BIRDWATCHING
Walk with us down the Pine Street Park path to for some birdwatching! Rick Vant Hoff, avid birder, will be there to help identify birds by sight and sound.
**When:** Monday, August 7 at 10:30am
**Where:** Pine Street Park located at 404 Pine Street

FRIDAY SENIOR SWIM
Bring your swimsuit, towel, sunscreen and water bottle to join us for Senior Swim! A lifeguard will be on duty. Optional water aerobics will take place in the shallow end of the pool where feet touch the bottom. Lap swimming and water weights will also be available. Weather permitting. The pool closes for the season on August 20.
**Fee:** $2/swim (Fee is good for the entire day.)
**When:** 11:00am—Noon
  - Friday, August 4
  - Friday, August 11
  - Friday, August 18
**Where:** Waupun Family Aquatic Center located at 701 County Park Road

WHAT’S INSIDE:
- BINGO
- City Interview—Mayor
- Dementia Care Specialist
- Fitness Classes
- Foot Care
- Mobile Meals & Indoor Dining
- Pickleball
- Rental Information
- SPARK!
- Taxi Information
- Volunteer Opportunity

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
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 JACK OF DIAMONDS SHEEPSHEAD**
Are you ready? $1 to play on Wednesdays 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! Thursdays at 9:00am in the Kitchen or Front Room at the Waupun Senior Center.

**THURSDAY BLACK QUEENS SHEEPSHEAD**
Join us! $1 to play on Thursdays at 1:00pm.

**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.
SPARK!

PROGRAMMING FOR PEOPLE WITH MEMORY LOSS

Did you know there’s a brand new program right here in Waupun called SPARK!? It is right down the street from us at the new art studio—Imagine That! Like many others you may be asking yourself, What is SPARK!? Well, SPARK! is not an acronym but instead represents the spark that then creates and allows for engagement to burn wild, focusing on the moment. SPARKS! 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 and stimulation atmosphere by enjoying art, culture and nature in comfortable in a comfortable setting. Check out this great new program, how it will help your community, and how you can participate with SPARK! Registration is required. Please call Jeni at Imagine That! Art Studio at 920-937-0470 or email at jenimaly@imaginethatartstudiowaupun.com

**When:** Monday, August 7 from 4:00pm—5:00pm

**Where:** Imagine That! Art Studio located at 408 E. Main Street, Waupun
FITNESS CENTER

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

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

AUGUST YOGA IN THE PARK

Chair support is offered for standing and seated yoga poses at the park. This is a 45 minute class. Please wear tennis shoes and bring a water bottle.

When: Thursday, August 17 at 10:30am
Where: Harris Mill Park, 300 N. Mill Street, Parking lot is on N. Forest Street

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: Monday—Friday at 9:00am (Outdoor) West End Park Tennis Courts located at 200 Beaver Dam Street
When: Mondays at 6:00pm (Indoor) Wesley Center Gym located at 114 S. Forest Street

***NEW*** PRAIRIE RIDGE YOGA

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, August 16 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

Yoga in the Park on Thursday, August 17.

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 at 10:30am

BILLIARDS

We have two pool tables and plenty of billiards equipment to shoot pool anytime the Waupun Senior Center is open.
Hello everyone!

We have been having a fun summer so far at the Waupun Senior Center, Harris Mill Park, West End Park, Prairie Ridge Assisted Living, and at the Waupun Family Aquatic Center. Thanks for participating in our activities. If you have an idea for a new activity, please let me know. We will find space and time in our activity calendar to accommodate new activities. Also, if you are interested in volunteering at the Waupun Senior Center, please let me know. Participants and volunteers make our Senior Center work and make it possible to offer a wide variety of activities throughout the year.

Love, Rachel
ACTIVITIES

CITY INTERVIEW
Come to the Waupun Senior Center to talk with Mayor Rohn Bishop. The Mayor will introduce himself, give updates on city happenings, and answer questions from the attendees.
When: Tuesday, August 15 at 1:00pm

CRAFT CLUB: TIE-DYE
Join us to tie-dye at the Senior Center! Bring any piece of white cotton clothing to make your own unique tie-dye creation. Bring you socks, t-shirt, bandana, hat, etc. Please pre-register at the Waupun Senior Center office or by calling 324-7930.
When: Wednesday, August 16 at 11:30am

PUZZLES
We have several puzzles available to take home. Those are located by the front sitting area. Feel free to take some home or bring puzzles from home to share. We also have a puzzle table at the Waupun Senior Center to work on when you visit.

KNIT-WITS
Calling all Knit-Wits! Do you love knitting? We do too! 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 for some fun conversations!
When: Thursdays at 6:00pm

AUGUST BOOK CLUB
This month’s book is titled: The Book of Two Ways by Jodi Picoult, 416 pages. “Everything changes in a single moment for Dawn Edelstein. She's on a plane when the flight attendant makes an announcement: prepare for a crash landing. She braces herself as thoughts flash through her mind….She has led a good life. Back in Boston, there is her husband, Brian, her beloved daughter, and her work as a death doula, where she helps ease the transition between life and death for patients in hospice.” Source: goodreads.com. Pick up your copy after August 1 at the Waupun Senior Center office.
Optional Discussion: Friday, August 25 at 9:00am

INDOOR BEAN BAG TOSS
We have several bean bag toss boards to set up and use to play bean bag toss in pairs or singles.
When: Mondays at 11:30am
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<th>MONDAY</th>
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*SCHEDULE IS SUBJECT TO CHANGES. PLEASE CALL 324-7930 TO VERIFY.*
# AUGUST 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 1/3 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 (subject to change) **CLOSED Thursday & Friday**
- $3.00 suggested donation

**When:** Mobile meals are delivered between 9:30am and 11:30am, Monday—Friday
- $3.50 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.

**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.

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<tr>
<td>1</td>
<td>Glazed Ham</td>
<td>Beef Stew</td>
<td>Mobile Meals Only</td>
<td>Baked Spaghetti</td>
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<td>Baked Potatoes</td>
<td>Tossed Salad</td>
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<td>Italian Blend Vegetables</td>
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<td>Baby Carrots</td>
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<td>Pear Slices</td>
<td>Key Lime Pie</td>
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<td>Dinner Roll</td>
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<td>7</td>
<td>Salisbury Steak</td>
<td>Beef Bologna</td>
<td>Mushroom Pork Cutlet</td>
<td>Roast Beef</td>
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<td>Mashed Potatoes</td>
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<td>Broccoli Cuts</td>
<td>Coleslaw</td>
<td>Pickled Beet Salad</td>
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<td>Peach Slices</td>
<td>Pineapple Tidbits</td>
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<td>Chocolate Rasp. Torte</td>
<td>Butterscotch Pudding</td>
<td>Applesauce Cake</td>
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<td>Dinner Roll</td>
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<td>14</td>
<td>Escalloped Potatoes &amp; Ham Casserole</td>
<td>Chicken Patty Cacciatore</td>
<td>Country Fried Steak</td>
<td>Sweet &amp; Sour Pork over</td>
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<td>Spinach Salad w/ Rasp Vinaigrette</td>
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<td>Orange Sherbet Cup</td>
<td>Fudge Brownie</td>
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<td>Alexander Torte</td>
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<td>Sliced Bread</td>
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**Feil’s Catering**

Your Senior Dining Provider

Menus & Nutritional Analysis
at (920) 326-6050
RENTAL

SENIOR CENTER RENTALS
Rent the Waupun Senior Center! 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.
SERVICES

DEMENTIA CARE SPECIALIST OFFICE HOURS
Alyssa Sommerfeldt, Fond du Lac County Dementia Care Specialist, will have office hours at the Waupun Senior Center on the 4th Thursday of the month from 9:00am—Noon. During this time, 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. She is looking forward to meeting more of the residents of the Waupun area, so stop on by and say hi.

When: Thursday, August 24 from 9:00am to Noon

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, August 3
Thursday, August 17
Thursday, September 7
Thursday, September 21

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 to do any eyeglass or sunglass adjusting, replacement of screws, or nosepads. Cleaning supplies will be available for free.

When: Wednesday, August 16 at 12:30pm

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.

WE ARE WISCONSIN DRUG REPOSITORY
Church Health Services, Inc. is seeking unused/ unneeded medicines and medical supplies. You may be able to help us or receive free:
- Prescription & Over the Counter Medications
- Medical Supplies (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 1 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.
SERVE WAUPUN

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. The 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 guys with some tools, please email mvb2serve@gmail.com.

GOT GLASSES?

At the Waupun Senior Center, 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 the Waupun Senior Center. Thank you!

LUNCH VOLUNTEERS WANTED

We are looking for lunch volunteers on Thursdays and Fridays. Volunteer hours are approximately 9:30am – 12:30pm on the day scheduled.

Volunteer duties will include:

- Cleaning the dining room tables and chairs
- Taking temperatures
- Setting the dining room tables
- Reporting lunch attendance and registration
- Serving lunch

Volunteers receive a free meal. Please call 920-929-3937, if you are interested in volunteering.

SERVICES

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. The 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 guys with some tools, please email mvb2serve@gmail.com.
We are going to play bingo three times this month! Thanks to our great sponsors!

- **FRIDAY, AUGUST 11 at 1:00PM at SENIOR CENTER**
- **TUESDAY, AUGUST 15 at 1:30PM at HARRIS MILL PARK**
- **FRIDAY, AUGUST 18 at 1:00PM at PRAIRIE RIDGE**

**Friday, August 11 at 1:00pm—AT Senior Center**

*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.

**Tuesday, August 15 at 1:30pm—AT Harris Mill Park**

*Buddy Bingo Sponsored Waupun Park Program*

Let’s go to the park to play buddy bingo with the Park Program. Seniors and kids will be paired together to play. There will be bingo prizes for each buddy on the winning team. Join us at Harris Mill Park located at 300 N. Mill Street. Parking lot is on N. Forest Street.

**Friday, August 18 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.