



WAUPUN

SENIOR CENTER

newsletter



September 2016 | Issue 2 | Volume 19

LEARN TO PLAY CARDS

Do you want to learn how to play euchre, sheepshead, or hand & foot? Or do you just want to refresh your memory? If yes, come to the Waupun Senior Center to learn or relearn how to play cards the way we play.

Learn to Play Hand & Foot

When: Tuesday, September 13th at 9:00am

Learn to Play Euchre

When: Wednesday, September 14th at 9:00am

Learn to Play Sheepshead

When: Wednesday, September 28th at 9:00am

KITCHEN VOLUNTEER

One volunteer is currently needed in the kitchen on Thursdays. Volunteer times are 9:30am - 1:00pm. Lunch and transportation to and from the Senior Center for volunteer duties are free to volunteers that are willing to make this weekly commitment to prepare, serve, and clean up after lunch at the Waupun Senior Center. Lunch is served at noon and mobile meals are packaged at 10:45am. The lunch program is managed by Fond du Lac County Senior Services.

Kitchen duties include:

- Practicing safe food handling procedures
- Checking food temperatures
- Packaging mobile meals
- Serving lunch
- Dishes and general cleaning

Please call Julie at (920) 929-3521 if you are interested.



Visit us at 301 E Main Street!



June Park Picnic Bean Bag Toss



July Fire Extinguisher Training



August Yoga in the Park

(920) 324-7930 | 8:00am-4:00pm Monday, Wednesday & Thursday | 8:00am-1:00pm Tuesday & Friday

STAY ACTIVE

SWIMMING

Summer is coming to an end and this is the last chance to swim at the Waupun Family Aquatic Center for the season.

When: September 3rd—5th
11:00am—7:00pm

Where: 701 County Park Road

Cost: \$4.00/person

YOGA STRETCH

Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses with chair support. Feel free to adapt each pose to your ability and range of motion. This quiet setting will also promote personal reflection and meditation. Beginners can join anytime. Please wear tennis shoes and silence your cell phones. When Rachel is gone, Yoga Stretch will be instructed by experienced YMCA of Dodge County staff.

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

WII BOWLING

Wii bowling is a great source of exercise, entertainment, and fun in a friendly competitive atmosphere. The Wii mimics your own body's movements to control the game you are playing. Come play the Wii anytime! Give it a try! Setup instructions are provided.

How to Wii Bowl:

- Place the red Wii remote control bracelet securely around your wrist on your dominant hand.
- Press the "A" button when it is your turn to bowl.
- Bowl the ball by gripping the controller and stretching your arm back.
- Hold down the "B" button and swing your arm forward.
- When you want the ball to be released, let go of the "B" button.

The Wii can also be used to play baseball tennis, golf and boxing.

PICKLEBALL

A fun, easy to learn game that relates to tennis, badminton, and ping pong. Played 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



SERVICES

TRANSPORTATION

Transportation for ages 60+ within the city limits of Waupun to medical appointments, hair appointments, restaurants, the Waupun Senior Center, and more! Multiple stops can be scheduled in 15 minute or more increments. Riders must be able to navigate two steps safely to board the vehicle. Van can seat up to nine passengers.

Cost: \$1.00 each trip.

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. Plan ahead! You can schedule your ride up to a week in advance.



The Christian Home and Rehabilitation Center, Inc.
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 Short Term Care
 Memory Care
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the Y ACTIVELY AGING
 A PROGRAM FOR SENIORS
FOR HEALTH DEVELOPMENT
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Mondays & Fridays 8:00 am - 11:30 am

Join us at the Y for only \$4 and participate in all the benefits of a member! Use the Wellness Center, pools and participate in member-free classes. Call 887-8811 or visit us on the web at www.theYdc.org for information.

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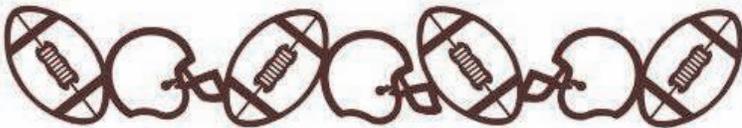
SERVICES

BENEFIT SPECIALIST

Are you paying too much for your Medicare Prescription Drug plan? Do you check your drug plan every year to make sure it is the right one for you? It's that time of year again, the Annual Enrollment Period. It simply means if you would like to make a change to your current Medicare Part D prescription drug plan or change your Medicare Advantage plan, you have a window of opportunity to do so between October 15th and December 7th. All those plans start over with new looks every January 1st. It is extremely important to be watching your mail for plan information on your current plans which usually comes around the end of September, first part of October. The plans can change monthly premiums, annual deductibles and co-pays. If for whatever reason you do not like what is happening with your current plan for the coming year you can make a change to something that will better suit you.

Julie Hilbert the Senior Benefit Specialist for Fond du Lac County will be at the Waupun Senior Center on October 18th from 9:30am to 11:30am for people **60 years of age or older living in Fond du Lac County.**

Please call 324-7930 to schedule your appointment.



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.

GET YOUR FLU SHOT

Walgreens pharmacists will be on hand to administer flu shots. Best way to protect yourself against the flu.

When: Friday, September 16th from 10:00am—11:30am

Where: Waupun Senior Center

Cost: Free with Medicare card. Please bring your Medicare card along with you.

No appointment or registration required.

Walgreens
at the corner of
happy & healthy[®]

FOOT CARE CLINIC

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

When: Wednesday, September 7th and Wednesday, September 21st

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



THANK YOU! The City of Waupun, YMCA of Dodge County and several Senior Center participants who put together a lovely baby shower for me. It was a great time! I am very thankful to be surrounded by such kindness. Baby Kaminski is expected to arrive on September 12th!

When I am gone, the Senior Center will operate on a semi normal schedule. All regular activities will go on as usual. The only changes to our schedule will be that the Senior Center will close early on Tuesday and Friday afternoons.

Jen Krueel, Executive Director from the YMCA of Dodge County will be at the Senior Center on Monday, Wednesday and Thursday mornings. If you have any questions comments or concerns please call the Senior Center to speak to Jen or stop by when she is at the Senior Center.

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HOLIDAY SPECIAL

CLUBS

KNIT-WITS

The Knit-Wits are back! Do you like to knit or crochet? Join us 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. Stop in we'd love to meet you and see your current project!

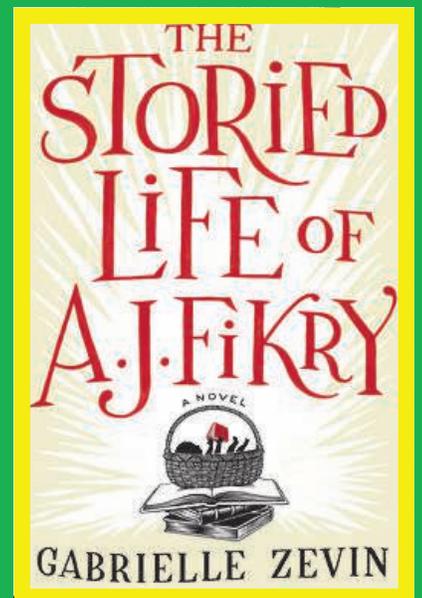
When: Wednesdays from 6:30—8:30pm at the Waupun Senior Center.

BOOK CLUB

Our current book is *The Storied Life of A.J. Fikry* by Gabrielle Zevin, 88 pages.

“A. J. Fikry’s life is not at all what he expected it to be. His wife has died, his bookstore is experiencing the worst sales in its history, and now his prized possession, a rare collection of Poe poems, has been stolen. Slowly but surely, he is isolating himself from all the people of Alice Island. Even the books in his store have stopped holding pleasure for him. These days, A.J. can only see them as a sign of a world that is changing too rapidly. And then a mysterious package appears at the bookstore. It’s a small package, but large in weight. It’s that unexpected arrival that gives A. J. Fikry the opportunity to make his life over, the ability to see everything anew. It doesn’t take long for the locals to notice the change overcoming A.J.; or for that determined sales rep, Amelia, to see her curmudgeonly client in a new light; or for the wisdom of all those books to become again the lifeblood of A.J.’s world; or for everything to twist again into a version of his life that he didn’t see coming. As surprising as it is moving, *The Storied Life of A. J. Fikry* is an unforgettable tale of transformation and second chances, an irresistible affirmation of why we read, and why we love.” Source: goodreads.com

Pick up your copy TODAY at the Waupun Senior Center and join us on Friday, September 9th at 10:00am for coffee and book discussion. Discussion questions available now.



SEPTEMBER CRAFT WORKSHOP

Come to the Senior Center to paint a flower pot for September’s Craft Workshop! Also, get your tulip bulb to plant in your new flower pot! All crafters **must** pre-register by Friday, September 23rd by calling 324-7930 or registering at the Senior Center office.

When: Tuesday, September 27th at 10:00am

GENEALOGY CLUB

Bring your family photos, letters, and information to share and discuss methods of research and organization. This is a go at your own pace club that beginners can join at anytime.

When: Wednesday, September 7th at 10:00am

SEPTEMBER 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
		All meals are served with milk and/or water.	1 Beef Stew Winter Blend Vegetables Birthday Cake Applesauce Cheddar Biscuit	2 Chicken Teriyaki Baked Potato Mixed vegetables Pear Slices Cookie Sliced Bread
5 CLOSED No mobile meals or table meals.	6 Bratwurst on a Bun Cheesy Potato Bake Broccoli Cuts Chocolate Pudding Apple Slices	7 Chicken and a Biscuit Casserole Peas & Carrots Cantaloupe Slice Cinnamon Roll	8 Salisbury Steak Mashed Potatoes Summer Blend Veggies Apple Pie Peach Slices Dinner Roll	9 Crispy Fish Fillet German Potato Salad Wax Beans Fruited Gelatin Cookie Sliced Bread
12 Pot Roast Baby Red Potatoes Baby Carrots Chocolate Cloud Torte Seedless Grapes Sliced Bread	13 Baked Chicken Twice Baked Style Potato Three Bean Salad Pineapple Tidbits Fudge Browne Dinner Roll	14 Chili Casserole Tossed Salad Apricot Halves Frosted Cake Cornbread	15 Pork Steak Mashed Potatoes Mixed Vegetables Molasses Cookie Apple Slices Dinner Roll	16 Cranberry and Kraut Meatballs Baked Potato Green Beans Applesauce Ice Cream Cup Sliced Bread
19 Glazed Ham Sweet Potato Bake Health Slaw Pear Slices Vanilla Pudding Sliced Bread	20 Roast Turkey Mashed Potatoes California Blend Veggies Pumpkin Pie Honeydew Melon Dinner Roll	21 Meatloaf Au Gratin Potatoes Peas & Carrots Fruited Gelatin Cookie Sliced Bread	22 Lasagna Casserole Mixed Italian Salad Cantaloupe Slice Orange Sherbet French Bread	23 Salisbury Steak Mashed Potatoes Corn Chocolate Banana Torte Peach Slices Sliced Bread
26 Chicken Breast Mashed Potatoes Carrots Fruit Cocktail Cinnamon Roll Sliced Bread	27 Sweet & Sour Pork over Brown Rice Spinach Salad Ice Cream Cup Pineapple Tidbits Dinner Roll	28 Baked Chicken Garlic Mashed Potatoes Pickled Beet Salad Apple Slices Cookie Sliced Bread	29 Honey Mustard Meatballs Baby Red Potatoes Mixed Vegetables Butterscotch Pudding Pear Slices Dinner Roll	30 Roast Pork Loin Mashed Potatoes Red Cabbage Applesauce Frosted Cake Sliced Bread

SEPTEMBER 2016 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SCHEDULE IS SUBJECT TO CHANGES Please call to 324-7930 to register and verify.</p>			<p>1 9:00am Marbles 10:30am Yoga Stretch 1:00pm Sheepshead</p>	<p>2 SATURDAY, SEPTMEBER 3 1:00pm Euchre Tournament</p>
<p>5 CLOSED</p>	<p>6 9:00am Hand & Foot Cards 1:00pm Sequence 6:00pm Pickleball</p>	<p>7 8:20am Foot Clinic 1:00pm Sheepshead 1:00pm Arizona Pool 6:30pm Kint-Wits</p>	<p>8 9:00am Marbles 10:30am Yoga Stretch 1:00pm Sheepshead</p>	<p>9 10:00am Book Club 1:00pm Bingo</p>
<p>12 10:30am Yoga Stretch 1:00pm Euchre</p>	<p>13 9:00am Hand & Foot Cards 1:00pm Sequence 6:00pm Pickleball</p>	<p>14 9:00am Learn to Play Euchre 1:00pm Sheepshead 1:00pm Arizona Pool 6:30pm Kint-Wits</p>	<p>15 9:00am Marbles 10:30am Yoga Stretch 1:00pm Sheepshead</p>	<p>16 10:00am Flu Shots</p>
<p>19 10:30am Yoga Stretch 1:00pm Euchre</p>	<p>20 9:00am Hand & Foot Cards 1:00pm Sequence 6:00pm Pickleball</p>	<p>21 8:20am Foot Clinic 1:00pm Sheepshead 1:00pm Arizona Pool 6:30pm Kint-Wits</p>	<p>22 9:00am Marbles 10:30am Yoga Stretch 1:00pm Sheepshead</p>	<p>23</p>
<p>26 10:30am Yoga Stretch 1:00pm Euchre</p>	<p>27 9:00am Hand & Foot Cards 10:00am Craft Workshop 6:00pm Pickleball</p>	<p>28 9:00am Learn to Play Sheepshead 1:00pm Sheepshead 1:00pm Arizona Pool 6:30pm Kint-Wits</p>	<p>29 9:00am Marbles 10:30am Yoga Stretch 1:00pm Sheepshead</p>	<p>30</p>



THANK YOU!

BAG LUNCH PROGRAM

A BIG thank you to the seniors who donated food items or money to support the Senior Center's week of sponsoring the bag lunch program. A HUGE thank you to the 16 volunteers who packed the lunches and made sandwiches. A special thank you to the Waupun Knights of Columbus for donating money and candy. Another special thank you to St. Joseph's Catholic Church for donating food items. Also, thank you to the Waupun Recreation Board for contributing the remainder of the food items needed to make over 400 bag lunches!

Bob Schumaker donates \$100 from the Knights of Columbus. Marlene Hull and Linda Aaslma handed out bag lunches at the Community Table. Karen Starks and volunteers packed lunches in the Senior Center Pool Room.



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Call (920) 324-6802 to schedule an appointment today!

➤ Reach the Senior Market
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CONTACT

Dan Hrdi to place an ad today!
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THOUGHTFUL
ESTATE PLANNING

CARD GAMES

1ST SATURDAY EUCHRE TOURNAMENT

August Scores:

- 1st Place: Newton Vander Woude and Del Schultz
- 2nd Place: Ev Lemke
- 3rd Place: Kaye Jamison
- Half Time Score: Del Schultz
- 52 players competed in August from 10 different towns!

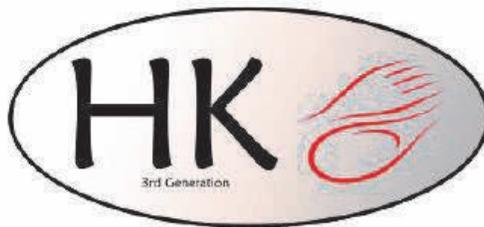
**Next euchre tournament is on
Saturday, September 3rd at 1:00pm!**

Registration, snacks and beverages at 12:30pm!

\$5 entry fee! Multiple prizes!

September Euchre Tournament sponsored by:

 **Helen's Kitchen**



Our family restaurant features daily breakfast, lunch & dinner specials, delicious homemade soups and pies.

Banquet room available

Located in Parkview Plaza

1116 West Main Street—Waupun, WI

920.324.3441

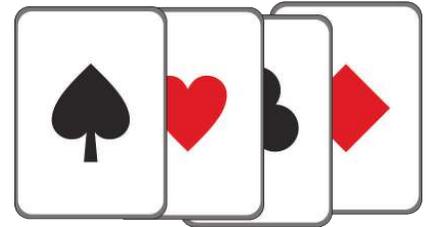
www.helenskitchenwaupun.com



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Helen's Kitchen Waupun



MONDAY EUCHRE

25¢ to play! Every Monday at 1:00pm.

August High Scores:

- ♠ Rose Heideman (62)
- ♠ Ed Parduhn & Roger Blase (61)
- ♠ Ed Pardhun (60)

JACK OF SHEEPSHEAD

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

August High Scores:

- ♦ Ron Harmsen (97)
- ♦ Wally Neevel (89)
- ♦ Beverly Yelczyn & Rose Heideman (97)

BLACK SHEEPSHEAD

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

August High Scores:

- ♣ Lynn Tavs (108)
- ♣ Wally Neevel (95)
- ♣ Beverly Yelczyn (89)

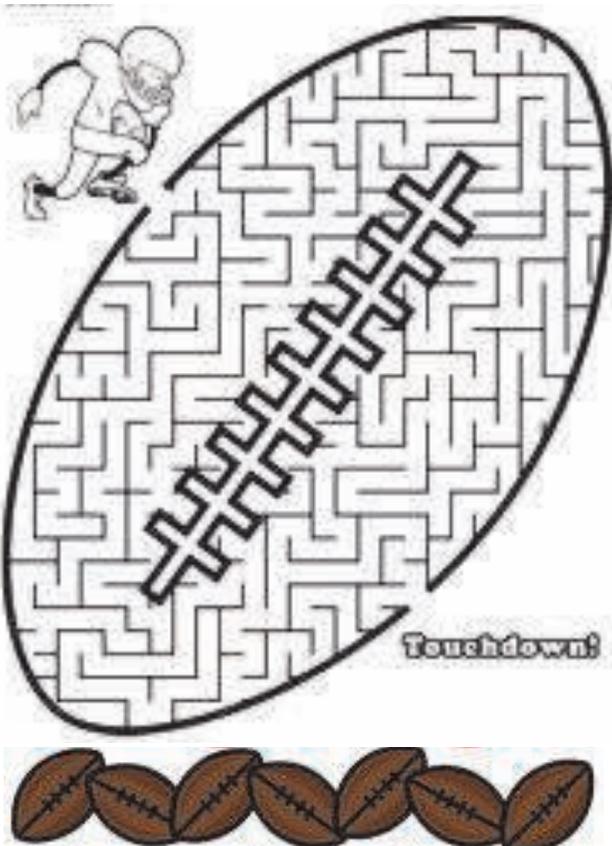
FOOTBALL GAMES

WORD SEARCH

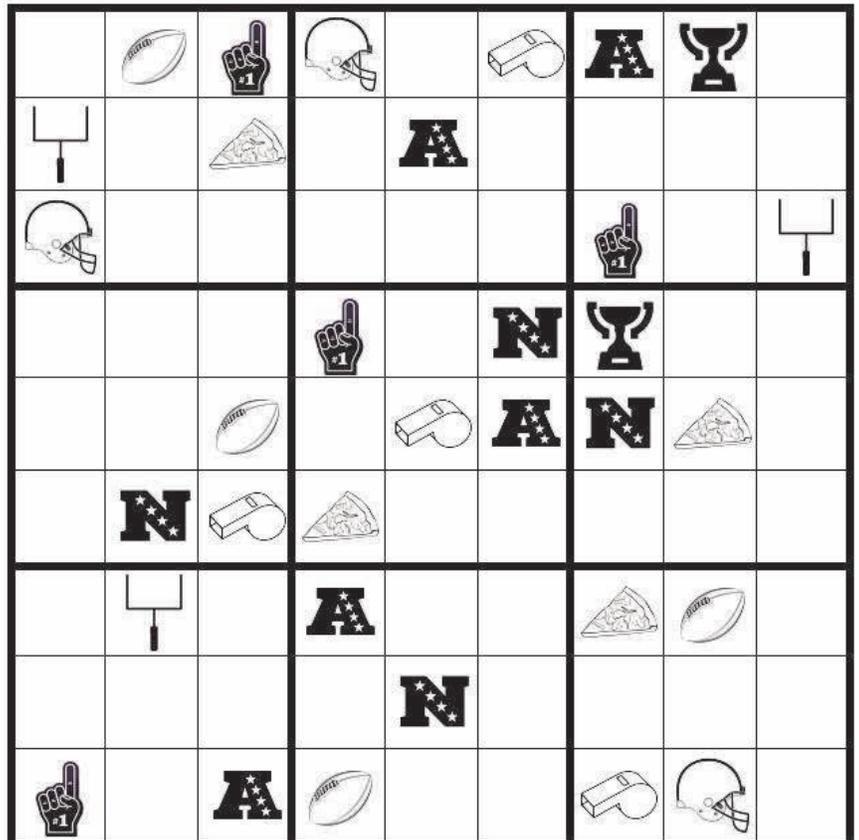


- BACKFIELD
- CENTER
- CORNERBACK
- DOWN
- DRIVE
- END ZONE
- EXTRA POINT
- FAIR CATCH
- FIELD GOAL
- FULLBACK
- FUMBLE
- GUARD
- HALFBACK
- HAND OFF
- HUDDLE
- INCOMPLETION
- INTERCEPTION
- KICKOFF
- LINEBACKER
- OFFENSIVE LINE
- PUNT
- QUARTERBACK
- RED ZONE
- RETURN
- RUSHING
- SACK
- SAFETY
- SNAP
- SPECIAL TEAMS
- TACKLE
- TIGHT END
- WIDE RECEIVER

MAZE



SUDOKU



BINGO

Join us for free bingo at the Waupun Senior Center on
Friday, September 9th at 1:00pm.

Sponsored by SIA Insurance.

AUGUST WINNERS

Extra Card: Bob Kastein, Merrill Dohrman, Beverly Kastein, Orvil Lackey

Lunch Voucher: Marilyn Schepp, Marion Hull, Kathy Welk

\$5.00: Elaine Daane, Kathy Welk



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Kate Burk



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Jordan Sterk

