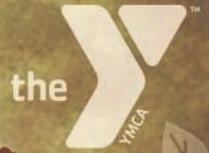




WAUPUN

SENIOR CENTER

newsletter



December 2015 | Issue 1 | Volume 10

EUCHRE TOURNAMENT

In December, we will host our first euchre tournament!

When: Saturday, December 5th

Time: 12:30pm Registration
(snacks & coffee provided)

1:00pm Tournament

Entry Fee: \$2.00 to play 10 games

Prizes: \$20 guarantee for 1st place
winner thanks to the sponsorship
of the Senior Center Commission.

Who: Open to ages 18+

*****Waupun Senior Center euchre tournaments will
continue to be on the first Saturday of the month.**



SENIOR CENTER RENTALS

A great place for holiday parties! Building is fully decorated for the holiday season! To reserve call 324-7900 or stop by City Hall 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)



HOLIDAY JAM SESSION

Join us to sing and play Christmas music the month of December! If you have an instrument at home, please bring it along.

When: Wednesday, December 9th from 10:30-11:30am. Be prepared to have a rock around the Christmas tree!



BINGO

BINGO

Thank you Dodge County housing Authority for sponsoring November bingo!
November Winners:

Extra Card: Char Feucht, Merrill, Dohrman, Jean Dohrman, Tom Holzman

Lunch Voucher: Merril Dohrman, Beverly Kastein, Wlaine Daane, Marie Wellhouse

\$5.00: Rita Ossman and Fern Tavs

December bingo is sponsored by Waupun Area Recreation Project (WARP) is a grassroots, not-for-profit group founded by Waupun area businesses, individuals & the Chamber of Commerce. WARP members want to develop, promote and maintain the recreational, environmental, historic, economic & quality-of-life assets offered by the Rock River, Horicon Marsh, City of Waupun and surrounding townships. WARP has made many contributions to the Waupun Family Aquatic Center and the Disc Golf Course and will be focusing on the bike/walking trails this next year. To fund all of these projects, WARP relies on people and financial resources; which come from donations, fundraising and membership dues. WARP's volunteer Board of Directors and active members which includes business owners typically meet every other month, alternating mornings and evenings. If you are interested in attending or would like more information, please contact ryanmulder@gmail.com. Join us for free bingo on Friday, December 11th at 1:00pm.

SPONSORSHIP

Are you a local business or organization looking to advertise? Only \$22.00 covers the cost to sponsor for monthly bingo or our 1st Saturday of the month euchre tournament. Sponsorship includes recognition in our newsletter and the opportunity to do a presentation before bingo or the euchre tournament. If interested, please email parks@cityofwaupun.org. Thank you to our 2015 sponsors: Prairie Ridge Assisted Living, Golden Living Continental Manor of Randolph, ComForCare Home Care, Dodge County Housing Authority and Waupun Area Recreation Project (WARP).

POOL NEWS

FALL POOL TOURNAMENT RESULTS



1st Place: Norm Jansma
2nd Place: Al Kearley



1st Place Team: Al Holden & Rollie Schroeder
2nd Place Team: Tom Holzman & Harvey



POOL LEAGUE

Starts on Tuesday, December 1st. Games will start at 9:00am. The season schedule is posted on the pool room bulletin board. \$10 to play. League will run through April. Good luck!

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STAY ACTIVE

WAUPUN INDOOR PICKLEBALL

When: Wednesdays at 7:00pm

Where: The Union Youth Center

Who: Ages 18+

Join in on the fun. Waupun pickleball is moving indoors for the winter! There are two taped pickleball courts with portable nets and pickleball paddles and balls available for use.

Instructors provided. Beginners can join at anytime. **FREE!**



WII BOWLING

November High Scores:

- Tom Holzman (277)
- Brinton Mohr (224)
- Doris Laurain (191)
- Jim Nickel (181)
- Dale Dehnert (166)
- Fern Dehnert (118)

Wii bowling league is over for the fall season. Stay tuned for spring season league dates. Great job this season.

Season Statistics:

	High Game	High Series	Average
Tom	277	695	207
Doris	209	525	161
Brinton	224	542	153
Jim	201	533	164
Dale	166	377	107
Fern	157	428	104

The Wii can be used at anytime during Senior Center hours throughout the winter. Use the Wii to bowl, golf, play tennis and baseball. The Wii is a great source of exercise and is easy to use. Beginners can play right away. Setup instructions are provided. If you have a Wii game at home, bring it along to compete against others at the Senior Center!

YOGA STRETCH

The Senior Center is a great way to stay warm and exercise during the winter! Yoga Stretch is designed to move your whole body through a complete series of seated and standing yoga poses and stretches. Chair support is always available 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! Please wear tennis shoes. **FREE!**

HELLO

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



Winter is here! To make the building more easily accessible, use the new outside hand railing and automatic push button door on our backdoor entrance. Our sidewalks and parking lots will also be shoveled and salted. Winter and the holiday season is apparent when you come in the Senior Center. Enjoy our decorations and peppermint flavored coffee!

I will be on a medical leave for the month of December. However, the Senior Center will still operate as normal with the hardwork and dedication of several volunteers. Thank you to all of the building opening volunteers, activity leaders, lunch volunteers, front desk volunteers, and building closing volunteers.

From my family to yours, we wish you a Merry Christmas and a Happy New Year! I will truly miss you all this holiday season.



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SERVICES

HOW TO SURVIVE THE HOLIDAYS IF YOU'RE GRIEVING

For some individuals, the holidays are not a time for joy and celebration, but a time of deep sorrow. For people who are coping with grief, sadness or loss, the holiday season can be especially painful. Join Ed Kartheiser, MA, LPC, Agnesian HealthCare psychotherapist, as he shares way on how to survive the holidays by taking care of yourself while honoring your grief during a time when much is expected. Practical ideas that can help you deal with holiday pressures and family expectations will be shared.

When: Tuesday, December 8^h from 3:00—4:00pm

Where: Waupun Senior Center



WAUPUN MEMORIAL HOSPITAL
A MEMBER OF AGNESIAN HEALTHCARE

TRANSPORTATION

If winter is tough for you to drive, we have a van from Fond du Lac Senior Services that can take you anywhere in the city limits of Waupun for \$1/ride. Van transportation is for ages 60+. All riders 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, Monday—Friday.

FOOT CARE CLINIC

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

When: Wednesday, December 2nd and Wednesday, December 16th. Appointments start at 8:20am and each appointment is 20 minutes long. Last appointment starts at 10:40am.

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, December 16th at 11:00am to have your blood pressure checked! Brought to you by Golden Living - Continental Manor of Randolph.

SENIOR CENTER LUNCH

Great food, great company, great place! Catered by Feil's in Randolph. Entrée, fruit, vegetable, bread, dessert and milk included with all meals.

Many popular entrees like baked chicken, pork steak, meatloaf, ham rolls, hamburgers, Swiss steak; Brought to you by Fond du Lac County Senior Dining Program.

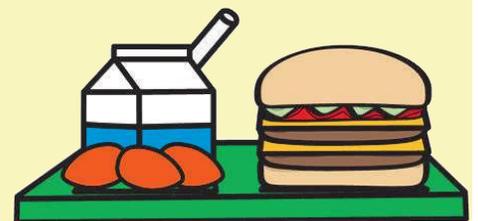
Who: 60 years or older, or married to someone age 60 or older

When: Monday – Friday at noon (No lunch 12/24, 12/25 & 12/31)

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.



LUNCH MENU

Senior Dining



Fellowship, Food, Fun

December 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																																																
<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p>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>1</td><td></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> </div> <p>1 Ham Rolls Squash German Cole Slaw Pineapple Tidbits Ice Cream Cup * Rye Roll</p>	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>2 Chicken, Broccoli and Rice Casserole Tossed Salad Cantaloupe Slice Cinnamon Roll * Sliced Bread</p>	<p>3 Swiss Steak Mashed Potatoes Corn Birthday Cake Apple Slices * Dinner Roll</p>	<p>4 Crispy Fish Fillet Baby Red Potatoes Peas Pear/Lime Gelatin Fudge Brownie * Sliced Bread</p>
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<p>7 Pork Steak Mashed Potatoes Carrots Chocolate Pudding Plum Halves * Sliced Bread</p>	<p>8 Teriyaki Chicken Breast Baked Potato Summer Blend Veg. Ambrosia Dessert Honeydew Melon * Dinner Roll</p>	<p>9 Bratwurst on a Bun Sour Cream and Chive Potatoes Broccoli Cuts Applesauce Frosted Cake *</p>	<p>10 Chili Casserole Tossed Salad Cream Sicle Torte Pear Slices * Cornbread</p>	<p>11 Hawaiian Meatballs Baby Red Potatoes Peas and Carrots Apricot Halves Cookie * Sliced Bread</p>																																																
<p>14 Pepper Steak Au Gratin Potatoes Chinese Ramen Sal. Pineapple Tidbits Vanilla Pudding * Sliced Bread</p>	<p>15 Baked Chicken Twice Bk Style Pot. Three Bean Salad Gingerbread Cake Fruit Cocktail * Dinner Roll</p>	<p>16 Meatloaf Baked Potato Wax Beans Fruited Gelatin Fudge Brownie * Sliced Bread</p>	<p>17 Chicken Breast Mashed Potatoes Mixed Vegetables Key Lime Pie Plum Halves * Dinner Roll</p>	<p>18 Pot Roast Baby Red Potatoes Baby Carrots Peach Slices Frosted Cake * Sliced Bread</p>																																																
<p>21 Salisbury Steak Mashed Potatoes Swiss Spinach Applesauce Cake Orange * Sliced Bread</p>	<p>22 Baked Spaghetti Mixed Italian Salad Rainbow Sherbet Apple Slices * French Bread</p>	<p>23 Roast Turkey Mashed Potatoes Green Bean Cass. Cranberry Gelatin Sugar Cookie * Sliced Bread</p>	<p>24 Closed Christmas Eve</p>	<p>25 Closed Christmas Day</p>																																																
<p>28 Chicken Marsala Baked Potato Mixed Vegetables Rice Pudding Fruit Cocktail * Sliced Bread</p>	<p>29 Baked Chicken Twice Bk Style Pot. Copper Penny Sal. Applesauce Frosted Cake * Dinner Roll</p>	<p>30 Meaballs in Honey Mustard Sauce Baby Red Potatoes Coconut Cream Pie Seedless Grapes * Sliced Bread</p>	<p>31 Closed New Year's Eve</p>	<div style="border: 1px solid black; padding: 5px;"> <p>Jan 2016</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>1</td><td>2 3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </table> </div>	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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DECEMBER 2015 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30am Yoga Stretch 1:00pm Euchre	9:00am Christmas Decorating Party 9:00am Pool League Starts 9:00am Hand & Foot Cards 10:00am Craft Club 1:00pm Cribbage	8:20am Foot Clinic 10:00 Genealogy Club 1:00pm Sheepshead	9:00am Marbles 10:30am Yoga Stretch 1:00pm Sheepshead	
7 10:30am Yoga Stretch 1:00pm Euchre	8 9:00am Pool League 9:00am Hand & Foot Cards 9:45am YouTube Class 10:00am Craft Club 1:00pm Cribbage	9 10:30am Holiday Jam Session 1:00pm Sheepshead	10 9:00am Marbles 10:30am Yoga Stretch 1:00pm Sheepshead	11 10:00am Book Club 1:00pm Bingo
14 10:30am Yoga Stretch 1:00pm Euchre	15 9:00am Pool League 9:00am Hand & Foot Cards 10:00am Gift Wrapping & Bows 10:00am Craft Club 1:00pm Cribbage	16 8:20am Foot Clinic 11:00am Blood Pressure Check 1:00pm Sheepshead	17 9:00am Commission Meeting 9:00am Marbles 10:30am Yoga Stretch 1:00pm Sheepshead	18 9:45am YouTube Class
21 10:30am Yoga Stretch 1:00pm Euchre	22 9:00am Pool League 9:00am Hand & Foot Cards 10:00am Craft Club 1:00pm Cribbage	23 1:00pm Sheepshead	24  CLOSED	25 Merry Christmas! CLOSED
28 10:30am Yoga Stretch 1:00pm Euchre	29 9:00am Pool League 9:00am Hand & Foot Cards 10:00am Craft Club 1:00pm Cribbage	30 1:00pm Sheepshead	31 Have a Happy New Year!  CLOSED	SCHEDULE IS SUBJECT TO CHANGES Please call to 324-7930 to register and verify.

COMPUTER CLASS

YOUTUBE

What is YouTube? "YouTube was launched in May 2005. YouTube allows billions of people to discover, watch and share originally created videos. YouTube provides a forum for people to connect, inform, and inspire others across the globe and acts as a distribution platform for original content creators and advertisers large and small." Source: youtube.com.

Back in September, through the use of the Community Service Fund, the Waupun Area School District was able to provide twenty laptop computer Chromebooks to the Waupun Senior Center. The goal of this was to create an intergenerational activity between WASD students and Waupun Senior Center participants. December will be the first month of this partnership. High school seniors, from WASD Service Learning course that focuses on the roles that young people have and how they can effect positive change will be teaching you about the user friendly features of YouTube

When: Tuesday, December 8th at 9:45am and Friday, December 18th at 9:45am

Both classes will cover the same material. Preregister by signing up at the Senior Center front desk or by calling 324-7930. Space is limited.



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City of Waupun Senior Center

C 4C 01-1431

CARD GAMES

MARBLES

Marbles or also known as The Aggravation Game is played every Friday at 9:00am. Meet Roger Blase. Roger learned how to play Marbles in Ohio from his son's father-in-law. Roger started the Marbles group at the Senior Center in September. How is the game played? The object of the game is to be the first player to advance all of his or her marbles around the board to the "Home" position from the "Base" position. The "aggravating" part is landing on your own marble or if an opponent lands on your marbles exactly, then your marble must go back to its base row without delay. The abandoned spot is now occupied by your opponent's marble. Two decks of regular playing cards are used to determine how many spaces to move your marble. Roger's son painted the marbles and made the Marble board that Roger is holding to the right. 2-6 players can play on one board at a time. More boards to come! Thanks Roger!



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. Be the first team to reach 10,000 points and win!

BLACK ♠ SHEEPSHEAD

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

October High Scores:

- ♣ Bob Kastein (93)
- ♣ Erma Kindschuh & Joyce Friese (92)
- ♣ Wally Neevel & Sylvia Hermann (87)

EUCHRE

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

October High Scores:

- ♠ Millie Armga (67)
- ♠ Esther Vande Woude (63)
- ♠ Rose Heidman & Phyllis Beske (62)

JACK OF ♦ SHEEPSHEAD

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

October High Scores:

- ♦ Rose Heidman (101)
- ♦ Wally Neevel (98)
- ♦ Lynn Tavs & Wally Neevel (97)

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 perfect score of 29! FREE!

CLUBS

BOOK CLUB

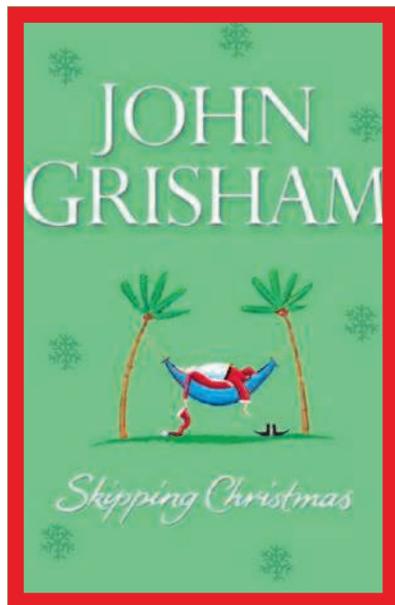
Our current book is *Skipping Christmas* by John Grisham, 198 pages.

"Imagine a year without Christmas. No crowded shops, no corny office parties, no fruitcakes, no unwanted presents. That's just what Luther and Nora Krank have in mind when they decide that, just this once, they'll skip the holiday altogether. Theirs will be the only house on the street without a rooftop Frosty the snowman; they won't be hosting their annual Christmas Eve bash; they aren't even going to have a tree. They won't need one, because come December 25 they're setting sail on a Caribbean cruise. But, as this weary couple is about to discover, skipping Christmas brings enormous consequences - and isn't half as easy as they'd imagined.

A classic tale for modern times, *Skipping Christmas* offers a hilarious look at the chaos and frenzy that has become part of our holiday tradition."

Source:
goodreads.com

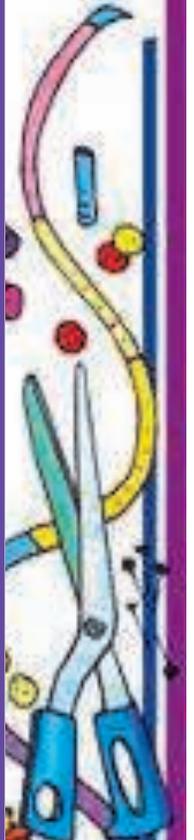
Pick up your copy at the Waupun Senior Center and join us on Friday, December 11th at 10:00am for coffee and book discussion.



CRAFT CLUB

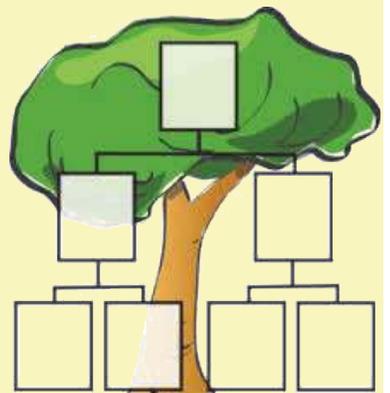
Coffee, conversations, and crafts every Tuesday morning at 10:00am. Show off your latest project or learn some tips and tricks from other crafters in the group. Do you needlepoint, crochet, cross-stitch, knit, make jewelry, scrapbook, make cards? Lets see! Bring your own craft to the Senior Center to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

In 2016 Craft Club will hold a monthly craft workshop on the 4th Tuesday of each month. home crafts! Free take home crafts.



GENEALOGY CLUB

Bring your family photos, letters, and information to share and discuss methods or research organization. The group will have access to computers to search the internet. When: Wednesday, December 2nd at 10:00am and will continue to be on the first Wednesday of each month.





COSTUME CONTEST

Thanks for participating Joann and Brad Jacks, Karen Starks, Fern Dehnert, Norm Jansma, Rollie Schroder and Tom Holzman

FREE GIFT WRAPPING & BOW MAKING

Come to the Waupun Senior Center to wrap your Christmas gift and learn how to make bows for your gifts. Brought to you by Golden Living - Continental Manor of Randolph. FREE!

When: December 15th at 10:00am

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

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 winter themed puzzles.

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.