



# WAUPUN

## SENIOR CENTER *newsletter*



Age 62+



*Where you don't have to act your age*

**FEBRUARY 2024**



### SENIOR CITIZENS POLICE ACADEMY

The Waupun Police Department is giving us our own mini version of what it is like to be a police officer! This fun, learning opportunity is for all men and women of all abilities. There are no tests, quizzes, races, or competitions. You have the choice to attend one class or all of them!

**When:** Tuesdays at 12:30pm at the Waupun Senior Center

- February 6—Equipment Day
- February 13—Evidence/Crime Scene
- February 20—Life of a Police Officer with the Mayor
- February 27—K9 Demo/Drugs
- March 5—Fire
- March 12—EMS & Fall Prevention
- March 19—Review & Graduation

**Registration is open now and required. Sign up at the Senior Center office or call 324-7930.**



### WHAT'S INSIDE:

- BINGO
- City Interview—Mayor
- Craft Club
- Dementia Care Specialist
- Fitness Classes
- Foot Care
- IceFest
- Mobile Meals & Indoor Dining
- Pickleball
- Rental Information
- Taxi Information

### ICEFEST

Family fun filled weekend of indoor and outdoor activities and entertainment as well as more than 50 ice sculptures on display throughout our community! More special Waupun Recreation Department sponsored activities inside!

**When:** Saturday, February 17 & Sunday, February 18



**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

Come to our Senior Citizens Police Academy and learn from the Mayor what it is like to be a Police Officer. Mayor Bishop has had several ride longs with the Waupun Police Department and will share his experiences. He will give a brief update on city happenings, and answer questions from the attendees.

**When:** Tuesday, February 20 at 1:00pm



## 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.



## CRAFT CLUB: WOODEN DOLLS

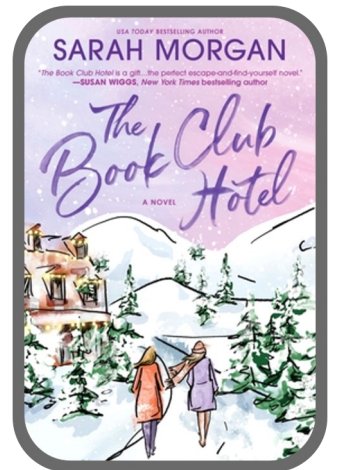
Join us at the Waupun Senior Center to design and paint wooden dolls! Make 1, 2 or a family! Paint and markers will be used to make your unique wooden dolls. All of the supplies are provided. Center office. Sign up at the Senior Center office or call 324-7930.

**When:** Wednesday, February 7 at 11:30am

## FEBRUARY BOOK CLUB

This month's book is titled: *The Book Club Hotel* by Sarah Morgan, 368 pages. "With its historic charm and picture-perfect library, the Maple Sugar Inn is considered the winter destination. The inn is fully booked with guests looking for their dream vacation. But widowed far too young, and exhausted from juggling the hotel with being a dedicated single mom, Hattie Coleman dreams only of making it through the season." Source: [goodreads.com](http://goodreads.com). Pick up your copy after February 1 at the Waupun Senior Center office.

**Optional Discussion:** Friday, February 23 at 9:00am



## 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:** Wednesdays at 6:00pm

## BILLIARDS

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

# SPARK!

3

## 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](mailto:jenimaly@imaginethatartstudiowaupun.com)

**When:** Monday, February 6 from 4:00pm—5:00pm

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



# 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.

### BOARD GAMES

There is a book shelf full of different kinds 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.



### 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.

### 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.

# RENTAL

5

## 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.*



# FEBRUARY ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> 8am Fitness Center 8:30am Foot Care 9am Dominoes 10:30am Yoga 1pm Sheepshead	<b>2</b> 8am Fitness Center 9am Se7ens 10:30am Aerobics
<b>5</b> 8am Fitness Center 9am Marbles 10:30am Yoga 11:45am Lunch 1pm Euchre 1pm Golf Cards 4pm SPARK! 6pm Pickleball	<b>6</b> 8am Fitness Center 9am Hand & Foot Cards 10:30am Tone 11:45am Lunch 12:30pm Police Academy	<b>7</b> 8am Fitness Center 9am Dice 10:30am Aerobics 11:30am Craft Club 11:45am Lunch 1pm Sheepshead 6pm Knit-Wits	<b>8</b> 8am Fitness Center 9am Dominoes 10:30am Yoga 1pm Sheepshead	<b>9</b> 8am Fitness Center 9am Se7ens 10:30am Aerobics 1pm SIA Bingo
<b>12</b> 8am Fitness Center 9am Marbles 10:30am Yoga 11:45pm Lunch 1pm Euchre 1pm Golf Cards 6pm Pickleball	<b>13</b> 8am Fitness Center 9am Hand & Foot Cards 10:30am Tone 11:45am Lunch Noon Blood Pressure 12:30pm Police Academy	<b>14</b> 8am Fitness Center 9am Dice 10:30am Aerobics 11:45am Lunch 1pm Sheepshead 6pm Knit-Wits	<b>15</b> 8am Fitness Center 8:30am Foot Care 9am Dominoes 10:30am Yoga 1pm Sheepshead	<b>16</b> 8am Fitness Center 9am Se7ens 10:30am Aerobics 1pm Prairie Ridge Bingo  <b>FEBRUARY 17 &amp; 18</b> <b>ICEFEST</b>  <u>SUNDAY, FEBRUARY 18</u> 11am Snow Yoga Noon Sledding 2pm Bingo
<b>19</b> 8am Fitness Center 9am Marbles 10:30am Yoga 11:45pm Lunch 1pm Euchre 1pm Golf Cards 6pm Pickleball	<b>20</b> 8am Fitness Center 9am Hand & Foot Cards 10:30am Tone 11:45am Lunch 12:30pm Police Academy 1pm Mayor	<b>21</b> 8am Fitness Center 9am Dice 9am Prairie Ridge Yoga 10:30am Aerobics 11:45am Lunch 12:30pm Eyeglasses 1pm Sheepshead 6pm Knit-Wits	<b>22</b> 8am Fitness Center 9am Dominoes 9am Dementia Care Specialist 10:30am Yoga 1pm Sheepshead	<b>23</b> 8am Fitness Center 9am Se7ens 9am Book Club 10:30am Aerobics 2:00pm Buddy Bingo
<b>26</b> 8am Fitness Center 9am Marbles 10:30am Yoga 1pm Euchre 1pm Golf Cards 6pm Pickleball	<b>27</b> 8am Fitness Center 9am Hand & Foot Cards 10:30am Tone 11:45am Lunch 12:30pm Police Academy	<b>28</b> 8am Fitness Center 9am Dice 10:30am Aerobics 11:45am Lunch 1pm Sheepshead 6pm Knit-Wits	<b>29</b> 8am Fitness Center 9am Dominoes 10:30am Yoga 1pm Sheepshead	

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

# FEBRUARY 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 **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.

**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
	 <p><i>Feil's Catering</i> Your Senior Dining Provider Menus &amp; Nutritional Analysis at (920) 326-6050</p>		<p>1 Pot Roast Baby Red Potatoes Baby Carrots Gala Apple Birthday Cake</p>	<p>2 Cranberry/Kraut Meatballs Garlic Mashed Potatoes Brussels Sprouts Applesauce Cookie Sliced Bread</p>
<p>5 Pork Steak Mashed Potatoes Red Cabbage Honeydew Melon Cinnamon Roll Sliced Bread</p>	<p>6 Chicken Teriyaki Patty Baked Potato Calif. Blend Vegetables Pear Slices Frosted Cake Dinner Roll</p>	<p>7 Swiss Steak Mashed Potatoes Tossed Salad Apricot Halves Cookie Sliced Bread</p>	<p>8 Ham Roll Sweet Potato Bake Three Bean Salad Cantaloupe Butterscotch Pudding Dinner Roll</p>	<p>9 Baked Spaghetti Broccoli Cuts Fruited Gelatin Chocolate Banana Torte French Bread</p>
<p>12 Roast Turkey Mashed Potatoes Corn Applesauce Tapioca Pudding Sliced Bread</p>	<p>13 Hawaiian Meatballs Baby Red Potatoes Spinach Salad Tropical Fruit Salad Cookie Dinner Roll</p>	<p>14 Salisbury Steak Mashed Potatoes Green Beans Peach Slices Sweetheart Cake Sliced Bread</p>	<p>15 Orange Chicken Patty White Bean Salad Coleslaw Pineapple Tidbits Vanilla Pudding Dinner Roll</p>	<p>16 Beef Frank on Bun German Pot. Salad California Blend Vegetables Orange Chocolate Sundae Cup Sliced Bread</p>
<p>19 Chicken Patty Mashed Potatoes Peas and Carrots Pineapple Tidbits Applesauce Cake Sliced Bread</p>	<p>20 Chili Casserole Lettuce Salad Gala Apple Coconut Cream Pie Corn Bread</p>	<p>21 Meatloaf Calico Bean Cass. Health Slaw Pear Slices Cookie Sliced Bread</p>	<p>22 Chicken Tetrizzini Casserole Broccoli Cuts Petite Banana White Brownie Dinner Roll</p>	<p>23 Pork Jaegerschnitzel Mashed Potatoes Carrots Applesauce Cinnamon Roll Sliced Bread</p>
<p>26 Glazed Ham Baked Potato Three Bean Salad Tropical Fruit Salad Butterscotch Pudding Sliced Bread</p>	<p>27 Burg./Mushroom Chopped Beef Steak Mashed Potatoes Peas/Pearl Onions Peach Slices Cookie Dinner Roll</p>	<p>28 Smoked Sausage Baby Red Potatoes California Blend Vegetables Honeydew Melon Chocolate Raspberry Torte Sliced Bread</p>	<p>29 Honey Mustard Meatballs Mashed Potatoes Carrots Fruited Gelatin Sundae Cup Dinner Roll</p>	

# FITNESS & FUN

## 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 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

## INDOOR MONDAY PICKLEBALL

The Wesley Center at 114 S. Forest Street in Waupun is open for pickleball on Monday evenings starting at 6:00pm. Balls and paddles provided. All skill levels welcome.

## 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, February 21 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

## \*\*\*NEW\*\*\* 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



# FITNESS & FUN

9

## \*\*\* SNOW YOGA AT ICEFEST \*\*\*

Join Rachel Kaminski, Waupun Recreation Program Director, for some unique yoga experiences in Downtown Waupun with SNOW! Snow Yoga will be a twist of your usual yoga experiences. Bring a mat if you desire or some will be provided. Chairs will also be provided. If there is no snow, yoga is still a go! Meet at the greenspace area in Downtown Waupun. Dress warm! Yoga for all ages and abilities!

**When:** Sunday, February 18 at 11am



## \*\*\* ICEFEST SLEDDING \*\*\*

Bundle up for a sledding good time on Juniper Hill! This is Waupun's only snow hill offering sledding during the winter months. Jump on a sled and slide down with a friend! Sleds will be provided but bringing your own is also welcome!

**When:** Sunday, February 18 from Noon– 2pm



# 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, February 22 from 9:00am to Noon

## 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!

## 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, February 1  
Thursday, March 7

Thursday, February 15  
Thursday, March 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 nose pads. Cleaning supplies will be available for free.

**When:** Wednesday, February 21 at 12:30pm



## 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 1 or email us at [info@churchclinic.org](mailto:info@churchclinic.org). Drug repository donations can be brought to the Waupun Senior Center by appointment only by calling 324-7930.



# SERVICES

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## \*\*\*NEW BLOOD PRESSURE SCREENINGS

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

**When:** Tuesday, February 13 from Noon—1:00pm



## 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](mailto:mvb2serve@gmail.com) or contact Rachel Kaminski at 920-324-7930.

# NEED A RIDE?

SAFE & RELIABLE TAXI SERVICE

WAUPUN TAXI

920-324-2426

[www.browncab.net](http://www.browncab.net)



Serving primarily within the City Limits plus 1 mile. When volume allows up to five miles.

TITLE VI and ADA The City of Waupun Shared Ride Taxi Service operates its programs and services without regard to race, color, national origin, disability, sex, age, religion, income status or limited English proficiency (LEP) in accordance with Title VI of the Civil Rights Act, Americans with Disabilities Act (ADA), and related nondiscrimination authorities. For more information on the Waupun Shared Ride Taxi civil rights program, ADA obligations, and the procedures to file a complaint, contact City Hall at 920-324-7900, (for hearing impaired, please use Wisconsin Relay 711 service <https://wisconsinrelay.com>). Waupun Taxi is an equal opportunity employer.

# FOLLOW US ON FACEBOOK



## WAUPUN RECREATION DEPARTMENT

- Activity Announcements
- Activity Pictures
- Resources
- Updates

# BINGO

We are going to play bingo four times this month!  
Thanks to our great sponsors!

- **FRIDAY, FEBRUARY 9 at 1:00PM**
- **FRIDAY, FEBRUARY 16 at 1:00PM—AT PRAIRIE RIDGE**
- **SUNDAY, FEBRUARY 18 at 2:00PM**
- **FRIDAY, FEBRUARY 23 at 2:00PM**

**Friday, February 9 at 1:00pm**

**Sponsored by SIA Insurance Services**

SIA is proud to sponsor 2<sup>nd</sup> 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 2<sup>nd</sup> Friday of every month at 1:00pm. Pizza provided by Pizza Ranch.



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



Kate Burk



Jordan Sterk



Kyle Heuver

**Friday, February 16 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.



**Sunday, February 18 at 2:00pm**

**IceFest Bingo**

Bingo!! Gather together for an afternoon of Bingo at the Waupun Senior Center! A variety of games are offered and seats are limited.



**Friday, February 23 at 2:00pm**

**Buddy Bingo**

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

