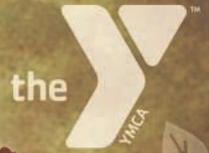




# WAUPUN

SENIOR CENTER

*newsletter*



**May 2016 | Issue 2 | Volume 15**

## STROKE AWARENESS MONTH

May is stroke awareness month. Join Danielle Casey, a Waupun Memorial Hospital Emergency Department registered nurse, along with Lifestar EMS paramedics for a discussion to learn more about strokes. Participants will learn what a stroke is, how to recognize symptoms, prevention measures and what to expect in the emergency department when presenting with stroke symptoms. And, while you're there, have Lifestar EMS and Waupun Memorial Hospital take your blood pressure for free.

**When:** Tuesday, May 10<sup>th</sup>

**Blood pressure checks at 12:30pm.**

**Presentation at 1:00pm.**

**Where:** Waupun Senior Center



**WAUPUN MEMORIAL HOSPITAL**  
A MEMBER OF AGNESIAN HEALTHCARE

## BUDDY JAM SESSION

**When:** Friday, May 20<sup>th</sup> at 1:00pm

SAGES elementary students are coming to the Waupun Senior Center to jam with us. All are invited! Bring your children, grandchildren and great-grandchildren along to play instruments and sing along! Buddy bingo to follow!



## BUDDY BINGO

**When:** Friday, May 20<sup>th</sup> at 1:30pm

**Who:** Waupun Senior Center bingo players and 3<sup>rd</sup> grade students from SAGES.

**How:** One student and one adult will be paired up to play Buddy Bingo together. If one person in the pair wins both "buddies" win a prize. Prizes include: extra cards, lunch vouchers, \$5 gift cards, and special kiddie prizes. Come join the fun! FREE!

Our regular 2<sup>nd</sup> Friday of the month bingo will be on Friday, May 13<sup>th</sup> at 1:00pm. Sponsored by SIA Insurance. More information on page 12.

# BASEBALL TRIPS

## BREWERS GAME TRIP

**Milwaukee Brewers vs. Chicago Cubs**

**Where:** Miller Park, Milwaukee

**When:** Thursday, May 19

**Who:** Ages 50 & up

**Cost:** \$35/person (Includes ticket, motor coach transportation with bathroom & parking) **ONLY A FEW TICKETS LEFT!**

**Our Seats:** Section 215

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

**Bus departs:** 10:00am

**Game time:** 12:40pm

**Bus returns:** 6:00pm

## RATTLERS GAME TRIP

**Wisconsin Timber Rattlers vs. Fort Wayne TinCaps**

**When:** Wednesday, July 20

**Where:** Fox Cities Stadium, Appleton

**Who:** Ages 21 & up

**Cost:** \$20 (Includes game ticket, parking & deluxe motor coach transportation with bathroom) **ONLY A FEW TICKETS LEFT!**

**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

## BREWERS GAME TRIP INSTRUCTIONS

### Carry-ins

Carry-ins can be taken into Miller Park if they are in a soft shell cooler or Ziploc bag. The cooler must be soft-sided and no bigger than 16" x 16" x 8". All beverages must be sealed before entering Miller Park.

The following items will not be allowed:

- Alcohol
- Bags (larger than 16" x 16" x 8")
- Aluminum cans
- Hard-sided coolers and snack containers
- Glass

### Lunch

Bring your sack lunch or soft-sided cooler into the game. Or eat at one of the many food vendors at the game.

### Parking for the Bus Trip

Please park your vehicle for the day in an appropriate place. Make sure to read the parking signs before you park your vehicle. The City Hall and Library parking lots can also be used.

### Roll Call

Roll call will be taken when we board the bus before departure from the Waupun Senior Center and Miller Park.

### Walking Distance

We will be dropped off at the closest gate to our seats. Brewers Staff will be available to assist anyone throughout the premises. We will get on an escalator to go to the second deck.

### Re-Entry Policy

We may not exit and re-enter Miller Park using the same ticket.



# FOX LAKE TRIP

## MULLIN'S DRIVE-IN AND SAGES ECONOMIC FAIR

**When:** Thursday, May 26

**What:** Let's go on a short bus trip! We will have lunch at Mullin's Drive-In and visit Fox Lake's School for Agricultural and Educational Sciences. At SAGES, we will receive a tour of the school and attend an economic fair. 3<sup>rd</sup> grade students have been studying economics. As a hands on project, students need to create a place of business for a third grade simulation of a business community. They will either sell goods or provide a service. During this simulation students learn advertising and production, making change, profit and loss, and about operating a business.

**Cost:** \$2 for transportation and additional spending money for lunch at Mullin's and any fair purchases. Here are a few goods that SAGES students are making and collecting to sell at the economic fair: stress balls, pom pom animals, shells, pop tab flowers, and bookmarks.

Everything at the fair is \$1.00 or less.

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

**Bus departs:** 11:00am

**Bus returns:** 2:15pm

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# STAY ACTIVE

## YMCA TRIP

**When:** Friday, May 27<sup>th</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 April 20<sup>th</sup>:

Currently 1<sup>st</sup>: Al Kearly (67 wins)

Currently 2<sup>nd</sup>: Al Holden (64 wins)

Currently 3<sup>rd</sup>: Norm Jansma & Cliff Posthuma (54 wins)

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

### Summer Pool League

Are you interested in shooting in a summer pool league? Please sign up on the interest list located on the pool room bulletin board.

## 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

Starting in June pickleball will be played at the West End Park tennis courts on Tuesday evenings.

## INDOOR WALKING

Are you looking for a 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!** Daytime hours will be posted in June.

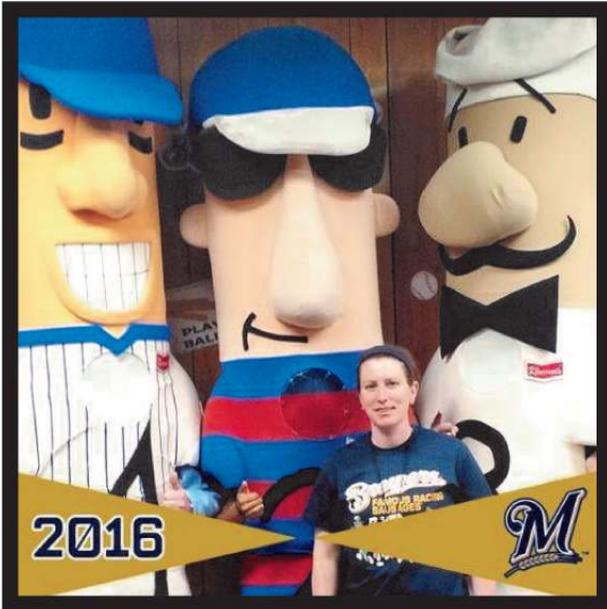
## YOGA STRETCH

Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Beginners can join anytime. Feel free to adapt each pose to your ability and range of motion.

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

# HELLO

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



We have had a very exciting spring at the Senior Center! I urge you to check out our Facebook page and look at the pictures from our parties and activities.

I will be in and out of the Senior Center quite a bit in May preparing for summer activities in the parks and at the pool. If you need to talk to me or just want to catch up, please see my posted office hours or make an appointment by calling 324-7930.



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# SERVICES

## MANAGING CHRONIC CONDITIONS

Sponsored by Fond du Lac County Senior Services. Those struggling with chronic health issues can learn ways to cope with these challenges and improve their quality of life. Entitled “Living Well with Chronic Conditions,” the workshop empowers those living with conditions like arthritis, heart problems, asthma, stroke, pain, osteoporosis, diabetes, obesity, high blood pressure and cancer. Two trained leaders will cover the following topics:

- Symptom management
- Dealing with emotions such as anger and depression
- Goal setting and problem solving
- Improving nutrition & developing a suitable exercise program
- Medication management
- Breathing exercises and managing stress
- Communicating with family, friends and health care professionals

**When:** Tuesdays from June 21 – July 26 at 1:00—3:30 pm

**Where:** Moraine Park Technical College in Fond du Lac, 235 North National Avenue

**Cost:** Free Annual Workshop

**Registration:** Space is limited. Registration is required. To register or for more information call Marion at 929-3114.

## MAY REACH DOANTIONS

### Theme: Summer Splash

Needed items include: sunscreen, swim diapers, flip-flops, swimsuits, towels, etc. Please put donations in the blue and yellow barrel located by the Waupun Senior Center front door!

Thank you to all who donated in April!

## 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 2<sup>nd</sup> and 4<sup>th</sup> 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.

## FOOT CARE CLINIC

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

**When:** Wednesday, May 4<sup>th</sup> and Wednesday, May 18<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.



# MAY 2016 LUNCH MENU

## 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

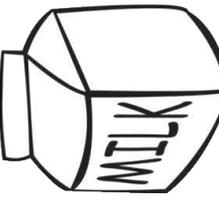
**Eligibility:** Ages 60+ or married to someone 60+

**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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Chicken Breast Mashed Potatoes Mixed Vegetables Choc/Banana Torte Seedless Grapes Sliced Bread	<b>3</b> Meatloaf Baked Potato Corn Peach Slices Vanilla Pudding Dinner Roll	<b>4</b> Roast Pork Loin Mashed Potatoes Carrots Applesauce Cookie Sliced Bread	<b>5</b> Beef Stew Winter Blend Veggies Birthday Cake Plum Halves Cheddar Biscuit	<b>6</b> Liver and Onions Cheesy Potato Bake Peas/Pearl Onions Orange Gelatin Ice Cream Cup Sliced Bread
<b>9</b> Beef & Pork Chop Suey over Rice Spinach Salad Cantaloupe Slice Frosted Cake Sliced Bread	<b>10</b> Cranberry/Kraut Meatballs Baby Red Potatoes Maple Brussels Sprouts Cream Sickle Torte Apple Slices Dinner Roll	<b>11</b> Baked Chicken Twice Baked Potato Copper Penny Salad Pineapple Tidbits Cooke Sliced Bread	<b>12</b> Glazed Ham Sweet Potato Bake Cole Slaw Applesauce Ice Cream Cup Dinner Roll	<b>13</b> Chop Steak Mashed Potatoes Corn Egg custard Pie Honeydew Melon Sliced Bread
<b>16</b> Lasagna Casserole Italian Blend Veggies Fruited Gelatin Fudge Brownie French Bread	<b>17</b> Country Fried Steak Mashed Potatoes Peas and Carrots Oatmeal Raisin Cookie Pear Slices Dinner Roll	<b>18</b> Chicken Marsala Bake Potato Tossed Salad Raspberry Sherbet Seedless Grapes Sliced Bread	<b>19</b> BBQ Pork Cutlet Au Gratin Potatoes Broccoli Cuts Fruit Cocktail Cookie Onion Rye Roll	<b>20</b> Roast Beef Mashed Potatoes Carrots Red Velvet Cake Plum Halves Sliced Bread
<b>23</b> Baked Chicken Twice Baked Potato Three Bean Salad Apricot Halves Cinnamon Roll Sliced Bread	<b>24</b> Meatloaf Baby Red Potatoes Mixed Vegetables Alexander Torte Honeydew Melon Dinner Roll	<b>25</b> Swedish Meatballs Mashed Potatoes Peas/Pearl Onions Fruited Gelatin Frosted Cake Sliced Bread	<b>26</b> Chicken, Broccoli & Rice Casserole Tossed Salad Butterscotch Pudding Apple Slices Dinner Roll	<b>27</b> Smoked Sausage Baked Potato German Cuke Salad Peach Slices Cookie Sliced Bread
<b>30</b> <b>CLOSED</b>	<b>31</b> Swiss steak Mashed Potatoes Corn Applesauce Ice Cream Cup Dinner Roll			

# MAY 2016 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>10:30am Yoga Stretch 1:00pm Euchre</p>	<p><b>3</b></p> <p>9:00am Pool League 9:00am Hand &amp; Foot Cards 1:00pm Sequence 5:30pm Pickleball</p>	<p><b>4</b></p> <p>8:20am Foot Clinic 10:00am Genealogy Club 1:00pm Sheepshead 1:00pm Arizona Pool</p>	<p><b>5</b></p> <p>9:00am Marbles 10:30am Yoga Stretch 1:00pm Sheepshead 6:30pm Knit-Wits</p>	<p><b>6</b></p> <p><b>SATURDAY, MAY 7</b> 1:00pm Euchre Tournament</p>
<p><b>9</b></p> <p>10:30am Yoga Stretch 1:00pm Euchre</p>	<p><b>10</b></p> <p>9:00am Pool League 9:00am Hand &amp; Foot Cards 12:30pm Blood Pressure Check 1:00 Stroke Awareness Presentation 1:00pm Sequence 5:30pm Pickleball</p>	<p><b>11</b></p> <p>1:00pm Sheepshead 1:00pm Arizona Pool</p>	<p><b>12</b></p> <p>9:00am Marbles 10:30am Yoga Stretch 1:00pm Sheepshead 6:30pm Knit-Wits</p>	<p><b>13</b></p> <p>10:00am Book Club 1:00pm Bingo</p>
<p><b>16</b></p> <p>10:30am Yoga Stretch 1:00pm Euchre</p>	<p><b>17</b></p> <p>9:00am Pool League 9:00am Hand &amp; Foot Cards 1:00pm Sequence 5:30pm Pickleball</p>	<p><b>18</b></p> <p>8:20am Foot Clinic 1:00pm Sheepshead 1:00pm Arizona Pool</p>	<p><b>19</b></p> <p>9:00am Marbles 10:30am Yoga Stretch 1:00pm Sheepshead 6:30pm Knit-Wits</p>	<p><b>20</b></p> <p>1:00pm Buddy Jam Session 1:30pm Buddy Bingo</p>
<p><b>23</b></p> <p>10:30am Yoga Stretch 1:00pm Euchre</p>	<p><b>24</b></p> <p>9:00am Pool League 9:00am Hand &amp; Foot Cards 10:00am Craft Workshop 1:00pm Sequence 5:30pm Pickleball</p>	<p><b>25</b></p> <p>1:00pm Sheepshead 1:00pm Arizona Pool</p>	<p><b>26</b></p> <p>9:00am Marbles 10:30am Yoga Stretch 11:00am Fox Lake Trip 1:00pm Sheepshead 6:30pm Knit-Wits</p>	<p><b>27</b></p> <p>9:00am YMCA Trip</p>
<p><b>30</b></p> <p><b>CLOSED</b></p>	<p><b>31</b></p> <p>9:00am Hand &amp; Foot Cards 1:00pm Sequence 5:30pm Pickleball</p>	<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> <b>8:00am—4:00pm</b></p>	<p><b>RADIO</b> <b>TUESDAYS AT 7:45AM</b> <b>AM 1170/103.3 FM</b></p>

# 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 get an application.

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### Rental Fees:

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

## 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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# CARD GAMES

## EUCHRE TOURNAMENT

April High Scores:

- 1<sup>st</sup>: Mary Schultz
- 2<sup>nd</sup>: Esther Vander Woude
- 3<sup>rd</sup>: Vi Wilkonson
- 4<sup>th</sup>: Newton Vander Woude & Merlin Kienast
- Half Time Score: Esther Vander Woude
- Door Prizes: Barabar Tabat & Jerry Schultz



**Next euchre tournament is on Saturday, May 7<sup>th</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.

## VIDEO POKER & WII GAMES

We currently have 6 games that that can be played on the Wii video game system. We also have a video poker game that 1-6 players can play at a time. The Wii and video poker game can be used anytime the Senior center is open. Set up instructions and game list is posted by the front TV. Ask the office if you have questions or if you would like to play a different game.

## MONDAY EUCHRE

25¢ to play! Every Monday at 1:00pm.

April High Scores:

- ♠ Esther Vander Woude, Newt Vander Woude, Eleanor Hacht (62)

## JACK OF ♦ SHEEPSHEAD

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

April High Scores:

- ♦ Bob Kastein (103)
- ♦ Bruce Uecker (95)
- ♦ Bruce Uecker (91)

## BLACK ♣ SHEEPSHEAD

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

April High Scores:

- ♣ Tom Main (110)
- ♣ 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

11

## MAY CRAFT WORKSHOP

We will be making **photo coffee cups** for this month's craft workshop. Bring your own personal photos to create a collage on a plastic coffee cup. The photos will be sealed with a plastic covering and the cup can be hand washed. The photos can be changed or updated as time goes on. The coffee cup is travel cup with lid. Free take home craft! **REMBEMBER** to bring several of your own photos to cut and glue.

**When:** Tuesday, May 24<sup>th</sup> at 10:00am.



## NEW! KNIT-WITS

Bring your own materials to knit, crochet and chat. All levels of experience are welcome! Take the opportunity to learn from other members in the group and show off your current project.

**When:** Thursdays from 6:30—8:30pm

## BOOK CLUB

Our current book is *The Japanese Lover* by Isabel Allende, 322 pages.

“In 1939, as Poland falls under the shadow of the Nazis, young Alma Belasco’s parents send her away to live in safety with an aunt and uncle in their opulent mansion in San Francisco. There, as the rest of the world goes to war, she encounters Ichimei Fukuda, the quiet and gentle son of the family’s Japanese gardener. Unnoticed by those around them, a tender love affair begins to blossom. Following the Japanese attack on Pearl Harbor, the two are cruelly pulled apart as Ichimei and his family—like thousands of other Japanese Americans—are declared enemies and forcibly relocated to internment camps run by the United States government. Throughout their lifetimes, Alma and Ichimei reunite again and again, but theirs is a love that they are forever forced to hide from the world.” Source: goodreads.com

Pick up your copy today at the Waupun Senior Center and join us on Friday, May 13<sup>th</sup> at 10:00am for coffee and book discussion.

## 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, May 4<sup>th</sup> at 10:00am

# BINGO

April Winners:

**Extra Card:** Debbie Teachout, Tom Holzman, Marv Mielke, Marj Peachey

**Lunch Voucher:** Marion Hull, Marion Redeker, Lucille Ninneman, Marion Hull

**\$5.00:** Tom Holzman and Marj Peachey



Join us for free bingo at the Waupun Senior Center on  
**Friday, May 13<sup>th</sup> at 1:00pm.** Sponsored by SIA  
 Insurance.

Do you have the winning combination of service and coverage?  
 At SIA, we have the experience and coverage you need to complete your  
 insurance portfolio. All lines of coverage available. Many insurance  
 companies to choose from.

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.



Brette Sterk

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Jordan Sterk