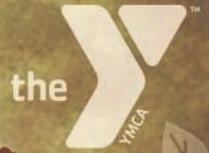




WAUPUN

SENIOR CENTER

newsletter



August 2016 | Issue 2 | Volume 18

SENIOR CENTER CARNIVAL

Join us for a party celebrating National Senior Citizen's Day! In 1988, the U.S. Congress and President Ronald Reagan encouraged the public recognition of our senior citizens, their wisdom, their leadership and their contributions by declaring the first National Senior Citizens Day 27 years ago.

Carnival games and popcorn at 1:00pm. Lunch served at 1:30pm. This lunch is completely separate from the Fond du Lac County Dining lunch that is served at noon.

When: Tuesday, August 30th

Lunch Menu: Hot Dog/Hamburger
Watermelon
Soft Pretzels with Cheese
Nachos
Slushies

Cost: There is a suggested donation of \$3.00 for lunch. Carnival games and lunch is for individuals age 50+.

Registration: Sign up by noon on Monday, August 29th on the clipboard located outside the Senior Center office or call 324-7930. Please indicate that you would like to sign up for the carnival lunch.



PUZZLE

Make sure you sign the 2016 Senior Center Participant Puzzle during the month of August! The large white puzzle pieces are sitting on the puzzle table located by the computer in the front room. Write your name on one of the pieces using a permanent marker located next to the puzzle pieces. At the end of the month, the puzzle will be completed, framed and hung in the building.



STAY ACTIVE

WII OLYMPIC GAMES

LET THE GAMES BEGIN! Do you have what it takes to be the first Waupun Senior Center Wii Olympic Games champion? Compete in bowling, boxing, golf, tennis, and baseball. Competitors will be entered into a single elimination tournament in each of the Wii Sport games. Points will be awarded in each tournament and the competitor with the most points at the end of the five tournaments will be crowned champion and receive a trophy. All competitors must compete in each event to qualify.



The Wii can be used to practice before the tournaments begin. The Wii can be used anytime the Senior center is open. Set up instructions are posted by the TV located by the front door. Ask the office if you have questions.

All competitors **must** pre-register by Friday, August 19th by calling 324-7930 or registering at the Senior Center office. Tournaments will be held during the week of August 22nd.

YOGA IN THE PARK

When: Thursday, August 18th 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

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

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 6:00pm

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

Rain/Windy Conditions Location:

The Union Youth Center, 421 Jackson Street

VOLUNTEERS

BAG LUNCH VOLUNTEERS NEEDED

The Senior Center is sponsoring one week of the summer bag lunch program for children.

When: Monday—Thursday, August 22—25

This program is held during the summer months to provide a meal to children at no cost. Volunteers are needed to assemble the bag lunches and hand out the lunches. Volunteering will approximately take 2 hours. If you would like to volunteer one or all four days, please sign up on the clipboard located outside the Senior center office or call 324-7930 to be placed on the volunteer list.

Volunteer duties are:

- 10:00am—Arrive at the Senior Center to make sandwiches and assemble the bags by placing a sandwich, drink, fruit, dessert, and bag of chips in each bag
- 11:00am—Hand out the bag lunches at the Community Table



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SERVICES

BLOOD PRESSURE

Come to the Waupun Senior Center on Wednesday, August 24th from 12:30—1:30pm to have your blood pressure checked by Lifestar EMS staff.



HOME SAFETY INSPECTIONS

Lifestar EMS is excited to announce that we will be offering FREE home safety inspections to Waupun area residents. The benefit to you for having a safety inspection of your home is to identify potential risks and hazards for slips, trips and falls in the home environment. Lifestar will also check for potential hazards that could delay getting our equipment into or out of your home. Lifestar EMS will come to your home and have you take us into any room of your house that you would like inspected for hazards. Lifestar will then point out any potential hazards that we see that could cause harm to you. If you wish to have a FREE home safety inspection please sign up on the clipboard located outside the Senior Center office. If you have any questions please feel free to contact Shannon Abler at Lifestar EMS, Station 6, at 920-345-1050.



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. Multiple stops can be scheduled in 15 minute or more increments. Riders 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.

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. 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.

FOOT CARE CLINIC

Foot assessment and toenail trimming by Fond du Lac County Health Department. All appointments are with a registered nurse. **When:** Wednesday, August 3rd and Wednesday, August 17th. 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.

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 or email me at parks@cityofwaupun.org. If I'm out of the office, speaking on the phone or meeting with someone, please be patient or leave a message. I will do my best to directly answer your questions in a clear and precise way.

Just a reminder I will be gone in September and October. There will be friendly volunteers and YMCA of Dodge County staff to answer your questions during that time.



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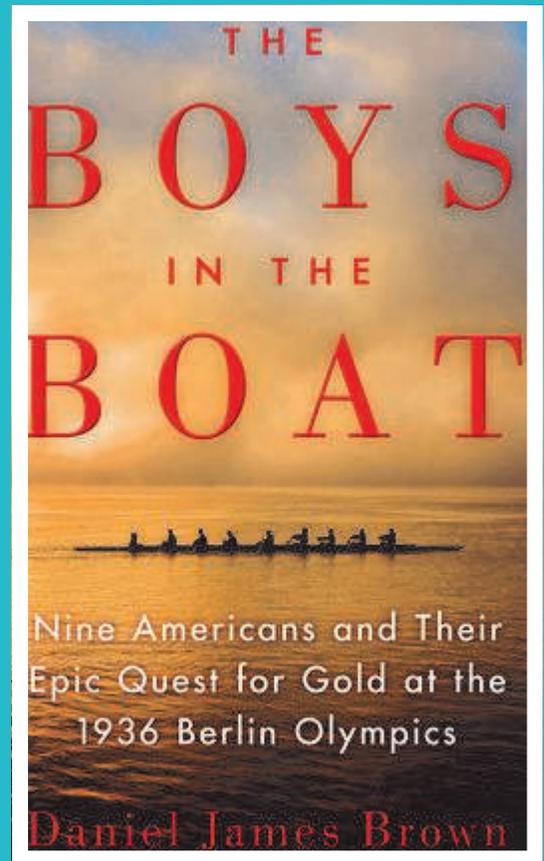
BOOK CLUB

Our current book is *The Boys in the Boat* by Daniel James Brown, 416 pages.

“Daniel James Brown’s robust book tells the story of the University of Washington’s 1936 eight-oar crew and their epic quest for an Olympic gold medal, a team that transformed the sport and grabbed the attention of millions of Americans. The sons of loggers, shipyard workers, and farmers, the boys defeated elite rivals first from eastern and British universities and finally the German crew rowing for Adolf Hitler in the Olympic games in Berlin, 1936. The emotional heart of the story lies with one rower, Joe Rantz, a teenager without family or prospects, who rows not for glory, but to regain his shattered self-regard and to find a place he can call home. The crew is assembled by an enigmatic coach and mentored by a visionary, eccentric British boat builder, but it is their trust in each other that makes them a victorious team. They remind the country of what can be done when everyone quite literally pulls together—a perfect melding of commitment, determination, and optimism.

Source: goodreads.com

Pick up your copy TODAY at the Waupun Senior Center and join us on Friday, August 12th at 10:00am for coffee and book discussion. Discussion questions available now.



AUGUST CRAFT WORKSHOP

This month we are making tissue paper stained glass candle holders! Use tissue paper or newspaper to create a unique stained glass like design on a glass jar. Craft supplies, candle and jar are provided. Free!

All crafters **must** pre-register by Friday, August 19th by calling 324-7930 or registering at the Senior Center office.

When: Tuesday, August 23rd 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, August 3rd at 10:00am

AUGUST 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 1/3 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
1 Swedish Meatballs Mashed Potatoes California Blend Veggies Fruited Gelatin Frosted Cake Sliced Bread	2 Hungarian Goulash Peas and Pearl Onions Cantaloupe Slice Raspberry Sherbet Dinner Roll	3 Roast Turkey Mashed Potatoes Green Bean Casserole Cinnamon Roll Apple Slices Sliced Bread	4 Beef Stroganoff Tossed Salad Birthday Cake Seedless Grapes Dinner Roll	5 Ham Rolls Squash Health Slaw Cookie Sliced Bread
8 Country Fried Steak Mashed Potatoes Carrots Butterfinger Torte Honeydew Melon Sliced Bread	9 Baked Chicken American Potato Salad Winter Blend Vegetables Fruited Gelatin Frosted Cake Dinner Roll	10 Pork Jaegerschnitzel Mashed Potatoes Baby Carrots Alexander Torte Pear Slices Sliced Bread	11 Chicken Cacciatore Baby Red Potatoes Mixed Italian Salad Fruit Cocktail Cookie Dinner Roll	12 Beef & Pork Chop Suey Chinese Ramen Salad Orange Sherbet Pineapple Tidbits Sliced Bread
15 Hamburger German Potato Salad Corn Watermelon Slice Ice Cream Cup	16 Honey Mustard Meatballs Baked Potato Peas and Carrots Dream Sicle Torte Apple Slices Dinner Roll	17 Baked Spaghetti Italian Blend Vegetables Cantaloupe Slice Vanilla Pudding French Bread	18 Chicken Breast Mashed Potatoes Carrots Peanut Butter Cookie Peach Slices Dinner Roll	19 Fruited Chicken Salad over Shredded Lettuce Petite Banana Frosted Cake Sliced Bread
22 Roast Pork Loin Mashed Potatoes Summer Blend Veggies Applesauce Cake Apricot Halves Sliced Bread	23 Salmon Loaf Escaloped Potatoes California Blend Veggies Pineapple Tidbits Rainbow Sherbet Dinner Roll	24 Baked Chicken Garlic Mashed Potatoes Copper Penny Salad Key Lime Pie Pear Slices Sliced Bread	25 Smoked Sausage Baked Potato Spinach Salad with Raspberry Vinaigrette Apple Slices Cookie Dinner Roll	26 Burgundy Mushroom Chopped Steak Mashed Potatoes Corn Ice Cream Cup Watermelon Slice Sliced Bread
29 Hawaiian Meatballs Baby Red Potatoes Carrots Pineapple Tidbits Cinnamon roll Sliced Bread	30 Swiss Steak Mashed Potatoes Peas and Pearl Onions Chocolate Banana Torte Honeydew Melon Dinner Roll	31 Chicken Broccoli & Rice Casserole Tossed Salad Apricot Halves Fudge Brownie Sliced Bread	All meals are served with milk and/or water.	



AUGUST 2016 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:30am Yoga Stretch 1:00pm Euchre	2 9:00am Hand & Foot Cards 1:00pm Sequence 6:00pm Pickleball	3 8:20am Foot Clinic 10:00am Genealogy Club 1:00pm Sheepshead 1:00pm Arizona Pool	4 9:00am Marbles 10:30am Yoga Stretch 1:00pm Sheepshead	5 9:00am Cribbage SATURDAY, AUGUST 6 1:00pm Euchre Tournament
8 10:30am Yoga Stretch 1:00pm Euchre	9 9:00am Hand & Foot Cards 1:00pm Sequence 6:00pm Pickleball	10 1:00pm Sheepshead 1:00pm Arizona Pool	11 9:00am Marbles 10:30am Yoga Stretch 1:00pm Sheepshead	12 9:00am Cribbage 10:00am Book Club 1:00pm Bingo
15 10:30am Yoga Stretch 1:00pm Euchre	16 9:00am Hand & Foot Cards 1:00pm Sequence 6:00pm Pickleball	17 8:20am Foot Clinic 1:00pm Sheepshead 1:00pm Arizona Pool	18 9:00am Marbles 10:30am Yoga in the Park 1:00pm Sheepshead	19 9:00am Cribbage 9:00am Basic Facebook 10:30am Advanced Facebook
22 10:00am Bag Lunch Volunteers 10:30am Yoga Stretch 1:00pm Euchre	23 9:00am Hand & Foot Cards 10:00am Bag Lunch Volunteers 10:00am Craft Workshop 1:00pm Sequence 6:00pm Pickleball	24 10:00am Bag Lunch Volunteers 12:30pm Blood Pressure 1:00pm Sheepshead 1:00pm Arizona Pool	25 9:00am Marbles 10:00am Bag Lunch Volunteers 10:30am Yoga Stretch 1:00pm Sheepshead	26 9:00am Cribbage
29 10:30am Yoga Stretch 1:00pm Euchre	30 9:00am Hand & Foot Cards 1:30pm Senior Center Carnival 6:00pm Pickleball	31 1:00pm Sheepshead 1:00pm Arizona Pool	SCHEDULE IS SUBJECT TO CHANGES Please call to 324-7930 to register and verify.	OPEN MONDAY—FRIDAY 8:00am—4:00pm



COMPUTER CLASSES 9

Did you know that the Waupun Senior Center has desktop computer that can be used during Senior Center hours? Did you know that the Senior Center also has 20 laptops that can be checked out to use inside the during Senior Center hours? These laptops are used for recreational and educational classes.

Basic Facebook Class

Class topics include:

- Create a Facebook account
- Complete a Facebook profile
- Take a profile picture
- Find/Add friends
- Notifications
- News feed/homepage navigation
- Post a status

Advanced Facebook Class

**You must already have a Facebook account set up with email and password. You must also be proficient in basic Facebook.*

Class topics include:

- Upload pictures
- Like
- Chat
- Comment



When: Friday, August 19th at 9:00am

When: Friday, August 19th at 10:30am

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CARD GAMES

1ST SATURDAY EUCHRE TOURNAMENT

July Scores:

- 1st Place: Elaine Krohn
- 2nd Place: Del Schultz
- 3rd Place: James Stricker
- 4th Place: Bob Schumaker
- 5th Place: Ron Guptill, Joan Selk & Lynn Tavs
- Half Time Score: Bob Schumaker
- 48 players competed! Over 20 people went home with a door prize. Jean Schweisthal won a \$55 Costco membership!

**Next euchre tournament is on
Saturday, August 6th at 1:00pm!**

Registration, snacks and beverages at 12:30pm!

\$5 entry fee! Multiple prizes!

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MONDAY EUCHRE

25¢ to play! Every Monday at 1:00pm.

July High Scores:

- ♠ Millie Armga (62)
- ♠ Vi Wilkinson (57)
- ♠ Lynn Tavs, Ed Parduhn, Dale Hinze (55)

SEQUENCE

Played every Tuesday afternoon at 1:00pm.



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JACK OF ♦ SHEEPSHEAD

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

July High Scores:

- ♦ Wally Neevel (90)
- ♦ Ron Harmsen (88)
- ♦ Terri Main (86)

BLACK ♣ SHEEPSHEAD

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

July High Scores:

- ♣ Nancy Neevel (87)
- ♣ Terri Main (85)
- ♣ Don Vande Zande (83)

HAND & FOOT

Tuesdays at 9:00am.

CRIBBAGE

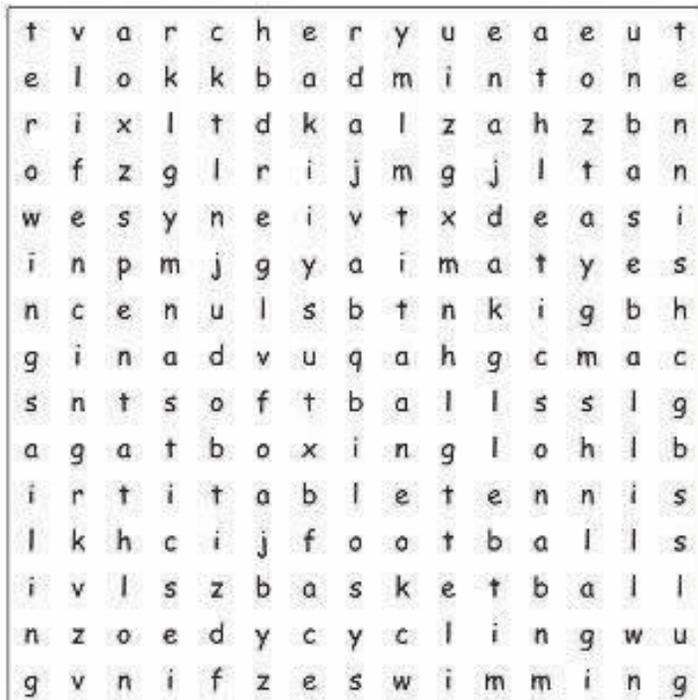
Fridays at 9:00am.

MARBLES

Thursdays at 9:00am.

OLYMPIC GAMES

WORD SEARCH



Archery
Basketball
Fencing
Pentathlon
Tennis
Triathlon

Athletics
Boxing
Rowing
Table Tennis
Volleyball
Judo

Badminton
Cycling
Gymnastics
Sailing
Swimming
Diving

WORD SCRAMBLE

- nnaegcoi _____
- nmriog _____
- oflg _____
- liedf ykoche _____
- creos _____
- kratc nda dielf _____
- stquneirae _____

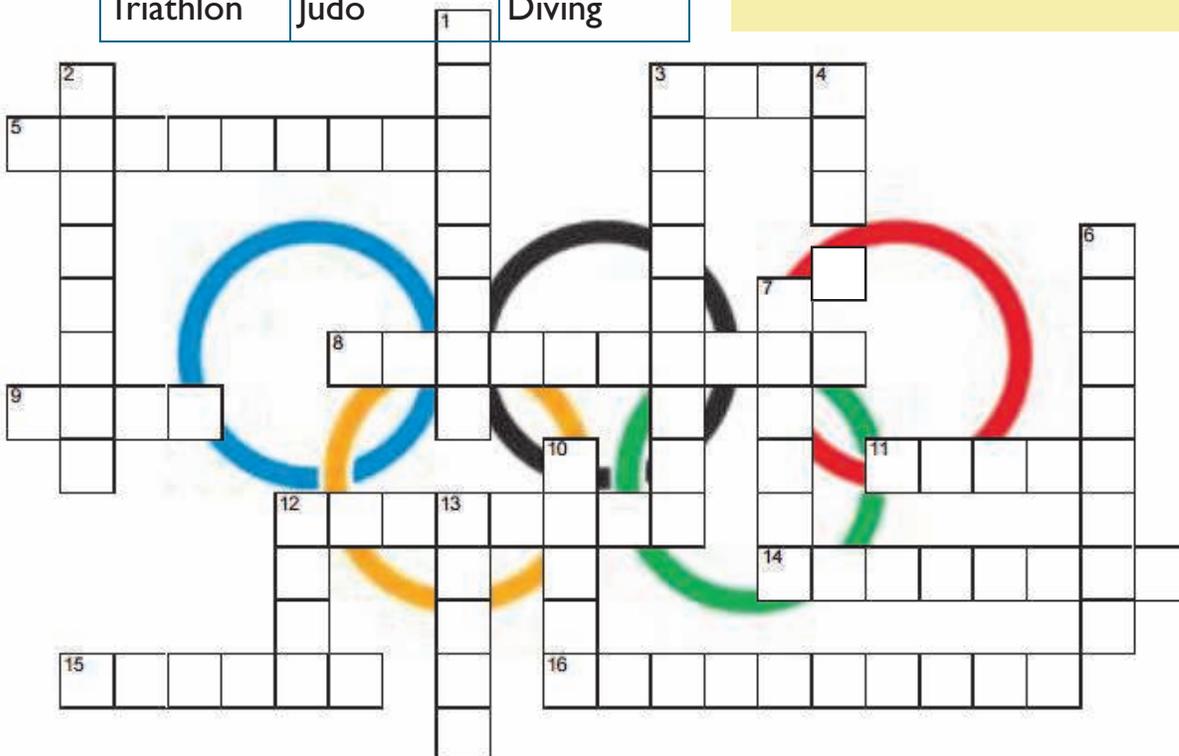
CROSSWORD

Across

- 3. A sport that requires clubs
- 5. A racquet sport
- 8. The 5 rings of the Olympics represent ____
- 9. The Olympics are held every ____ years.
- 11. The Olympics have been played ____ 1896.
- 12. Also called soccer
- 14. Olympic motto: "Swifter, Higher and ____"
- 15. This year's Olympics are in the ____.
- 16. A waterskiing event

Down

- 1. Also called table tennis
- 2. Long distance event
- 3. #1 gets a ____.
- 4. The Olympic torch needs ____.
- 6. Olympic competitors
- 7. Home of the 1st Olympics
- 10. Home of the 2nd Olympics
- 12. ____ rings on the Olympic flag
- 13. This comes all the way from Greece.



BINGO

Join us for free bingo at the Waupun Senior Center on
Friday, August 12th at 1:00pm.
 Sponsored by SIA Insurance.

JULY WINNERS

Extra Card: Boots Pomplun, Kathy Welk, Marion Hull, Barb Tragar

Lunch Voucher: Jean Dohrman, Penny Yonke, Belluha Opperman,
 Edna Heilmeyer

\$5.00: Penny Yonke and Rita Ossmann



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