20am Foot Clinic 9:00am Board Games 10:00 Genealogy Club 1:00pm Sheepshead</p>	<p>5</p> <p>10:30am Yoga Stretch 1:00pm Sheepshead</p>	<p>6</p> <p>Computer Classes 9:00am Basic Introduction 10:30am Email 1:00pm Facebook</p>
<p>9</p> <p>10:30am Yoga Stretch 1:00pm Euchre</p>	<p>10</p> <p>9:00am Hand & Foot Cards 10:00am Craft Club 1:00pm Cribbage 3:00pm Meal Plans Presentation</p>	<p>11</p> <p>10:30am Jam Session 1:00pm Sheepshead</p>	<p>12</p> <p>10:30am Yoga Stretch 1:00pm Sheepshead</p>	<p>13</p> <p>10:00am Book Club 1:00pm Bingo</p>
<p>16</p> <p>10:30am Yoga Stretch 1:00pm Euchre</p>	<p>17</p> <p>9:00am Hand & Foot Cards 9:00am Pool Tournament 10:00am Craft Club 1:00pm Cribbage</p>	<p>18</p> <p>8:20am Foot Clinic 9:00am Board Games 11:00am Blood Pressure Check 1:00pm Sheepshead</p>	<p>19</p> <p>9:00am Commission Meeting 10:30am Yoga Stretch 1:00pm Sheepshead</p>	<p>20</p> <p>9:00am YMCA Trip Computer Classes 9:00am Basic Introduction 10:30am Email 1:00pm Facebook</p>
<p>23</p> <p>10:30am Yoga Stretch 1:00pm Euchre</p>	<p>24</p> <p>9:00am Hand & Foot Cards 10:00am Craft Club 1:00pm Cribbage</p>	<p>25</p> <p>10:30am Jam Session 1:00pm Sheepshead</p>	<p>26</p> <p>Happy Thanksgiving! CLOSED</p>	<p>27</p> <p>NO LUNCH</p>
<p>30</p> <p>10:30am Yoga Stretch 1:00pm Euchre</p>	<p>DECEMBER 1</p> <p>9:00am Christmas Decorating Party 9:00am Pool League Starts</p>	<p>ON THE RADIO AMI 170 TUESDAYS 7:45AM</p>	<p>OPEN MONDAY - FRIDAY 7:30am—4:00pm</p>	<p>SCHEDULE IS SUBJECT TO CHANGES Please call to 324-7930 to register and verify.</p>

GAMES

CRIBBAGE

Come play cribbage on Tuesdays at 1:00pm. We have multiple tables and cribbage boards to play many games at the same time. Be the first to get a 29!

BOARD GAMES

We are looking for fellow board gamers to join Wednesday, November 4th and Wednesday, November 18th at 9:00am. Play one of ours or bring your own! Card and other tabletop games welcome too! The Senior Center has Monopoly, Mancala, Dominoes, Uno, Farkle, Chess, Checkers, Scrabble, Skip-Bo and more!

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GAMES

HAND & FOOT CARDS

Want to learn a new game this winter? Hand & Foot is a card game related to Canasta. Senior Center rules are provided and we will teach you how to play. Meet Dean and Karen Starks! They started Hand & Foot Cards at the Senior Center! Dean and Karen spend the winter months in Texas at Alamo RECVH where they spend up to 4 nights a week coordinating Hand & Foot cards for their fellow "winter Texans". In Texas, the Starks also coordinate other card games like Cancellation Hearts and Sevens. The Starks leave for Texas soon, but Hand & Foot cards will still meet every Tuesday at 9:00am. What started as a simple email from Dean and Karen in Texas turned into a weekly Senior Center activity. Thank you Starks for your dedication, time and contribution.



BLACK ♠ SHEEPSHEAD

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

October High Scores:

- ♣ Arlene Rohr (95)
- ♣ Bruce Uecker (89)
- ♣ Lynn Tavs (88)

EUCHRE

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

October High Scores:

- ♠ Mille Armga (69)
- ♠ Jane Reilly (64)
- ♠ Ev Lemke, June Hammann (62)

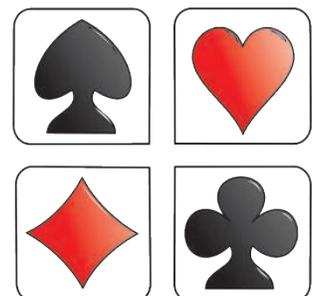
JACK OF ♦ SHEEPSHEAD

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

Beginners welcome!

October High Scores:

- ♦ Tom Main (99)
- ♦ Lynn Tavs (97 & 96)
- ♦ Wally Neevel (94)



CLUBS

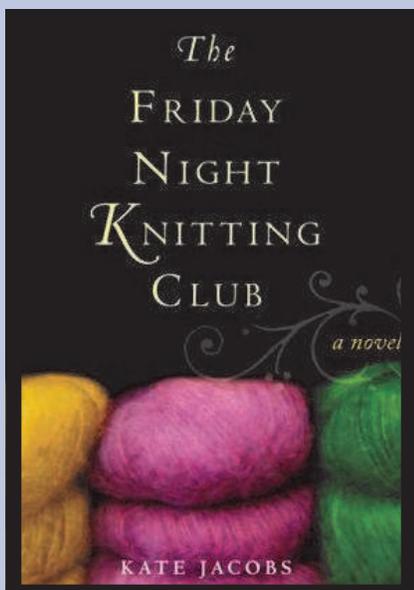
11

BOOK CLUB

Our current book is *The Friday Night Knitting Club* by Kate Jacobs, 352 pages.

“Once a week, an eclectic group of women comes together at a New York City yarn shop to work on their latest projects- and share the stories of their lives... At the center of Walker and Daughter is the shop's owner, Georgia, who is overwhelmed with juggling the store and single-handedly raising her teenage daughter. Happy to escape the demands of her life, she look forwards to her Friday Night Knitting Club, where she and her friends exchange knitting tips, jokes, and their deepest secrets. But when the man who once broke Georgia's heart suddenly shows up, demanding a role in their daughter's life, her world is shattered. And when the unthinkable happens, these women will discover that what they've created isn't just a knitting club; its a sisterhood.” Source: goodreads.com

Pick up your copy at the Waupun Senior Center and join us on Friday, November 13th at 10:00am for coffee and book discussion. A seasonal themed book will be the next book selected.



NEW! GENEALOGY CLUB

The objective of this club is to create and foster an interest in genealogy, to aid individuals in their genealogical research and in compiling their family histories. The goal of the club is for individuals to do their own independent research throughout the month and to meet and discuss strategies and share their findings at the monthly meeting. Sally Adam is an experienced genealogist and will be available at the monthly meeting to assist club members. The first meeting will be on Wednesday, November 4th and will continue to be on the first Wednesday of each month.

CRAFT CLUB

Craft Club is back for the winter! Coffee, conversations, and crafts every Tuesday morning at 10:00am. Show off your latest project or learn some tips and tricks from other crafters in the group. Do you needlepoint, crochet, cross-stitch, knit, make jewelry, scrapbook, make cards? Lets see! Bring your own craft to the Senior Center to work and chat.

CHRISTMAS DECORATING PARTY

Let's get into the Christmas spirit! Join us on Tuesday, December 1st to decorate the Senior Center! Decorating starts at 9:00am. Coffee and treats provided to all those who volunteer to transform the Senior Center into a holly jolly winter wonderland !



PUZZLE

Like to puzzle? There is always a puzzle to work on at the Senior Center! Do you have a puzzle that you have already completed at home? If yes, bring it to the Senior Center for others to enjoy! Thank you to those of you who have already donated puzzles. We are currently looking for Christmas and winter themed puzzles.

BUILDING RENTALS

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 Rental Fee: \$50.00

Weekends & Holidays Rental Fees: \$50.00 (4 Hours) or \$75.00 (8 Hours)



COMMISSION

The Senior Center Commission meets on the third Thursday of each month at 9:00am. The Commission meets to talk about the needs of the Senior Center. All are welcome to join and attend the meetings to share comments, questions, ideas or concerns. Next Commission meeting is on Thursday, November 19th at 9:00am.

MAILING LIST

If you or a person you know wish to be on 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.