



# WAUPUN

SENIOR CENTER *newsletter*



April 2016 | Issue 2 | Volume 14

## BREWERS TAILGATE PARTY

Join us for a party celebrating opening month of baseball season! **Get your picture taken with the Famous Racing Sausages at 11:00am.** Root beer and popcorn served at 11:30am and live ballpark music at 11:40am. Music brought to us by The Brandon Music Makers. Lunch served at noon. Root beer floats served after lunch.

**When:** Tuesday, April 19<sup>th</sup>

**Lunch Menu:** Salisbury Steak  
Mashed Potatoes  
Corn  
Fruited Gelatin  
Pudding  
Dinner Roll



**Cost:** There is a suggested donation of \$3.00 for lunch. Lunch is for those who are ages 60+ or are married to someone who is age 60+.

**Registration:** Sign up or call 324-7930 by noon on Monday, April 18<sup>th</sup>.

Wear your Brewers or favorite baseball team apparel and tailgate with us! Stay and watch the Brewers play the Minnesota Twins on TV.

Details about our Brewers baseball game bus trip in May located on page 2.



## 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)

# TRIPS

## BREWERS 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, motor coach transportation with bathroom & parking)

**Our Seats:** Section 215

**Registration:** Space is limited. Register at the Senior Center Office or call 324-7930

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

**Bus departs:** 10:00am

**Game time:** 12:40pm

**Bus returns:** 6:00pm

## DINNER THEATER TRIP

### BINGO THE MUSICAL COMEDY

**Where:** Memories Dinner Theater in Port Washington, WI

**When:** Tuesday, July 26, 2016

**Who:** Ages 50 & up

**Cost:** \$40/person (Includes lunch, show ticket & transportation)

**Lunch Menu:**

- Beef Stroganoff
- Buttered Noodles
- Steamed Vegetable Blend
- Memories' Famous Fluff
- Dinner Salad with Athena Feta Dressing
- Warm Dinner Rolls
- Cream Puffs
- Coffee, tea, and milk

**Registration:** Space is limited. Register at the Senior Center or call 324-7930

**Bus departs:** Waupun Senior Center at 10:30am

**Lunch:** 12:30pm

**Showtime:** 1:45pm

**Bus returns:** Waupun Senior Center at 5:30pm

## RATTLERS GAME TRIP

**Wisconsin 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!

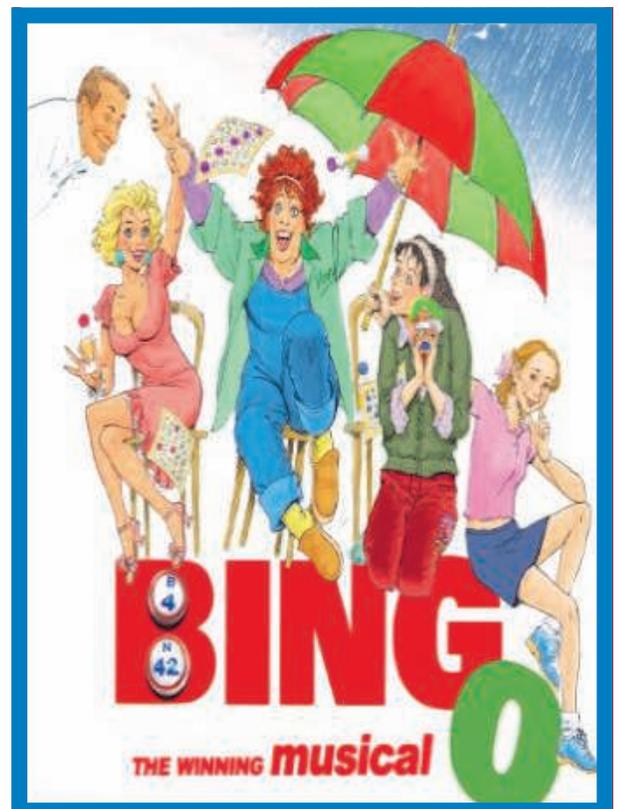
**Our Seats:** Section 101 (Right behind home plate!)

**Registration:** Space is limited. Register at the Senior Center or call 324-7930

**Bus departs:** 5:00pm

**Game time:** 7:05pm

**Bus returns:** 11:00pm



# AQUATIC CENTER

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## WAUPUN FAMILY AQUATIC CENTER PASSES

The Waupun Family Aquatic Center opens Saturday, June 4<sup>th</sup>! Passes are on sale now! Purchase a summer pass before April 15<sup>th</sup> and save \$5. Passes can be purchased at the Senior Center during designated hours. Hours are posted on the front and back entrances of the Senior Center.

**Family Season Pass: \$95.00**

Intended for immediate family only. A maximum of four people family members/pass. Any additional family members can be added for \$10 each.

**Individual Season Pass: \$45.00**

## NEW! SENIOR DISCOUNT DAY

**Who:** Ages 60+

**When:** Wednesdays from 1:00pm—6:00pm

**Admission:** \$2 (HALF PRICE) includes optional water aerobics class from 5:00pm—6:00pm



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# STAY ACTIVE

## YMCA TRIP

**When:** Friday, April 22<sup>nd</sup> from 9:00—11:45am

**Where:** YMCA of Dodge County

**Cost:** \$6/person

**Register:** 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.
- 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.

## BILLIARDS

Do you like to shoot pool? Or just play casually with some friendly competition? We have two pool tables and pool equipment to shoot free open pool when the Senior Center is open. Pool League update as of March 23<sup>rd</sup>:

Currently 1<sup>st</sup>: Al Holden (61 wins)

Currently 2<sup>nd</sup>: Al Kearly (55 wins)

Currently 3<sup>rd</sup>: Norm Jansma (45 wins)

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

## INDOOR PICKLEBALL

A fun, easy to learn game that relates to tennis, badminton, and ping pong. Played in a gymnasium on a court smaller than a tennis court. This game is serious fun in a laid back noncompetitive environment. Instructors and equipment provided. **Free!**

**When:** Tuesdays at 5:30pm

**Where:** The Union located at 421 Jackson Street, Waupun

## INDOOR WALKING

Are you looking for a warm, dry, and well-lit location to stretch your legs?

**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. Get your walking shoes on and bring a friend! **Free!**

## YOGA STRETCH

This activity is fun and easy. Beginners can join us at anytime for a variety of standing and sitting yoga poses. This is a go at your own pace and do what you can activity that will stretch your whole body.

**When:** Mondays & Thursdays from 10:30—11:15am and Monday, April 25<sup>th</sup> at 5:00pm

## WII GAMES

We currently have 6 games that that can be played on the Wii video game system. Those games contain countless levels, mini games, and a variety of active ways to move your body to play the game. The Wii can be used anytime the Senior center is open. A game list is posted. Ask the office if you have questions or if you would like to play a different game.

# HELLO

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



Welcome back snowbirds and vacationers! We are glad to see you!

I am continuing to see a lot of new faces coming into the Senior Center. It is a very welcoming place for individuals ages 50 and up to stay active and socialize. We have a wide age range of folks who use the facility and participate in activities. We have people in their 50s to people in their upper 90s who walk through our door on a daily, weekly, and monthly basis. I hear from people who are in their 50s and 60s that say "I'm not old enough to come to the Senior Center." Well, you are and I bet there is something on our activity calendar that will interest you. If not, our lunch is always tasty and our coffee is always hot. Also, if you have an idea to start a new activity or club, please let me know! There might be others who share the same interest as you. Stop by and check us out!



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# SERVICES

## HEALTH & PALLIATIVE CARE SERVICES PRESENTATION

Join Andy Land, Agnesian HealthCare Hospice and Palliative Care Services director, for an overview of caring for seriously ill and dying individuals and their families through the use of hospice services, and more recently, palliative care services. Land will compare and contrast hospice and palliative care services, and offer practical suggestions for accessing services when a person or a loved one is coping with a serious illness. Through his more than a decade of experience in this field, Land will share patient stories and lessons learned that may just help others facing similar situations.

**When:** Tuesday, April 12<sup>th</sup> at 1:00pm

**Where:** Waupun Senior Center



## BLOOD PRESSURE

Come to the Waupun Senior Center on Tuesday, April 12<sup>th</sup> at 12:30pm to have your blood pressure checked! Brought to you by Agnesian HealthCare.

## 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. Rides must be scheduled one day in advance. Visit the Senior Center front desk or call 324-7930 to schedule your ride.

## LUNCH PROGRAM

The Senior Center lunch program is brought to us by Fond du Lac County Senior Dining Program with the goal of providing one hot, nutritious meal containing one-third of daily dietary needs.

**When:** Monday—Friday at noon

**Eligibility:** Ages 60+ or married to someone 60+

**Mobile Meals:** To see if you or someone you know is eligible please call 920-929-3113.

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

**Cancellations:** If you must cancel due to illness or an emergency, please call the Waupun Senior Center at 324-7930 as soon as possible.

**Suggested Donations:**

\$3.00 at the Senior Center

\$3.50 mobile meals

Menu located on page 7.

## FOOT CARE CLINIC

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

**When:** Wednesday, April 6<sup>th</sup> and Wednesday, April 20<sup>th</sup>. 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 MENU

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## APRIL 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Swiss Steak Mashed Potatoes Corn Carrot Cake Apple Slices Sliced Bread
<b>4</b> Chicken and Biscuit Broccoli Cuts Pineapple Tidbits Sugar cookie	<b>5</b> Baked Spaghetti Mixed Italian Salad Cantaloupe Slice Rainbow Sherbet French Bread	<b>6</b> Pork Steak Mashed Potatoes Baby Carrots Applesauce Cinnamon Roll Sliced Bread	<b>7</b> Orange Chicken Baby Red Potatoes Mixed Vegetables Birthday Cake Honeydew Melon Dinner Roll	<b>8</b> Swedish Meatballs Mashed Potatoes Green Beans Petite Banana Fudge Brownie Sliced Bread
<b>11</b> Smoked Sausage Baked Potato Peas and Carrots Butterfinger Torte Peach Slices Sliced Bread	<b>12</b> Salmon Loaf Sour Cream & Chive Potatoes Winter Blend Vegetables Fruited Gelatin Frosted Cake Dinner Roll	<b>13</b> Baked Chicken Twice Baked Potato Three Bean Salad Peanut Butter Cookie Apple Slices Sliced Bread	<b>14</b> Chili Casserole Tossed Salad Apricot Halves Cookie Cornbread	<b>15</b> Country Fried Steak Mashed Potatoes Summer Blend Veggies Chocolate Pudding Seedless Grapes Sliced Bread
<b>18</b> Honey Mustard Meatballs Baby Red Potatoes Carrots Ice Cream Cup Plum Halves Sliced Bread	<b>19</b> <b><u>TAILGATE PARTY</u></b> Salisbury Steak Mashed Potatoes Corn Fruited Gelatin  Butterscotch Pudding Dinner Roll	<b>20</b> Teriyaki Chicken Breast Baked Potato Peas and Carrots Coconut Cream Pie Pineapple Tidbits Sliced Bread	<b>21</b> Pork Jaegerschnitzel Mashed Potatoes Red Cabbage Applesauce Cookie Dinner Roll	<b>22</b> Beef Stroganoff Casserole California Blend Veggies Mandarin Orange Gelatin Cinnamon Roll Sliced Bread
<b>25</b> Ham Rolls Squash Health Slaw Pear Slices Frosted Cake Sliced Bread	<b>26</b> Baked Chicken Twice Baked Potato Pickled Beet Salad Ice Cream Cup Fruit Cocktail Dinner Roll	<b>27</b> Hawaiian Meatballs Baby Red Potatoes Baby Carrots Pineapple Tidbits Fudge Brownie Sliced Bread	<b>28</b> Roast Turkey Mashed Potatoes Spinach Salad Applesauce Cake Honeydew Melon Dinner Roll	<b>29</b> Cheese Tortellini Italian Blend Vegetables Cantaloupe Slice Cookie French Bread

# APRIL 2016 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>SCHEDULE IS SUBJECT TO CHANGES</b> Please call to 324-7930 to register and verify.</p>	<p><b>OPEN</b> <b>MONDAY—FRIDAY</b> 8:00am—4:00pm</p>	<p><b>RADIO</b> <b>TUESDAY AT 7:45AM</b> <b>AM 1170/103.3 FM</b></p>	<p><b>LIKE US ON FACEBOOK</b> <b>JOIN OUR EMAIL LIST</b></p>	<p><b>1</b> <b>SATURDAY, APRIL 2</b> 1:00pm Euchre Tournament</p>
<p><b>4</b> 10:30am Yoga Stretch 1:00pm Euchre</p>	<p><b>5</b> 9:00am Pool League 9:00am Hand &amp; Foot Cards 12:30pm Blood Pressure Check 1:00 Health &amp; Palliative Care 5:30pm Pickleball</p>	<p><b>6</b> 8:20am Foot Clinic 10:00am Genealogy Club 1:00pm Sheepshead 1:00pm Arizona Pool</p>	<p><b>7</b> 9:00am Marbles 10:30am Yoga Stretch 1:00pm Sheepshead 6:30pm Knit-Wits</p>	<p><b>8</b> 10:00am Book Club 1:00pm Bingo</p>
<p><b>11</b> 10:30am Yoga Stretch 1:00pm Euchre</p>	<p><b>12</b> 9:00am Pool League 9:00am Hand &amp; Foot Cards 1:00pm Sequence 5:30pm Pickleball</p>	<p><b>13</b> 1:00pm Sheepshead 1:00pm Arizona Pool</p>	<p><b>14</b> 9:00am Marbles 10:30am Yoga Stretch 1:00pm Sheepshead 6:30pm Knit-Wits</p>	<p><b>15</b> 9:00am—Noon Cellphone Appointments</p>
<p><b>18</b> 10:30am Yoga Stretch 1:00pm Euchre</p>	<p><b>19</b> 9:00am Pool League 9:00am Hand &amp; Foot Cards 11:00am Racing Sausages Pictures 11:30am Brewers Tailgate Party 1:00pm Sequence 5:30pm Pickleball</p>	<p><b>20</b> 8:20am Foot Clinic 1:00pm Sheepshead 1:00pm Arizona Pool</p>	<p><b>21</b> 9:00am Marbles 10:30am Yoga Stretch 1:00pm Sheepshead 6:30pm Knit-Wits</p>	<p><b>22</b> 9:00am YMCA Trip</p>
<p><b>25</b> 10:30am Yoga Stretch 1:00pm Euchre 5:00pm Evening Yoga</p>	<p><b>26</b> 9:00am Pool League 9:00am Hand &amp; Foot Cards 10:00am Craft Workshop Paracord Bracelets 1:00pm Sequence 5:30pm Pickleball</p>	<p><b>27</b> 10:30am Jam Session 1:00pm Sheepshead 1:00pm Arizona Pool</p>	<p><b>28</b> 9:00am Marbles 10:30am Yoga Stretch 1:00pm Sheepshead 6:30pm Knit-Wits</p>	<p><b>29</b> 10:00am Kindle Class</p>

# GADGET CLASSES

## CELLPHONES & KINDLES

### Cellphone Questions

Do you have questions about your cellphone or about getting a cellphone? Make an appointment to talk about cellphones or talk specifically about your own cellphone. It is a good idea to write your questions down before coming to the appointment. All cellphone makes and models accepted. Please bring your cellphone along with you to your appointment.

**When:** Friday, April 15<sup>th</sup>

**Appointment Times:** 9:00am, 9:30am, 10:00am, 10:30am, 11:00am, 11:30am

Registration: Sign up for an appointment time slot at the Senior Center office or call 324-7930.

### Kindles

Class topics will include:

- Creating an account
- Managing your device
- Downloading apps
- Downloading ebooks
- How to borrow ebooks from the Waupun Public Library
- Questions & Answers

**When:** Friday, April 29<sup>th</sup> at 10:00am

**Registration:** Sign up at the Senior Center office or call 324-7930.

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# CARD GAMES



## EUCHRE TOURNAMENT

March High Scores:

- 1<sup>st</sup>: Charlotte Savatski (83)
- 2<sup>nd</sup>: Bob White (80)
- 3<sup>rd</sup>: Rachel Zuehlke (75)
- 4<sup>th</sup>: Phyllis Krahn (73)
- 5<sup>th</sup>: Al Matususki (69)
- 6<sup>th</sup>: Dottie Ninniman (68)
- Half Time Score: Charlotte Savatski (47)
- Door Prize: Dan Savataski

**Thank you Harvey Lewis Insurance Agency for sponsoring our March tournament. Next euchre tournament is on Saturday, April 2<sup>nd</sup> at 1:00pm! \$5 entry fee! Multiple cash prizes!**

## 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:** Thursdays at 9:00am.



## MONDAY EUCHRE

25¢ to play! Every Monday at 1:00pm.

March High Scores:

- ♠ Esther Braun & Lynn Tavs (65)
- ♠ Eleanor Haecht (64)

## JACK OF ♦ SHEEPSHEAD

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

March High Scores:

- ♦ Joan Meyer (107)
- ♦ Larry Lemke (105)
- ♦ Bob Kastein (103)

## BLACK ♣ SHEEPSHEAD

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

March High Scores:

- ♣ Esther Braun (97)
- ♣ Lynn Tavs (91)
- ♣ Bruce Uecker (90)

## 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.

# CLUBS

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## NEW! KNIT-WITS

Do you like to knit or crochet? Join the “Knit-Wits” for some social knitting to make new friends and share ideas. Best of all, there is no charge to participate. Just bring your own materials and stop by. There will be many experienced knitters to help with difficult patterns or to learn the basic stitches. Anyone under the age of 18 should be accompanied by an adult. **The Knit-Wits will meet on Thursdays from 6:30—8:30pm beginning on April 7<sup>th</sup> at the Waupun Senior Center.** Stop in we’d love to meet you and see your current project!

## APRIL CRAFT WORKSHOP

We will be making *paracord bracelets (also known as survival bracelets)* for this month’s craft workshop. Free take home craft! Learn how to make these attractive and useful bracelets by This is project can repurpose leftover fabric or old clothing. All materials will be provided for the workshop. **When:** Tuesday, April 26<sup>th</sup> 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, April 6<sup>th</sup> at 10:00am

## BOOK CLUB

Our current book is *Defending Jacob* by William Landay, 421 pages.

“Andy Barber has been an assistant district attorney in his suburban Massachusetts county for more than twenty years. He is respected in his community, tenacious in the courtroom, and happy at home with his wife, Laurie, and son, Jacob. But when a shocking crime shatters their New England town, Andy is blindsided by what happens next: His fourteen-year-old son is charged with the murder of a fellow student. Every parental instinct Andy has rallies to protect his boy. Jacob insists that he is innocent, and Andy believes him. Andy must. He’s his father. But as damning facts and shocking revelations surface, as a marriage threatens to crumble and the trial intensifies, as the crisis reveals how little a father knows about his son, Andy will face a trial of his own--between loyalty and justice, between truth and allegation, between a past he’s tried to bury and a future he cannot conceive.” Source: goodreads.com

Pick up your copy today at the Waupun Senior Center and join us on Friday, April 8<sup>th</sup> at 10:00am for coffee and book discussion.

# BINGO

March Winners:

**Extra Card:** Beverly Kastein, Jean Dohrman, Marion Hull, Bea Te Grootenhuis

**Lunch Voucher:** Tom Holzman, Marion Hull, Morris Te Grootenhuis, Bea Te Grootenhuis

**\$5.00:** Betty Kemink and Rachel Navis



Join us for free bingo at the Waupun Senior Center on **Friday, April 8<sup>th</sup> at 1:00pm.** Sponsored by SIA Insurance.

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See Jordan Sterk or Brette Sterk at Bingo We are excited to be a part of this fun, monthly game! Want to talk right away? Call (920) 324-2071.



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Jordan Sterk