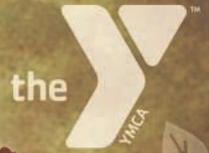




WAUPUN

SENIOR CENTER

newsletter



February 2016 | Issue 2 | Volume 12

LUAU

Aloha! You are invited to our winter luau lunch! Live Hawaiian music and mocktails served at 11:30am. Lunch served at noon. Hawaiian punch snow cones served after lunch.

When: Monday, February 15th

Lunch Menu: Hawaiian meatballs
Baby red potatoes
Mixed vegetables
Fruited gelatin
Cookie
Sliced bread



Join us in the tropical paradise of the Senior Center! There is a suggested donation of \$3.00 for lunch. Registration is required one day in advance by noon by calling 324-7930 or registering at the Senior Center front desk. Hawaiian dress optional, but highly recommended.

LUNCH WITH THE CHIEF

Join Waupun Police Chief Dale Heeringa for lunch at the Waupun Senior Center on Friday, February 12th. To register for lunch you must call 324-7930 or sign up at the Senior Center front desk by noon on Thursday, February 11th. \$3.00 is the suggested donation.



BONUS stay and play bingo at 1:00pm!



BEAN BAG TOSS TOURNAMENT

Bean bag toss is a game that everyone can play so even if you haven't played before come give it a try. Points are scored by throwing a bean bag onto a board with the goal of making the bean bag on the board or in the hole. The player to earn 21 points wins the game.

Join us to play indoors on Friday, February 19th at 1:00pm! Chairs will be set up for spectators. All interested people must preregister by signing up at the Senior Center front desk or by calling 324-7930.

BINGO

January Winners:

Extra Card: Karen Mielke, Jean Dohrman, Carol Zietlow, Roger Blase

Lunch Voucher: Doris Laurain, Marion Redeker, Bob Kastein, Boots Pomplun

\$5.00: Beverly Kastein and Boots Pomplun



SIA would like to thank the Waupun Senior Center for the privilege of sponsoring BINGO for the 2016 year!

At SIA we know MEDICARE can be quite confusing, that's why we're here to walk you through the basics on how MEDICARE works and also answer those tough questions.

Talk to us at BINGO, or call our office to make an appointment. Brette Sterk and Jordan Sterk are our on-site Individual Health Insurance Specialists.

As an independent agency, we have many different insurance companies that we represent. MEDICARE is not a one size fits all insurance. Let us help you figure out which one will fit you best.

Call us today! (920) 324-2071

Join us for free bingo on **Friday, February 12th at 1:00pm.**



POOL NEWS

ARIZONA POOL

How do you play Arizona Pool? The game is played slop style, but with fouls. The tricky part is that you have to make one of your balls in a specific pocket depending on whether you are stripes or solids. A foul is committed if you scratch or hit your



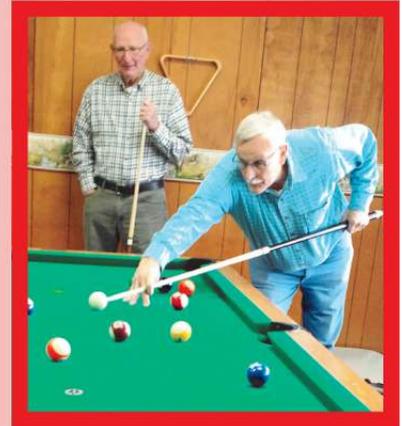
opponent's ball first. Then you have to place one of your pocketed balls back on the table.

When:
Wednesdays at
1:00pm.

POOL LEAGUE

We have two pool tables and pool equipment to shoot free open pool when the Senior Center is open. Pool League update as of January 20th:

Currently 1st:
Al Holden
(27 wins)
Currently 2nd:
Al Kearly
(25 wins)
Currently 3rd:
Norm Jansma
(24 wins)



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STAY ACTIVE

NIGHT YOGA

This evening class mimics our morning classes. With a chair, this class challenges the body and mind through strengthening, stretching, relaxing and breathing. Please wear tennis shoes. FREE!

When: Monday, February 22nd from 5:00—5:45pm

YMCA TRIP

When: Friday, February 26th from 9:15—11:45am

Where: YMCA of Dodge County

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
- ◆ Zumba Gold fitness class at 10:00am in the gym. Zumba Gold strives to improve balance, strength, flexibility through Latin styles of music and dance using easy to follow steps.
- ◆ Water aerobics class at 10:30am
- ◆ Hot tub and whirlpool use
- ◆ Wellness Center use

INDOOR PICKLEBALL

A fun, easy to learn game that relates to tennis, badminton, and ping pong. Instructors and equipment provided. Free!

When: Wednesdays at 5:30pm

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

WII

The Wii can be used anytime to virtually bowl, golf, race, play tennis, baseball, billiards, hockey, ping pong, hunt, fish, 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!



Congratulations to Tom Holzman. He has scored the first 300 in Wii bowling at the Senior Center! Tom has three 300 games!

YOGA STRETCH

Too old for yoga? Nonsense. 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

HELLO

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



Thank you to all of the volunteers who made the Senior Center run smoothly while I was gone. So many people here contribute in their own selfless way day after day. If you would like to volunteer at the Senior Center, please contact me. Volunteer opportunities include, lunch duties, front desk duties, cleaning, and newsletter delivery.

I am excited to see what 2016 brings for us at the Senior Center. Here are some Waupun Senior Center statistics from 2015:

- 8,877 total attendance
- 35 people attended daily on average
- 940 transportation rides given
- 5,885 total meals served
- 162 different people ate lunch at the Senior Center
- 22 facility rentals



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SERVICES

HOMESTEAD TAX CREDIT CLINIC

When: Thursday, February 4th
from 9:30—11:30am

Who: Fond du Lac County Residents Age
60+

To Qualify:

- Legal WI resident for all of 2015
- Household income less than \$24,680
- Not be living in a nursing home and receiving medical assistance
- Be a owner or renter of the homestead for all of 2015

What to Bring:

- Property tax bill or rent certificate
- 1099's from Social Security
- 1099's from banks, pensions and other statements of income
- W-2 form if you work

Clinic brought to you by Fond du Lac County Senior Services Benefit Specialist, Julie Hilbert.

BLOOD PRESSURE CHECK

Come to the Waupun Senior Center on Wednesday, February 17th at 11:00am to have your blood pressure checked! Brought to you by Golden Living - Continental Manor of Randolph.

CARDIAC REHAB— WHAT'S IT ALL ABOUT?

Join Austin Armga, MS, EP, Ripon Medical Center Cardiac Rehabilitation exercise physiologist, for an overview of cardiac rehabilitation and how it helps improve the health and well-being of people with heart concerns. Armga will discuss what it is, who is eligible and why it's important.

When: Tuesday, February 9th at 1:00pm



WAUPUN MEMORIAL HOSPITAL
A MEMBER OF AGNESIAN HEALTHCARE

FOOT CARE CLINIC

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

When: Wednesday, February 3rd and Wednesday, February 17th. 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.



ABC'S OF IN-HOME THERAPY

Learn how you can remain in your home as your needs change. Discover the benefits of physical, occupational, and speech therapy through home modifications, adaptive equipment, and much more! Topics of discussion include: What is physical, occupational and speech therapy? How do I pay for this? Is it covered under insurance? Do I have to visit my doctor first? When can I ask my doctor for therapy? How can therapy help me stay independent? Brought to you by Rehab Arisces, LLC, proudly serving Wisconsin.

When: Friday, February 19th at 10:00am

LUNCH

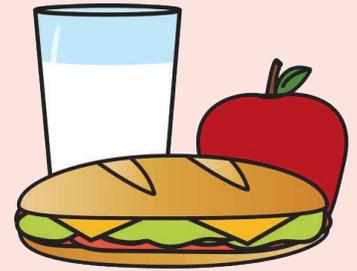
SENIOR CENTER LUNCH

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 by noon by calling 324-7930 or registering at the Senior Center front desk.



FEBRUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Salisbury Steak Mashed Potatoes Carrots Fruit Cocktail Cinnamon roll Slice Bread	2 BBQ Meatballs Sour Cream & Chive Pot. Broccoli Cuts Cram Sicle Torte Slices apples Dinner Roll	3 Glazed Ham Sweet Potato Bake Health Slaw Applesauce Cookie Sliced Bread	4 Baked Spaghetti Mixed Italian Salad Birthday Cake Honeydew Melon French Bread	5 Chicken & a Biscuit Winter Blend Vegetable Petite Banana Fudge Brownie
8 Pepper Steak Baked Potato Chinese Ramen Salad Vanilla Pudding Seedless Grapes Sliced Bread	9 Baked Chicken Twice Baked Style Potato Three Bean Salad Fruited Gelatin Frosted Cake Dinner Roll	10 Macaroni & Cheese Tossed Salad California Blend Veg. Chocolate Cloud Cake Pear Slices Sliced Bread	11 Hamburger on a Bun Cheesy Potato Bake Corn Cantaloupe Slice Ice Cream Cup	12 Crispy Fish Fillet German Potato Salad California Blend Veg. Egg Custard Pie Pineapple Tidbits Sliced Bread 
15 Hawaiian Meatballs Baby Red Potatoes Mixed Vegetables Fruited Gelatin Cookie Sliced Bread	16 Roast Turkey Mashed Potatoes Baby Carrots Coconut Cream Pie	17 Escalloped Potatoes & Ham Casserole Green Beans Cantaloupe Slice Fudge Brownine Sliced Bread	18 Meatloaf Baked Potato Peas/Pearl Onions Chocolate Chip Cookie Apple Slices Dinner Roll	19 Cheese Tortellini in Marinara Sauce Mixed Italian Salad Winter Blend Vegetables Pear Slices Frosted Cake Sliced Bread
22 Swiss Steak Mashed Potatoes Wax Beans Ice Cream Cup Honeydew Melon Sliced Bread	23 Hungarian Goulash Casserole Brussel Sprouts Fruited Gelatin Cookie Dinner Roll	24 Baked Chicken Twice Baked Style Potato Copper Penny Salad Cinnamon Roll Pineapple Tidbits Sliced Bread	25 Meatballs in Honey Mustard Sauce Baby Red Potatoes Spinach Salad Peach Slices Frosted Cake Dinner Roll	26 Salmon Loaf Garlic Mashed Potatoes Peas & Carrots Key Lime Pie Seedless Grapes Sliced Bread

29
 Smoked Sausage
 Baked Potato
 Pickled Beet Salad
 Applesauce
 Fudge Brownine
 Sliced Bread

Great food, great company, great place! Catered by Feil's in Randolph. Entrée, fruit, vegetable, bread, dessert and milk included with all meals. Brought to you by Fond du Lac County Senior Dining Program.

FEBRUARY 2016 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:30am Yoga Stretch 1:00pm Euchre	2 9:00am Pool League 9:00am Hand & Foot Cards 10:00am Craft Club 1:00pm Sequence	3 8:20am Foot Clinic 10:00am Genealogy Club 1:00pm Sheepshead 1:00pm Arizona Pool 5:30pm Pickleball	4 9:00am Marble 9:30am Homestead Tax Clinic 10:30am Yoga Stretch 1:00pm Sheepshead	5 SATURDAY, FEB. 6 1:00pm Euchre Tournament
8 8:30am Typing Class 10:30am Yoga Stretch 1:00pm Euchre	9 9:00am Pool League 9:00am Hand & Foot Cards 10:00am Craft Club 1:00 Cardiac Rehab Presentation	10 10:30am Jam Session 1:00pm Sheepshead 1:00pm Arizona Pool 5:30pm Pickleball	11 9:00am Marbles 10:30am Yoga Stretch 1:00pm Sheepshead	12 10:00am Book Club Noon Lunch with the Chief 1:00pm Bingo
15 8:30am Typing Class 10:30am Yoga Stretch 11:30am Luau Lunch 1:00pm Euchre	16 9:00am Pool League 9:00am Hand & Foot Cards 10:00am Craft Club 1:00pm Sequence	17 8:20am Foot Clinic 10:00am Genealogy Club 11:00am Blood Pressure Check 1:00pm Sheepshead 1:00pm Arizona 5:30pm Pickleball	18 9:00am SWAG Meeting 9:00am Marbles 10:30am Yoga Stretch 1:00pm Sheepshead	19 10:00am ABC's of In-Home Therapy 1:00pm Bean Bag toss Tournament
22 8:30am Typing Class 10:30am Yoga Stretch 1:00pm Euchre 5:00pm Night Yoga Stretch	23 9:00am Pool League 9:00am Hand & Foot Cards 10:00am Craft Club Birdfeeders 1:00pm Sequence	24 10:30am Jam Session 1:00pm Sheepshead 5:30pm Pickleball	25 9:00am Marbles 10:30am Yoga Stretch 1:00pm Sheepshead	26 9:00am YMCA Trip
29 8:30am Typing Class 10:30am Yoga Stretch 1:00pm Euchre	OPEN MONDAY—FRIDAY 8:00am—4:00pm		SCHEDULE IS SUBJECT TO CHANGES Please call to 324-7930 to register and verify.	ON THE RADIO AMI1170 TUESDAYS 7:45AM

GADGET CLASSES

TYPING CLASS

Learn to type the correct way! This 4 week class will save your progress as you go and will have review stages throughout the class. The goal is to get a perfect score after each class is over and build confidence when typing on a keyboard. This is a go at your own pace, independent class that is open to anyone who wishes to brush up on their typing skills or start from the beginning. Learning to type the proper way will make it easier for you to type a letter, search the internet, send an email, or post on Facebook! All classes are at 8:30am.

When: Monday, February 8th
Monday, February 15th
Monday, February 22nd
Monday, February 29th



***This class requires a 4 week commitment. Space is limited. All interested people must preregister by signing up at the Senior Center front desk or by calling 324-7930.

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CARD GAMES

EUCHRE TOURNAMENT

Saturday, February 6th at 1:00pm.

Entry Fee: \$5.00 to play 10 games

Prizes: \$20.00 guarantee for 1st place winner

Sponsored by Bargains Galore Thrift Store! Bargains Galore Thrift Store has been serving Waupun and surrounding communities for over 14 years. Bargains Galore raises funds for Central Wisconsin Christian Schools by selling tax-deductible donations. Bargains sells high quality donated merchandise in a friendly, organized store at great prices! Bargains accepts donations of most everything in good sellable condition with free donation pick-up service within a 15 mile radius. Bring your electronics, including your TV's, for recycling. Call for information! Come check out the BEST Resale Store around!

Store and Donation Hours: Thursday 10am – 8pm; Friday and Saturday 10am-2pm.

Contact: (920) 324-8677



Bargains Galore



Address: 810 W. Main Street

Website: www.BargainsGaloreThriftstore.com

SEQUENCE

The object of the game is to form rows of five poker chips on the board by placing the chips on the board spaces corresponding to cards played from your hand.

Sequence can be played with two to 12 players. The game ends when a player completes the winning amount of sequences.

When: Tuesdays at 1:00pm

MARBLES

Marbles or also known as The Aggravation Game is played every Thursday 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...that's the aggravating part!

BLACK ♣ SHEEPSHEAD

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

January High Scores:

- ♣ Russ Jorgenson (97)
- ♣ Newt Vande Woude (92)
- ♣ Mille Armga (83)

JACK OF ♦ SHEEPSHEAD

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

January High Scores:

- ♦ Ron Harmsen (104)
- ♦ Bruce Uecker (96)
- ♦ Ev Lemke (95)

EUCHRE

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

January High Scores:

- ♠ Ed Parduhn, Eleanor Hacht & Phyllis Beske (58)
- ♠ Jerry Harmsen, Winnie Smith & Marion Birkholz (57)
- ♠ Brinton Mohr (54)

HAND & FOOT CARDS

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!

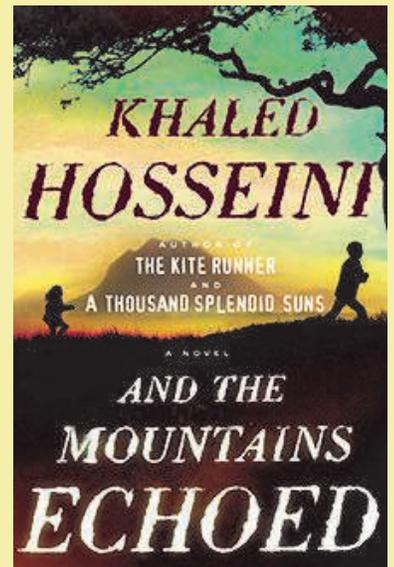
CLUBS

11

BOOK CLUB

Our current book is *And the Mountains Echoed* by Khaled Hosseini 448 pages.

“Khaled Hosseini, the #1 New York Times bestselling author of *The Kite Runner* and *A Thousand Splendid Suns*, has written a new novel about how we love, how we take care of one another, and how the choices we make resonate through generations. In this tale revolving around not just parents and children but brothers and sisters, cousins and caretakers, Hosseini explores the many ways in which families nurture, wound, betray, honor, and sacrifice for one another; and how often we are surprised by the actions of those closest to us, at the times that matter most. Following its characters and the ramifications of their lives and choices and loves around the globe—from Kabul to Paris to San Francisco to the Greek island of Tinos—the story expands gradually outward, becoming more emotionally complex and powerful with each turning page.” Source: litlovers.com



Pick up your copy at the Waupun Senior Center and join us on Friday, February 12th 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.

FEBRUARY CRAFT WORKSHOP

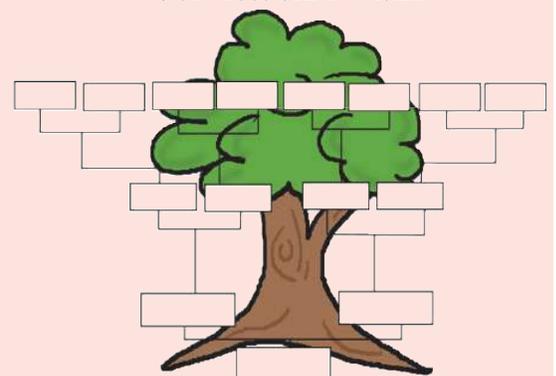
Free take home crafts! This month's craft workshop is **birdfeeders**. Make easy birdfeeders using recycled materials on Tuesday, February 23rd at 10:00am. Birdseed provided.

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 experienced genealogists. This is a go at your own pace club that beginners and novices can join at anytime.

When: Wednesday, February 3rd at 10:00am
Discussion, tips and tricks, status updates
Wednesday, February 17th at 10:00am
Computer access and online resources

MY FAMILY TREE



SENIOR CENTER RENTALS

Large space for birthday parties, anniversaries, wedding receptions and showers! To reserve call 324-7930 or stop by to check availability and pick up an application.

Amenities: Refrigerator/freezer, microwave, stove, 30 cup coffee maker, handicap accessible 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)



SPONSORSHIP

Are you a local business or organization looking to advertise? \$20 covers the cost 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 call 324-7930.

PUZZLE

Don't have the space or time to work on puzzle at home? There is always a puzzle to work on at the Senior Center! The puzzle table is located in the front room by the computer.

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.

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.