

WAUPUN



RECREATION DEPARTMENT NEWSLETTER

Inspiring Wellness | Enriching Lives | Building Community

ST. PATRICK'S DAY PARTY

Join us for a festive good time! St. Patrick's Day apparel is optional, but highly encouraged. There is a suggested donation of \$5.00 for lunch. For ages 60+. Registration is required by noon on Monday, March 16 by calling 324-7930 or registering at the welcome desk by noon on Monday, March 16.

When: Tuesday, March 17

♣ 11:30am—Lunch

♣ Lunch Menu: Corned Beef, Carrots, Cabbage, Fruited Gelatin, Cinnamon Roll, Diner Roll

♣ Noon—Bingo

♣ 12:30pm—St. Patrick's Day Trivia

♣ 1pm—Scavenger Hunt



ROOT BEER FLOATS

Come to the Community Center to have a root beer float to celebrate the Waupun Recreation Department staff; Denis, Jeff, Kim and Mouse! Happy one year anniversary of working at the Waupun Community Center!



When: Monday, March 16 at 12:30pm

ROOM & GYM RENTALS

The Waupun Community Center has rooms available to rent! Call us at (920) 324-7930. Visit <https://www.cityofwaupunwi.gov/parksrec/page/parks-and-recreation-home> to see full rental packet.

WHAT'S INSIDE:

- Activity Calendar
- Bingo
- Book Club
- Card Games
- Craft Club
- Diamond Art
- Euchre—New on Tuesdays
- Fitness Center
- Foot Care
- Line Dancing
- Lunch Menu
- Mayor Visit
- Membership
- Movie
- Pickleball
- Presentations
- Spring Break Kids Activities
- Trips
- Writing Workshop
- 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
Scholarships Available

**WAUPUN RECREATION
DEPARTMENT**

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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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SPRING BREAK

KIDS OPEN GYM

Youth under 12 years of age must be attending a scheduled activity under the direct supervision of a caregiver. Membership/Day Pass: \$3 resident/\$5 non-resident

Monday: Noon—4pm

Tuesday: Noon—2pm & 3—4pm

Wednesday: Noon—2 & 3—4pm

Thursday: Noon—4pm

Friday: Noon—4pm

SCHOOLS DAY OUT

Join us for kids activities brought to you by the Waupun Recreation Department and Waupun Food Pantry. Youth under 12 years of age must be attending a scheduled activity under the direct supervision of a caregiver. Membership/Day Pass: \$3 resident/\$5 non-resident

When: Monday, March 30

- 11:30am—Crafts
- 11:30am—Bag Lunch
- Noon—Tag Games & Relay Races
- 12:30pm—Kickball
- 1pm—Dodgeball
- 1:30pm—Basketball
- 2pm—4pm Open Gym

Sign up at the Waupun Recreation Department office, call (920) 324-7930, or email parks@cityofwaupunwi.gov.

FOR THEM. AND FOR YOU.

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



LIFE insurance underwritten by American Family Life Insurance Company
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Policy Form 6227-1-2019-01, Policy Form L-2018-001-01, Policy Form L-2018-01



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 www.charlestonhouseseniorliving.com



PRESENTATIONS

CITIZENS ACADEMY

Join us for the last class of Citizens Academy. The Waupun Fire Department will present. Join us for cake and ice cream to celebrate!

When: Tuesday, March 3 at 1pm.



MAYOR VISIT

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

When: Tuesday, March 31 at 1pm

FITNESS CENTER ORIENTATION

Join Thorne Wittstruck, Exercise Physiologist from SSM Waupun Memorial Hospital, to learn 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, March 25 from 3:00pm—4:00pm

WAUPUN AREA SCHOOL DISTRICT LISTENING SESSION

Community members are invited to meet Steven Hill, WASD District Administrator, to learn about the school district.

When: Tuesday, March 10 at 1:30pm

LEARN 4 TRUTHS ABOUT LONG-TERM CARE & LUNCH

Let your family care about you rather than for you. If you're thinking "it won't happen to me" when it comes to needing help as you age, you aren't alone. But the need for care often comes anyway. Attend this free workshop and learn how best to prepare for the kind of care you want. This session is hosted by Jonathan D Leonard, FIC. Reserve your spot for this special event by signing up at the welcome desk or by calling (920) 324-7930 by noon on Tuesday, March 10.

When: Wednesday, March 11 at 11:30am

MOVIE: ONE BY ONE (2024, 2 hours)

Directed and written by Steven Zambo from Salty Earth Pictures located in Fort Atkinson, WI. "Follows David Rosenau's journey from funeral director to prison guard, undercover detective, and homicide investigator before a calling to become a pastor after a life-threatening injury, impacting lives for eternity." Join us for the movie, popcorn and juice.

When: Tuesday, March 24 at 2pm

SAVE THE DATE: TRAVEL SHOW

Barb Schumacher will be back to talk about local day and extended trips.

When: Tuesday, April 28 at 1pm



WRITING WORKSHOP

5

Heidi Schmidt (Rachel's mom) will be back to teach about writing. Are you still writing? Or do you want to start to write? Why should I write you might be asking yourself? What should I write? So many questions..... but if you are interested in learning some new forms of poetry, putting together an outline for a short story or your memoir or just want to hear what others are writing. If you attended the fall writing workshop, bring a piece of writing that you are working on. Heidi will also share two new forms of poetry for you to try out. She will share a short, creative writing story that she wrote about Rachel. If you weren't with the group in the fall, Heidi will review two poetry types (haiku and limerick), plus two new poetry formats. She will also review what might be needed if you are writing a short story or even a memoir. Best of all, we will have more trivia questions about Rachel with prizes! We hope to see some familiar faces and some new faces.



When: Friday, March 20 at 1pm

Kohls Community Funeral Home

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



Randolph

Community Funeral Home

208 S. High St.
Randolph, WI 53956
(920) 326-5131

www.randolphfh.com

Jamie Minnema
Funeral Director/Manager

Markesan

Community Funeral Home

868 N. Margaret St.
Markesan, WI 53946
(920) 398-1522

www.markesanhf.com

Elizabeth Federer
Funeral Director

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ACTIVITIES

BINGO

Friday, March 6 at 1pm—Sponsored by Charleston House

Friday, March 13 at 1pm—Sponsored by SIA Insurance Services

Friday, March 20 at 1:30pm—AT Prairie Ridge

Friday, March 27 at 2pm—Buddy Bingo: 1st grade students from Meadow View Primary will be joining us. Come play bingo as a team. If one person on the team wins bingo, both win!

DIAMOND ART—SHAMROCKS

Learn or continue your diamond art skills. Register at the welcome desk or call (920) 324-7930.

When: Thursday, March 5 at 1pm

DIAMOND ART—EASTER

Learn or continue your diamond art skills. Register at the welcome desk or call (920) 324-7930.

When: Thursday, March 26 at 1pm



CRAFT CLUB—POCKET LUCK FELT COINS

Join us to make a lucky pocket coin! Felt and hand sewing will be used in this project. Sign up at the welcome desk or by calling (920) 324-7930.

When: Wednesday, March 11 at 1pm



KNIT-WITS

This is a social knitting group. Join us! Bring your own yarn and knitting needles.

When: Wednesdays at 1:00pm

SECOND THURSDAY MEET & GREET

Please join us for conversation, fun and Pizza Ranch pizza at the Waupun Community Center! Sign up at the welcome desk or by calling (920) 324-7930.

When: Thursday, March 12 at 11:30am **AND** 6pm



LINE DANCING

Join us for a fun time line dancing or just moving to the music. **When:** Tuesdays at 2pm

BOOK CLUB

The Glassmaker by Tracy Chevalier, 402 pages. “Venice, 1486. Across the lagoon lies Murano. Time flows differently here – like the glass the island’s maestros spend their lives learning to handle. Women are not meant to work with glass, but Orsola Rosso flouts convention to save her family from ruin. She works in secret, knowing her creations must be perfect to be accepted by men. But perfection may take a lifetime. Skipping like a stone through the centuries, we follow Orsola as she hones her craft through war and plague, tragedy and triumph, love and loss. The beads she creates will adorn the necks of empresses and courtesans from Paris to Vienna – but will she ever earn the respect of those closest to her?” **Discussion:** Friday, March 27 at 9am

CARDS & GAMES

EUCHRE

\$1 to play! Every Monday AND Tuesday at 1:00pm.

BILLIARDS

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

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.

WEDNESDAY LCR

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

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.

CRIBBAGE

Looking for cribbage players! Come play at the Community Center with us on Tuesdays at 12:30pm.

BLACK QUEENS SHEEPSHEAD

\$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

Let's play some real dominoes on Thursdays at 9:00am.

BEAN BAG TOSS

Join us to play bean bag toss in the gym at 12:30pm on Thursdays.

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

We have the tables and equipment. Join us on Tuesdays at 1:00pm

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. Fitness Center orientation is on Wednesday, March 25 from 3-4pm.

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 or 24 laps in the hallways = 1 mile. Walking can be done anytime the building is open.

GYMNASIUM SCHEDULE

We have pickleball, basketball, badminton, and volleyball equipment to use. For open gym/court reservations, please call 920-324-7930. Open gym is first come, first served. On high volume days there may be some limits to open gym availability.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
8am	Pickleball Beginner	Pickleball Beginner	Pickleball Beginner	Pickleball Beginner	Pickleball Beginner	Open Gym
9am	Pickleball Intermediate	Pickleball Intermediate	Pickleball Intermediate	Pickleball Intermediate	Pickleball Intermediate	Open Pickleball
11am	Pickleball Beginner	Pickleball Beginner	Pickleball Beginner	Pickleball Beginner	Pickleball Beginner	Open Gym
1pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
2pm		Line Dancing	Learn to Play Pickleball			
3pm		Open Gym	Open Gym			
4-7pm	Open Gym Basketball	Open Gym Pickleball	Open Gym Basketball	Open Gym Pickleball	Open Gym Basketball	

DAY TRIPS

APRIL 8—RACINE & MORE

Enjoy a day in Racine, WI. Our first stop is the Racine Art Museum to view the annual ‘Peeps Contest’ then lunch at the Reef Point Brewery, a visit to the Windpoint Lighthouse and more. Depart 7:30am/Return at 5:30pm. \$110 includes attractions, lunch, motorcoach and gratuities. Deadline: March 18

MAY 27—SHEBOYGAN & KOHLER

Join us for a fun filled days as we head east. Wander through the Bookworm Gardens, a non-profit botanical garden inspired by children's literature, bringing to life over 80 books. Lunch at the Horse n Plow at the American Club. A chance to visit the Kohler Design center and Waelderhaus. Depart 8:30am/Return at 4:30pm. \$120 includes attractions, lunch, motorcoach and gratuities. Deadline: May 1

JULY 9—LAVENDAR FIELDS & CRANE FOUNDATION

We travel to Baraboo to enjoy the New Life Lavendar Fields with a video and wagon ride through 40 acres of farm and wildlife. After lunch, we head to the Crane Foundation for a guided tour and time in the gift shop. Depart 8:30am/Return 4:30pm. \$140 includes attractions, lunch, motorcoach and gratuities. Deadline: June 15

Contact Barb Schumacher for questions on any of these trips at (414) 305-1060.

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MARCH ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2 9am Marbles 9am Yoga 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards	3 9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 12:30pm Cribbage 1pm Ping Pong 1pm Citizens Academy 1pm Euchre 2pm Line Dancing	4 9am Dice 10:30am Aerobics 11:30am Lunch 12:30pm LCR Game 1pm Sheepshead 1pm Knit-Wits	5 8:30am Foot Care 9am Dominoes 9am Yoga 10:30am Yoga 12:30pm Bean Bag 1pm Sheepshead 1pm Diamond Art	6 9am Se7ens 10:30am Aerobics 11am-12:30pm Community Table 1pm Charleston House Bingo	
9 9am Marbles 9am Yoga 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards	10 9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 12:30pm Cribbage 1pm Ping Pong 1pm Euchre 1:30pm WASD Talk 2pm Line Dancing	11 9am Dice 10:30am Aerobics 11:30am Lunch 11:30am Long-Term Care 12:30pm LCR Game 1pm Sheepshead 1pm Knit-Wits 1pm Craft Club	12 9am Dominoes 9am Yoga 10:30am Yoga 11:30am Meet & Greet 12:30pm Bean Bag 1pm Sheepshead 6pm Meet & Greet	13 9am Se7ens 10:30am Aerobics 11am-12:30pm Community Table 1:00pm SIA Bingo	
16 9am Marbles 9am Yoga 10:30am Yoga 11:30am Lunch 12:30pm Root Beer Floats 1pm Euchre 1pm Golf Cards	17 St. Patrick's Day Party 9am Hand & Foot Cards 11:30am Lunch 12:30pm Cribbage 1pm Ping Pong 1pm Euchre 2pm Line Dancing 	18 Racine Trip Deadline 9am Dice 10:30am Aerobics 11:30am Lunch 12:30pm LCR Game 12:30pm Eyeglasses 1pm Sheepshead 1pm Knit-Wits	19 8:30am Foot Care 9am Dominoes 9am Yoga 10:30am Yoga 12:30pm Bean Bag 1pm Sheepshead	20 9am Se7ens 10:30am Aerobics 11am-12:30pm Community Table 1pm Writing Workshop 1:30pm Bingo at Prairie Ridge	
23 9am Marbles 9am Yoga 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards	24 9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 12:30pm Cribbage 1pm Ping Pong 1pm Euchre 2pm Line Dancing 2pm Movie	25 9am Dice 10:30am Aerobics 11:30am Lunch 12:30pm LCR Game 1pm Sheepshead 1pm Knit-Wits 3pm Fitness Orientation	26 9am Dominoes 9am Dementia Specialist 9am Yoga 10:30am Yoga 12:30pm Bean Bag 1pm Sheepshead 1pm Diamond Art	27 9am Se7ens 9am Book Club 10:30am Aerobics 11am-12:30pm Community Table 2pm Buddy Bingo	
30 Schools Day Out 9am Marbles 9am Yoga 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards	31 9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 12:30pm Cribbage 1pm Ping Pong 1pm Mayor Visit 1pm Euchre 2pm Line Dancing				

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

MARCH 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 \$13.89.

Registration: 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
2 Meatballs in Mushroom Sauce Baked Potato Red Cabbage Pear Slices Cookie & Bread	3 Meatloaf Garlic Mashed Pot. Peas/Pearl Onions Applesauce Pudding Roll	4 Chicken Teriyaki Baby Red Potatoes Spinach Salad Tropical Fruit Cake Bread	5 Pork Steak Mashed Potatoes Vegetable Fruited Gelatin Cake Roll	6 Macaroni & Cheese Baked Beans Vegetable Banana Cinnamon Roll Bread
9 Scalloped Potatoes & Ham Casserole Vegetable Orange Pudding Bread	10 Baked Chicken Mashed Potatoes Copper Penny Salad Pineapple Tidbits Cookie Roll	11 Ham Roll Sweet Potato Bake Cole Slaw Applesauce Cake Bread	12 Burger Mushroom Chopped Steak Mashed Potatoes Vegetable Banana Chocolate Sundae Cup Roll	13 Breaded Fish Fillet White Bean Salad Vegetable Peach Slices Cake Bread
16 Chili Casserole Spinach Salad with Raspberry Vinaigrette Honeydew Melon Pudding & Cornbread	17 Corned Beef Carrots & Cabbage Fruited Gelatin Cinnamon Roll Roll 	18 Roast Turkey Mashed Potatoes Three Bean Salad Pear Slices Cookie & Bread	19 Pepper Steak Baked Beans Vegetable Apple Poppy Seed Torte & Roll	20 Spinach Lasagna Casserole Health Slaw Banana Cinnamon Roll Bread
23 Baked Chicken Garlic Mashed Pot. Peas/Cheese Salad Pineapple Tidbits Pudding Bread	24 Beef Stroganoff Vegetable Tropical Fruit Salad Cookie Roll	25 Hawaiian Meatballs Baked Potato Vegetable Applesauce Raspberry Sherbet Bread	26 Chicken Cacciatore Calico Bean Cass. Cole Slaw Banana Coconut Cream Pie Roll	27 Crab Creole over Brown Rice Vegetable Apple Cinnamon Roll Bread
30 Swiss Steak Mashed Potatoes Vegetable Apple Cinnamon Roll & Bread	31 Pork Jaegerschnitzel Sweet Potato Bake Pickled Beets Sliced Peaches Cookie & Sliced Bread	<p>Senior Dining</p>  <p>Fellowship, Food & Fun</p>	 <p>Feil's Catering Your Senior Dining Provider Menus & Nutritional Analysis at (920) 326-6050</p>	

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!

