



WAUPUN

SENIOR CENTER *newsletter*



June 2016 | Issue 2 | Volume 16

PICNIC IN THE PARK

Join us for a summer picnic! Play bean bag toss or go fishing at 11:00am. Enjoy a refreshing cold iced tea. Listen to summertime music at 11:40am by the Brandon Music Makers. Enjoy a picnic style bag lunch at noon overlooking Mill Pond.

Where: Harris Mill Park located at 300 N. Mill Street

When: Wednesday, June 29th

Lunch Menu: *Baked Chicken*
Garlic Mashed Potatoes
Three Bean Salad
Chocolate Pudding
Pear Slices
Sliced Bread

Enjoy the beauty of Harris Mill Park under the shade of Waupun's newest park shelter. Picnic tables, restrooms and drinking water are accessible at the park. 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.

Rain Location: Waupun Senior Center



LISTENING SESSION

The City of Waupun is interested in hearing from you. City staff will be hosting a listening session at the Senior Center to discuss the future of our community. "As we look to the future, we are interested in hearing from residents to better understand their needs and how they envision the future of our community. This level of direct input will help us develop a strategic plan that enables us to better meet the needs of our community both now and in the future." - Kathy Schlieve, City of Waupun Economic Development Planner

When: Friday, June 17th at 10:00am

Where: Waupun Senior Center
Register: Call 324-7930 or sign up at the Senior Center office



CARD GAMES

1ST SATURDAY EUCHRE TOURNAMENT

May Scores:

- 1st Place: Jane Ward
- 2nd Place: Jon Wendt
- 3rd Place: David Manning
- 4th Place: Maddy Matuszaski
- 5th Place: Anita Kienast
- 6th Place: Ward Woltman, Mary Schultz, Dave Hussli
- Half Time Score: David Manning and Al Matuszaski
- Door Prize: Shirley Uecker



Next euchre tournament is on Saturday, June 4th at 1:00pm!

\$5 entry fee! Multiple cash prizes!

Sponsored by Rehab Arisces.

Rehab Arisces is a physical, occupational, and speech therapy provider throughout the state of Wisconsin. Our highly skilled and experienced therapists offer services at our corporate office and outpatient clinic, which is located in Fond du Lac, as well as at our satellite outpatient clinics at Bella Vista and Bellevue Independent & Assisted Livings. Additionally, we provide therapy to those in assisted living facilities, group homes, and in the convenience of the patient's home.

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.

CRIBBAGE

Cribbage is back at the Senior Center! If you are interested in playing cribbage, please join us and bring a friend!

When: Fridays at 9:00am.

SEQUENCE

The object of the game is to form rows of 5 poker chips on the board by placing the chips that correspond from cards played from your hand. **When:** Tuesdays at 1:00pm.

MONDAY EUCHRE

25¢ to play! Every Monday at 1:00pm.

May High Scores:

- ♠ Eleanor Hacht (68)
- ♠ Mary Hartgerink (65)
- ♠ Lynn Tavs (63)

JACK OF ♦ SHEEPSHEAD

25¢ Jack of Diamonds

Sheepshead is on Wednesdays at 1:00pm.

May High Scores:

- ♦ Bruce Uecker (101)
- ♦ Eldon Zweig (100)
- ♦ Wally Neevel (99)

BLACK ♣ SHEEPSHEAD

\$1 to play Black Queens!

Thursdays at 1:00pm.

May High Scores:

- ♣ Joan Meyer (88)
- ♣ Linda Jorgenson & Joyce Friese (87)

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.

MARK YOUR CALENDARS!

RATTLERS GAME TRIP

When: Wednesday, July 20th

Bus departs: 5:00pm

Game time: 7:05pm

Bus returns: 11:00pm

ONLY 3 tickets left! \$20/ticket

THEATER TRIP

When: Tuesday, July 26th

Bus departs: 10:30am

Lunch: 12:30pm

Showtime: 1:45pm

Bus returns: 5:30pm



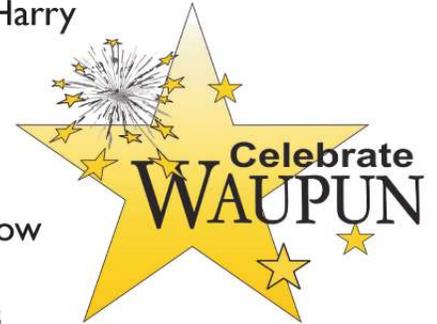
CELEBRATE WAUPUN

When: July 1—3

Where: Tanner Park, 503 E. Spring Street

2016 Headline Attractions:

- Nerveless Nocks Thrill Show
- Music Stage featuring Boogie & the Yo-Yo'z, Vic Ferrari, & Oil Can Harry
- Car Show
- Prison City Pull-Off
- Kidz Zone
- Teen Zone
- Taco Bell Fireworks Show
- Calkins Midways
- Special Nightly Dinners



Information: Call 920-324-7900 or email waupunfestivals@cityofwaupun.org.

SENIOR CENTER CLOSED

Monday, July 4th

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STAY ACTIVE

YOGA IN THE PARK

When: Thursday, June 30th at 10:30am

Where: Harris Mill Park, 300 N. Mill Street

Yoga Stretch is going to the park! Yoga in the park will be very similar to regular yoga at the Senior Center. This will give you the opportunity to enjoy the beauty of nature while practicing yoga. Chair support will be offered to safely perform a variety of seated and standing postures. **FREE!**

Rain location: Waupun Senior Center



BILLIARDS

We have two pool tables and pool equipment to shoot free open pool when the Senior Center is open.

Winter Pool Final Standings:

1st Place: Al Kearley (86)

2nd Place: Norm Jansma (69)

3rd Place: Cliff Postuma (65)

4th Place: Marv Mielke (61)



Thank you to the 16 players who competed in our winter pool league!

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

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. Summer Pool League will run on Tuesday mornings in July and August, if there is

PICKLEBALL

A fun, easy to learn game that relates to tennis, badminton, and ping pong. Beginners can join at anytime. Play under the lights on a cool summer night. Instructors and equipment provided. **Free!**

When: Tuesdays at 6:00pm

Where: West End Park Tennis Courts, 200 Beaver Dam Street

Rain Location: The Union Youth Center, 421 Jackson Street

YOGA STRETCH

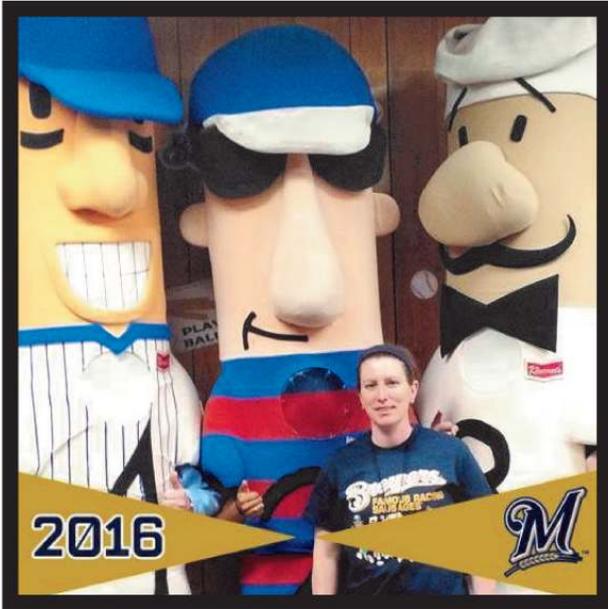
Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Beginners can join anytime. Feel free to adapt each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

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

Yoga in the Park on 6/30 at Harris Mill Park

HELLO

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



HELLO SUMMER!

This is going to be a very exciting summer at the Waupun Senior Center, Waupun Family Aquatic Center and in the City parks! Please remember to sign in each day you visit the Senior Center, so I can see how many visitors come to participate in activities and services that will be offered at the Senior Center throughout the summer.

It is going to be especially busy and exciting for me! I have special news to share with everyone! My husband, Matt, and I are expecting our first child in September. Everything is going well and we are thrilled!



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CLUBS

KNIT-WITS

Bring your own materials to knit, crochet and chat. All levels of experience are welcome! This fun group is always looking for new “Knit-Wits” to join!

When: Thursdays from 6:30—8:30pm



JUNE CRAFT WORKSHOP

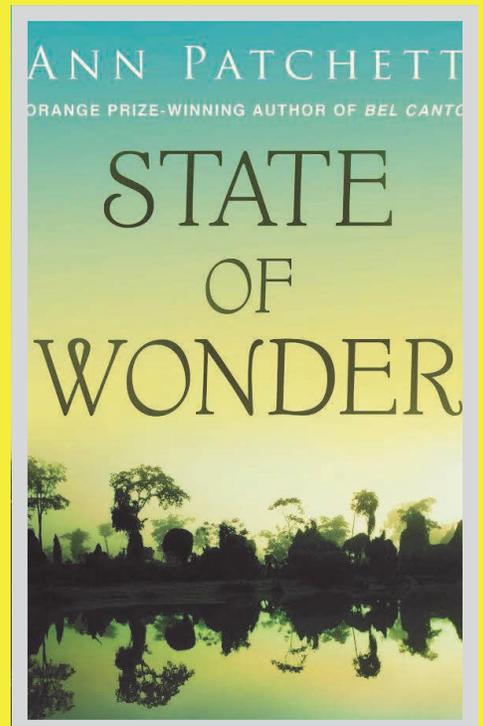
Do you have any buttons at home to spare? Bring them along to share! This month we will be making button bowls. Use these unique bowls for jewelry, coins, candy or whatever you wish!

When: Tuesday, June 28th at 10:00am.

BOOK CLUB

Our current book is *State of Wonder* by Ann Patchett, 353 pages.

“In a narrative replete with poison arrows, devouring snakes, scientific miracles, and spiritual transformations, *State of Wonder* presents a world of stunning surprise and danger, rich in emotional resonance and moral complexity. As Dr. Marina Singh embarks upon an uncertain odyssey into the insect-infested Amazon, she will be forced to surrender herself to the lush but forbidding world that awaits within the jungle. Charged with finding her former mentor Dr. Annick Swenson, a researcher who has disappeared while working on a valuable new drug, she will have to confront her own memories of tragedy and sacrifice as she journeys into the unforgiving heart of darkness. Stirring and luminous, *State of Wonder* is a world unto itself, where unlikely beauty stands beside unimaginable loss beneath the rain forest's jeweled canopy.” Source: goodreads.com



Pick up your copy today at the Waupun Senior Center and join us on Friday, June 10th 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 wireless internet and computers. This is a go at your own pace club that beginners and novices can join at anytime.

When: Wednesday, June 1st at 10:00am

JUNE 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+

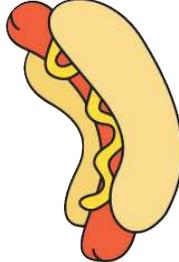
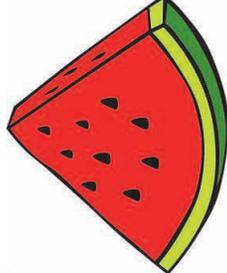
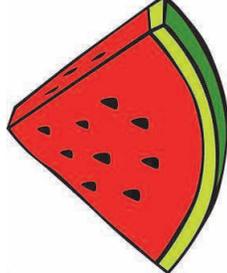
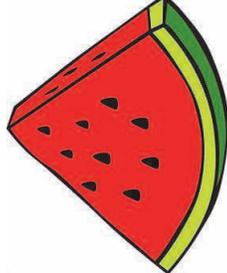
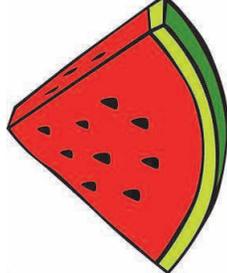
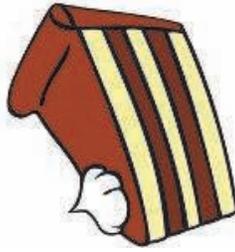
Mobile Meals: To see if you or someone you know is eligible please call 920-929-3113.

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
				
6 Roast Turkey Mashed Potatoes Baby Carrots Cranberry Gelatin Cookie Sliced Bread	7 Pepper Steak Baked Potato Spinach Salad Key Lime Pie Watermelon Slice Dinner Roll	8 Pork Jaegerschnitzel Mashed Potatoes Red Cabbage Applesauce Rice Pudding Sliced Bread	9 Crispy Fish Fillet German Potato salad Winter Blend Veggies Rainbow Sherbet Pear Slices Onion Rye Roll	10 Chicken Tetrazzini Casserole Mixed Italian Salad Butterscotch Pudding Applesauce Sliced Bread
13 Salisbury Steak Mashed Potatoes Corn Coconut Cream Pie Peach Slices Sliced Bread	14 Hawaiian Meatballs Baby Red Potatoes Carrots Mandarin Orange Gelatin Cookie Dinner Roll	15 Baked Chicken Twice Baked Potato Pickled Beet Salad Applesauce Cake Plum Halves Sliced Bread	16 Beef Stroganoff Casserole Tossed Salad Seedless Grapes Cinnamon Roll Dinner Roll	17 Pork Steak Mashed Potatoes Mixed Vegetables Butterscotch Pudding Applesauce Sliced Bread
20 Meatloaf Baked Potato Creamy Cuke Salad Pineapple Tidbits Frosted Cake Sliced Bread	21 Baked Spaghetti Mixed Italian Salad Vanilla Pudding Apple Slices French Bread	22 Chicken Breast Mashed Potatoes Baby Carrots Watermelon Slice Fudge Brownie Sliced Bread	23 Bratwurst on a Bun Cheesy Potato Bake California Blend Veggies Orange Sherbet Honeydew Melon	24 Country Fried Steak Mashed Potatoes Green Beans Fruited Gelatin Cookie Sliced Bread
27 Roast Pork Loin Mashed Potatoes Spinach Salad Chocolate Rasp. Torte Plum Halves Sliced Bread	28 Beef Stew Brussel Sprouts Peach Slices Ice Cream Cup Cheddar Biscuit	29 PARK PICNIC Baked Chicken Garlic Mashed Potatoes Three Bean Salad Chocolate Pudding Pear Slices Sliced Bread	30 Honey Mustard Meatballs Baby Red Potatoes Peas and Carrots Fruited Gelatin Cookie Dinner Roll	

JUNE 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>1 8:20am Foot Clinic 10:00am Genealogy Club 1:00pm Sheepshead 1:00pm Arizona Pool</p>	<p>2 9:00am Marbles 10:30am Yoga Stretch 1:00pm Sheepshead 6:30pm Knit-Wits</p>	<p>3 9:00am Cribbage</p> <p>SATURDAY, JUNE 4 1:00pm Euchre Tournament</p>
<p>6 10:30am Yoga Stretch 1:00pm Euchre</p>	<p>7 9:00am Hand & Foot Cards 9:00am Blood Pressure Check 1:00pm Sequence 6:00pm Pickleball</p>	<p>8 1:00pm Sheepshead 1:00pm Arizona Pool</p>	<p>9 9:00am Marbles 10:30am Yoga Stretch 1:00pm Sheepshead 6:30pm Knit-Wits</p>	<p>10 9:00am Cribbage 10:00am Book Club 1:00pm Bingo</p>
<p>13 10:30am Yoga Stretch 1:00pm Euchre</p>	<p>14 9:00am Hand & Foot Cards 1:00pm Sequence 6:00pm Pickleball</p>	<p>15 8:20am Foot Clinic 1:00pm Sheepshead 1:00pm Arizona Pool</p>	<p>16 9:00am Marbles 10:30am Yoga Stretch 1:00pm Sheepshead 6:30pm Knit-Wits</p>	<p>17 9:00am Cribbage 10:00am Listening Session</p>
<p>20 10:30am Yoga Stretch 1:00pm Euchre</p>	<p>21 9:00am Hand & Foot Cards 10:00am Craft Workshop 1:00pm Sequence 6:00pm Pickleball</p>	<p>22 1:00pm Sheepshead 1:00pm Arizona Pool</p>	<p>23 9:00am Marbles 10:30am Yoga Stretch 1:00pm Sheepshead 6:30pm Knit-Wits</p>	<p>24 9:00am Cribbage</p>
<p>27 10:30am Yoga Stretch 1:00pm Euchre</p>	<p>28 9:00am Hand & Foot Cards 10:00am Craft Workshop 1:00pm Conditions of Elder Eyes 6:00pm Pickleball</p>	<p>29 11:00 Picnic in the Park 1:00pm Sheepshead 1:00pm Arizona Pool</p>	<p>30 9:00am Marbles 10:30am Yoga in the Park 1:00pm Sheepshead 6:30pm Knit-Wits</p>	<p>RADIO TUESDAYS AT 7:45AM AM 1170/103.3 FM</p>

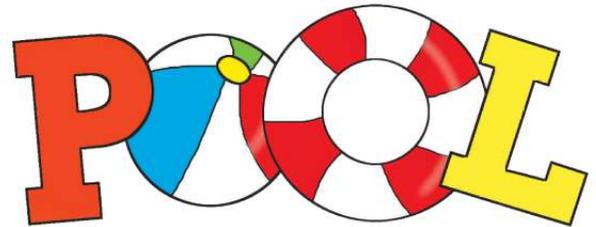
AQUATIC CENTER

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



WAUPUN FAMILY AQUATIC CENTER PASSES

The Waupun Family Aquatic Center opens Saturday, June 4th! Passes can be purchased at the Waupun Family Aquatic Center located at 701 County Park Road.

Family Season Pass: \$100

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: \$50

Daily Passes: \$4

Night Swim: \$2 (Monday—Friday, 6:00—8:00pm)

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SERVICES

COMMON CONDITIONS OF ELDER EYES

Dr. Connie Copeland of Jan's Optical will present a talk called "Common Conditions of Elder Eyes". She will discuss Common eye health issues including cataracts, macular degeneration and others. Dr. Copeland has 19 years experience as an eye doctor having graduated from the Ohio State University College of optometry in 1997. In 1998 she completed an optometric retina fellowship in Toledo, Ohio. Prior to becoming an optometrist Dr. Copeland worked in cell biology research and earned a PhD from Yale University

When: Tuesday, June 28 at 1:00pm

Where: Waupun Senior Center

FOOT CARE CLINIC

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

When: Wednesday, June 1st and Wednesday, June 15th. 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.

JUNE REACH DONATIONS

Theme: *Fill the Bus*

Fill a Lamers Bus with school supplies.

Pencils, notebooks, crayons, glue, scissors and more! Please put donations in the blue and yellow barrel located by the Waupun Senior Center front door!

Thank you to all who donated in May!

MANAGING CHRONIC CONDITIONS

Transportation available to attend! 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. Sponsored by Fond du Lac County Senior Services. 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—3:30pm (6 days total)

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

Cost: Free Annual Workshop! If you would like a ride the cost is \$24 for all 6 days of the workshop. If you require a ride to the workshop, please make an appointment with the Senior Center van by calling 324-7930.

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



SERVICES

11

BLOOD PRESSURE

Come to the Waupun Senior Center on Tuesday, June 7th from 9:00—11:00am to have your blood pressure checked! Brought to you by Lifestar Emergency Medical Services and Waupun Memorial Hospital.



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.

MOBILE MEALS

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.

DONATIONS & VOLUNTEERS

What: During the summer months, several churches and community organizations sponsor a weekly bag lunch program for children. The purpose of this program is to provide a healthy meal for children at no cost. Over 400 bag lunches are handed out each week. Let's show how the Waupun Senior Center can help!

Donations: The Waupun Senior Center is sponsoring one week of the summer bag lunch program in August. There is a donation jar located on the Senior Center office counter. Donations will help cover the cost of the bag lunches. There is also a donation bin located outside of the Waupun Senior Center office. Items that can be placed in the donation bin are fruit cups, peanut butter, juice boxes, and individual bags of chips. These items will be used or placed in each bag lunch. Our donations and volunteers will provide one week of lunches for Waupun children in need.

When: Monday – Thursday, August 22—25

Where: Community Table located at 12 S. Mill Street

Times: 10:00am—11:30am to assemble bag lunches

11:30am—1:00pm to hand out lunches

Volunteers: If you would like to volunteer, please sign up on the clipboard located outside the Waupun Senior Center office.

BINGO

MAY WINNERS

Extra Card: Morris Te Grootenhuis, Beverly Kastein,
Ken Kwakkel

Lunch Voucher: Jean Dohrman, Tom Holzman, Lucille Ninneman

\$5.00: Beulah Oppermann and Bob Kastein



BUDDY BINGO

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