

WAUPUN



WAUPUN
CITY OF SCULPTURE

RECREATION DEPARTMENT NEWSLETTER

Keeping Our Community Active

March 2024

SENIOR CITIZENS POLICE ACADEMY

The Waupun Police Department is continuing to give a mini version of what it is like to be a police officer! This fun, learning opportunity is for everyone. It's not too late to join us!

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

- **March 5**—EMS & Fall Prevention
- **March 12**—Evidence/Crime Scene/Investigations
- **March 19**—Review & Graduation

Registration is still open. Sign up at the Senior Center office or call 324-7930.



ST. PATRICK'S DAY PARTY

Join us for a festive good time! St. Patrick's Day apparel is optional, but highly encouraged. Shenanigans start at 11:30am. A delicious traditional St. Patrick's Day lunch will be served at 11:45am. Team trivia and scavenger hunt will follow.

Registration is required by noon on Friday, March 15 by calling 324-7930 or registering at the Senior Center office. There is a suggested donation of \$5.00 for lunch. For ages 60+.

When: Monday, March 18

Lunch Menu: Corned Beef with Cabbage & Carrots, Baby Red Potatoes, Tropical Fruit Salad, Key Lime Pie, Sliced Bread



WHAT'S INSIDE:

- BINGO
- City Interview—Mayor
- Dementia Care Specialist
- Easter Activities
- Fitness Classes
- Foot Care
- Meals
- Rental Information
- Spring Break Activities
- Taxi Information
- **Understanding Joint Pain Treatment**
Presentation by Dr. Bert Callahan

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, March 19 at 1:00pm



PUZZLES

We have several 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.

SPARK! FOR PEOPLE WITH MEMORY LOSS

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, March 4 from 4:00pm—5:00pm

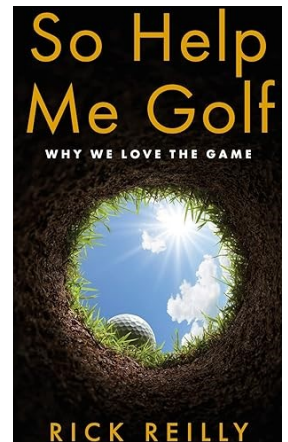
Where: Imagine That! Art Studio located at 408 E. Main Street, Waupun



MARCH BOOK CLUB

This month's book is titled: *So Help Me Golf* by Rick Reilly, 272 pages. "Reilly unpacks and explores all of the wonderful, maddening, heart-melting, heart-breaking, cool, and captivating things about golf that make the game so utterly addictive. We meet the PGA Tour player who robbed banks by night to pay his motel bills, the golf club maker who takes weekly psychedelic trips, and the caddy who kept his loop even after an 11-year prison stint. We learn how a man on his third heart nearly won the U.S. Open, how a Vietnam POW saved his life playing 18 holes a day in his tiny cell, and about the course that's absolutely free." Source: goodreads.com. Pick up your copy after March 1 at the Recreation Department office.

Optional Discussion: Friday, March 22 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.

EASTER & SPRING BREAK

CRAFT CLUB: EASTER DECORATIONS & EGGS

Join us to make Easter decorations! Examples are located by the Recreation Department office. We will also dye Easter eggs! All of the supplies are provided. Sign up at the office or call 324-7930.



When: Wednesday, March 20 at 11:30am

BUDDY BINGO & EASTER EGG HUNT

This will be a fun afternoon with our third grade buddies. Bingo and Easter egg hunt for all ages!

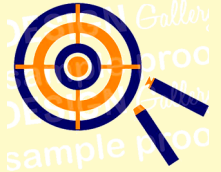


When: Friday, March 22 at 2:00pm

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 1pm—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 1pm—3pm

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 on Thursdays at 9:00am in the Kitchen or Front Room.

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.

RENTALS

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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.

6 MARCH ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 8am Fitness Center 9am Se7ens 10:30am Aerobics
4 8am Fitness Center 9am Marbles 10:30am Yoga 11:45am Lunch 1pm Euchre 1pm Golf Cards 4pm SPARK! 6pm Pickleball	5 8am Fitness Center 9am Hand & Foot Cards 10:30am Tone 11:45am Lunch 12:30pm Police Academy	6 8am Fitness Center 9am Dice 10:30am Aerobics 11:45am Lunch 1pm Sheepshead 6pm Knit-Wits	7 8am Fitness Center 8:30am Foot Care 9am Dominoes 10:30am Yoga 1pm Sheepshead	8 8am Fitness Center 9am Se7ens 10:30am Aerobics 1pm SIA Bingo
11 8am Fitness Center 9am Marbles 10:30am Yoga 11:45pm Lunch 1pm Euchre 1pm Golf Cards 6pm Pickleball	12 8am Fitness Center 9am Hand & Foot Cards 10:30am Tone 11:45am Lunch Noon Blood Pressure 12:30pm Police Academy	13 8am Fitness Center 9am Dice 10:30am Aerobics 11:45am Lunch 1pm Sheepshead 6pm Knit-Wits	14 8am Fitness Center 9am Dominoes 10:30am Yoga 1pm Sheepshead	15 8am Fitness Center 9am Se7ens 10:30am Aerobics 1pm Prairie Ridge Bingo
18 8am Fitness Center 9am Marbles 10:30am Yoga 11:30am <i>St. Pat's Party</i> 11:45pm Lunch 1pm Euchre 1pm Golf Cards 6pm Pickleball	19 8am Fitness Center 9am Hand & Foot Cards 10:30am Tone 11:45am Lunch 12:30pm Police Academy 1pm Mayor	20 8am Fitness Center 9am Dice 9am Prairie Ridge Yoga 10:30am Aerobics 11:30am Craft Club 11:45am Lunch 12:30pm Eyeglasses 1pm Sheepshead 6pm Knit-Wits	21 8am Fitness Center 8:30am Foot Care 9am Dominoes 10:30am Yoga 1pm Sheepshead	22 8am Fitness Center 9am Se7ens 9am Book Club 10:30am Aerobics 2:00pm Buddy Bingo & Easter Egg Hunt
25 8am Fitness Center 9am Marbles 10:30am Yoga 1pm Euchre 1pm Golf Cards 6pm Pickleball	26 8am Fitness Center 9am Hand & Foot Cards 10:30am Tone 11:45am Lunch 12:30pm <i>Understanding Joint Pain Treatment Presentation</i>	27 8am Fitness Center 9am Dice 10:30am Aerobics 11:45am Lunch 1pm Sheepshead 6pm Knit-Wits	28 8am Fitness Center 9am Dominoes 9am Dementia Care Specialist 10:30am Yoga 11:30am <i>Healthy Living for Your Brain and Body Presentation</i> 1pm Sheepshead	29 CLOSED 

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

MARCH 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. 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
	<p><i>Feil's Catering</i> Your Senior Dining Provider Menus & Nutritional Analysis at (920) 326-6050</p>			1 Breaded Fish Fillet Baked Beans Tossed Salad Pear Slices Cookie Sliced Bread
4 Roast Pork Loin Mashed Potatoes Peas & Carrots Applesauce Chocolate Pudding Sliced Bread	5 Liver & Onions Baked Potato Green Beans Pineapple Tidbits Cinnamon Roll Dinner Roll	6 Honey Mustard Meatballs Garlic Mashed Potatoes Carrots Fruited Gelatin Orange Sherbet Sliced Bread	7 Bratwurst on Bun Calico Bean Casserole Coleslaw Petite Banana Birthday Cake	8 Macaroni & Cheese Spinach Salad Broccoli Cuts Tropical Fruit Salad Chocolate Banana Torte Sliced Bread
11 Chicken Cacciatore Baby Red Potatoes Mixed Vegetables Apple Vanilla Pudding Sliced Bread	12 Beef Stew Tossed Salad Peach Slices Applesauce Cake Cheddar Biscuit	13 Pork Steak Mashed Potatoes Peas/Pearl Onions Honeydew Melon Cookie Sliced Bread	14 Meatloaf w/Dinner Roll White Bean Salad California Blend Veggies Pear Slices Fudge Brownie	15 (Noon Deadline to Register for Party) Seafood Creole Casserole Coleslaw Petite Banana Orange Sherbet Sliced Bread
18 St. Patty's Day Party Corned Beef Cabbage & Carrots Baby Red Potatoes Tropical Fruit Salad Key Lime Pie Sliced Bread	19 Chicken Marsala Garlic Mashed Potatoes Green Beans Pineapple Tidbits Butterscotch Pudding Dinner Roll	20 Ham Roll Baked Potato Peas & Carrots Applesauce Ice Cream Cup Sliced Bread	21 BBQ Meatballs Baked Beans Broccoli Cuts Apricot Halves Cookie Dinner Roll	22 Spinach Lasagna Health Slaw Peach Slices Coconut Cream Pie French Bread
25 Swiss Steak Mashed Potatoes Corn Pear Slices Raspberry Sherbet Sliced Bread	26 Teriyaki Chicken Patty Baby Red Potatoes Baby Carrots Honeydew Melon Tapioca Pudding Dinner Roll	27 Mushroom Pork Cutlet Mashed Potatoes Pickled Beet Salad Tropical Fruit Salad Cookie Sliced Bread	28 Chicken, Broccoli, & Rice Casserole Spinach Salad Pineapple Tidbits Spice Cake Dinner Roll	29 <p style="text-align: center;"><u>CLOSED</u></p>

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 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, March 20 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.

PRESENTATIONS

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UNDERSTANDING JOINT PAIN TREATMENT

Dr. Bert Callahan, SSM Health Fond du Lac Regional Clinic, Board-Certified Orthopedic Surgeon, will be at the Waupun Senior Center/ Recreation Department to discuss hip and knee pain treatment. Non-operative and operative treatment measures will be presented. Registration required. Sign up at the Senior Center/Rec. Dept. office or call 324-7930.
When: Tuesday, March 26 at 12:30pm



HEALTHY LIVING FOR YOUR BRAIN AND BODY

Come to yoga class and stay for an important and informative presentation from Alyssa Sommerfeldt, Fond du Lac County Aging & Disability Resource Center Dementia Care Specialist. Come learn tips to keep your brain and body healthy.

When: Thursday, March 28 at 11:30am
(after yoga)



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, March 28 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, March 7
Thursday, March 21
Thursday, April 4
Thursday, April 18

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 nose pads. Cleaning supplies will be available for free.

When: Wednesday, March 20 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. Drug repository donations can be brought to the Waupun Senior Center by appointment only by calling 324-7930.



SERVICES

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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,

When: Tuesday, March 12 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 or contact Rachel Kaminski at 920-324-7930.

NEED A RIDE?

SAFE & RELIABLE TAXI SERVICE

WAUPUN TAXI

920-324-2426

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.

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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!

- **FRIDAY, MARCH 8 at 1:00PM**
- **FRIDAY, MARCH 15 at 1:00PM—AT PRAIRIE RIDGE**
- **FRIDAY, MARCH 22 at 2:00PM**

Friday, March 8 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



Kate Burk



Jordan Sterk



Kyle Heuver

Friday, March 15 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, March 22 at 2:00pm

Buddy Bingo & Easter Egg Hunt

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. Special Easter egg hunt for all ages!

