



WAUPUN

SENIOR CENTER

newsletter



November 2016 | Issue 2 | Volume 21

TURKEY BINGO & THANKSGIVING LUNCH

Gobble, gobble! Join us for Thanksgiving at the Senior Center! Play Turkey Bingo at 11:00am for the chance to win festive prizes and a frozen turkey!

Thanksgiving lunch will be served at noon.

When: Wednesday, November 23rd

Lunch Menu: Roast Turkey
Mashed Potatoes
Escalloped Corn
Pumpkin Pie
Cranberry Gelatin
Sliced Bread

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.

Senior Center will be closed on Thursday, November 24th. Senior Center will be open Friday, November 25th from 8am—Noon. Lunch will not be served on 11/25.



TOY DRIVE

The Senior Center is collecting new toys to be distributed at Christmas time to Waupun children in need. Unwrapped toys can be placed in the barrel located by the Senior Center office.

Toy donation deadline: Thursday, December 15th.



Don't forget to sign the Senior Center notebook everyday!



STAY ACTIVE

YMCA WORKOUT TRIP

The YMCA of Dodge County is offering a monthly trip to use their facility in Beaver Dam.

When: Friday, November 18th from 9:00-11:30am.

Cost: \$6/person

Register: Space is limited. All interested people must preregister by signing up at the Senior Center office or by calling 324-7930.

Trip includes:

- ◆ Transportation to and from the YMCA
- ◆ Admission
- ◆ Optional water aerobics, propulsion walking and lap swimming in the pool
- ◆ Optional Zumba class
- ◆ Hot tub and whirlpool use
- ◆ Wellness Center weights and equipment use

INDOOR PICKLEBALL

Have fun, exercise and stay warm! Play pickleball indoors this winter. Pickleball is easy to learn and is similar to other racket sports. It is played on a court smaller than a tennis court. Beginners can join anytime. Instructors and equipment provided. Free!

When: Tuesdays at 6:00pm

No pickleball on 11/1

Where: The Union Youth Center Gym
421 Jackson Street

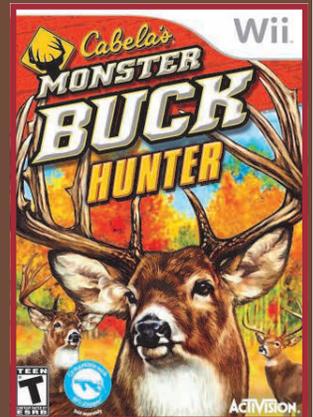
WII DEER HUNTING

Calling all deer hunters!

Come to the Senior to hunt using the Wii. Aim, shoot and fire using the Wii remote. Use the game for target practice or explore North America's top hunting hotspots, spread across 24 States and Provinces, ranging from the

Sonoran Desert to the Yukon Territory, are all here for you to explore.

When: Fridays at 9:00am



POOL LEAGUE

Pool League kicks off on Tuesday, November 1st. Games will be played at 8:00am, 9:00am, 10:00am and 11:00am on Tuesday mornings. Registered players can pick up a game schedule located on the pool room bulletin board. Good luck pool players!

OPEN POOL PLAY

We have two 8' pool tables and pool equipment that can be used anytime the Senior Center is open.

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 safely adapt each stretch to your ability and range of motion. This quiet setting will also promote personal reflection and meditation. Beginners can join anytime. Please wear comfortable clothing and tennis shoes. Feel free to bring a water bottle and take a break whenever you wish.

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

SERVICES

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 living in Dodge County are also eligible to receive mobile meals service if they qualify.

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.

BDCH Foot Clinic

Nail Trimming
Corn & Callus Care

To make an appointment
Call 920-887-4191

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.



➤ Reach the Senior Market

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SERVICES

CPR AND AED PRESENTATION

Lifestar EMS will be offering a hands on presentation on AED use as well as CPR facts and tips. We hope to see you all there, and look forward to raising your knowledge on AED use and CPR. Stay for the Blood pressure clinic after!

When: Wednesday, November 9th at 10:30am



INSURANCE PRESENTATION

Harvey Lewis Insurance Agency has been serving the Waupun area for over 20 years. Harvey and Heather enjoy helping people and guiding them through their Medicare and individual insurance options. Doing what is right for the customer is the primary goal, so it is important to find out what their needs and wants are. They will be at the Senior Center to answer any questions you may have.

When: Tuesday, November 15th at 1:00pm

BLOOD PRESSURE CLINIC

Come to the Waupun Senior Center on Wednesday, November 9th at 11:30am to have your blood pressure checked by Lifestar EMS and Waupun Memorial hospital staff.

FALL PREVENTION LUNCH PRESENTATION

Join us for lunch too or just come for the presentation to learn tips and techniques on fall prevention. The title of the presentation is "How to Stay Upright in a Moving World". Brought to us by Waupun Memorial Hospital
Presenter: Tom Lechner PT, DPT, physical therapist

When: Tuesday, November 8th at noon

Lunch is optional. There is a suggested donation of \$3 for lunch. Please register by Monday, November 7th at noon by call 324-7930 or signing up at the Senior center front desk.

Lunch Menu: Lasagna Casserole
Italian Blend Vegetables
Fruited Gelatin
Rainbow Sherbet
French Bread

FOOT CARE CLINIC

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

When: Wednesday, November 2nd and Wednesday, November 16th

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



It is so nice to be back at the Senior Center! I really missed all of the laughing and smiling that goes on here. The Waupun Senior Center is truly an unique place to work, play, have lunch and chitchat. I'm fortunate to be able work in such a kind and caring place. If I haven't seen you already, please stop by my office and say hello. Kubly is doing well and enjoying daycare at the YMCA.

As I say hello to new participants and catch up with regular participants, I want to say goodbye and safe travels to the "snowbirds" that will be spending their winter in warmer climates. Please stay in touch. Call us or write!

Have a happy Thanksgiving and good luck deer hunters!

<p>Vanderkin Plumbing 324-5000 New Construction Remodeling • Service 20 W. Main St Waupun, WI 53963 Tim Vanderkin MP#227573</p>	<p>golden living Continental Manor of Randolph 502 S. High Street Randolph Free Lunch & Tour Call (920)326-3171</p>	<p>golden living centers 410 Roedel Ct. • Beaver Dam 920-887-7191 Professional Nursing Services Rehabilitation Services with Aegis Therapies</p>	<p>ELDER LAW • Wills and Estate Planning • Deeds of Residence to Children • Durable Powers of Attorney • Real Estate • Probate CALL (920) 324-5050 HOEPER LAW OFFICES 512 East Main Street Waupun, Wisconsin</p>
<p>RESTAURANT Serving 5am-10pm • Open 7 days a Week Breakfast • Daily Lunch • Dinner Specials! Friday Fish Fry • Famous Broasted Chicken</p> <p>REPAIR WRECKER SERVICE, EMERGENCY REPAIRS</p> <p>WAYSIDE AMOCO RESTAURANT & REPAIR Repair 920-398-3722 Restaurant 920-398-3484 Hwy 44 & 73 • Markesan, WI</p>	<p>Assisted Living Facility</p> <ul style="list-style-type: none"> • 24 RN On-Site Assistance • 3 Meals in Elegant Dining • Housekeeping & Laundry • Heat, Electricity & AC <p>Nursing Home & Rehab Facility</p> <ul style="list-style-type: none"> • 24 RN Skilled Nursing • 3 Meals in Elegant Dining • Housekeeping & Laundry • Private Rehab Suites 	<p>WILD GOOSE LANDING SENIOR HOUSING</p> <ul style="list-style-type: none"> • One Bedroom Affordable Senior Housing • Quiet Setting in Oakfield • Secured Building • Intercom Entry System • Mini Blinds • Appliances Included • On-site Laundry • Elevator • Emergency Pull Cords • Income Eligibility Requirements • 62 years of Age or Older <p>OPENINGS AVAILABLE Tenant pays 30% of their adjusted income. 105 North Elm St • Oakfield (920) 922-2562</p>	<p>our SENIOR CENTER The Online Directory of Senior Centers</p> <p>NEVER MISS A NEWSLETTER!</p> <p>Sign up to have our monthly senior newsletter emailed to you at www.ourseniorcenter.com</p>
<p>Protecting Seniors Nationwide </p> <p>Medical Alert System</p> <p>\$29.95/Mo. billed quarterly</p> <ul style="list-style-type: none"> • One Free Month • No Long-Term Contract • Price Guarantee • Easy Self Installation <p>Call Today! Toll Free 1.877.801.7772</p>			

CLUBS

NOVEMBER CRAFT WORKSHOP: LEAF LANTERNS

This month we are making leaf lanterns! Using leaves and tissue paper we will create an stained glass like design on a glass jar. Craft supplies, candle and jar are provided. Free!

All crafters **must** pre-register by Friday, November 18th by calling 324-7930 or registering at the Senior Center office.

When: Tuesday, November 22rd at 10:00am.



NOVEMBER KNIT-WITS

Join us for some social knitting to make new friends, share ideas, and learn new things. Just bring your own materials and stop by. We'd love to meet you and see your current project! All levels of experience are welcome. Bring some yarn and make a knit turkey. We will teach you the steps.

When: Thursdays from 6:30—8:30pm at the Waupun Senior Center. Not meeting on 11/24.

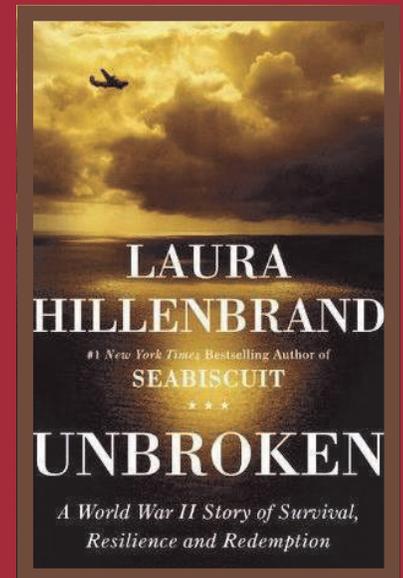
Where: Waupun Senior Center

BOOK CLUB

Our current book is *Unbroken: A World War II Story of Survival, Resilience, and Redemption* by Laura Hillenbrand, 473 pages.

“On a May afternoon in 1943, an Army Air Forces bomber crashed into the Pacific Ocean and disappeared, leaving only a spray of debris and a slick of oil, gasoline, and blood. Then, on the ocean surface, a face appeared. It was that of a young lieutenant, the plane’s bombardier, who was struggling to a life raft and pulling himself aboard. So began one of the most extraordinary odysseys of the Second World War.” Source: goodreads.com

Pick up your copy TODAY at the Waupun Senior Center and join us on Friday, November 11th 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 a go at your own pace club that beginners can join at anytime.

Laptops and Wi-Fi available for use.

When: Wednesday, November 2nd at 10:00am

NOVEMBER 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
<p>1</p> <p>All meals are served with milk and/or water.</p>	<p>1</p> <p>Salmon Loaf Escalloped Potatoes Broccoli Cuts Ice Cream Cup Plum Halves Dinner Roll</p>	<p>2</p> <p>Pork Steak Mashed Potatoes Carrots Applesauce Cinnamon Roll Sliced Bread</p>	<p>3</p> <p>Chicken Tetrazzini Casserole Mixed Italian Salad Birthday Cake Pineapple Tidbits Dinner Roll</p>	<p>4</p> <p>Honey Mustard Meatballs Baby Red Potatoes Green Beans Peach Slices Vanilla Pudding* Sliced Bread</p>
<p>7</p> <p>Terriyaki Chicken Breast Baked Potato Peas and Carrots Coconut Cream Pie Seedless Grapes Sliced Bread</p>	<p>8</p> <p>Lasagna Casserole Italian Blend Veg. Fruited Gelatin Rainbow Sherbet French Bread</p>	<p>9</p> <p>Swiss Steak Mashed Potatoes Swiss Spinach Chocolate Pudding Apple Slices Sliced Bread</p>	<p>10</p> <p>Chicken Chow Mein over Rice California Blend Veggies Apricot Halves Cookie Dinner Roll</p>	<p>11</p> <p>Glazed Ham Baby Red Potatoes Cole Slaw Applesauce Cake Pineapple Tidbits Sliced Bread</p>
<p>14</p> <p>Swedish Meatballs Mashed Potatoes Mixed Vegetables Fruited Gelatin Frosted Cake Sliced Bread</p>	<p>15</p> <p>Baked Chicken American Pot. Salad Baby Carrots Raspberry Sherbet Seedless Grapes Dinner Roll</p>	<p>16</p> <p>Escalloped Potatoes and Ham Casserole Spinach Salad Orange Fudge Brownie Sliced Bread</p>	<p>17</p> <p>Country Fried Steak Mashed Potatoes Wax Beans Carrot Cake Pear Slices Dinner Roll</p>	<p>18</p> <p>Cheese Tortellini in Marinara Sauce Broccoli Cuts Cinnamon Roll Plum Halves French Bread</p>
<p>21</p> <p>Chicken Breast Mashed Potatoes Carrots Pineapple Tidbits Butterscotch Pudding Sliced Bread</p>	<p>22</p> <p>Beef Stew Tossed Salad Mandarin Orange Gelatin Ice Cream Cup Garlic Cheddar Biscuit</p>	<p>23</p> <p>Roast Turkey Mashed Potatoes Escalloped Corn Pumpkin Pie Cranberry Gelatin Sliced Bread</p>	<p>24</p> <p>CLOSED Happy Thanksgiving!</p>	<p>25</p> <p>CLOSED</p>
<p>28</p> <p>Cranberry/Kraut Meatballs Baby Red Potatoes Peas and Carrots Peach Slices Cookie Sliced Bread</p>	<p>29</p> <p>Ham Rolls Squash Health Slaw Applesauce Frosted Cake Dinner Roll</p>	<p>30</p> <p>Baked Chicken Twice Baked Style Potato Three Bean Salad Cream Sicle Torte Honeydew Melon Sliced Bread</p>		

NOVEMBER 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 Pool League 9:00am Hand & Foot Cards 1:00pm Sequence</p>	<p>2 8:20am Foot Clinic 10:00am Genealogy Club 1:00pm Sheepshead 1:00pm Arizona Pool</p>	<p>3 9:00am Marbles 10:30am Yoga Stretch 1:00pm Sheepshead 6:30pm Knit-Wits</p>	<p>4 9:00am Wii Deer Hunting SATURAY, NOVEMBER 5 12:30pm Euchre Tournament</p>
<p>7 10:30am Yoga Stretch 1:00pm Euchre</p>	<p>8 9:00am Pool League 9:00am Hand & Foot Cards Noon Fall Prevention Lunch 1:00pm Sequence 6:00pm Pickleball</p>	<p>9 10:30am CPR & AED 11:30am Blood Pressure 1:00pm Sheepshead 1:00pm Arizona Pool 6:30pm Kint-Wits</p>	<p>10 9:00am Marbles 10:30am Yoga Stretch 1:00pm Sheepshead 6:30pm Knit-Wits</p>	<p>11 9:00am Wii Deer Hunting 10:00am Book Club 1:00pm Bingo</p>
<p>14 10:30am Yoga Stretch 1:00pm Euchre</p>	<p>15 9:00am Pool League 9:00am Hand & Foot Cards 1:00pm Sequence 1:00pm Insurance Presentation 6:00pm Pickleball</p>	<p>16 8:20am Foot Clinic 1:00pm Sheepshead 1:00pm Arizona Pool</p>	<p>17 9:00am Marbles 10:30am Yoga Stretch 1:00pm Sheepshead 6:30pm Knit-Wits</p>	<p>18 9:00am Wii Deer Hunting 9:00am YMCA Trip</p>
<p>21 10:30am Yoga Stretch 1:00pm Euchre</p>	<p>22 9:00am Pool League 9:00am Hand & Foot Cards 10:00am Craft Workshop 1:00pm Sequence</p>	<p>23 11am Turkey Bingo Noon Thanksgiving Lunch 1:00pm Sheepshead 1:00pm Arizona Pool</p>	<p>24 CLOSED Happy Thanksgiving!</p>	<p>25 9:00am Wii Deer Hunting</p>
<p>28 10:30am Yoga Stretch 1:00pm Euchre</p>	<p>29 9:00am Pool League 9:00am Hand & Foot Cards 1:00pm Sequence 6:00pm Pickleball</p>	<p>30 1:00pm Sheepshead 1:00pm Arizona Pool</p>		



RENTALS

Need a place to host your holiday party? The Waupun Senior Center has seating and sereware for 80 people. Rental agreement includes use of refrigerator/freezer, microwave, stove, 30 cup coffee maker, WiFi, and more! To reserve call 324-7930 or stop by to check availability and pick up an application.

Weekdays: 5:00pm—9:00pm Rental Fee: \$50.00

Weekends & Holidays Rental Fees: \$50.00 (4 Hours) or \$75.00 (8 Hours)



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YOU'VE GOT A LOT OF GROUND TO COVER!

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Call (920) 324-9301 to schedule an appointment today!
Seeing patients in Ripon and Waupun.



CARD GAMES

1ST SATURDAY EUCHRE TOURNAMENT

October Scores:

- 1st Place: Del Schultz
- 2nd Place: Elaine Koehn and Merlin Kienist
- 3rd Place: Rachelle Zuehlke
- 4th Place: Lynn Tavs and Caroline Kulka
- 5th Place: Linda buss, Dave Dickman and Kaye Janisch
- Half Time Score: Dorothy Schmitz
- 48 players competed in September from 10 different towns!

**Next euchre tournament is on
Saturday, November 5th at 1:00pm!**

Registration, snacks and beverages at 12:30pm!
\$5 entry fee! Multiple prizes!

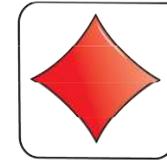
November Euchre Tournament sponsored by:



Nightly Specials

Monday: Chicken & Dumplings
Tuesday: Spaghetti & Meatsauce
Wednesday: AYCE Chicken Wings
Thursday: Liver & Onions
Friday: Beer Battered Fish Fry
Saturday: Prime Rib

We are OPEN!!
Monday - Saturday 11AM to 9PM



MONDAY EUCHRE

\$1 to play! Every
Monday at 1:00pm.

October High Scores:

- ♠ Joyce Pattee & Roger Blase (66)
- ♠ Lynn Tavs (66)
- ♠ Roger Blase (64)

JACK OF ♦ SHEEPSHEAD

\$1 Jack of Diamonds
Sheepshead is on
Wednesdays at 1:00pm.
September High Scores:

- ♦ Ev Lemke (100)
- ♦ Elden Zweig & Lynn Tavs (91)

BLACK ♣ SHEEPSHEAD

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

September High Scores:

- ♣ Ken Ehlert (89)
- ♣ Lynn Tavs (84)
- ♣ Bruce Uecker & Elden Zweig (82)

VOLUNTEER HERE!

11

LUNCH PROGRAM

Volunteers are an essential part of the lunch that is served at the Waupun Senior Center. Volunteers work one day a week to greet, prepare and serve lunch.

Volunteer times are 10:00am—1:00pm. Current volunteer positions include:

- **Tuesday kitchen volunteer**
 - Kitchen duties include: Practicing safe food handling procedures, checking food temperatures, packaging mobile meals, serving lunch, doing dishes and general cleaning
- **Substitute kitchen volunteers**
 - Willing to be trained and be “on call” if a substitute would be needed.
- **Substitute desk volunteers**
 - Desk duties: Greeting guests, answering the phone, monitoring lunch registration, completing light paperwork, reporting over the phone
 - Willing to be trained and be “on call” if a substitute would be needed.

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. If interested in being trained, please call Julie at (920) 929-3521. The lunch program is supervised by Fond du Lac County Senior Services.

CLEANING CREW

Looking for something to do 1-2 hours per week? You pick the time and day! The Waupun Senior Center is looking for individuals to volunteer to clean the Senior Center. Cleaning duties include: sweeping, mopping, vacuuming, dusting, washing windows and general bathroom cleaning. If you are interested, please talk to Rachel or call 324-7930.

**VOLUNTEER
POWER!**

CHRISTMAS DECORATING

Let's get into the Christmas spirit! Join us on Friday, December 2nd to decorate the Senior Center! Decorating starts at 9:00am. Coffee and treats provided to all those who volunteer to transform the Senior Center into a holly jolly winter wonderland !

BINGO

Join us for free bingo at the Waupun Senior Center on
FRIDAY, NOVEMBER 11th at 1:00PM.

Sponsored by SIA Insurance.

10 free games! Win free lunch at the Senior Center. Be the lucky winner to win blackout and get a \$5.00 Waupun Chamber of Commerce gift certificate to be used at several Waupun businesses.

OCTOBER WINNERS

Extra Card: Rita Ossmann, Kathy Welk, and Annette Henker

Lunch Voucher: Edna Heilmeyer, Barb Heeringa, and Bob Kastein

\$5.00 Gift Certificate: Merrill Dohrman and Edna Heilmeyer

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 Kate Burk at Bingo! We are excited to be a part of this fun, monthly game! Want to talk right away? Call us!



Kate Burk



Jordan Sterk



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