WAUPUN SENIOR CENTER newsletter

July 2016| Issue 2 | Volume 17

RED, WHITE & BLUE BUDDY JAM SESSION

Join us for a star spangled Buddy Jam Session! Summer school 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 together! Classic children's songs and patriotic songs will be featured!
When: Tuesday, July 5h at 10:00am

BAG LUNCH PROGRAM

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 300 bag lunches are handed out each week. 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. Monetary donations will help cover the cost of the items placed in each bag lunch. There is also a donation bin located outside of the Senior Center office. Items that can be placed in the donation bin are unopened fruit cups, peanut butter, juice boxes, and individual bags of chips. These items will be placed in each bag lunch. Thank you to those who have already donated!

If you would like to volunteer to assemble the bag lunches in August, please sign up on the clipboard located outside the Senior Center office. This will truly be a team effort!

301 E Main Street | Waupun, WI 53963 | (920) 324-7930 | parks@cityofwaupun.org | 8:00am-4:00pm Monday-Friday

CARD GAMES

1ST SATURDAY EUCHRE TOURNAMENT

June Scores:

- 1st Place: Doris Laurain
- 2nd Place: Bob White
- 3rd Place: Lynn Tavs
- 4th Place: Russell Jorgensen, Dianne Tiedt, Jean Schweisthal
- Half Time Score: Russel Selskeet
- Door Prize: Donovon McQueen & Shirley Haines

Next euchre tournament is on Saturday, July 2nd at 1:00pm! Registration, snacks and beverages at 12:30pm!

$5 entry fee! Multiple prizes!

Sponsored by Costco.

Door prizes drawing of a 1 year Costco membership! A $55 value!

Costco hangs it's hat on quality and value. Costco is very selective in what goes on thier shelves. Other clubs may have three types of ketchup, Costco will only have one, but based on sales and research, it will be the best ketchup at the best value. A fun saying is, "You get a good price on 100 truck loads of tuna, you get a game changing price on 100,000 truck loads of tuna." Costco uses it buying power to get wholesale pricing.

Costco's mission statement is to, "Continually provide our members with the highest quality goods and services at the lowest possible prices."

We will educate the audience on the culture of Costco, the products and the way we do business. Snacks will be provided and people will be invited to sign up or get more information about the store. Also, if anyone wishes to sign up for membership at the euchre tournament, they will get an exclusive offer! $10 for a Gold Star membership and $20 for an Executive membership.

MONDAY EUCHRE

25¢ to play! Every Monday at 1:00pm.

June High Scores:

- ♠ Mary Hartgerink (61)
- ♠ Jerry Harmsen (56)
- ♠ Eleanor Hacht (54)

JACK OF ◆ SHEEPSHEAD

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

June High Scores:

- ◆ Wally Neevel (108)
- ◆ Jerry Harmsen (102)
- ◆ Tom Main (102)

BLACK SHEEPSHEAD

$1 to play Black Queens! Thursdays at 1:00pm.

June High Scores:

- ♣ Joan Meyer (89)
- ♣ Ken Ehlert (83)
- ♣ Tom Main (81)

CARD GAMES

WE NEED YOU!

Join us for these fun, non-competitive card games that are in need of some additional players. We will teach you how to play. Bring a friend!

CRIBBAGE

Played every Friday morning at 9:00am.

HAND & FOOT

Played every Tuesday morning at 9:00am.

MARBLES

Played every Thursday morning at 9:00am.

SEQUENCE

Played every Tuesday afternoon at 1:00pm.

ECUHRE & SHEEPSHEAD CARD SURVEY

Please take a moment to help us improve your card experience at the Waupun Senior Center! Surveys are located on the coffee table. Please drop your anonymous survey in the box located on the coffee table! The results of this survey will be posted at the end of the month.

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STAY ACTIVE

PICKLEBALL

Pickleball is the fastest growing sport for active older adults. The game combines features of badminton, tennis and ping pong. In pickleball, the ball and paddle are plastic. The court is smaller than a tennis court and the rallies are fun and exciting. Pickleball is great low impact exercise and, like all sports, it gives you a mental and physical release. You can forget your worries and even laugh while exercising.

FREE! Equipment and instructors provided!

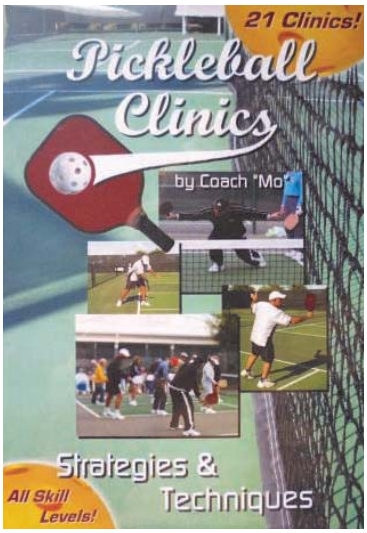
When: Tuesdays at 6:00pm

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

Rain/Windy Conditions Location: The Union Youth Center, 421 Jackson Street

NOT SURE ABOUT PICKLEBALL?

Spectators are always welcome at West End Park on Tuesday nights. Watch and learn how to play! Or come to the Waupun Senior Center on Tuesday, July 19th at 10:00am to watch an instructional DVD about how to play pickleball with strategies and techniques.



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. Please wear tennis shoes.

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

No yoga on 7/21

YOGA IN THE PARK

When: Thursday, July 28th at 10:30am

Where: Harris Mill Park, 300 N. Mill Street

Yoga Stretch is going to the park again! Yoga in the Park will be done under the shade of the Harris Mill Park shelter overlooking the beautiful Mill Pond. Yoga in the Park will be very similar to regular yoga at the Senior Center. Chair support will be offered to safely perform a variety of seated and standing postures. **FREE!**

Rain location: Waupun Senior Center

WII GAMES

The Wii can be used anytime to virtually play tennis, baseball, bowl and golf. 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 if you want to learn how to use the Wii.

HELLO

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

Do YOU or do you know anyone that would like to come to the Waupun Senior Center and participate in a daily, weekly or monthly activity? We have something to offer for everyone. Cards, games, pool, exercise, special events, time for chitchat, lunch, and more!

Want to volunteer? Currently, I am looking for cleaning volunteers to keep the Senior Center looking fresh and welcoming. If you are interested in helping out, please stop by my office. Volunteering for cleaning would take 1-2 hours a week.

Have a happy and safe 4th of July!

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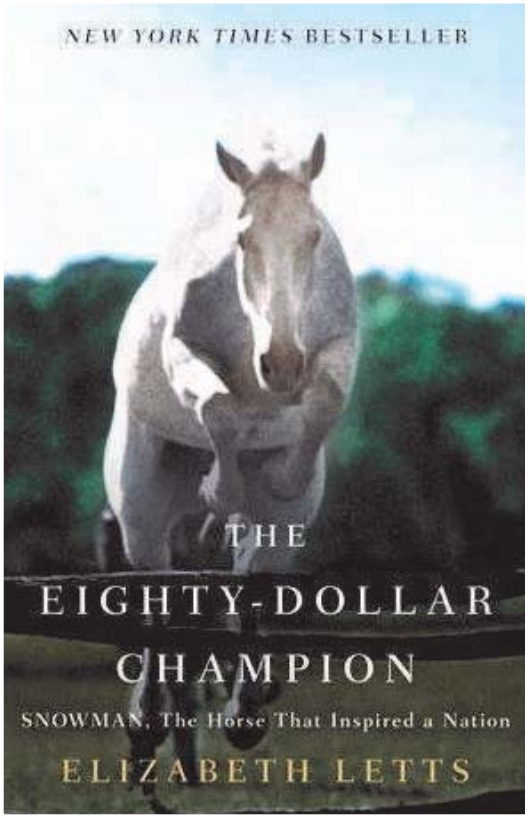
CLUBS

BOOK CLUB

Our current book is The Eighty-Dollar Champion by Elizabeth Letts, 329 pages.

"November 1958: the National Horse Show at Madison Square Garden in New York City. Into the rarefied atmosphere of wealth and tradition comes the most unlikely of horses—a drab white former plow horse named Snowman—and his rider, Harry de Leyer. They were the longest of all longshots—and their win was the stuff of legend. Harry de Leyer first saw the horse he would name Snowman on a bleak winter afternoon between the slats of a rickety truck bound for the slaughterhouse. He recognized the spark in the eye of the beaten-up horse and bought him for eighty dollars." Source: goodreads.com

Pick up your copy TODAY at the Waupun Senior Center and join us on Friday, July 8th at 10:00am for coffee and book discussion. Discussion questions avaivlabe now.



JULY CRAFT WORKSHOP

Come to the Senior Center to paint a birdfeeder for July's Craft Workshop! All crafters **must** pre-register by Friday, July 22nd by calling 324-7930 or registering at the Senior Center office.
When: Tuesday, July 26th 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 wireless internet and computers. This is a go at your own pace club that beginners and novices can join at anytime.
When: Wednesday, July 6th at 10:00am

KNIT-WITS

With the hustle and bustle of summer, Knit-Wits will be taking July and August off. Regular weekly meeting will resume in September. If you would like to bring your knitting or crocheting to the Waupun Senior Center to work during operating hours, please feel free. We have very comfortable living room furniture and hot coffee!

JULY 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
	All meals are served with milk and/or water.			***1*** Glazed Ham Sour Cream and Chive Potatoes Green Beans Cantaloupe Slice Sliced Bread
4 **CLOSED**	***5*** Beef Frank on a Bun German Potato Salad Corn Mandarin Orange Gelatin Cookie	***6*** Swiss Steak Mashed Potatoes Mixed Vegetables Chocolate Chip Cookie Applesauce Sliced Bread	***7*** Orange Chicken Baked Potato Maple Brussel Sprouts Birthday Cake Pineapple Tidbits Dinner Roll	***8*** Liver and Onions Garlic Mashed Potatoes Tossed Salad Peach Slices Cinnamon Roll Sliced Bread
11 Cranberry & Kraut Meatballs Baby Red Potatoes Chocolate Cloud Torte Pear Slices Sliced Bread	***12*** Lasagna Casserole Italian Blend Vegetables Cantaloupe Slice Frosted Cake French Bread	***13*** Pork Steak Mashed Potatoes Baby Carrots Oatmeal Raisin Cookie Seedless Grapes Sliced Bread	***14*** Chicken Chow Mein California Blend Veggies Ambrosia Dessert Vanilla Pudding Dinner Roll	***15*** Chef Salad with Ham, Sunflower Kernels, Cheese, Veggies & Salad Dressing Watermelon Slice Cookie Wheat Roll
18 Escalloped Potatoes and Ham Casserole Spinach Salad w/ Hot Bacon Dressing Seedless Grapes Ice Cream Cup Sliced Bread	***19*** Baked Chicken Twice Baked Potato Pickled Beet Salad Chocolate Raspberry Torte Apple Slices Dinner Roll	***20*** BBQ Meatballs Baked Potato Mixed Vegetables Fruited Gelatin Butterscotch Pudding Sliced Bread	***21*** Chicken Tetrazzini Winter Blend Vegetables Applesauce Cake Honeydew Melon Dinner Roll	***22*** Salisbury Steak Mashed Potatoes Corn Peach Slices Cookie Sliced Bread
25 Mushroom Pork Cutlet Mashed Potatoes Red Cabbage Tapioca Pudding Plum Halves Sliced Bread	***26*** Meatloaf Baby Red Potatoes Carrots Applesauce Fudge Brownie Dinner Roll	***27*** Roast Beef Mashed Potatoes Tossed Salad Coconut Cream Pie Pineapple Tidbits Sliced Bread	***28*** Pepper Steak Cheesy Potato Bake Creamy Cuke Salad Pear slices Cookie Dinner Roll	***29*** Chicken Marsala Baked Potato Peas & Carrots Spice Cake Fruit Cocktail Sliced Bread

JULY 2016 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPEN MONDAY—FRIDAY 8:00am—4:00pm	**SCHEDULE IS SUBJECT TO CHANGES Please call to 324-7930 to register and verify.**	**RADIO TUESDAYS AT 7:45AM AM 1170/103.3 FM**		**1** 9:00am Cribbage **SATURDAY, JULY 2** 1:00pm Euchre Tournament Sponsored by Costco
4 	**5** 9:00am Hand & Foot Cards 1:00pm Sequence 6:00pm Pickleball	**6** 8:20am Foot Clinic 10:00am Genealogy Club 1:00pm Sheepshead 1:00pm Arizona Pool	**7** 9:00am Marbles 10:30am Yoga Stretch 1:00pm Sheepshead 6:30pm Knit-Wits	**8** 9:00am Cribbage 10:00am Book Club 1:00pm Bingo
11 10:30am Yoga Stretch 1:00pm Euchre	**12** 9:00am Hand & Foot Cards 12:30pm Blood Pressure Check 1:00pm Relaxation Presentation 1:00pm Sequence 6:00pm Pickleball	**13** 1:00pm Sheepshead 1:00pm Arizona Pool	**14** 9:00am Marbles 10:30am Yoga Stretch 1:00pm Sheepshead 6:30pm Knit-Wits	**15** 9:00am Cribbage 10:30am Fire Prevention
18 10:30am Yoga Stretch 1:00pm Euchre	**19** 9:00am Hand & Foot Cards 10:00am Pickleball DVD 1:00pm Sequence 6:00pm Pickleball	**20** 8:20am Foot Clinic 1:00pm Sheepshead 1:00pm Arizona Pool 5:00pm Timber Rattlers Game	**21** 9:00am Marbles 1:00pm Sheepshead 6:30pm Knit-Wits	**22** 9:00am Cribbage
25 10:30am Yoga Stretch 1:00pm Euchre	**26** 9:00am Hand & Foot Cards 10:00am Craft Workshop 10:30am Dinner Theater Trip 6:00pm Pickleball	**27** 1:00pm Sheepshead 1:00pm Arizona Pool	**28** 9:00am Marbles 10:30am Yoga in the Park 1:00pm Sheepshead 6:30pm Knit-Wits	**29** 9:00am Cribbage

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 residents of Waupun by the Fond du Lac County Department of Senior Services. Residents of Dodge County are also eligible.

TRANSPORTATION

Transportation for ages 60+ within the city limits of Waupun to medical appointments, hair appointments, restaurants, the Waupun Senior Center, and more! $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 mall trip interest list.

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SERVICES

FIRE PREVENTION PRESENTATION

The Waupun Fire Department will be providing "Fire Safety in the Home" training. Topics covered will included general fire safety, smoke alarms, CO alarms, and different types of fire extinguishers. There will be time at the end of the presentation for questions.

FIRE EXTINGUISHER TRAINING

Fire prevention attendees will have the opportunity to put out a live fire if they wish. The extinguisher simulator uses water and compressed air versus the chemical found in a regular fire extinguisher. We will cover the different types of extinguishers that are available.

When: Friday, July 15th at 10:3oam
Where: Waupun Senior Center

BLOOD PRESSURE

Come to the Waupun Senior Center on Tuesday, July12th from 12:30—1:00pm to have your blood pressure checked! Brought to you by Lifestar Emergency Medical Services and Waupun Memorial Hospital.

LIFESTAR EMERGENCY MEDICAL SERVICES

WAUPUN MEMORIAL HOSPITAL
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RELAXATION & HOME SAFETY PRESENTATION

Following the blood pressure clinic, Kyle Hunter from Waupun Hospital will be giving a presentation on how you can relieve stress and anxiety along with ways to control the relaxation of your body. Following that, Shannon Abler will be offering information on free home safety inspections from Lifestar EMS, as well as how to request one, and how an inspection could help you. Shannon will also be explaining the File Of Life Cards that participants will have access to and how to fill them out.

FOOT CARE CLINIC

Foot assessment and toenail trimming by Fond du Lac County Health Department. All appointments are with a registered nurse.
When: Wednesday, July 6th and Wednesday, July 20th
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.

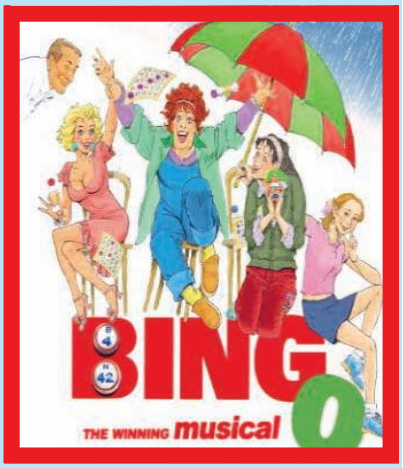
TRIPS

RATTLERS GAME TRIP REMINDER

When: Wednesday, July 20th
Bus departs: 5:00pm
Game time: 7:05pm
Bus returns: 11:00pm
Tickets: ONLY 1 ticket left! $20.00/ticket
Food & Beverage: Food and beverage can be brought onto the bus. Carry-ins are not allowed inside the stadium. In the stadium, enjoy $1 hot dogs, and beverages. There are 13 concession stands/restaurants with a variety of menu options
Our Seats: Section 101
(Right behind home plate!)
Opponent: The Fort Wayne TinCaps

DINNER THEATER TRIP REMINDER

When: Tuesday, July 26th
Show: *Bingo—The Musical Comedy*
Bus departs: 10:30am
Lunch: 12:30pm
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

Showtime: 1:45pm
Bus returns: 5:30pm

May 26th Trip to Mullin's and SAGES

May 19th Brewer Game Trip

BINGO

Join us for free bingo at the Waupun Senior Center on
Friday, July 8th at 1:00pm.
Sponsored by SIA Insurance.

JUNE WINNERS

Extra Card: Marion Hull, Elaine Daane, Fern Tavs, Marion Redeker
Lunch Voucher: Lynn Tavs, Edna Heilmeyer, Delores Duer, Fern Tavs
$5.00: Doris Laurain and Orvel Lackey

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Jordan Sterk