WAUPUN CITY OF SCULPTURE RECREATION DEPARTMENT NEWSLETTER PLAY LOCAL 324-7930 APRIL 2024

SPRING BREAK FUN FOR ALL AGES

Nerf Blaster Battle & Target Shooting

- Bring your own Nerf blaster and darts or use ours
- Bring your own safety glasses
- We will have a target range, obstacle course and play capture the flag

When: Tuesday, April 2 from Ipm—3pm



Toy Car Racetrack



- Bring your own cars (Hot Wheels) or use ours
- Racetrack and ramps will be set up

When: Friday, April 5 from Ipm—3pm



WAUPUN FAMILY AQUATIC CENTER 2024 INFORMATION

Pool opening day is Saturday, June 1st! Season passes may be purchased prior to pool opening online at www.theydc.org, or in person at City Hall starting on April 8th, or at the Waupun Family Aquatic Center beginning June 1st. Swim lessons registration starts online at www.theydc.org starting on April 8th or stop by the YMCA of Dodge County. Hurry! Swim lessons fill up fast.



WHAT'S INSIDE:

- •BINGO
- •City Interview—Mayor
- •Dementia Care Specialist
- •Fitness Classes
- •Foot Care
- Meals
- •Rental Information
- •SPARK!
- Taxi Information
- T-Shirts
- Understanding Our
 Aging Eyes
 Presentation by Dr.
 Bryce Aul

Address: 301 E. Main Street, Waupun, WI 53963 Phone: Senior Center Desk Phone (920) 324-7930

Hours: Mondays, Wednesdays, Thursdays from 8:00am—4:00pm

Tuesdays, Fridays from 8:00am—2:00pm

Email: parks@cityofwaupun.org





ACTIVITIES

CITY INTERVIEW

Meet and/or catch up with Mayor Bishop. He will give the audience an update on city happenings, make announcements and answer questions from attendees.

When: Tuesday, April 16 at 1:00pm



PUZZLES

We have a lot of puzzles available to take home. Puzzles are located by the front sitting area. Feel free to take some home or bring puzzles from home to share. We also have a table to work on a puzzle when you visit.



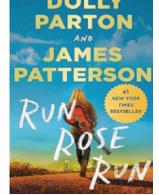
CRAFT CLUB: GARDEN SOCK GNOMES

Sock gnomes were a hit the last time we made them, so here they are again, but with a twist! Join us to make garden sock gnomes using artificial succulents! Examples are located by the Recreation Department office. ! All of the supplies are provided. Sign up at the office or call 324-7930.

When: Tuesday, April 16 at 11:30am

APRIL BOOK CLUB

This month's book is titled: *Run, Rose, Run* by Dolly Parton and James Patterson, 448 pages. "A new singer arrives in Nashville. She calls herself AnnieLee Keyes, and she has more beauty, talent, and ambition than most and a dangerous past that she's running from. Her performance of original songs at open-mic night at the Cat's Paw Saloon downtown transfixes Ethan Blake, back-up musician for country star Ruthanna Ryder. Ruthanna may have retired for deeply personal reasons, but that doesn't mean she's stopped writing music. Every day, she records songs she'll never release When Buthanna hears Appiel as sing the legend decides to held



never release. When Ruthanna hears AnnieLee sing, the legend decides to help the ingénue." Source: goodreads.com. Pick up your copy after April I at the Recreation Department office.

Optional Discussion: Friday, April 26 at 9:00am

KNIT-WITS

This is a social knitting group that works on personal projects while chit chatting. New members are always welcome. We will help with projects teach knitting or crocheting, how to read patterns etc., but we are not instructors. Bring your own yarn and knitting needles and join us! When: Wednesdays at 6:00pm

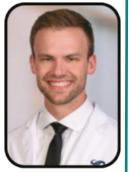
BILLIARDS

We have two pool tables and plenty of billiards equipment to shoot pool anytime the our building is open.

PROGRAMS

UNDERSTANDING OUR AGING EYES

Join Dr. Bryce Aul, an SSM Health Fond du Lac Regional Clinic ophthalmologist who serves patients in Waupun, as he discusses a variety of eye care issues in older adults and how to treat them. These include general eye care, cataracts, glaucoma, macular degeneration, and Dept. office or call 324-7930.



SSMHealth

dry eye. Sign up at the Senior Center/Rec.

When: Tuesday, April 9 at 12:30pm

SPARK!

SPARK! Is an evidence informed program for individuals with mild cognitive impairment, early to moderate dementia, and



their care partner or partners. Programming is guided by trained volunteers in a welcoming atmosphere by enjoying art, culture and nature in a comfortable setting. Registration is required. Please call Jeni at Imagine That! Art Studio at 920-937-0470 or email at jenimaly@imaginethatartstudiowaupun.com When: Monday, April 1 from 4:00pm—5:00pm Where: Imagine That! Art Studio located at 408 E. Main Street, Waupun



Your Senior Dining Provider

Menus & Nutritional Analysis at (920) 326-6050



www.svdpdodgecounty.org or on Facebook @dodgecountysvdp





My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

> Visit us today: mychoicewi.org/LPI 1-800-963-0035

For more information on your long-term care options, contact your local ADRC.

DHS Approved 4/22/2021

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME Jeff Parkinson

jparkinson@lpicommunities.com

(800) 950-9952 x5887

CARDS & TABLE GAMES

NEW PLAYERS ARE ALWAYS WELCOME!

MONDAY EUCHRE

Let's play some cards! \$1 to play! Every Monday at 1:00pm.

MONDAY MARBLES

Marbles or also known as The Aggravation Game is played with 2-6 players. Marbles and playing cards are used to play. Don't know how to play? We will teach you! Every Monday at 9:00am.

MONDAY GOLF CARDS

Golf is a card game where players try to earn the lowest number of points over the course of nine deals. Please join us on Mondays at 1:00pm.

TUESDAY HAND & FOOT CARDS

Hand & Foot is a card game related to Canasta. Senior Center rules are provided and we will teach you how to play. It's fun! We play on Tuesdays at 9:00am

WEDNESDAY & THURSDAY BLACK QUEENS SHEEPSHEAD

Same game and two opportunities to play! Join us! \$1 to play on Wednesdays and Thursdays at 1:00pm.

WEDNESDAY DICE

Do you like to shake dice? Bank or Bust can be played with 2 or more people. Keep your points or gamble them away! First person to get to 10,000 points wins. Wednesdays at 9:00am.

THURSDAY DOMINOES

This is not the set up and knock down dominoes. Let's play some real dominoes on Thursdays at 9:00am.

FRIDAY SE7ENS

Game style of play is very similar to Canasta and Hand & Foot. The name comes from the fact that one of the required books must be made up entirely of sevens, which can be challenging. We play on Fridays at 9:00am.

BOARD GAMES

There is a book shelf full of different kids of board games at the Waupun Senior Center. Play one of our games or bring your own game to play! If you want to start a game group or get an organized game together, please let Rachel know.

NEW WEDNESDAY UNO

Taken from a suggestions on our chalkboard, UNO will be played on Wednesday afternoons at Ipm. UNO is a multi-player card game in which the objective is to be the first player to get rid of all the cards in their hand.



HELLO A MESSAGE FROM RACHEL KAMINSKI, RECREATION PROGRAM DIRECTOR, CITY OF WAUPUN

WOW! With so much going on at the Recreation Department lately, I have not been able to fit a "HELLO" into the monthly newsletter. WELP! Running out of room in the newsletter is actually a good thing. That means we are busy having fun! Things are going to get even more fun as summer rolls around. Fall will be even more exciting as we move into our new building. If you need me or just want to chat, stop by my office or give me a call at 324-7930.

Our annual t-shirt design and color are ready for preorder. Thank you to all who voted and gave their input on this year's shirt. 2024 T-shirts are "seafoam blue", 100% cotton (preshrunk) and come in sizes mens small to 5XL. T-shirts are \$10 each. Place your order with me at the Recreation Department office by April 26. Love, Rackel





Authorized Provider

SafeStreets

833-287-350

inclusa.org | 877-376-6113

APRILACTIVITY CALENDAR

MONDAY	THECDAY	WEDNESDAY	TIUIDODAY	EDIDAY
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8am Fitness Center 9am Marbles 10:30am Yoga 11:45am Lunch 1pm Euchre 1pm Golf Cards 4pm SPARK! 6pm Pickleball	8am Fitness Center 9am Hand & Foot Cards 10:30am Tone 11:45am Lunch 1pm Nerf	8am Fitness Center 9am Dice 10:30am Aerobics 11:45am Lunch 1pm Sheepshead 1pm UNO 6pm Knit-Wits	8am Fitness Center 8:30am Foot Care 9am Dominoes 10:30am Yoga 1pm Sheepshead	8am Fitness Center 9am Se7ens 10:30am Aerobics 1pm Racetrack
8 8am Fitness Center 9am Marbles 10:30am Yoga 11:45pm Lunch 1pm Euchre 1pm Golf Cards 6pm Pickleball	8am Fitness Center 9am Hand & Foot Cards 10:30am Tone 11:45am Lunch Noon Blood Pressure 12:30pm <i>Understanding</i> <i>Our Aging Eyes</i>	8am Fitness Center 9am Dice 10:30am Aerobics 11:45am Lunch 1pm Sheepshead 1pm UNO 6pm Knit-Wits	8am Fitness Center 9am Dominoes 10:30am Yoga 1pm Sheepshead	8am Fitness Center 9am Se7ens 10:30am Aerobics 1pm SIA Bingo
8am Fitness Center 9am Marbles 10:30am Yoga 11:45pm Lunch 1pm Euchre 1pm Golf Cards 6pm Pickleball	8am Fitness Center 9am Hand & Foot Cards 10:30am Tone 11:30am Craft Club 11:45am Lunch 1pm Mayor	8am Fitness Center 9am Dice 9am Prairie Ridge Yoga 10:30am Aerobics 11:45am Lunch 12:30pm Eyeglasses 1pm Sheepshead 1pm UNO 6pm Knit-Wits	8am Fitness Center 8:30am Foot Care 9am Dominoes 10:30am Yoga 1pm Sheepshead	8am Fitness Center 9am Se7ens 10:30am Aerobics 1pm Prairie Ridge Bingo
8am Fitness Center 9am Marbles 10:30am Yoga 1pm Euchre 1pm Golf Cards 6pm Pickleball	8am Fitness Center 9am Hand & Foot Cards 10:30am Tone 11:45am Lunch	8am Fitness Center 9am Dice 10:30am Aerobics 11:45am Lunch 1pm Sheepshead 1pm UNO 6pm Knit-Wits	8am Fitness Center 9am Dominoes 9am Dementia Care Specialist 10:30am Yoga 1pm Sheepshead	8am Fitness Center 9am Se7ens 9am Book Club 10:30am Aerobics 2:00pm Buddy Bingo
8am Fitness Center 9am Marbles 10:30am Yoga 1pm Euchre 1pm Golf Cards 6pm Pickleball	8am Fitness Center 9am Hand & Foot Cards 10:30am Tone 11:45am Lunch	APRIL HANGES, PLEAS		

SCHEDULE IS SUBJECT TO CHANGES. PLEASE CALL 324-7930 TO VERIFY.

APRIL LUNCH MENU

The Waupun Senior Center lunch program is brought to us by the elderly nutrition program of ADRC of Fond du Lac County with the goal of providing one hot, nutritious meal containing I/3 of daily dietary needs. All meals served with 2% milk. Menu is subject to change without notice.

When: Indoor dining at 11:45am, Monday—Wednesday CLOSED Thursdays & Fridays

• \$5.00 suggested donation

When: Mobile meals are delivered between 9:30am and 11:30am, Monday—Friday

• \$5.00 suggested donation



Eligibility: Available to all persons age 60 years of age or older or a spouse/domestic partner (under age 60) who is eating with their spouse/domestic partner who is age 60 or older. No person shall be excluded from participation in, be denied benefits of, or be subjected to discrimination on the grounds of race, color, creed, sex, national origin or their ability to pay. Persons under age 60, cost of meal is \$8.72.

Registration: Participants can register up to ONE MONTH ahead but no later than one business day prior by 11:30am by calling 324-7930.

Cancellations: If you must cancel, please call 324-7930 as soon as possible.

Mobile Meals: To see if you or someone you know are eligible please call 920-929-3466.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY Mobile Meals Only	FRIDAY Mobile Meals Only
I Glazed Ham Sweet Potato Bake Broccoli Cuts Apricot Halves Alexander Torte Sliced Bread	2 Chopped Steak Mashed Potatoes Mixed Vegetables Pear Slices Cookie Dinner Roll	3 Baked Spaghetti Casserole Tossed Salad Fruited Gelatin Ice Cream Cup French Bread	4 Beef Frank on Bun Baked Beans Corn Honeydew Melon Birthday Cake	5 Cranberry/Kraut Meatballs Garlic Mashed Potatoes Brussel Sprouts Apple Vanilla Pudding Sliced Bread
8 Country Fried Steak Mashed Potatoes Peas & Carrots Pineapple Tidbits Cookie Sliced Bread	9 Orange Chicken Patty Baked Potato Peas/Pearl Onions Applesauce Chocolate/Banana Torte Dinner Roll	10 Roast Pork Loin Mashed Potatoes Green Beans Peach Slices Vanilla Pudding Sliced Bread	II Chili Casserole Spinach Salad w/ Asian Dressing Honeydew Melon Raspberry Sherbet Cornbread	Pot Roast Baby Red Potatoes Baby Carrots Orange Cookie Sliced Bread
Roast Turkey Mashed Potatoes California Blend Veggies Tropical Fruit Salad Spice Cake Sliced Bread	I6 Beef Stroganoff Casserole Broccoli Cuts Apricot Halves Ice Cream Cup Dinner Roll	17 Smoked Sausage Calico Bean Casserole Tossed Salad Apple Cookie Sliced Bread	18 Pepper Steak Baked Potato Peas & Carrots Pineapple Tidbits Alexander Torte Dinner Roll	19 Chicken Patty Mashed Potatoes Raw Carrots w/dip Petite Banana Chocolate Pudding Sliced Bread
22 Salisbury Steak Mashed Potatoes Mixed Vegetables Pear Slices Cookie Sliced Bread	23 BBQ Pork Cutlet Baked Beans Health Slaw Mandarin Orange Gelatin Cinnamon Roll Dinner Roll	24 Chopped Steak Mashed Potatoes Carrots Applesauce Ice Cream Cup Sliced Bread	25 Chicken Tetrazzini Casserole Broccoli Cuts Honeydew Melon Applesauce Cake Dinner Roll	26 Breaded Fish Fillet German Potato Salad Peas & Carrots Orange Cookie French Bread
29 Honey Mustard Meatballs Baked Potato California Blend Veggies Tropical Fruit Salad Butterscotch Pudding Sliced Bread	30 Pork Jaegerschnitzel Mashed Potatoes Baby Carrots Apricot Halves Raspberry Sherbet Dinner Roll	APRIL	Senior Dining Fellowship, Food Fun	Feil's Calering Your Senior Dining Provider Menus & Nutritional Analysis at (920) 326-6050

FITNESS & FUN

FITNESS CENTER

The Waupun Senior Center/Recreation Department has 14 resistance fitness machines, a treadmill, and a cabinet of handheld weights, resistance bands, and exercise balls. We use a timer to rotate and everyone . We will show you how to use each piece of equipment. cleans the machine after each use with a disinfectant wipe. Please join us!

When: Monday—Friday from 8:00am—10:00am

TUESDAY TONE

Tuesday Tone is a combination of yoga and aerobics. The movements taught in class focus on specific exercises to improve leg strength. A chair is used for balance and support.

When: Tuesdays at 10:30am

PRAIRIE RIDGEYOGA

Join us for a new yoga class at Prairie Ridge Assisted Living! We are taking our yoga class to Prairie Ridge and you are invited! Prairie Ridge Assisted Living located at 819 Wilcox Street. When: Wednesday, April 17 at 9:00am

YOGA

Chair support is offered for standing and seated yoga poses. This class focuses on stretching your whole body by focusing on specific muscle and muscle groups. Please wear tennis shoes.

When: Mondays & Thursdays at 10:30am

AEROBICS

Move to the music through a variety of exercises designed to increase muscle strength, range of motion and activities for daily living. Hand-held weights, elastic band with handles and a small ball are offered for resistance. A chair is used for seated exercises and standing support.

When: Wednesdays & Fridays at 10:30am

PICKLEBALL

Pickleball is played on a badminton size court. Players use paddles and a heavy wiffle ball to play. Players rotate in and change teams throughout the evening. Come play or watch!

When: Mondays at 6:00pm (Indoor) Wesley Center Gym located at 114 S. Forest Street

HOTEL SWIMMING

We are happy to share that Baymont hotel in Waupun has open swimming in their indoor pool! Swimming is allowed in the hotel pool Monday—Friday from 8:00am—2:00pm.

ALL SENIOR SWIMMERS MUST HAVE A MEDICAL DOCTOR'S NOTE TO USE THE HOTEL POOL! FEE TO SWIM IS \$4 EACH TIME YOU SWIM!

Where: 5 Gateway Drive, Waupun

PING PONG

We have a removable ping pong table that sits on our pool table! This is easy set up and take down. The ping pong table, net, paddles, and ping pong balls will be available all month. If you want to meet and play, please let Rachel know to set up the ping pong table.

RENTALS

BUILDING RENTAL

Rent the Waupun Senior Center/Recreation Department building! It is a large space for birthday parties, anniversaries, holiday parties, wedding receptions and showers!

Amenities: Refrigerator/freezer, microwave, stove, 30-cup coffee maker, handicap accessible entry/seating and serveware for 60 people, serving window, freedom to rearrange tables and chairs as needed, free WiFi and more!

Rental Fees:

- Weekdays: \$50 (5:00pm—9:00pm)
- Weekends & Holidays: \$50 (4 Hours) or \$75 (8 Hours)
- •All rentals require a separate \$50.00 Key/ Cleaning Security Deposit

To check availability and/or schedule, please call 324-7930 and ask for Rachel.

PARK SHELTER RENTALS

Are you looking for an outdoor space to host a graduation party, family reunion, wedding, etc.? There are several park shelters in town that can accommodate small to large group gatherings.

Park Shelters Available:

- Dodge Park—\$65 resident/\$90 non
- Harris Mill Park—\$65 resident/\$90 non
- West End Park—\$65 resident/\$90 non
- Wilcox Park—\$65 resident/\$90 non
- McCune Park—\$65 resident/\$90 non
- McCune Park Concession Stand—\$100 resident/\$115 non (+\$50 deposit)

To check availability and/or schedule, please call 324-7930 and ask for Rachel.



Concerned about Medicare fraud? Give us a call...

Toll-free Helpline:

888-818-2611

www.smpwi.org

WisconsinSeniorMedicarePatrol

PROTECT your personal information

DETECT suspected fraud, abuse, or errors

REPORT suspicious claims or activities



Preventing Medicare Fraud

This project was supported, in part by grant number 90MPPG0102-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.





LET'S GROW YOUR BUSINESS Advertise in our Newsletter!

CONTACT ME Jeff Parkinson

jparkinson@lpicommunities.com • (800) 950-9952 x5887

SERVICES

DEMENTIA CARE SPECIALIST OFFICE HOURS

Join Alyssa Sommerfeldt, Fond du Lac County Dementia Care Specialist, to talk about dementia. Alyssa is available to perform memory screens, provide support and dementia related resources for those living with the disease and their caregivers, or available to just chat.

When: Thursday, April 25 from 9:00am to 11:30am

GOT GLASSES?

We have a container for used eyeglasses, sunglasses and glasses cases. The container is provided and picked up by the Waupun Lions Club for redistribution. The container is located by the front door of our building. Thank you!

FOOT CARE CLINIC

Professional foot care services include: a thorough lower leg and foot assessment, toenail trimming, reducing of calluses and/or corns, thinning or debridement of thick toenails, moisturizing lower leg and foot massage by Keren from Lotus Foot Care, LLC. Please bring a bath towel to your appointment.

Fee: \$35/30 minute appointment or until foot care is complete. \$40 new patients.

When: Thursday, April 4

Thursday, April 18

Thursday, May 2

Thursday, May 16

Appointments begin at 8:30am. Last appointment is at 4:00pm. Call 324-7930 to schedule your appointment. Appointments can be made months in advance.

EYEGLASS ADJUSTMENTS

Teresa Ruch from Rock River Eyewear will be at the Waupun Senior/ Recreation Department to do any eyeglass or sunglass adjusting, replacement of screws, or nosepads. Cleaning supplies will be available for free.

When: Wednesday, April 17 at 12:30pm—1:00pm



DRUG REPOSITORY (DROP-OFF)

Church Health Services, Inc. is seeking unused/ unneeded medicines and medical supplies.

- Prescription & Over the Counter Medications (non-opioids)
- Medical Supplies & Equipment
 - (wheelchairs, walkers, canes, adult diapers, etc.)

As a drug repository member with a licensed pharmacist, we are able to accept, store and dispense donated medications and

medical supplies to individuals who are low income. Please do not bring any opioids and leave all items in the original container. To find out if you are eligible to receive or to learn more; call 920-887-1766, option I or email us at info@churchclinic.org. Drug repository donations can be brought to the Waupun Senior Center by appointment only by calling 324-7930.



SERVICES

BLOOD PRESSURE SCREENINGS

Katie from Care Plus will be at the Waupun Senior Center/Recreation
Department once a month to do free walk-in blood pressure screenings. These screenings are not intended to diagnose and medical condition,





TECH SUPPORT

Need help? This is a one-on-one service to take care of your tech related needs. Bring your personal laptop, tablet or cell phone. You can also learn using one of the Waupun Senior Center laptops. Appointments can be scheduled by calling 324-7930.

LUNCH PROGRAM VOLUNTEERS

We are looking for lunch program volunteers in the Waupun Senior Center kitchen. Volunteer hours are approximately 9:30am – 12:30pm on the day scheduled. Volunteers receive a free meal. Please call 920-929-3937, if you are interested in volunteering. **Volunteer duties include:** Cleaning the dining room tables and chairs, Taking temperatures, Setting the dining room tables, Reporting lunch attendance and registration & Serving lunch

SERVE WAUPUN REQUESTS

SERVE Waupun is an outreach wing of ONE Waupun, with the goal of helping connect people with a need to a group looking to help others. This awesome group of volunteers at SERVE Waupun continue to look for ways to help people with needs in our community. If you know of someone with a need or who could use a group of individuals with some tools and handyman skills, please email mvb2serve@gmail.com of contact Rachel Kaminski at 920-324-7930.



FOLLOW US ON-FACEBOOK FACEBOOK FACEBOOK WAUPUN RECREATION DEPARTMENT Activity Announcements Activity Pictures Resources Updates

BINGO

We are going to play bingo three times this month!

Thanks to our great sponsors!

Our awesome bingo cards were donated by the Waupun Lions Club.

- FRIDAY, APRIL 12 at 1:00PM
- FRIDAY, APRIL 19 at 1:00PM—AT PRAIRIE RIDGE
- FRIDAY, APRIL 26 at 2:00PM

Friday, April 12 at 1:00pm Sponsored by SIA Insurance Services

SIA is proud to sponsor 2nd Friday Bingo for the Waupun Senior Center! Jordan Sterk, Kate Burk and Kyle Heuver are excited to be joining you this year as your bingo callers. Can't wait to see you on the 2nd Friday of every month at 1:00pm. Pizza provided by Pizza Ranch.





999 W. Main Street , Waupun www.SIAInsurance.com (920) 324-2071







Friday, April 19 at 1:00pm—AT Prairie Ridge Sponsored by Prairie Ridge

We are invited to play bingo at Prairie Ridge Assisted Living! Let's visit our friends at Prairie Ridge to play bingo their way at their place! Prairie Ridge Assisted Living is located at 819 Wilcox Street in Waupun.



Friday, April 26 at 2:00pm Buddy Bingo

We will be joined by the third grade students from Rock River Intermediate School to play bingo in teams. Adults and students will be paired together to play. There will be bingo prizes for each buddy on the winning team.

