

WAUPUN

RECREATION DEPARTMENT NEWSLETTER

JANUARY 2026



WAUPUN
CITY OF SCULPTURE

Inspiring Wellness | Enriching Lives | Building Community

NEW YEAR'S PARTY

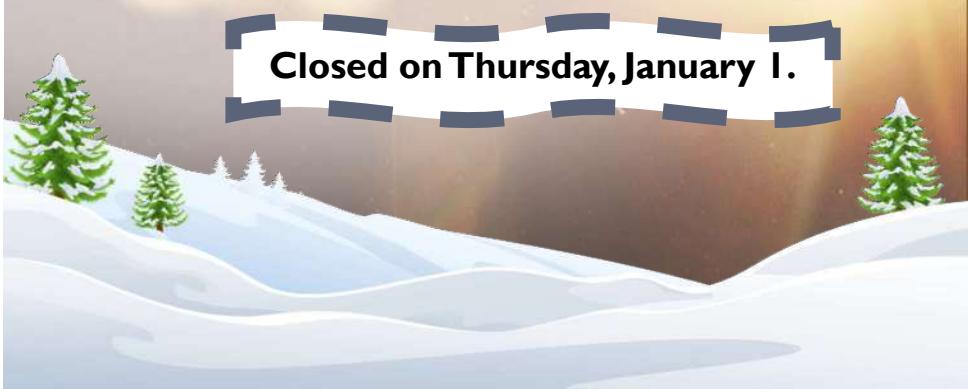
Hello, 2026!!! You are invited to our New Year's party at the Community Center! Registration is required by noon on Monday, January 5 by calling 324-7930 or registering at the welcome desk. There is a suggested contribution of \$5 for lunch. For ages 60+.

When: Tuesday, January 6

- 11:15am—2026 Resolutions and toast to the New Year
- 11:30am—Lunch
 - ♦ **Lunch Menu:** Orange Chicken Breast, Baked Beans, Spinach Salad, Fruit, Pudding, Roll, Milk
- Noon—New Year's Trivia
- 12:30pm—Bingo & Games

ROOM RENTALS

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



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/>

WHAT'S INSIDE:

- Activity Calendar
- Bingo
- Book Club
- Card Games
- Citizens Academy
- Craft Club
- Diamond Art
- Fitness Center
- Foot Care
- Line Dancing
- Lunch
- Mayor Visit
- Membership
- Movie
- Open Gym
- Pickleball
- Presentations
- School's Day Out
- Yoga



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

**WAUPUN RECREATION
DEPARTMENT**

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FACEBOOK



| 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 |
|  | | 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 |

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CITIZENS ACADEMY

3

The Waupun Police & Fire Department is giving us our own mini version of what it is like to be a police officer, firefighter, paramedic, and emergency medical technician! This fun, learning opportunity is for everyone. There are no tests or quizzes. Questions are encouraged. New information, demonstrations and topics will be presented. You have the choice to attend one class or all of them!

When: Tuesdays at 1pm at the Waupun Community Center

- Tuesday, January 20 — Police Department Overview & Equipment
- Tuesday, January 27 — K9 Demo & Drug Investigations with the Mayor
- Tuesday, February 3 — School Safety & Police Liaison Officer
- Tuesday, February 10 — Investigations
- Tuesday, February 17 — EMS & Fall Prevention
- Tuesday, February 24 — Fire Department with the Mayor
- Tuesday, March 3 — Drone Program

Registration is required. Sign up at the welcome desk or call (920) 324-7930.



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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
115 Watertown St, Waupun
Bus: (920) 324-3488
kmoodee@amfam.com



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Policy Form 1C-0200018, Policy Form L-228 AND 4L, Policy Form L-228 AND 4L


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City of Waupun Senior Center, Waupun, WI

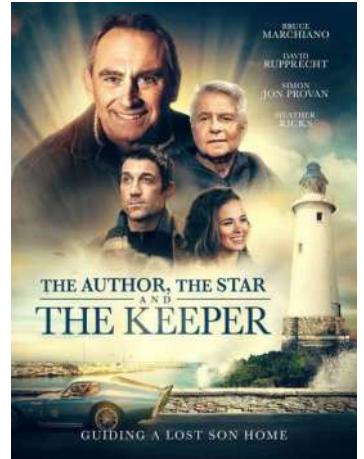
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ACTIVITIES

MOVIE

Join us for a movie featuring *The Author, The Star and The Keeper*, 2020, 1 hour 48 minutes, directed and written by Steven Zambo from Salty Earth Pictures located in Fort Atkinson, WI. "From times beginning, The Author has written a prodigal son story for an estranged son, The Star, who returns to his childhood town to rekindle his relationship with father, The Keeper." Much of this movie was filmed at the lighthouse and Lakeside Park in Fond du Lac. After the movie, one of the actors, Dan Bell, will be present and talk about the movie.

When: Tuesday, January 20 at 2:30pm



DIAMOND ART

Learn or continue your diamond arts skills by making snowman ornaments, keychains or magnets. Project provided. Register at the welcome desk or call (920) 324-7930.

When: Thursday, December 8 at 1pm



FOOD PANTRY

The Waupun Food Pantry serves families and individuals who reside in the Waupun Area by providing food and other essentials. For food pantry eligibility, individuals must live in Waupun and fill out a income based form. Donations are accepted during open hours.

The Waupun Food Pantry is open:

- Mondays—Thursdays from 9:30am—3pm
- Clothing Area is open Tuesdays from 9am—3pm
- Bible study is on Wednesdays from 2pm—3pm
- Community Table Friday Meal: 11am—1pm with Bingo 10am—11am

Contact Information: (920) 324-4000, waupunfoodpantry@gmail.com

Location: 520 McKinley Street, Suite B (Southeast side of Community Center)

REACH

REACH strives to bring about positive, lasting change in the lives of Waupun area youth. REACH commits to improving the physical, social, emotional, and economic health and well-being of Waupun area youth through building relationships and providing opportunities. The Mentors and Mentees are able to use the Community Center at whatever time works best for them.

Contact Information: (920) 325-2011, info@reachwaupun.org

Location: 520 McKinley Street, Suite C (Northeast side of Community Center)

SCHOOL'S DAY OUT

5

Calling all kids and caregivers! Join us for kids activities in the Community Center for some instructor lead fun brought to you by the Waupun Recreation Department, REACH Waupun, Waupun Food Pantry, and student volunteers from the Waupun Area School District.

When: Monday, January 19

- 11am—1pm: Crafts, board games, video games, air hockey in REACH
- 11:30am—Kickball
- Noon—Dodgeball
- 12:30am - Soccer
- 1:00pm—Open Gym & Bag Lunch
- 1:30pm—Movie



Age of Use Policy. Youth under 12 years of age must be attending a scheduled activity under the direct supervision of a caregiver.

Registration is open now and required. Sign up at the Waupun Recreation Department office, call (920) 324-7930, or email parks@cityofwaupunwi.gov

Kohls Community Funeral Home

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



Randolph
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www.randolphfh.com
Jamie Minnema
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City of Waupun Senior Center, Waupun, WI

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ACTIVITIES

KNIT-WITS

This is a social knitting group that works on personal projects while chit chatting. Bring your own yarn and knitting needles and join us!

When: Wednesdays at 1:00pm



JANUARY CRAFT CLUB: GUMBALL MACHINE

Join us to make an easy and small gumball machine craft project. Fill it with candy or pom poms. Sign up at the welcome desk or by calling 324-7930.

When: Thursday, January 22 at 1pm

NEW LINE DANCING

Join us for a fun time line dancing or just moving to the music.

When: Tuesdays at 2:00pm

SECOND THURSDAY MEET & GREET

This is something new and exciting! Join us for lunch or supper. We have met so many new people as we settle into our new building and start off the new year. Let's get to know each other a little better! 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, January 8 at 11:30am **AND** 6pm

TRAVEL SHOW

Save the date for Travel Time with Barb from Schumacher Travels to learn about 2026 trips!

When: Tuesday, February 10 at 1pm

BINGO

Tuesday, January 6 at 12:30pm—New Year's Party

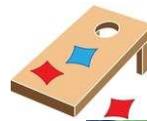
Friday, January 9 at 1:00pm—Sponsored by SIA Insurance Services

Friday, January 16 at 1:00pm—AT Prairie Ridge

Friday, January 30 at 2:00pm—Buddy Bingo: 1st grade students from Meadow View Primary will be joining us. Come play bingo as a team. If one person in the team wins bingo, each player wins a prize.

INDOOR BEAN BAG TOSS

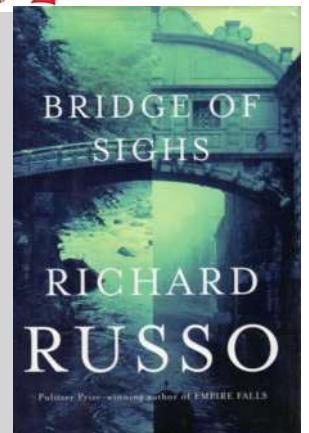
Join us to play bean bag toss in the gymnasium at 12:30pm on Thursdays.



JANUARY BOOK CLUB

Bridge of Sighs by Richard Russo, 528 pages. “The story of Louis C. Lynch (cruelly nicknamed “Lucy” by his elementary school classmates), who, at 60 years old, is preparing to leave his childhood hometown for the first time to visit Venice in the hopes of reconnecting—and disentangling his complicated history—with a long-lost childhood friend. Moving between the little-known post-industrial town of Thomaston, New York, and Italy’s world-famous “floating city,” ” Source: goodreads.com.

Optional Discussion: Friday, January 30 at 9am



CARDS & GAMES

BILLIARDS

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

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.

BLACK QUEENS SHEEPSHEAD

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

CRIBBAGE

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

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, January 28 at 3pm.

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

Stay warm! 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. School's Day Out gym use 11:30am—3:30pm on 1/19.

| | 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 Gym 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 | Open Gym | Line Dancing | Learn to Play Pickleball | Open Gym | Open Gym | |
| 3-7pm | Open Gym | Open Gym | Open Gym | Open Gym | Open Gym | |

SERVICES

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: \$40 and 30 minute appointment or until foot care is complete

When: Thursday, January 15

Thursday, February 5

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 Community Center to do any eyeglass or sunglass cleaning, adjusting, replacement of screws, and nosepads.

When: Wednesday, January 21 at 12:30pm—1:00pm



ELDER BENEFIT SPECIALIST OFFICE HOURS

Meet Fond du Lac County's Elder Benefit Specialist, Melissa Chase. Melissa will answer questions for anyone 60+ about any public or private benefits you may receive or would like to receive.

When: Thursday, January 8 from 9am—Noon

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10 JANUARY ACTIVITY CALENDAR

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|--|
| | | | 1 CLOSED Happy New Year! | 2 9am Se7ens 10:30am Aerobics |
| 5 9am Marbles 9am Yoga 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards | 6 New Year's Party Day 9am Pool League 9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 12:30pm Cribbage 1pm Ping Pong 2pm Line Dancing | 7 9am Dice 10:30am Aerobics 11:30am Lunch 12:30pm LCR Game 1pm Sheepshead 1pm Craft Club 1pm Knit-Wits | 8 9am FdL Office Hours 9am Dominoes 9am Yoga 10:30am Yoga 11:30am Meet & Greet 12:30pm Bean Bag 12:30pm Cribbage 1pm Diamond Art 1pm Sheepshead 6pm Meet & Greet | 9 9am Se7ens 10:30am Aerobics 11am-12:30pm Community Table 1pm SIA Bingo |
| 12 9am Marbles 9am Yoga 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards | 13 9am Pool League 9am Hand & Foot Cards 11:30am Lunch Noon Adult Wellness 12:30pm Cribbage 1pm Ping Pong 1:30pm WASD Talk 2pm Line Dancing | 14 9am Dice 10:30am Aerobics 11:30am Lunch 12:30pm LCR Game 1pm Sheepshead 1pm Knit-Wits | 15 8:30am Foot Care 9am Dominoes 9am Yoga 10:30am Yoga 12:30pm Bean Bag 12:30pm Cribbage 1pm Sheepshead | 16 9am Se7ens 10:30am Aerobics 11am-12:30pm Community Table 1pm Bingo at Prairie Ridge |
| 19 School's Day Out 9am Marbles 9am Yoga 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards | 20 9am Pool League 9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 12:30pm Cribbage 1pm Ping Pong 1pm Citizens Academy 2pm Line Dancing 2:30pm Movie | 21 9am Dice 10:30am Aerobics 11:30am Lunch 12:30pm LCR Game 12:30pm Eyeglasses 1pm Sheepshead 1pm Knit-Wits | 22 9am Dominoes 9am Yoga 10:30am Yoga 12:30pm Bean Bag 12:30pm Cribbage 1pm Craft Club 1pm Sheepshead | 23 9am Se7ens 10:30am Aerobics |
| 26 9am Marbles 9am Yoga 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards | 27 9am Pool League 9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 1pm Ping Pong 1pm Citizens Academy 1pm Mayor Visit 2pm Line Dancing | 28 9am Dice 10:30am Aerobics 11:30am Lunch 12:30pm LCR Game 1pm Sheepshead 1pm Knit-Wits 3pm Fitness Orientation | 29 9am Dominoes 9am Yoga 10:30am Yoga 12:30pm Bean Bag 12:30pm Cribbage 1pm Sheepshead | 30 9am Se7ens 9am Book Club 10:30am Aerobics 2pm Buddy Bingo |
| SCHEDULE IS SUBJECT TO CHANGES. PLEASE CALL 324-7930 TO VERIFY. GYMNASIUM SCHEDULE IS ON PAGE 8. | | | | |

JANUARY 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: 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 |
|---|--|---|--|--|
| Senior Dining  Fellowship, Food & Fun | | | 1 CLOSED Happy New Year | 2 Bratwurst on a Bun Baked Beans Pickled Beets Fruit Ice Cream Cup |
| 5 Mushroom Pork Cutlet Mashed Potatoes Copper Penny Salad Applesauce Cookie Bread | 6 Orange Chicken Breast Baked Beans Spinach Salad Fruit Pudding Roll | 7 Meatloaf Sweet Potato Bake Green Beans Fruit Alexander Torte Bread | 8 Lasagna Casserole Three Bean Salad Broccoli Fruit Cake French Bread | 9 BBQ Meatballs Baked Beans Creamy Cole Slaw Fruit Orange Sherbet Cup Bread |
| 12 Cheesy Chicken & Rice Casserole Broccoli Cuts Peas & Onions Fruit Cinnamon Roll Bread | 13 Italian Sausage on a Bun Calico Beans Red Cabbage Fruit Cookie | 14 Country Fried Steak Mashed Potatoes Vegetable Fruit Cake Bread | 15 Scalloped Potatoes and Ham Casserole Vegetable Fruited Gelatin Choc. Raspberry Torte Roll | 16 Swiss Steak Mashed Potatoes Vegetable Fruit Pudding Bread |
| 19 Baked Chicken Garlic Mashed Potatoes Copper Penny Salad Fruit Cookie Bread | 20 Beef Stroganoff Casserole Vegetable Fruit Salad Ice Cream Cup Roll | 21 Honey Mustard Meatballs Calico Bean Casserole Spinach Salad Fruit Cake Bread | 22 Pepper Steak Baby Red Potatoes Health Slaw Fruit Choc./Rasp. Torte Roll | 23 Pork Jaegerschnitzel Mashed Potatoes Red Cabbage Banana White Brownie Bread |
| 26 Swiss Steak Mashed Potatoes Vegetable Fruit Cookie Bread | 27 Ham Roll Sweet Potato Bake Vegetable Fruit Salad Pudding Roll | 28 Pork Loin Mashed Potatoes Pickled Beet Salad Applesauce Spice Cake Bread | 29 Chicken Teriyaki White Bean Salad Vegetable Fruited Gelatin Cinnamon Roll Roll | 30 Breaded Fish Filet German Potato Salad Vegetable Honeydew Melon Vanilla Ice Cream Cup Bread |

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! Not on Friday, January 2.

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, January 28 at 1pm (with Citizens Academy)

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, January 28 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, January 13 at 1:30pm

ADULT WELLNESS PRESENTATION

This presentation will highlight the Fond du Lac County's Health Department's programs and initiatives that promote adult health, including services related to immunizations, chronic disease prevention, oral health and overall wellness.

When: Tuesday, January 13 at Noon

MEDICAL SUPPLIES & EQUIPMENT

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 or supplies, please ask a Recreation Department staff member. We do keep some supplies and equipment on hand to borrow or keep for free.

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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.

Welcome desk volunteer opportunities are open. If interested, please contact Rachel Kaminski at (920) 324-7930.