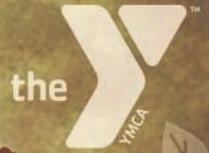




WAUPUN

SENIOR CENTER

newsletter



January 2016 | Issue 2 | Volume 11

SWAG

Seniors of Waupun Activity Group, also known as SWAG, is looking for people to join the group to discuss ideas about the Waupun Senior Center and urge people to share updates, comments or questions of preexisting Waupun Senior Center activities. SWAG is looking for people to attend their monthly meetings that are held on the third Thursday of the month at 9:00am. SWAG meetings will be announced in the monthly newsletter and on AM1170. Help us create new activities, make current activities better, and make the Senior Center more fun for everyone! The next SWAG meeting is on Thursday, January 21st at 9:00am. See you there!

YMCA TRIP

When: Friday, January 22nd from 9:15—11:45am

Where: YMCA of Dodge County, Beaver Dam

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



JAM SESSION

Calling ALL singers and musicians. Bring your instruments and singing voices to the Senior Center to jam out to some classic hits. Songbooks are provided. If you would like to play or sing a particular song please bring the chords and lyrics along!

Computers are available at the Senior Center to prepare and search song requests.

When: Wednesday, January 13th and Wednesday, January 27th from 10:30—11:30am.



BINGO

Thank you Waupun Area Recreation Project (WARP) for sponsoring December bingo!

December Winners:

Extra Card: Marion Redeker, Doris Laurain, Beverly Kastein, Phyllis Kwakkel

Lunch Voucher: Merrill Dohrman, Toni Nickel, Jean Dohrman

\$5.00: Doris Laurain and Edna Heilmeyer



All of 2016 bingo will be sponsored by SIA Insurance Services! SIA Insurance is located at 999 W Main Street and can be contacted via phone at 324-2071. If Medicare is confusing or you have other questions stop by SIA, give them a call or talk to them at Waupun Senior Center bingo on the second Friday of every month in 2016! SIA is here to help people just like you find the right Medicare plan that best fits your needs. There is NO one size fits all solution. SIA is here to help YOU right here in Waupun and... we've been in business since (most of) you were born! Join us for free bingo on **Friday, January 8^h at 1:00pm**. We are happy to support the Waupun Senior Center each and every month this year through this fun activity!



Jordan Sterk



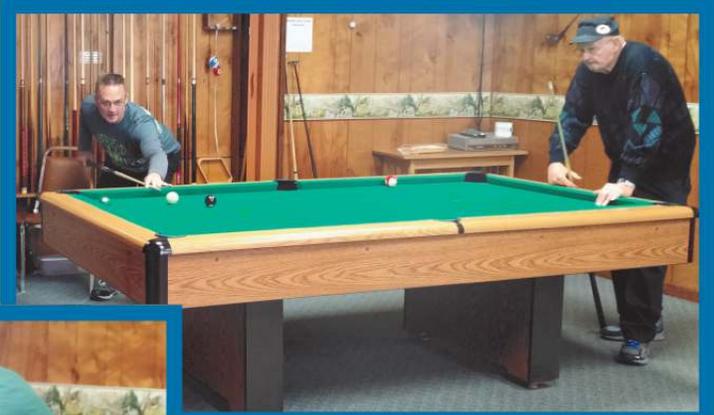
Brette Sterk



POOL NEWS

WINTER POOL LEAGUE

We have two newly resurfaced 8 foot billiards tables to use. Billiards equipment is also provided. It is free to shoot open pool anytime when the Senior Center is open. We have 13 players shooting in Tuesday Pool League. Pool League update as of December 22nd:
 Currently in 1st Place:
 Al Holden (16 wins)
 Currently in 2nd Place:
 Jack Nickel & Harvey Daane (10 wins)
 Currently in 3rd Place:
 Marv Mielke (8 wins)



ARIZONA POOL

Come play Arizona rules pool on Wednesdays at 1:00pm. Don't know how to play? That's OK. We will teach you.

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STAY ACTIVE

YOGA STRETCH

The beautiful thing about yoga is that it's truly never too late to start practicing. And you're never too old to stop! At an older age a gentle practice can do wonders for keeping the body and mind healthy. 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. Floor poses will not be performed.

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

NEW! NIGHT YOGA

Our Monday and Thursday morning Yoga Stretch class is going to try an evening class for others to enjoy! This evening class offering will mimic our morning classes. Please wear tennis shoes.

Top 10 Reasons to Try Yoga:

Source: yogatailor.com

1. Encourages movement
2. Sharpens the mind
3. Improves balance
4. Promotes bone strength
5. Fights arthritis
6. Lowers blood pressure
7. Prevents muscle atrophy
8. Enriches the body's functions
9. Boosts mood
10. Improves quality of sleep

When: Monday, January 25th from 5:00—5:45pm

FREE!

INDOOR PICKLEBALL

Looking to get some evening exercise this winter? Try pickleball! Pickleball was created with one thing in mind: fun. It was designed to be easy to learn and play whether you're five, eighty-five or somewhere in between.

What is pickleball?

- Has nothing to do with pickles
- Is among the fastest growing senior sports in the country
- Is sort of like tennis, racquetball, badminton, and table tennis
- Uses a ball sort of like a whiffleball
- Uses a court like tennis - but smaller (less running)
- Uses a paddle
- Is fast moving - requires quickness
- Is just a neat game

Waupun pickleball has moved indoors for the winter! Pickleball equipment and instructors provided. Beginners can join at anytime.

When: Wednesdays at 5:30pm

Where: The Union Youth Center located at 421 Jackson Street, Waupun

Who: Ages 18+

FREE!

WII

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. Setup instructions are provided. Just ask the office if you want to try a new game!

HELLO

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



I am happy to say that I will be back at the Senior Center in January. Thank you to all of the volunteers who helped keep the Senior Center running while I was gone. I'm feeling great and am ready to go back to "normal". However there is never a "normal" day at the Senior Center. Whether we are trying out a new activity or testing a new way of doing things, you can be sure to find something interesting going on.

The start of 2016 is the perfect time to get involved at the Waupun Senior Center! You can volunteer, join an activity, start a new activity, join us for lunch or just come for coffee and some conversation. The Waupun Senior Center is an activity center where old friends catch up and new friends meet.

It's good to be back and I look forward to catching up and welcoming new participants!



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SERVICES

DIABETES... WHAT YOU NEED TO KNOW

Join Mary Smith, RD, CD, Agnesian HealthCare Diabetes Services diabetes educator, to learn more about diabetes health and why it is a concern. Smith will provide tips on how to prevent and reduce the risk of diabetes complications through exercise and healthy eating.

When: Tuesday, January 12^h from 3:00—4:00pm

Where: Waupun Senior Center



FOOT CARE CLINIC

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

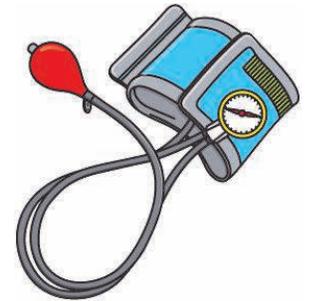
When: Wednesday, January 6th and Wednesday, January 20th. Appointments start at 8:20am and each appointment is 20 minutes long. Last appointment starts at 10:40am.

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, January 20th 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 and holiday favorites.

Brought to you by Fond du Lac County Senior Dining Program.

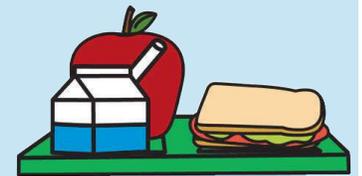
Who: 60 years or older, or married to someone age 60 or older

When: Monday – Friday at noon (No lunch 1/1/16)

Suggested Donation: \$3.00

Registration: Required one day in advance by noon by calling 324-7930 or registering at the Senior Center front desk.

Menu: Located on page 7.



TRANSPORTATION

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.

LUNCH MENU

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January 2016

Fond du Lac County Senior Dining

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

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																				
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<p><i>4</i> Roast Pork Loin Mashed Potatoes Carrots Applesauce Cinnamon Roll * Sliced Bread</p>	<p><i>5</i> Lasagna Casserole Winter Blend Vegetables Key Lime Pie Plum Halves * French Bread</p>	<p><i>6</i> Country Fried Steak Mashed Potatoes Tossed Salad Fruited Gelatin Cookie * Sliced Bread</p>	<p><i>7</i> Chicken Cacciatore Baked Potato Summer Blend Veg. Birthday Cake Apple Slices * Dinner Roll</p>	<p><i>8</i> Swedish Meatballs Mashed Potatoes Green Beans Fruit Cocktail Ice Cream Cup * Sliced Bread</p>																																																																																				
<p><i>11</i> Beef Stew Brussel Sprouts Vanilla Pudding Petite Banana * Cheddar Biscuit</p>	<p><i>12</i> Baked Chicken Twice Bk Style Pot. Three Bean Salad Pear Slices Fudge Brownie * Dinner Roll</p>	<p><i>13</i> BBQ Pork Cutlet Baby Red Potatoes Western Corn Choc. Rasp. Torte Applesauce * Sliced Bread</p>	<p><i>14</i> Chicken Chow Mein over Brown Rice Calif. Blend Veg. Mand Orange Gel. Sugar Cookie * Dinner Roll</p>	<p><i>15</i> Smoked Sausage Baked Potato Baby Carrots Gingerbread Cake Seedless Grapes * Sliced Bread</p>																																																																																				
<p><i>18</i> Chopped Steak in Burg/Mush Sauce Mashed Potatoes Spinach Sal./HBD Peach Slices Cinnamon Roll * Sliced Bread</p>	<p><i>19</i> Cranberry/Kraut Meatballs Escalloped Potatoes Broccoli Cuts Rainbow Sherbet Apple Slices * Dinner Roll</p>	<p><i>20</i> Chicken Breast Mashed Potatoes Mixed Vegetables Fruited Gelatin Fudge Brownie * Sliced Bread</p>	<p><i>21</i> Liver and Onions Baby Red Potatoes Corn Butterfinger Torte Honeydew Melon * Dinner Roll</p>	<p><i>22</i> Swiss Steak Mashed Potatoes Green Beans Petite Banana Cookie * Sliced Bread</p>																																																																																				
<p><i>25</i> Mushroom Pork Cutlet Mashed Potatoes Red Cabbage Spice Cake Applesauce * Sliced Bread</p>	<p><i>26</i> Meatloaf Baked Potato Summer Blend Veg. Fruited Gelatin Frosted Cake * Dinner Roll</p>	<p><i>27</i> Baked Chicken Twice Bk Style Pot Copper Penny Salad Tapioca Pudding Pear Slices * Sliced Bread</p>	<p><i>28</i> Bratwurst on a Bun German Pot. Salad Wax Beans Cantaloupe Slice Cookie *</p>	<p><i>29</i> Chicken Marsala Baby Red Potatoes Tossed Salad Pecan Pie Plum Halves * Sliced Bread</p>																																																																																				

JANUARY 2016 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>OPEN MONDAY—FRIDAY 8:00am—4:00pm</p>	<p>SCHEDULE IS SUBJECT TO CHANGES Please call to 324-7930 to register and verify.</p>	<p>ON THE RADIO AM 1170 TUESDAYS 7:45AM</p>		<p>CLOSED</p>
<p>4</p> <p>10:30am Yoga Stretch 1:00pm Euchre</p>	<p>5</p> <p>9:00am Pool League 9:00am Hand & Foot Cards 9:00am Christmas Clean Up 10:00am Craft Club</p>	<p>6</p> <p>8:20am Foot Clinic 10:00am Genealogy Club 1:00pm Sheephead 5:30pm Pickleball</p>	<p>7</p> <p>10:30am Yoga Stretch 1:00pm Sheephead</p>	<p>8</p> <p>9:00am Marbles 10:00am Book Club 1:00pm Bingo</p>
<p>11</p> <p>10:30am Yoga Stretch 1:00pm Euchre</p>	<p>12</p> <p>9:00am Pool League 9:00am Hand & Foot Cards 10:00am Craft Club 3:00 Diabetes Presentation</p>	<p>13</p> <p>10:30am Jam Session 1:00pm Sheephead 5:30pm Pickleball</p>	<p>14</p> <p>10:30am Yoga Stretch 1:00pm Sheephead</p>	<p>15</p> <p>9:00am Marbles</p>
<p>18</p> <p>10:30am Yoga Stretch 1:00pm Euchre</p>	<p>19</p> <p>9:00am Pool League 9:00am Hand & Foot Cards 10:00am Craft Club</p>	<p>20</p> <p>8:20am Foot Clinic 10:00am Genealogy Club 11:00am Blood Pressure Check 1:00pm Sheephead 5:30pm Pickleball</p>	<p>21</p> <p>9:00am SWAG Meeting 9:45am Cellphone Class 10:30am Yoga Stretch 1:00pm Sheephead</p>	<p>22</p> <p>9:00am Marbles 9:00am YMCA Trip</p>
<p>25</p> <p>10:30am Yoga Stretch 1:00pm Euchre 5:00pm Night Yoga Stretch</p>	<p>26</p> <p>9:00am Pool League 9:00am Hand & Foot Cards 10:00am Craft Club Jewelry Making</p>	<p>27</p> <p>10:30am Jam Session 1:00pm Sheephead 5:30pm Pickleball</p>	<p>28</p> <p>10:30am Yoga Stretch 1:00pm Sheephead</p>	<p>29</p> <p>9:00am Marbles 9:45am Video Chat Class</p>

GADGET CLASSES

9

CELLPHONES

Do you have questions about your cellphone or about getting a cellphone? Join us for individual and group discussion about cellphones and cellphone capabilities. All cellphone makes and models accepted. Please bring your cellphone along with you to class. You do not need a cellphone to attend.

When: Thursday, January 21st at 9:45am



VIDEO CHAT

Dr. Heidi Schmidt, will talk about how to use Google+ Hangouts.

Google+ Hangouts is a free video chat service from Google that enables both one-on-one live video chats and group chats with up to ten people at a time on devices with a video camera. Chromebook computers will be provided for this class. You must have a Gmail email address and password to attend the class. Space is limited.

When: Friday, January 29th at 9:45am

***Both classes **REQUIRE** preregistration by signing up at the Senior Center front desk or by calling 324-7930. Space is limited.

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CARD GAMES

EUCHRE TOURNAMENT

There will not be January euchre tournament.

The next tournament will be on

Saturday, February 6th at 1:00pm.

Entry Fee: \$5.00 to play 10 games

Prizes: \$20.00 guarantee for 1st place winner

SPONSORSHIP

Are you a local business or organization looking to advertise? \$20 covers the cost to sponsor to sponsor our 1st Saturday of the month euchre tournament.

Sponsorship includes recognition in our newsletter and the opportunity to do a presentation before the euchre tournament begins. If interested in sponsoring, please email parks@cityofwaupun.org.

MARBLES

Marbles or also known as The Aggravation Game is played every Friday at 9:00am. 2-6 players can play on one board at a time. Each player has to advance their marbles around the board without being sent back to start.

HAND & FOOT CARDS

Want to brush up on your skills or learn a new game this winter? Hand & Foot is a card game related to Canasta. Hand & Foot is played differently all over the United States. However, Senior Center rules are provided and we will teach you how to play. Be the first team to reach 10,000 points and win! Played every Tuesday morning at 9:00am!

BLACK ♠ SHEEPSHEAD

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

December High Scores:

- ♣ Joyce Friese (100)
- ♣ Dave Teresinski (99)
- ♣ Marion Birkholz (86)

EUCHRE

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

December High Scores:

- ♠ Phyllis Beske (65)
- ♠ Millie Armga & Dale Hinze (61)
- ♠ Rose Heidman & Phyllis Beske (62)

JACK OF ♦ SHEEPSHEAD

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

December High Scores:

- ♦ Arlene Rohr (104)
- ♦ Lynn Tavs (94)
- ♦ Marie Wellhouse (89)

GAMES

The Senior Center has Monopoly, Mancala, Cribbage, Dominoes, Uno, Farkle, Chess, Checkers, Scrabble, Skip-Bo and more! Play one of ours or bring your own! These games can be used at anytime the Senior Center is open or rented.

CLUBS

11

BOOK CLUB

Our current book is *Grace* by Richard Paul Evans, 316 pages.

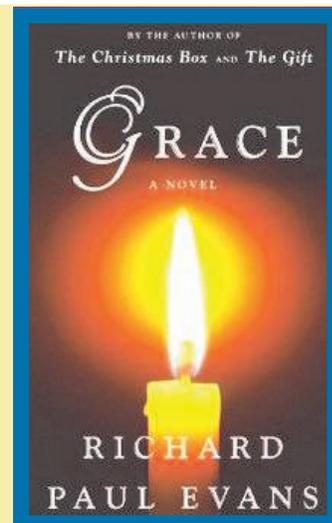
“*The New York Times* bestselling author of *The Christmas Box*, and *The Walk* series returns with a holiday novel of hope, love, and redemption.

She was my first kiss. My first love. She was a little match girl who could see the future in the flame of a candle. She was a runaway who taught me more about life than anyone has before or since. And when she was gone my innocence left with her. As I begin to write, a part of me feels as if I am awakening something best left dead and buried, or at least buried.

We can bury the past, but it never really dies. The experience of that winter has grown on my soul like ivy climbing the outside of a home, growing until it begins to tear and tug at the brick and mortar. I pray I can still get the story right. My memory, like my eyesight, has waned with age. Still, there are things that become clearer to me as I grow older. This much I know: too many things were kept secret in those days. Things that never should have been hidden. And things that should have.”

Source: www.goodreads.com

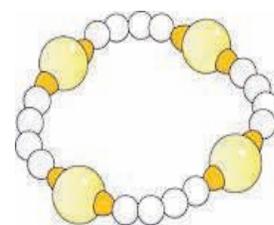
Pick up your copy at the Waupun Senior Center and join us on Friday, January 8th at 10:00am for coffee and book discussion.



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. 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. Free take home crafts! January's craft workshop is **jewelry making**. Learn to make bracelets, necklaces, and rings on Tuesday, January 26th at 10:00am.



GENEALOGY CLUB

Bring your family photos, letters, and information to share and discuss methods of research and organization. This is an independent project with access to computers and experts. This is a go at your own pace club that beginners and novices can join at anytime. Come to one Genealogy Club meeting a month or both to continue your research!

When: Wednesday, January 6th at 10:00am
Discussion, tips and tricks, status updates
Wednesday, January 20th at 10:00am
Computer access and online resources



CHRISTMAS CLEAN UP

Thank you to all of the volunteers who helped decorate the Waupun Senior Center for Christmas. Your hard work and thoughtfulness brought holiday cheer to the Senior Center and to the many holiday rental parties that were held.

Christmas decorating clean up will be on Tuesday, January 5th at 9:00am. Coffee and treats provided.

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)



REACH DONATIONS

REACH Waupun is a community-based nonprofit that is working to address resource gaps that exist for local adults, children and families in need. The goal of REACH is to develop a way to unite in a community-wide effort to connect resources that will help individuals and families REACH their highest potential. Whether you're a business owner, parent, grandparent, or concerned citizen, there's a role for you to play! Visit www.reachwaupun.org for the most up to date information. Monthly themed REACH donation drives will be held in 2016. January's theme is *Baby New Year* which includes items like diapers, wipes, baby formula/food, baby clothes, etc.

The Waupun Senior Center is a drop off location.

Look for the blue barrel with the REACH logo.



PUZZLE

There is always a puzzle to work on at the Senior Center! The puzzle table is located in the front room by the computer.

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.