FRIDAY SENIOR SWIM
This awesome activity is back for the 2023 summer pool season! Lap swimming and instructor guided water aerobics will be available. Open swim will also be available. A lifeguard will also be on duty. Bring your swimsuit, towel, sunscreen and water bottle. Weather permitting.
Fee: $2/swim (Fee is good for the entire day.)
When: 11:00am—Noon
- Friday, June 9
- Friday, June 16
- Friday, June 23
- Friday, June 30
Where: Waupun Family Aquatic Center located at 701 County Park Road

JUNE YOGA IN THE PARK
Chair support is offered for standing and seated yoga poses. This is a 45 minute class. Please wear tennis shoes and bring a water bottle.
When: Thursday, June 29 at 10:30am
Where: Harris Mill Park, 300 N. Mill Street, Parking lot is on N. Forest Street

WHAT’S INSIDE:
- Bean Bag Toss
- City Interview—Mayor
- Craft Club
- Dementia Care Specialist
- Foot Care
- Mobile Meals & Indoor Dining
- Movie
- Pickleball
- Rental Information
- Senior Swim
- SPARK!
- Tech Support
- Volunteer Opportunity
- Yoga

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.

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.
Hello, SUMMER! Summer is my favorite time of year. There are lots of fun things going on around Waupun, in our parks, and at the pool. I will be out and about town a lot. If you need me, please give me a call. The Senior Center desk phone number is 920-324-7930 and my cell phone number is 608-212-4630.

I will be on vacation June 16—June 23. The Senior Center will be opened, supervised, and closed by volunteers. Regular activities will go as normal, except fitness classes at the Senior Center.

Love, Rachel
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

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

OUTDOOR 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
**Where:** West End Park Tennis Courts located at 200 Beaver Dam Street

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 (Not on 6/19 & 6/22)
**Yoga in the Park on Thursday, June 29.**

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 (Not on 6/21)

FRIDAY SENIOR SWIM
Bring your swimsuit, towel, sunscreen and water bottle. 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.
**Fee:** $2/swim (Fee is good for the entire day.)
**When:** Fridays at 11:00am—Noon (Starting on June 9)
**Where:** Waupun Family Aquatic Center located at 701 County Park Road
FREE POPCORN AND BEVERAGES
Registration is required. Sign up at the Senior Center office or call 324-7930.

TOP GUN: MAVERICK
“After thirty years, Maverick is still pushing the envelope as a top naval aviator, but must confront ghosts of his past when he leads TOP GUN’s elite graduates on a mission that demands the ultimate sacrifice from those chosen to fly it.” Source: imdb.com.

2022 movie starring Tom Cruise.
PG-13, Action/Drama, 2 hours, 10 minutes
When: Tuesday, June 27 at 1:00pm
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, June 20 at 1:00pm

JUNE BOOK CLUB
This month’s book is titled: *Sweet Tea and Sympathy* by Molly Harper, 320 pages. “Nestled on the shore of Lake Sackett, Georgia is the McCready Family Funeral Home and Bait Shop. (What, you have a problem with one-stop shopping?) Two McCready brothers started two separate businesses in the same building back in 1928, and now it’s become one big family affair. And true to form in small Southern towns, family business becomes everybody’s business.” Source: goodreads.com. Pick up your copy after June 1 at the Waupun Senior Center office.
Optional Discussion: Friday, June 30 at 9:00am

CRAFT CLUB: REPURPOSED STUFFED ANIMALS
Join us at the Waupun Senior Center to repurpose a stuffed animal. This is a super cool project with many different options to turn a stuffed animal into a piece of art, useful purpose or keepsake. Bring your own stuffed animal or pick one of ours! Examples of this month’s project are located by the Senior Center office. All of the supplies are provided. FREE! Sign up at the Senior Center office or by calling 324-7930.
When: Tuesday, June 6 at 11:30am

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

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
**JUNE ACTIVITY CALENDAR**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
</table>
| **PICKLEBALL**  
Monday—Friday  
West End Park  
9am | | | 8am Fitness Center  
8:30am Foot Care  
9am Dominoes  
10:30am Yoga  
1pm Sheepshead | 8am Fitness Center  
9am Se7ens | **SATURDAY, JUNE 3**  
Noon Pool Opens |
| 8am Fitness Center  
9am Marbles  
10:30am Yoga  
11:30am Bean Bag  
1pm Euchre  
1pm Golf Cards  
5pm SPARK!  
5pm Library Talk  
6pm Pickleball | 8am Fitness Center  
9am Hand & Foot Cards  
11:30am Craft Club | 8am Fitness Center  
9am Dice  
10:30am Aerobics I  
11:30am Craft Club  
1pm Sheepshead  
6pm Knit-Wits | 8am Fitness Center  
9am Dominoes  
10:30am Yoga  
1pm Sheepshead  
5pm Summer Kick-Off Party | 8am Fitness Center  
9am Se7ens  
11am Senior Swim  
1pm SIA Bingo |
| 8am Fitness Center  
9am Marbles  
10:30am Yoga  
11:30am Bean Bag  
1pm Euchre  
1pm Golf Cards  
6pm Pickleball | 8am Fitness Center  
9am Hand & Foot Cards | 8am Fitness Center  
9am Dice  
10:30am Aerobics I  
11:30am Craft Club  
1pm Sheepshead  
6pm Knit-Wits | 8am Fitness Center  
8:30am Foot Care  
9am Dominoes  
10:30am Yoga  
1pm Sheepshead | **Rachel Gone** |
| 8am Fitness Center  
9am Marbles  
11:30am Bean Bag  
1pm Euchre  
1pm Golf Cards  
6pm Pickleball  
**Rachel Gone** | 8am Fitness Center  
9am Hand & Foot Cards  
1pm Mayor | 8am Fitness Center  
9am Dice  
12:30pm Eyeglasses  
1pm Sheepshead  
6pm Knit-Wits | 8am Fitness Center  
9am Dominoes  
9am Dementia Care Specialist  
1pm Sheepshead | **Rachel Gone** |
| 8am Fitness Center  
9am Marbles  
10am Home Exercise  
10:30am Yoga  
11:30am Bean Bag  
1pm Euchre  
6m Pickleball  
**Rachel Gone** | 8am Fitness Center  
9am Hand & Foot Cards  
1pm Movie | 8am Fitness Center  
9am Dice  
10:30am Aerobics  
1pm Sheepshead  
6pm Knit-Wits | 8am Fitness Center  
9am Dominoes  
10:30am Park Yoga  
1pm Sheepshead | **Rachel Gone** |
| 8am Fitness Center  
9am Marbles  
11:30am Bean Bag  
1pm Euchre  
1pm Golf Cards  
6pm Pickleball | | | 8am Fitness Center  
9am Se7ens  
9am Book Club  
11am Senior Swim | **Rachel Gone** |

**SCHEDULE IS SUBJECT TO CHANGES**

Please 324-7930 to verify and register for activities and lunch.
**JUNE 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.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY Mobile Meals Only</th>
<th>FRIDAY Mobile Meals Only</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. 5 Creamy Chicken</td>
<td>6. 6 Salisbury Steak</td>
<td>7. 7 Chicken Tetrazzini</td>
<td>8. 8 Cranberry/Kraut Meatballs</td>
<td>9. 9 Mushroom Pork Cutlet</td>
</tr>
<tr>
<td>6. Sliced Bread</td>
<td></td>
<td></td>
<td>9. Sliced Bread</td>
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</table>

| 15. Sliced Bread                             |                                              |                                              | 18. Ice Cream Cup                             |                                              |


| 27. Sliced Bread                             |                                              |                                              | 29. Fudge Brownie                             |                                              |
| 28. Baked Chicken                           |                                              |                                              | 30. Brown Rice                                |                                              |
| 29. Meatloaf                                 |                                              |                                              | 31. California                                |                                              |
| 30. Garlic Mashed Potatoes                  |                                              |                                              | 32. Blend Vegetables                          |                                              |
| 31. Baby Carrots                            |                                              |                                              | 33. Tropical Fruit Salad                      |                                              |
| 32. Applesauce                              |                                              |                                              | 34. Cookie                                   |                                              |
| 33. Sliced Bread                             |                                              |                                              | 35. Sliced Bread                               |                                              |
| 34. Fudge Brownie                           |                                              |                                              | 36. Ice Cream Cup                             |                                              |
| 35. Dinner Roll                             |                                              |                                              | 37. Sliced Bread                               |                                              |
| 36. Brown Rice                              |                                              |                                              | 38. Sliced Bread                               |                                              |
| 37. Cookie                                   |                                              |                                              | 39. Ice Cream Cup                             |                                              |
| 38. Sliced Bread                             |                                              |                                              | 40. Sliced Bread                               |                                              |
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.
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, June 5 from 4:00pm—5:00pm
Where: Imagine That! Art Studio located at 408 E. Main Street, Waupun

AQUATIC CENTER

The YMCA of Dodge County in collaboration with the City of Waupun, will be providing lifeguard management and staff of the Waupun Family Aquatic Center.

SUMMER 2023  JUNE 3 - AUGUST 20

City of Waupun General Swimming Pool Information

LOCATED IN FOND DU LAC COUNTY PARK

The Waupun Family Aquatic Center features a zero depth entry, two water slides, a kiddie slide, water spouts and fountains; a lap pool area, two water basketball hoops, a one meter diving board, a bathhouse with private changing and showering areas; lounges, large shade umbrellas and concession stand with snacks and refreshments. There is a shelter area available to be rented for private parties.
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.

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

**When:**
- Thursday, June 1
- Thursday, June 15
- Thursday, July 6
- Thursday, July 20

Appointments begin at 8:30am. Last appointment is at 4:30pm. 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, June 21 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.

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, June 22 from 9:00am to Noon
We are going to play bingo two times this month!
Thanks to our great sponsors!

- **FRIDAY, JUNE 9 at 1:00PM**
- **FRIDAY, JUNE 16 at 1:00PM at PRAIRE RIDGE**

Friday, June 9 at 1:00pm
**Sponsored by SIA Insurance Services**
SIA is proud to sponsor 2\textsuperscript{nd} 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\textsuperscript{nd} Friday of every month at 1:00pm. Pizza provided by Pizza Ranch.

Friday, June 16 at 1:00pm
**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.

**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.