

WAUPUN

SEPTEMBER 2025



WAUPUN
CITY OF SCULPTURE

RECREATION DEPARTMENT NEWSLETTER

Inspiring Wellness | Enriching Lives | Building Community

BREWER GAME TRIP

There are only a few tickets left! Join us on Sunday, September 28 for Brewers vs. Cincinnati Reds for the final baseball game of the regular season. Van departs the Center at 10:30am with a 2:10pm game start. Trip includes second level lodge ticket, transportation and driver tip. Fee: \$110. Contact Barb at (414) 305-1060, ASAP.

LEARN ABOUT TRAVEL

Come meet Barb (Hoelzel) Schumacher, new travel volunteer at the Waupun Community Center. She will share details about the upcoming 2025 day trips and take trip suggestions. Open to all applicable ages.

When: Tuesday, September 16 at 1pm

UPCOMING TRIPS

- Feeling Lucky? Try your luck at Ho Chunk Casino, Wisconsin Dells on Thursday, October 23. Enjoy \$15 game play and \$5 off lunch coupon. Bingo Matinee at 1:30pm. Motorcoach departs at 9am and returns to the Center around 4pm. \$45 **Deadline:** October 16
- Get into the holiday spirit with a trip to The Fireside to see "It a Wonderful" on Friday, November 21. Motorcoach departs at 9:30am for Fort Atkinson, including lunch with four entree choices, server gratuity, show and driver tip. \$130 **Deadline:** October 20

WHAT'S INSIDE:

- Activity Calendar
- Bingo
- Book Club
- Card Games
- Craft Club
- Diamond Art
- Fitness Center
- Foot Care
- Mayor Visit
- Meals
- Meet & Greet
- Membership
- Pickleball & LEAGUE
- Presentations
- Open Gym
- SPARK!
- Taxi
- Volksfest
- Yoga

Address: 520 McKinley Street Suite A, Waupun, WI 53963

Phone: (920) 324-7930

Hours: Monday—Friday, 6:00am—7:00pm & Saturdays, 8am—Noon

Email: parks@cityofwaupunwi.gov

Website: <https://www.cityofwaupunwi.gov/>



MEMBERSHIP

Waupun Community Center **participation requires a membership or day pass fee** to provide, maintain, and expand our services and programs. Stop on in for a tour!

Standard Membership grants access to participate in basic programs and services.


Standard + Fitness Membership grants access to everything a Standard Membership does, plus the ability to join our instructor-lead fitness classes and access to fitness center and gymnasium.

Additional fees may apply for certain programs offered by contracted instructors, practitioners, or for travel programs. Program offerings requiring specialized instruction, or the use of equipment or special supplies will be fee-based to support program delivery.

Age of Use Policy. Our facility is not a daycare or healthcare facility. Youth under 12 years of age must be attending a scheduled activity under the direct supervision of a caregiver. Adult participants must be independent or with a caregiver.

Resident versus non-Resident rate is determined by physical address. A City of Waupun address is required for resident rates.

Gift Certificates Available

MEMBERSHIP			
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
 Day-Pass		Family	\$225
		Non-Resident Individual	\$140
Day-Pass Resident	\$3	Non-Resident 2-Person Household	\$200
Day-Pass Non-Resident	\$5	Non-Resident Family	\$245




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VOLKSFEST

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The traditions and tastes of Germany will be coming to Waupun, September 12-13, as Volksfest returns for the enjoyment of all. All are invited to enjoy traditional German food, beer, as well as many fun activities, dancing, and live music from some of Wisconsin's best polka bands. Free admission and free parking. This year will be under a tent at Tanner Park and we have a rented dance floor for proper polka dance moves!! Rain or shine.



FRIDAY, SEPTEMBER 12

3pm—Bingo by the Waupun Recreation Department
 3pm—7pm - Pella Lutheran Desserts
 4pm—7pm Food from Fox Lake Snowmobile Club
 5pm—Fish Fry by Snow-Blazers Snowmobile Club & Music by Cooper Box
 7pm—Stein Holding Contest (youth, men's & women's divisions)

SATURDAY, SEPTEMBER 13

8am—Kiwanis Pancake Breakfast
 8am—3pm Car Show
 8am—3pm Vendor Market
 9am—Music by Warrior Blaskapelle
 11am—Music by Carol & The Keynotes
 2pm—Stumpf Fiddle Contest
 3pm—Music by Apolkalypse
 4pm—Music by The Mark Jirikovec Band

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A DreamSecure Senior Whole Life Insurance policy from American Family Life Insurance Company is a simple way to provide the people you love with some financial protection to help with your final expenses.

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Kristine Feil, Agent
 11 S Watertown St, Waupun
 Bus: (920) 324-3488
 kmoodie@amfam.com



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 Policy Form 6027-1-200-001, Policy Form 1-200-001-001, Policy Form 1-200-001



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 of Dodge County
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 or on Facebook @dodgecountysvdp

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City of Waupun Senior Center, Waupun, WI

A 4C 01-1431

ACTIVITIES

SECOND THURSDAY MEET & GREET

This is something new and exciting! We have met so many new people as we settle into our new building. Let's get to know each other a little better! Please join us for conversation, fun and pizza at the Waupun Community Center! Sign up at the welcome desk or by calling 324-7930.



When: Thursday, September 11 at 11:30am

CRAFT CLUB: YARN PUMPKINS

Join to make a fun and easy decoration for fall. We will use pool noodles to wrap with yarn to create pumpkin with a cork stem. All of the supplies are provided. Sign up at the welcome desk or by calling 324-7930.

When: Thursday, September 23 at 1:00pm



SPARK!

SPARK! Is a creative engagement program for people with early to mid-stage memory loss and their care partners. Programs provide experiences that stimulate conversations, provide peer support and inspire creativity through creative engagement, workshops and programs. SPARK! Programs are free for families to attend. To register for SPARK!, please call 920-386-3580.

When: Thursday, September 4 from 4—5pm

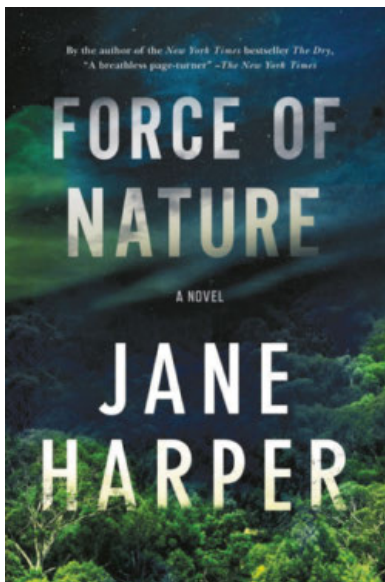
Where: Imagine That! Art Studio located at 409 E. Main Street, Waupun



DIAMOND ART CLUB

Join us for some fun and conversation. This club is designed for beginner diamond art individuals. Project provided. Sign up at the welcome desk or by calling 324-7930.

When: Monday, September 8 at 1pm



SEPTEMBER BOOK CLUB

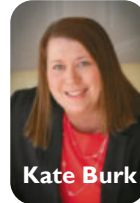
Force of Nature by Jane Harper, 326 pages. "Five people go on a corporate retreat - they are going to hike and camp in the wilderness. They are to leave their cell phones behind and rely on themselves and each other. This is going to be team work at its best! Except, It's NOT!. The women argue, quibble and are not very pleasant to each other. When they fail to return on time to the agreed upon rendezvous at the end of the retreat, the guides go looking for them. Eventually four of the women are found. The fifth one is missing. All the women have a similar story - similar- but not the same." Source: [goodreads.com](https://www.goodreads.com). Pick up your copy after September 1

Optional Discussion: Friday, September 26 at 9am

BINGO

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- Community Table bingo is on Fridays at 10am
- Friday, September 5 at 1:00pm—Sponsored by Charleston House
- Friday, September 12 at 1:00pm—Sponsored by SIA Insurance Services



Kate Burk



Jordan Stark



Kyle Heuver

- Friday, September 12 at 3:00pm—Volksfest Bingo AT Tanner Park
- Friday, September 19 at 1:00pm—AT Prairie Ridge
- Friday, September 26 at 1:00pm—Sponsored by Raven's Grooming
Come to bingo and receive \$5 off your dog's first groom. Make an appointment on Facebook (Raven's Grooming) or by calling (920) 631-7031.



Kohls Community Funeral Home

405 West Main Street • Waupun, WI 53963
920-324-5547 • www.kohlsfh.com



Randolph

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Randolph, WI 53956
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Jamie Minnema
Funeral Director/Manager

Markesan

Community Funeral Home

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Elizabeth Federer
Funeral Director

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City of Waupun Senior Center, Waupun, WI

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CARDS & GAMES

BILLIARDS

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

MONDAY EUCHRE

Let's play some cards! \$1 to play! Every Monday at 1:00pm.

WEDNESDAY LCR

Come play Left, Center, Right with us! Bring some nickels to place this easy to learn, fast-paced dice game. Wednesdays at 12:30pm.

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 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.

PING PONG TUESDAYS

Come play ping pong on Tuesday afternoons. Equipment and table will be ready. Join us on Tuesdays at 1:00pm

PICKLEBALL LEAGUES⁷

CO-ED PICKLEBALL LEAGUE; AGES 18+

Register to play in our first recreational 8-week pickleball league. This is a self-officiated league, with winners earning bragging rights! Players will get a number each week and play round robin style (sign up as an individual play as doubles). Player substitutions are allowed. Fee: \$40/person. Sign up at the welcome desk or by calling 324-7930.



Below is registration form.

If you can't attend over half the nights, please consider subbing instead. Contact Rachel Kaminski to join the sub list. Subs: \$5/night not guaranteed to play

BEGINNER: Mondays from 5-7pm (limit 12 players) - Dates: September 29—November 17

- New to the game.
- Small understanding of the rules and strategy of pickleball.
- Has some basic shots (such as a serve, return, and dinks), but have limited consistency and control.

INTERMEDIATE: Tuesdays from 5-7pm (limit 12 players) - Dates: September 30—November 18

- Moves around the court in a balanced and safe manner.
- Fully understands the aspects of scorekeeping, rules, where to stand on the court during serve, receive of serve, and general play.
- Has stroke skills, backhand, forehand, volley with consistency and control.
- Familiar with where to stand in doubles play.
- Starting to work with a partner in communicating, covering court, and moving to net.

ADVANCED: Wednesdays from 5-7pm (limit 12 players) - Dates: October 1—November 26 (not on 10/8)

- Demonstrates a broad knowledge of the rules of the game.
- Able to serve and return serve deep.
- Hits to the weak side of opponent often.
- Demonstrates more strategic playing during games.
- Works better with partners in communicating, covering court, and moving to net.
- With varying consistency executes lobs, forehand/backhand ground strokes, overheads, net volleys, and sustained dinking.
- Knows when to make some specific placed shots in the game.

FALL 2025 PICKLEBALL LEAGUE REGISTRATION

NAME: _____

PHONE: _____

EMAIL: _____

LEAGUE: _____

FITNESS

FITNESS CENTER

The Waupun Community Center has new fitness machines, treadmills, steppers, and bikes. It also has handheld weights, resistance bands, and exercise balls. The fitness center is open during building hours.

YOGA

Chair support is offered for all standing and seated yoga poses. This class focuses on stretching your whole body by focusing on specific muscles and muscle groups. Please wear tennis shoes.

When: Mondays & Thursdays at 9am & 10:30am

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

AEROBICS

Move to the music using hand-held weights, an elastic band, and a small ball. A chair is used for seated exercises and standing support. Equipment provided.

When: Wednesdays & Fridays at 10:30am

INDOOR WALKING

Come walk inside our building. 17 laps in the gym or 10 laps in the building = 1 mile.

GYMNASIUM SCHEDULE

We have pickleball, basketball, and volleyball equipment to use. For open gym/court reservations, please call 920-324-7930. Pickleball league starts week of 9/29. Gym space will be limited on 9/17, 10/8 & 10/9.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
8am	Pickleball Beginner	Pickleball Beginner	Pickleball Beginner	Pickleball Beginner	Pickleball Beginner
9am	Pickleball Intermediate/Advanced	Pickleball Intermediate/Advanced	Pickleball Intermediate/Advanced	Pickleball Intermediate/Advanced	Pickleball Intermediate/Advanced
11am	Pickleball Beginner	Pickleball Beginner	Pickleball Beginner	Pickleball Beginner	Pickleball Beginner
1pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
2pm	Learn to Play Pickleball	Open Gym	Learn to Play Pickleball	Open Gym	Learn to Play Pickleball
5-7pm	Pickleball League	Pickleball League	Pickleball League	Open Gym	Open Gym

SERVICES

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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 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, September 4

Thursday, September 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.

EYEGLOSS ADJUSTMENTS

Teresa Ruch from Rock River Eyewear will be at the Waupun Recreation Department to do any eyeglass or sunglass adjusting, replacement of screws, or nose pads. Cleaning supplies available.


When: Wednesday, September 17 at 12:30pm—1:00pm

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, September 25 from 9:00am—Noon

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- You do NOT need to 'update' your Medicare Card
- Medicare will NEVER call or text you asking for your Medicare number

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- Never give out your Medicare number to unexpected callers
- Hang up on anyone asking for personal information
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SEPTEMBER ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED Labor Day	2 9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 1pm Ping Pong	3 9am Dice 10:30am Aerobics 11:30am Lunch 12:30pm LCR Game 1pm Sheepshead 1pm Knit-Wits	4 8:30am Foot Care 9am Dominoes 9am Yoga 10:30am Yoga 1pm Sheepshead 4pm SPARK!	5 9am Se7ens 10:30am Aerobics 11am-12:30pm Community Table Meal 1pm Charleston House Bingo
8 9am Marbles 9am Yoga 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards 1pm Diamond Art	9 9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 1pm Ping Pong 1pm Historical Presentation	10 9am Dice 10:30am Aerobics 11:30am Lunch 12:30pm LCR Game 1pm Sheepshead 1pm Knit-Wits	11 9am Dominoes 9am Yoga 10:30am Yoga 11:30am Meet & Greet 1pm Sheepshead	12 9am Se7ens 10:30am Aerobics 11am-12:30pm Community Table Meal 1pm SIA Bingo 3pm at Volksfest Bingo
15 9am Marbles 9am Yoga 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards	16 9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 1pm Ping Pong 1pm Travel Time	17 9am Dice 10:30am Aerobics 11:30am Lunch 12:30pm LCR Game 12:30pm Eyeglasses 1pm Sheepshead 1pm Knit-Wits	18 8:30am Foot Care 9am Dominoes 9am Yoga 10:30am Yoga 1pm Sheepshead	19 9am Se7ens 10:30am Aerobics 11am-12:30pm Community Table Meal 1pm Bingo at Prairie Ridge
22 9am Marbles 9am Yoga 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards	23 9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 1pm Ping Pong 1pm Craft Club	24 9am Dice 10:30am Aerobics 11:30am Lunch 12:30pm LCR Game 1pm Sheepshead 1pm Knit-Wits 3pm Fitness Center Orientation	25 9am Dominoes 9am Dementia Care Specialist 9am Yoga 10:30am Yoga 1pm Sheepshead	26 9am Se7ens 9am Book Club 10:30am Aerobics 11am-12:30pm Community Table Meal 1pm Raven's Grooming Bingo
29 9am Marbles 9am Yoga 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards	30 9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 1pm Ping Pong 1pm Mayor Visit			

SCHEDULE IS SUBJECT TO CHANGES. PLEASE CALL 324-7930 TO VERIFY.
GYMNASIUM SCHEDULE IS ON PAGE 8.

SEPTEMBER LUNCH MENU

The Waupun senior dining lunch 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. Now serving cafeteria style!

When: Indoor dining at 11:30am, Monday—Wednesday, \$5.00 suggested contribution



When: Mobile meals delivered between 9:30am and 11:30am, Monday—Friday, \$5.00 suggested contribution

Eligibility: Available to all persons age 60 years of age or older or a spouse (under age 60) who is eating with their spouse 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. Actual of meal is \$11.47.

Registration: Participants must 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 CLOSED <u>Labor Day</u>	2 Pepper Steak Calico Bean Casserole Vegetable Fruit Dessert Roll	3 Baked Spaghetti Three Bean Salad Vegetable Fruited Gelatin Dessert Bread	4 Pork Jaegerschnitzel Mashed Potatoes Vegetable Fruit Dessert Roll	5 Brat German Potato Salad Vegetable Fruit Dessert
8 Salisbury Steak Mashed Potatoes Vegetable Fruit Dessert, Bread	9 Glazed Ham Sweet Potato Bake Vegetable Fruit Dessert, Roll	10 Chicken Teriyaki Patty Baked Potato Vegetable Fruit Dessert, Bread	11 Pot Roast Mashed Potatoes Three Bean Salad Fruit Dessert, Roll	12 Cranberry/Kraut Meatballs Baby Red Potatoes Vegetable Fruit Dessert, Bread
15 Roast Pork Loin Mashed Potatoes Vegetable Fruit Dessert Bread	16 Meatloaf Baked Potato Vegetable Fruited Gelatin Dessert Roll	17 Scalloped Potatoes & Ham Casserole Vegetable Fruit Dessert Bread	18 Smoked Sausage Baked Beans Vegetable Fruit Dessert, Roll	19 Swiss Steak Mashed Potatoes Vegetable Fruit Dessert Bread
22 Baked Chicken Garlic Mashed Potatoes Copper Penny Salad Fruit Dessert, Bread	23 Beef Stroganoff Casserole Vegetable Fruit Dessert, Roll	24 Honey Must. Meatballs Calico Bean Casserole Vegetable Fruit Dessert, Bread	25 Pepper Steak Baby Red Potatoes Health Slaw Fruit Dessert, Roll	26 Beef Stew Creamy Cucumbers Vegetable Fruit Dessert, Biscuit
29 Roast Turkey Mashed Potatoes Vegetable Fruit Dessert, Bread	30 Ham Roll Sweet Potato Bake Peas/Cheese Salad Fruit Dessert, Roll		 <i>Feil's Catering</i> Your Senior Dining Provider Menus & Nutritional Analysis at (920) 326-6050	Senior Dining  Fellowship, Food & Fun

FRIDAY COMMUNITY TABLE MEAL 11:00AM—12:30PM. A great, social meal at no cost served by organizations, businesses and volunteers in our community! All ages are welcome! Dine in or carryout. Menu changes weekly. Join us in the Waupun Community Center Dining Room!

PRESENTATIONS



MAYOR VISIT

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 Community Center to get your monthly update.

When: Tuesday, September 30 at 1pm

FITNESS CENTER ORIENTATION

Please join Thorne Wittstruck, Exercise Physiologist from SSM Waupun Memorial Hospital, on the 4th Wednesday of each month to teach community members how to use the exercise equipment in the Community Center Fitness Center. He will also be available to answer any questions on developing an exercise program and provide exercise tips.

When: Wednesday, September 24 from 3:00pm—4:00pm

HISTORICAL PRESENTATION

Noted educator, lecturer and poet Michael Belongie will provide the most up to date scholarship about the Burnett Ho-Chunk effigy mounds- 39 preserved animal, conical linear mounds, constructed 800 A.D. -1100 A.D. Sign up at the welcome desk or by calling 324-7930.

When: Tuesday, September 9 at 1pm

MEDICAL SUPPLIES & EQUIPMENT

Church Health Services, Inc. is seeking gently used/unneeded medical supplies and equipment. Items accepted are wheelchairs, walkers, canes, adult diapers, etc. 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. Medical supplies and equipment donations can be brought to the Waupun Recreation Department office. If you are in need of a wheelchair, walker, cane, bathroom support equipment, please ask a Recreation Department staff member. We do keep equipment on hand.



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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.