

WAUPUN



WAUPUN
CITY OF SCULPTURE

RECREATION DEPARTMENT NEWSLETTER

PLAY LOCAL

324-7930

OCTOBER 2024



WAUPUN COMMUNITY CENTER

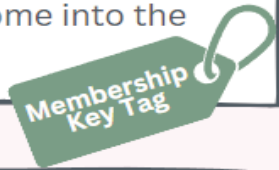
MEMBERSHIP

Membership rates below are valid until the end of 2025. Get your membership now to get 2 months free! There are two types of memberships and a day pass option.

Standard Annual Membership Includes: All scheduled activities with the exception of fitness		Standard + Fitness Annual Membership Includes: Fitness Center Use, Gym Activities & Fitness Classes	
Resident	\$60	Resident Individual	\$120
Non-Resident	\$80	Resident 2-Person Household	\$180
		Family	\$225
Day-Pass		Non-Resident Individual	\$140
Day-Pass Resident	\$3	Non-Resident 2-Person Household	\$200
Day-Pass Non-Resident	\$5	Non-Resident Family	\$245

REGISTRATION

During the week of October 7, at the 301 E. Main Street location, stop on in to get your membership key tag and instructions on how to register and pay for membership online. Need help registering? No worries. Ask for assistance, when picking up your key tag. Key tag is invalid until activated and membership is paid online. If you were not issued a tag, you can still register online and will get a tag the first time that you come into the center.



MOVING

The 301 E. Main Street location will be closed October 14-18 with the exceptions of lunch and foot care. This location will be closed indefinitely after October 18.

OPENING

Regularly scheduled programs/services and hours of operation will resume on Monday, October 21 at the new location, 520 McKinley Street.

WHAT TO EXPECT

What to expect in the new Community Center:

Membership: Located on the front page of this newsletter.

Parking: Enter/Exit the large parking lot on the corner of McKinley Street and Beaver Dam Street.

Main Entrance: Enter the building at the door with the large canopy facing Beaver Dam Street.

Welcome Desk: As soon as you enter the building the welcome desk will be to your right. This desk will be staffed by an employee or volunteer. If you have any questions, please ask the desk attendant. This is where you will swipe your membership key tag and sign in for daily activities/services.

Restrooms: The large restrooms are located by the welcome desk/gymnasium hallway. There is a single use restroom located by the kitchen and also by the welcome desk/gymnasium hallway.

Health & Wellness Room: Foot Care Clinic, Dementia Care Specialist Office Hours, Eyeglass Adjustments, ADRC Office Hours, and any other health related/private one-on-one services will be in this room.

Dining Room: Nutrition Program Lunch, Community Table Lunch, Holiday Parties/Special Event Parties, Hand & Foot Cards, Sevens, Dominoes, Marbles, Crafts, Uno, Board Games, Golf Cards

Multipurpose Room: Euchre, Sheepshead, Bingo, Yoga, Aerobics, Movies, Educational Presentations/Speakers

Kitchen: For lunch volunteers and staff only. If you are bringing a treat to share, make sure you bring all the items needed like plates, napkins, forks, serving utensils, etc.

Billiards Room: No more dodging pool players and game interruptions! The pool tables are in their own room with comfortable seating to watch and play.

Sitting Room: A quiet room to read, work on the puzzle, watch TV, Book Club, Knit-Wits, and a place for other small groups to chitchat.

Walking Hallway: This hallway is long and wide for indoor walking.

Fitness Center: Scheduled circuit training time and open use. Street shoes are not allowed in the fitness center. Orientation training and exercise machine instructions provided.

Gymnasium: Scheduled pickleball, other sports and open use. Non-marking soled shoes in the gymnasium. The gym will be open in November.

Volunteers: There will still be a high need for volunteers in the new building. More information to come on duties and hours.

Future Room Rentals: The multipurpose room, dining room, kitchen, and gymnasium will be available to rent for private use. We are not taking rentals now, but will be in the future.

Future Activities & Services: For families and adults on evenings, weekends and during the summer. More exciting information to come!

Future Staff: To increase the hours of operation, activities and services. More information to come on duties and hours.

Participant Code of Conduct: Located on page 4 of this newsletter.

HELLO

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

The time has come to move and transition into our new building! A lot of time, work, and patience has led us to this point. When we are officially moved in, there will be period of time for us all to get familiar and comfortable with the new place. Some adjustments may have to be made. We will have lots of space with more rooms, so if something is not working we have the ability to be flexible and try a different set up. Not to mention, we can do more activities and offer more services!

I will need help packing starting on October 1. If you would like to pack up boxes (not move them), please let me know.

Just a reminder: The 301 E. Main Street will close at the end of the day on Friday, October 11. Moving week is October 14-18. All activities during moving week are cancelled except for lunch and foot care. The 520 McKinley Street building will open on Monday, October 21. If you have questions on membership or how to register online, please let me know.

If you need me, please give me a call. The Waupun Recreation Department desk phone number is 920-324-7930 and my cell phone number is 608-212-4630.




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DHS Approved 4/22/2021

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**CONTACT ME
Ruth Schlitz**

rschlitz@lpicommunities.com

(800) 950-9952 x2671



CODE OF CONDUCT

We expect those using the Waupun Community Center to behave in a way that shows respect and caring for others, which includes not using any language or engaging in any action that can hurt or frighten another person, or that falls below a generally accepted standard of conduct. Persons who conduct themselves in an inappropriate or disorderly manner shall be asked to leave the premise by City of Waupun staff and/or Waupun Police officers.

Participants of the Waupun Community Center Shall:

- Treat other participants and staff respectfully and courteously.
- Treat others in the same manner you would like to be treated.
- Understand that this facility is a shared space.
- Do their best to mind their own business and avoid gossip.
- Maintain personal cleanliness and good hygiene.
- Wear activity appropriate clothing and footwear. Non-marking soled shoes in the gymnasium. Street shoes are not allowed in the fitness center.
- Sign in each day using membership key tag when accessing the facility.
- Be responsible for their own personal property.
- Be independent and can care for their own personal needs. Youth under 12 years of age must be attending a scheduled Waupun Community Center activity/event and under the direct supervision of an adult 18 or over. Active older adults are welcome to bring an attendant or caregiver with them in order to enjoy services and programs.
- Report unusual occurrences, inappropriate behavior, or damages to the Waupun Program Director or designee.

Participant Actions Not Permitted:

- Using angry or vulgar language; swearing, name calling or shouting.
- Making physical contact with another person in an angry or threatening way.
- Harassment or intimidation with words, gestures, or body language. Behavior that is inappropriate, threatening or offensive in nature.
- Engaging in sexual activity or contact.
- Stealing or behavior that results in destruction of property.
- Carrying a firearm at the Waupun Community Center or on the Waupun Community Center grounds.
- Carrying or concealing devices or objects that may be used as weapons.
- Smoking/Vaping: Waupun Community Center and grounds encourage a tobacco and vape free environment. Smoking is not permitted within 25 feet from entrances and exits of the building.
- The Waupun Community Center reserves the right to deny access or membership to any person who has been accused or convicted of any crime involving sexual abuse, is, or has been, a registered sex offender.

SENIOR ACTIVITIES



MAYOR VISIT & COMMUNITY CENTER TOUR

Meet and/or catch up with Mayor Rohn Bishop. He will give the audience an update on city happenings, make announcements and answer questions from attendees. Join us at the new Community Center to get your monthly update from the Mayor and tour the new building!

When: Tuesday, October 22 at 1:00pm

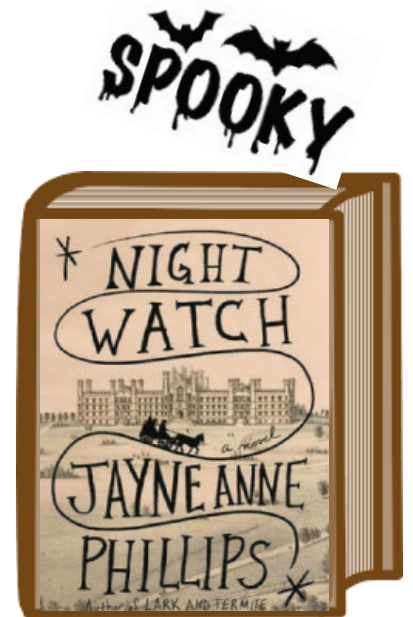
Where: *New Community Center, 520 McKinley Street*

OCTOBER BOOK CLUB

WE ARE MISSING BOOK CLUB BOOKS. PLEASE CHECK YOUR HOME AND RETURN THEM TO THE WAUPUN PUBLIC LIBRARY ASAP.

This month's book is titled: *Night Watch* by Jayne Anne Phillips, 276 pages. "In 1874, in the wake of the War, erasure, trauma, and namelessness haunt civilians and veterans, renegades and wanderers, freedmen and runaways. Twelve-year-old ConaLee, the adult in her family for as long as she can remember, finds herself on a buckboard journey with her mother, Eliza, who hasn't spoken in more than a year. They arrive at the Trans-Allegheny Lunatic Asylum in West Virginia, delivered to the hospital's entrance by a war veteran who has forced himself into their world. There, far from family, a beloved neighbor, and the mountain home they knew, they try to reclaim their lives." Source: goodreads.com. Pick up your copy after October 1st at the Waupun Recreation Department office.

Optional Discussion: Friday, October 25 at 9:00am at the new Community Center, 520 McKinley Street



PUZZLES

We have puzzles available to take home. Puzzles are located by the front sitting area. We also have a table to work on a puzzle when you visit. Please hold on your puzzle donations until we move into our new building. Thanks!

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 1:00pm

CARDS & GAMES

No cards and games October 14-18.

Starting on Monday, October 21, all cards and games will be at the new Community Center located at 520 McKinley Street.

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. 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? 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 SEVENS

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.

BILLIARDS

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

WEDNESDAY UNO

UNO! 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.

When: Wednesdays at Noon

THURSDAY BOARD GAMES

Taken from a suggestions on our chalkboard, Come on down to the Recreation Department to play some board games! Each week we will play a different game. We have Monopoly, Sequence, Rummikub and more!

When: Thursdays at Noon

FITNESS

No fitness center and fitness classes October 14-18.

Starting on Monday, October 21, all fitness classes and fitness center will be at the new Community Center, 520 McKinley Street.

FITNESS CENTER

The Waupun Senior Center/Recreation Department has 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: Circuit Time 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 monthly 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, October 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

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 rotate in and change teams throughout. Come play or watch! Questions? Call the Waupun Recreation Department at 920-324-7930.

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

Monday—Friday at 9:00am (Outdoor) Waupun Junior/Senior High School Tennis Courts

New Community Center pickleball will begin in November.

30 | PUMPKIN FUN

CRAFT CLUB: CONCRETE PUMPKINS

Join us to make a concrete pumpkin. This fun and easy craft project uses a plastic pumpkin pail as our concrete mold. There is an example by the Waupun Recreation Department office. All of the supplies are provided. FREE! Sign up at office or by calling 324-7930. Deadline: 10/7
When: Tuesday, October 8 at 11:30am—Mixing & Pouring Concrete
Wednesday, October 9 at 11:30am—Stem Decorating



CRAFT CLUB: PUMPKIN CARVING/PAINTING

Join us to carve or paint a pumpkin! All of the supplies are provided. FREE! Sign up at the office or by calling 324-7930. Deadline 10/7
When: Wednesday, October 9 at 11:30am



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10 OCTOBER ACTIVITY CALENDAR SENIORS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CIRCUIT FITNESS CENTER MONDAY-FRIDAY 8AM – 10AM	1 <u>Packing</u> 9am Hand & Foot Cards 10:30am Tone 11:30am Lunch	2 9am Dice 10:30am Aerobics 11:30am Lunch Noon UNO 1pm Sheepshead 1pm Knit-Wits	3 8:30am Foot Care 9am Dominoes 10:30am Yoga Noon Board Games 1pm Sheepshead	4 9am Se7ens 10:30am Aerobics
7 <u>Membership Key Tag</u> 9am Marbles 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards	8 9am Hand & Foot Cards 10:30am Tone 11:30am Craft Club 11:30am Lunch	9 9am Dice 10:30am Aerobics 11:30am Craft Club 11:30am Lunch Noon UNO 1pm Sheepshead 1pm Knit-Wits	10 9am Dominoes 10:30am Yoga Noon Board Games 1pm Sheepshead	11 9am Se7ens 10:30am Aerobics 1pm SIA Bingo
14 CLOSED MOVING WEEK 11:30am Lunch	15 CLOSED MOVING WEEK 11:30am Lunch	16 CLOSED MOVING WEEK 11:30am Lunch	17 CLOSED MOVING WEEK 8:30am Foot Care	18 CLOSED MOVING WEEK 1pm Bingo at Prairie Ridge
21 <u>New Building Open</u> 9am Marbles 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards	22 9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 1pm Mayor	23 9am Dice 10:30am Aerobics 11:30am Lunch Noon UNO 1pm Sheepshead 1pm Knit-Wits	24 9am Dominoes 9am Dementia Care Specialist 10:30am Yoga Noon Board Games 1pm Sheepshead	25 9am Se7ens 9am Book Club 10:30am Aerobics
28 9am Marbles 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards	29 9am Hand & Foot Cards 10:30am Tone 11:30am Lunch	30 9am Dice 10:30am Aerobics 11:30am Lunch Noon UNO 1pm Sheepshead 1pm Knit-Wits	31 9am Dominoes 10:30am Yoga Noon Board Games 1pm Sheepshead	PICKLEBALL INFO— CHECK PAGE 8
SCHEDULE IS SUBJECT TO CHANGES. PLEASE CALL 324-7930 TO VERIFY.				

OCTOBER 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 11:30am, 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 in advance, but no later than one business day prior by noon 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 call 920-929-3466 (FdL County residents only). City of Waupun Dodge County residents, call 920-324-6509. Dodge County rural residents, call 920-386-3580.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY Mobile Meals Only	FRIDAY Mobile Meals Only
	1 Meatloaf Calico Bean Casserole Cole Slaw Peach Slices Frosted Cake/Roll	2 Baked Spaghetti Peas & Carrots Honeydew Melon Alexander Torte French Bread	3 Country Fried Steak Mashed Potatoes Sliced Carrots Applesauce Birthday Cake Dinner Roll	4 Hawaiian Meatballs Baby Red Potatoes Broccoli Cuts Tropical Fruit Ice Cream Cup Bread
7 Roast Turkey Mashed Potatoes Peas & Pearl Onions Fruited Gelatin Cinnamon Roll Bread	8 Scalloped Potatoes & Ham Casserole Spinach Salad Orange Ice Cream Cup Dinner Roll	9 Mushroom/Pork Cutlet Mashed Potatoes California Blend Vegetables Pineapple Tidbits Cookie Bread	10 Chicken Tetrizzini Three Bean Salad Honeydew Melon Applesauce Cake Dinner Roll	11 Country Fried Steak Mashed Potatoes Baby Carrots Petite Banana Fudge Brownie Bread
14 Salisbury Steak Mashed Potatoes Corn Cantaloupe Vanilla Pudding Bread	15 Chicken Marsala Baked Potato Peas & Pearl Onions Apple Cinnamon Roll Dinner Roll	16 Ham Roll Sweet Potato Bake Health Slaw Fruited Gelatin Spice Cake Bread	17 Brat with Bun Baked Beans Broccoli Cuts Tropical Fruit Cookie	18 Burger/Mushroom Chopped Steak Mashed Potatoes Sliced Carrots Apricot Halves Butterscotch Pudding Bread
21 BBQ Meatballs Baby Red Potatoes Peas & Carrots Pineapple Tidbits Dreamsicle Torte Bread	22 Chicken Teriyaki White Bean Salad California Blend Vegetables Honeydew Melon Orange Sherbet Dinner Roll	23 Swiss Steak Mashed Potatoes Corn Cantaloupe Frosted Cake Bread	24 Pork Jaeger Schnitzel Baked Potato Pickled Beet Salad Fruited Gelatin Cookie Dinner Roll	25 Breaded Fish Fillet German Potato Salad Cole Slaw Petite Banana Cinnamon Roll Bread
28 Chicken Cacciatore Garlic Mashed Potatoes Broccoli Cuts Pear Slices Applesauce Cake Bread	29 Liver & Onions Baby Red Potatoes Spinach Salad Orange Vanilla Pudding Dinner Roll	30 Roast Pork Loin Mashed Potatoes Sliced Carrots Peach Slices Ice Cream Cup Bread	31 Pepper Steak Calico Bean Casserole Corn Cantaloupe Cookie Dinner Roll	 <p>Feil's Catering Your Senior Dining Provider Menus & Nutritional Analysis at (920) 326-6050</p>

BINGO

We are going to play bingo two times this month!

Thanks to our great sponsors!

Our awesome, jumbo, shutter slide bingo cards were donated by the Waupun Lions Club.

- **FRIDAY, OCTOBER 11 at 1:00PM**
- **FRIDAY, OCTOBER 18 at 1:00PM—AT PRAIRIE RIDGE**

Friday, October 11 at 1:00pm

Sponsored by SIA Insurance Services

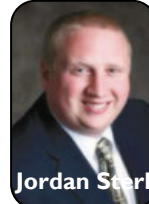
SIA is proud to sponsor 2nd Friday Bingo for the Waupun Recreation Department! Jordan Sterk, Kate Burk and Kyle Heuver are excited to be joining you this year as your bingo callers. Can't wait to see you on the 2nd Friday of every month at 1:00pm. Pizza provided by Pizza Ranch.



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



Kate Burk



Jordan Sterk



Kyle Heuver

Friday, October 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.



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SERVE WAUPUN REQUESTS

This group of volunteers 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.