



WAUPUN

SENIOR CENTER

newsletter



March 2016 | Issue 2 | Volume 13

ST. PATRICKS' DAY LUNCH

Beverages and live Irish music at 11:30am. Music brought to us by The Brandon Music Makers. Lunch served at noon. Mint ice cream served after lunch.

When: Thursday, March 17th

Lunch Menu: Corned Beef
Baby Red Potatoes
Cabbage & Carrots
Key Lime Pie
Pear Slices
Dinner Roll



Join us for a festive good time at 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. St. Patrick's Day apparel optional, but highly encouraged.

NEW! INDOOR WALKING

Too cold to walk outside? Don't want to walk in the rain? Indoor walking will be offered at The Union gymnasium through March and April. The gym is heated at 60 degrees and 20 laps equals a mile.

When: Monday– Friday from 7:00—8:30am

Where: The Union located at 421 Jackson Street, Waupun (The old high school)

Free!



RADIO

Listen for Waupun Senior Center updates and news every Tuesday morning at 7:45am on AM 1170/103.3 FM.

EMAIL LIST

If you or a person you know wish to be on our Senior Center Newsletter emailing list please, submit your email address to parks@cityofwaupun.org.

FACEBOOK

Like us on Facebook: "Waupun Senior Center"

BINGO

February Winners:

Extra Card: Orvil Lackey, Roger Blaze, Karen Mielke, Elaine Daane

Lunch Voucher: Morris TeGrootenous, Tom Holzman, Annette Kenker, Orvel Lackey

\$5.00: Carol Zietlow and Elaine Daane



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, March 11th at 1:00pm.**



RENTALS

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!

Rental Fees:

- Weekdays: 5:00pm—9:00pm \$50.00
- Weekends & Holidays: \$50.00 (4 Hours) or \$75.00 (8 Hours)

PARK SHELTER RENTALS

City of Waupun parks are great places for graduation parties, family reunions, birthday parties, picnics and more!

- Buwalda Park (716 Buwalda Drive)
- Dodge Park (518 S. Madison Street)
- Harris Mill Park (300 N. Mill Street)
- McCune Park (313 N. Grove Street)
- West End Park (200 Beaver Dam Street)
- Wilcox Park (404 S Watertown Street)

Rental Fees: \$30 resident
\$35.00 non-resident

To check availability or reserve call 324-7930 or stop by the Senior Center to fill out a reservation permit.

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STAY ACTIVE

INDOOR PICKLEBALL

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

When: Tuesdays at 5:30pm

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

YOGA STRETCH

Yoga has been around for thousands of years. It has been offered at the Senior Center for a year now and is continuing to grow in popularity. Our average class size is 20 “yogis” and we have room to grow. No matter the class size yoga is a personal experience for each individual. 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. Please wear comfortable clothing and tennis shoes. FREE!

When: Mondays & Thursdays from 10:30—11:15am and Monday, March 28th from 5:00—5:45pm

BILLIARDS

We have two pool tables and pool equipment to shoot free open pool when the Senior Center is open. Pool League update as of February 18th:

Currently 1st: Al Holden (45 wins)

Currently 2nd: Al Kearly (34 wins)

Currently 3rd: Norm Jansma (32 wins)

Arizona Pool is played on Wednesdays at 1:00pm. Come learn to play this different style of play.

YMCA TRIP

When: Friday, March 18th 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

***YOU decide what activities you want to do when we get to the Y.

WII GAMES

Any movement is beneficial. 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. Games include sports, target practice, and obstacle courses. Play anytime!

HELLO

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



There are lots of things going on daily, weekly, and monthly at the Waupun Senior Center. Our schedule does change from time to time depending on the weather, interest, and available space. If you have questions about the Senior Center or activity schedule, please feel free to ask me. Stop by my office, call 920-324-7930, email me at parks@cityofwaupun.org, or drop a note in the newly installed suggestion/comment box located by the sign-in podium. If I am speaking on the phone or with someone else, please be patient or leave a message. I will do my best to directly answer your questions in a clear and precise way.

If you have questions about the lunch program at the Senior Center, please contact Fond du Lac County Senior Dining at 920-929-3937. If you have questions about the mobile meal program, please contact 920-929-3113.



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SERVICES

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. 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 2nd and 4th 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. Visit the Senior Center front desk or call 324-7930 to reserve your spot or to be placed on the interest list.

MOBILE MEALS

The purpose of the mobile meal program is to provide one nutritionally balanced hot meal for five days per week on a temporary or permanent basis to home bound individuals. To be eligible to receive delivered mobile meals, individuals must be 60 years of age or older or married to someone 60 years of age or over, be frail or homebound, unable to cook for themselves or have someone in home to assist them in cooking. For eligibility and assessment each individual will receive a home visit by Fond du Lac County Department of Senior Services. To see if you or someone you know is eligible please call 920-929-3113. This service is brought to us by Fond du Lac County Department of Senior Services. Residents of Dodge County are also eligible within the city limits of Waupun.

DEVELOPING AN EXERCISE PROGRAM

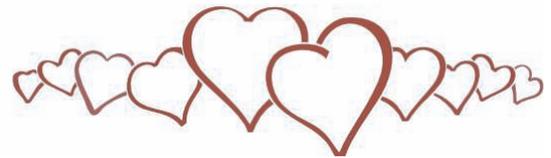
Join Trisha West, DPT, LAT, and Stephanie Schubert, DPT, LAT, Waupun Memorial Hospital physical therapists and athletic trainers, to learn more about developing an exercise program that fits your individual needs. Learn which exercises are safe and appropriate for your fitness level and how exercise is beneficial to staying healthy.

When: Tuesday, March 8th at 1:00pm



BLOOD PRESSURE CHECK

Come to the Waupun Senior Center on Tuesday, March 8th at 12:30pm to have your blood pressure checked! Brought to you by Agnesian HealthCare.



FOOT CARE CLINIC

Foot assessment and toenail trimming by Fond du Lac County Health Department. All appointments are with a registered nurse.

When: Wednesday, March 2nd and Wednesday, March 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. Appointments can be made several months in advance.

LUNCH

SENIOR CENTER LUNCH

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.

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. Great food, great company, great place!

MARCH 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chopped Steak in Burg/ Mushroom Sauce Carrots Vanilla Pudding Plum Halves Dinner Roll	2 Ham Rolls Squash Health Slaw Pear slices Cookie Sliced Bread	3 Chicken Cassiatore Cheesy Potato Bake Broccoli Cuts Birthday Cake Apple Slices Dinner Roll	4 Seafood Creole over Brown Rice Tossed Salad Mandarin Orange Gelatin Rainbow Sherbet Sliced Bread
7 Pork Jaegerschnitzel Mashed Potatoes Red Cabbage Oatmeal Raisin Cookie Applesauce Sliced Bread	8 Beef Stew Winter Blend Vegetables Fruited Gelatin Cinnamon Roll Cheddar Biscuit	9 Chicken Breast Mashed Potatoes Baby Carrots Alexander Torte Seedless Grapes Sliced Bread	10 Bratwurst on a Bun Oven Roasted Potatoes Corn Cantaloupe Slice Cookie	11 Tuna Casserole California Blend Veggies Ice Cream cup Fruit Cocktail Sliced Bread
14 Baked Chicken Twice Baked Style Potato Three Bean Salad Pineapple Tidbits Frosted Cake Sliced	15 Cranberry Pork cutlet Baked Potato Mixed Vegetables Sugar Cookie Applesauce Dinner Roll	16 Salisbury Steak Mashed Potatoes Swiss spinach Peach Slices Tapioca Pudding Sliced Bread	17 Corned Beef Baby Red Potatoes Cabbage & Carrots Key Lime Pie Pear Slices Dinner Roll 	18 Crispy Fish Fillet German Potato Salad Summer Blend Veggies Fruited Gelatin Cookie Sliced Bread
21 Lasagna Casserole Italian blend Vegetables Chocolate Banana Torte Honeydew Melon French Bread	22 Swedish Meatballs Mashed Potatoes Green Beans Pear Slices Fudge Brownie Dinner Roll	23 Pot Roast Baby Red Potatoes Baby Carrots Chocolate Pudding Seedless Grapes Sliced Bread	24 Glazed Ham Sweet Potato Bake Cole Slaw Applesauce Cooke Dinner Roll	25 NO LUNCH
28 Pork Loin Mashed Potatoes Tossed Salad Baked Apples Plum Halves Sliced Bread	29 Meatloaf Baked Potato Mixed Vegetables Fruited Gelatin Butterscotch Pudding Dinner Roll	30 Baked Chicken Twice Baked Style Potato Copper Penny Salad Ice Cream Cup Peach Slices Sliced Bread	31 BBQ Meatballs Au Gratin Potatoes Wax Beans Cantaloupe Slices Frosted Cake Dinner Roll	

MARCH 2016 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SCHEDULE IS SUBJECT TO CHANGES Please call to 324-7930 to register and verify.</p>	<p>1</p> <p>9:00am Pool League 9:00am Hand & Foot Cards 1:00pm Sequence 5:30pm Pickleball</p>	<p>2</p> <p>8:20am Foot Clinic 10:00am Genealogy Club 1:00pm Sheepshead 1:00pm Arizona Pool</p>	<p>3</p> <p>9:00am Marbles 10:30am Yoga Stretch 1:00pm Sheepshead</p>	<p>4</p> <p>SATURDAY, MARCH 5 1:00pm Euchre Tournament</p>
<p>7</p> <p>10:30am Yoga Stretch 1:00pm Euchre</p>	<p>8</p> <p>9:00am Pool League 9:00am Hand & Foot Cards 12:30pm Blood Pressure Check 1:00 Developing An Exercise Program 5:30pm Pickleball</p>	<p>9</p> <p>10:30am Jam Session 1:00pm Sheepshead 1:00pm Arizona Pool</p>	<p>10</p> <p>9:00am Marbles 10:30am Yoga Stretch 1:00pm Sheepshead</p>	<p>11</p> <p>10:00am Book Club 1:00pm Bingo</p>
<p>14</p> <p>10:30am Yoga Stretch 1:00pm Euchre</p>	<p>15</p> <p>9:00am Pool League 9:00am Hand & Foot Cards 1:00pm Sequence 5:30pm Pickleball</p>	<p>16</p> <p>8:20am Foot Clinic 1:00pm Sheepshead 1:00pm Arizona Pool</p>	<p>17</p> <p>9:00am Marbles 9:00am SWAG Meeting 10:30am Yoga Stretch 11:30amSt. Patrick's Day Lunch 1:00pm Sheepshead</p>	<p>18</p> <p>9:00am YMCA Trip</p>
<p>21</p> <p>10:30am Yoga Stretch 1:00pm Euchre</p>	<p>22</p> <p>9:00am Pool League 9:00am Hand & Foot Cards 10:00am Craft Workshop Fabric Flowers 1:00pm Sequence 5:30pm Pickleball</p>	<p>23</p> <p>10:30am Jam Session 1:00pm Sheepshead 1:00pm Arizona Pool</p>	<p>24</p> <p>9:00am Marbles 10:30am Yoga Stretch 1:00pm Sheepshead</p>	<p>25</p> <p>10:30 Basic Computer Class 1:00pm YouTube Class 2:15pm Facebook Class 3:30pm Gmail Class</p>
<p>28</p> <p>10:30am Yoga Stretch 1:00pm Euchre 5:00pm Evening Yoga Stretch</p>	<p>29</p> <p>9:00am Pool League 9:00am Hand & Foot Cards 1:00pm Sequence 5:30pm Pickleball</p>	<p>30</p> <p>1:00pm Sheepshead 1:00pm Arizona Pool</p>	<p>31</p> <p>9:00am Marbles 10:30am Yoga Stretch 1:00pm Sheepshead</p>	<p>OPEN MONDAY—FRIDAY 8:00am—4:00pm</p>

GADGET CLASSES

BEGINNER & REFRESHER COMPUTER CLASSES

Basic Introduction

Class topics will include:

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

When: Friday, March 25th at 10:30am

YouTube

Class topics will include:

- Logging on
- Searching YouTube

When: Friday, March 25th at 1:00pm

Facebook

Class topics include:

- Creating a Facebook account
- Completing a Facebook profile
- Adding friends, updates, and notifications

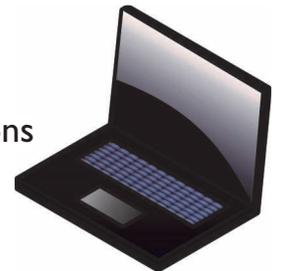
When: Friday, March 25th at 2:15pm

Gmail

Class topics include:

- Creating an email account, sending an email, and receiving an email

When: Friday, March 25th at 3:30pm



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



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CARD GAMES

SEQUENCE

The game of sequence is an exciting game of strategy. It is simple to learn and fun to play. The following are the sequence game rules. **When:** Tuesdays at 1:00pm.

MARBLES

Marbles or also known as The Aggravation Game is played with 2-6 players. Don't get sent back to start...that's the aggravating part! **When:** Thursday at 9:00am.



EUCHRE TOURNAMENT

February High Scores:

- 1st: Lynn Tavs (82)
- 2nd: Del Schultz (79)
- 3rd: Russell Selchert (76)
- 4th: Edna Heinmeier (73)
- 5th: Bob white & Rachel Zuehlke (72)
- 6th: Jean Schweisthal & Audrey Walter (71)
- 7th: Darleen Tjugman (70)
- Half Time Score: Eleanor Hacht (46)
- Door Prizes: Ward Woltman & Arling Gunderson

Thank you Bargains Galore Thrift Shop for sponsoring our February tournament. Next euchre tournament is on Saturday, March 5th at 1:00pm! \$5 entry fee! Multiple cash prizes!

HAND & FOOT CARDS

Senior Center rules are provided and we will teach you how to play. First team to reach 10,000 points wins. **When:** Tuesdays at 9:00am.

MONDAY EUCHRE

25¢ to play! Every Monday at 1:00pm.

February High Scores:

- ♠ Joyce Pattee (67) & (66)
- ♠ Esther Vande Woude (66)

JACK OF ♦ SHEEPSHEAD

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

February High Scores:

- ♦ Lynn Tavs (111)
- ♦ Larry Lemke (91)
- ♦ Bruce Uecker (90)

BLACK ♠ SHEEPSHEAD

\$1 to play Black Queens! Thursdays at 1:00pm. Join the fun!

February High Scores:

- ♣ Bob Kastein (106)
- ♣ Dave Hussli (96)
- ♣ Lorna Paskey (88)

CLUBS

11

BOOK CLUB

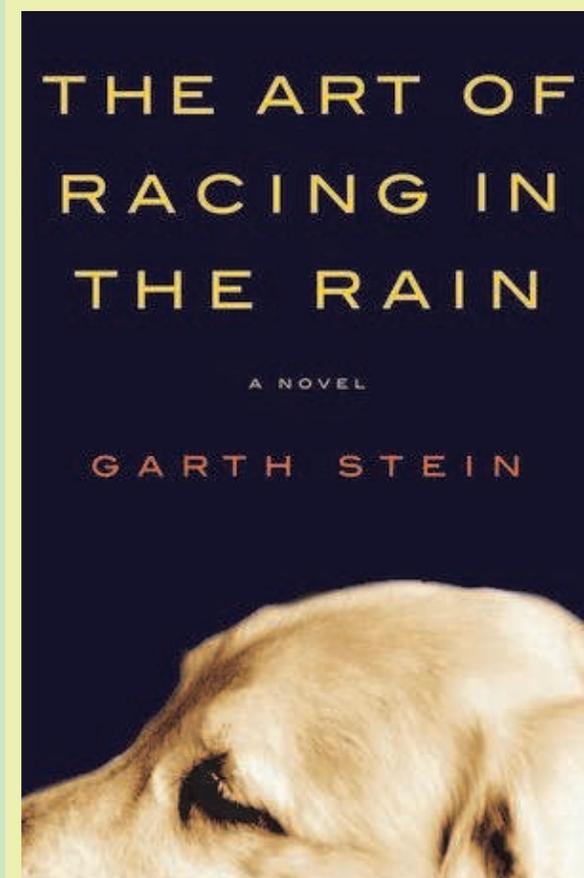
Our current book is *The Art of Racing in the Rain* by Garth Stein. 321 pages

“Enzo knows he is different from other dogs: a philosopher with a nearly human soul (and an obsession with opposable thumbs), he has educated himself by watching television extensively, and by listening very closely to the words of his master, Denny Swift, an up-and-coming race car driver. Through Denny, Enzo has gained tremendous insight into the human condition, and he sees that life, like racing, isn't simply about going fast. On the eve of his death, Enzo takes stock of his life, recalling all that he and his family have been through.

A heart-wrenching but deeply funny and ultimately uplifting story of family, love, loyalty, and hope, *The Art of Racing in the Rain* is a beautifully crafted and captivating look at the wonders and absurdities of human life...as only a dog could tell it.”

Source: goodreads.com

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



MARCH CRAFT WORKSHOP

To celebrate the first days of spring, we will be making **fabric flowers** for this month's craft workshop. Free take home craft! Learn how to make these fun flowers using fabric squares. Turn them into headbands, magnets or pins! This is project can repurpose leftover fabric or old clothing. All materials will be provided for the workshop. **When:** Tuesday, March 22nd 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 experienced genealogists. This is a go at your own pace club that beginners and novices can join at anytime.

When: Wednesday, March 2nd at 10:00am

Discussion, tips and tricks, status updates, computer access to online resources

TRIPS

BREWERS BASEBALL GAME TRIP

Milwaukee Brewers vs. Chicago Cubs

Where: Miller Park, Milwaukee

When: Thursday, May 19, 2016

Who: Ages 50 & up

Cost: \$35/person (Includes ticket, deluxe motor coach transportation with bathroom & parking)

Payment is due at registration.

Our Seats: Section 215 (See seating guide)

Registration: As soon as possible. Space is limited.

Register at the Senior Center Office.

Lunch: Bring your cooler on the bus with lunch and snacks or eat at one of the food vendors at the game!

Bus departs: Waupun Senior Center 10:00am

Game time: 12:40pm



RATTLERS BASEBALL GAME TRIP

WI Timber Rattlers vs. Fort Wayne TinCaps

When: Wednesday, July 20, 2016

Where: Fox Cities Stadium, Appleton

Who: Ages 21 & up

Cost: \$20 (Includes game ticket, parking & deluxe motor coach transportation with bathroom)

BANG FOR YOUR BUCK NIGHT! Enjoy Cher-Make hot dogs, soda and domestic beer for \$1 each!

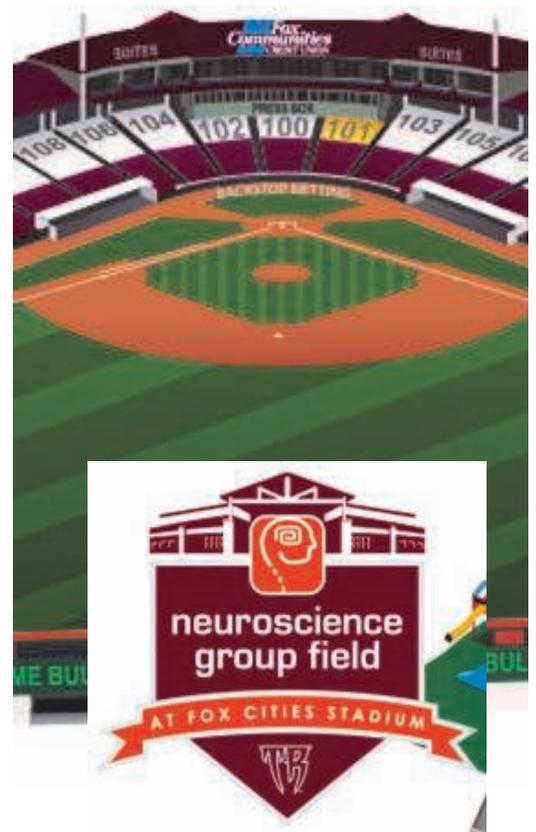
Our Seats: Section 101 (Right behind home plate!)

Registration: As soon as possible. Space is limited. Register at the Senior Center or call 324-7930.

Bus departs: Waupun Senior Center at 5:00pm

Game time: 7:05pm

Bus returns: Waupun Senior Center at 11:00pm



Jam Session



Do you like to sing or play an instrument? The Brandon Music Makers will be at the Waupun Senior Center to lead songs. Song lyrics will be provided and song requests are welcome. Sing, play an instrument or just listen. We have bells, a ukulele, piano, keyboard, tambourine, and more! Bring your instrument if you have one. Come jam with us! FREE and FUN entertainment!

When: Wednesday, March 9th & 23rd from 10:30–11:30am

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March Euchre Tournament Sponsor

Harvey Lewis Insurance Agency is proud to sponsor March's Euchre tournament. Harvey Lewis Insurance Agency has been serving the Waupun area for over 20 years. Harvey and Heather enjoy helping people and guiding them through their Medicare and individual insurance options. Doing what is right for the customer is the primary goal, so it is important to find out what their needs and wants are. In taking the time to listen to the client, we are able to offer options that provide the desired coverage that fits into their budget. We will be available the day of the euchre tournament to answer any questions you may have.

When: Saturday, March 5th

Where: Waupun Senior Center, 301 E. Main Street

Registration at 12:30pm and tournament begins at 1:00pm.

Multiple cash prizes!



Harvey Lewis Insurance Agency, LLC
306 W. Maple Ave, Beaver Dam, WI 53916
Phone: (920)887-7020
Email: harvey@harveylewisagency.com and heather@harveylewisagency.com

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Afternoon Indoor Walking Opportunity

Are you looking for a safe, clean, well-lit location to stretch your legs? March 1–May 31, the Waupun Junior/Senior High School will have its hallways open for walkers of all ages.

When: Monday -Thursday from 4:00pm–7:30pm.

Where: Waupun Junior / Senior High School (801 E. Lincoln Street)
Please enter the front of the building through door A and sign in. Spring is around the corner. Get your walking shoes on and bring a friend!



Senior Tax Exchange Program (STEP)

The goal of STEP is to increase volunteerism of retired citizens in our District schools. Qualifying retirees will receive a small stipend to be used toward their property tax bill. The emphasis of STEP is to provide additional assistance in the classrooms, and/or general supervision in the district. It is envisioned that STEP will foster even greater interaction between WASD students and our valued retired citizens. Interested retirees should apply at the District Office, located at 950 Wilcox St. or online at www.waupun.k12.wi.us.

Benefits for Retirees

- Property Tax Relief
- A firsthand look at Waupun Area District Schools
- An opportunity to learn, use, and share skills
- Engage in cross-generational experiences

Benefits for WASD Students

- An increased one-on-one learning experience
- An increased small-group learning experience
- Positive social and emotional support
- An invaluable cross-generational experience



For more information contact:

Faye Henderson
Waupun Area School District
Community Resource Coordinator
fhenderson@waupun.k12.wi.us
(920)324-9322 ext. 2238

Waupun Area School District



OPEN DOUBLES PICKLEBALL TOURNAMENT

Who: Ages 55 and older

When: Saturday, April 16th. Games start at 9:00am. Warm ups begin at 8:30am.

Where: YMCA of Dodge County located at 220 Corporate Drive, Beaver Dam

Fee: \$25 per team

Doubles team can be any combination of gender. Prize for top 2 teams. Limit 16 Teams. All teams must pre-register. Please complete and return registration form and fees by April 4, 2016 to: YMCA of Dodge County 220 Corporate Drive, Beaver Dam, WI 53916. If you have any questions, please call (920) 887-881.

