

WAUPUN

AUGUST 2025



WAUPUN
CITY OF SCULPTURE

RECREATION DEPARTMENT NEWSLETTER

Inspiring Wellness | Enriching Lives | Building Community

EXTENDED HOURS

The Community Center will be open on Saturday mornings starting on August 1 from 8am—Noon for member use and day pass use.

COMMUNITY CENTER RENTAL

We are ready to rent the building! Starting on August 1, please call 920-324-7930 to schedule a room/gym/facility rental.

Rental information online:

<https://www.cityofwaupunwi.gov/parksrec/page/parks-and-recreation-home>

There you will find information on rental rates and fees, rentable rooms, rules, and how to schedule.

END OF SEASON DATES

Friday, August 1, 5-8pm: Discover Downtown Waupun final Friday Summer Series in Waupun Food Truck Alley & Greenspace featuring Abby's Belle Fountain Food Truck, Whisper Hills Clydesdales Petting Zoo & Pony Rides, and Live Music by Rural Route 3

Friday, August 8: Last day of Waupun Park Program

Sunday, August 24: Waupun Family Aquatic Center closes

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
- Presentations
- Open Gym
- SPARK!
- Taxi
- Travel
- 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

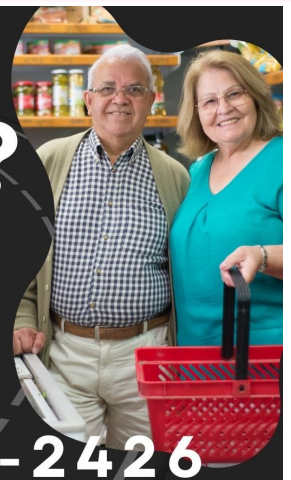
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WAUPUN TAXI

920-324-2426

www.browncab.net



**WAUPUN RECREATION
DEPARTMENT**

**FOLLOW US ON
FACEBOOK**



TRAVEL TIME

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LEARN ABOUT TRAVEL TIME WITH BARB

Come meet Barb (Hoelzel) Schumacher, new travel volunteer at the Waupun Community Center. She will share details about the 2025 day trips listed below and take trip suggestions. Plan to sign up on August 19 with cash or check with Barb. Day trips are non refundable, but let us know if you can't make it. We may have a waitlist to take your place. Open to all applicable ages.

When: Tuesday, August 19 at 1pm

TRIPS

- Join us on Sunday, September 28 for Brewers vs. Cincinnati Reds for the final baseball game of the regular season. Motorcoach departs the Center at 10:30am with a 2:10pm game start. Trip includes second level lodge ticket, motorcoach and driver tip. \$110 **Deadline:** August 22
- 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

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!

When: Thursday, August 14 at 11:30am



CRAFT CLUB: BUTTON ART

Join to make button art! We will use buttons on canvas to create a floral design. All of the supplies are provided. Sign up at the welcome desk or by calling 324-7930.

When: Thursday, August 28 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, August 7 from 4—5pm

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



DIAMOND ART FOR BEGINNERS

Come learn about diamond art and make a project on Wednesday, August 6 at 1pm. This class is designed for beginner. Project provided will be provided for this class. Other beginner classes will be Monday, August 18 at 2pm and Wednesday, August 27 at 1pm. Please bring your own project to these classes.

DIAMOND ART CLUB

Join us for some fun and conversation. This club is designed for experienced diamond art individuals. Join us on Wednesday, August 13 at 1pm. Bring your own project to work on.

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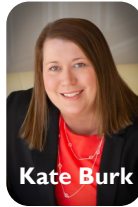
BINGO

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Community Table BINGO is on Fridays at 10am.

Friday, August 8 at 1:00pm

Sponsored by SIA, longtime sponsors of bingo. Come to bingo and let's chat about insurance!



Friday, August 15 at 1:00pm—AT 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, August 22 at 1:00pm

Sponsored by Raven's Grooming in Waupun. 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.

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.

***NEW

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

ACTIVITIES

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NATIONAL SENIOR CITIZENS DAY

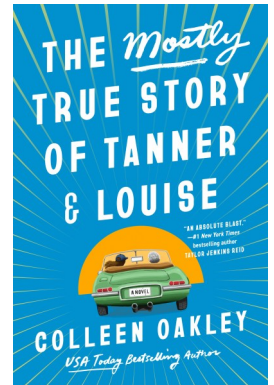
In 1988, the U.S. Congress and President Ronald Reagan encouraged the public recognition of our senior citizens, their wisdom, their leadership and their contributions by declaring the first National Senior Citizens Day. Join us at the Waupun Recreation Department to celebrate National Senior Citizen's Day! Cool off with an ice cream treat and allow us to thank you for your participation and support.

When: Thursday, August 21 at 12:30pm



AUGUST BOOK CLUB

The Mostly True Story of Tanner and Louise by Colleen Oakley, 337 pages. "Twenty-one-year-old Tanner Quimby needs a place to live. Preferably one where she can continue sitting around in sweatpants and playing video games nineteen hours a day. Since she has no credit or money to speak of, her options are limited, so when an opportunity to work as a live-in caregiver for an elderly woman falls into her lap, she takes it. One slip on the rug. That's all it took for Louise Wilt's daughter to demand that Louise have a full-time nanny living with her. Never mind that she can still walk fine, finish her daily crossword puzzle, and pour the two fingers of vodka she drinks every afternoon. Bottom line -- Louise wants a caretaker even less than Tanner wants to be one." Source: goodreads.com. Pick up your copy after August 1.



Optional Discussion: Friday, August 29 at 9am

IN-TOWN BIKE RIDE

Bring your own bike and helmet to meet up for a bike ride.

When: Wednesdays at 9am, Meet at the Community Center

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

PICKLEBALL

Join us to play or learn how to play pickleball at the Waupun Community Center! You can find our gymnasium schedule on page 8 of this newsletter. We have times scheduled for open play and lessons. We also have the equipment needed for you to play. Want to reserve a court? Please sign up at the welcome desk, call (920) 324-7930, or email parks@cityofwaupunwi.gov.



PICKLEBALL LEAGUE INTEREST?

We are looking to see how many teams or leagues are wanted. Also what day(s) and time(s) are best. Please talk to a Community center staff member to collect your thoughts. Thanks!

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 gym or through our hallways.

17 laps in the gym = 1 mile and 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.

	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
3pm-7pm	Open Gym	Open Gym	Open Gym	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, August 7 Thursday, August 21

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, August 20 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, August 28 from 9:00am—Noon

AUGUST ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPEN ON SATURDAYS FROM 8AM—NOON				1 9am Se7ens 10:30am Aerobics 11am Senior Swim 11am-12:30pm Community Table Meal
4 9am Marbles 9am Yoga 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards	5 9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 2pm QPR Presentation 1pm Ping Pong	6 9am Dice 9am Bike Ride 10:30am Aerobics 11:30am Lunch 12:30pm LCR Game 1pm Diamond Art 1pm Sheepshead 1pm Knit-Wits	7 8:30am Foot Care 9am Dominoes 9am Yoga 10:30am Yoga 1pm Sheepshead 4pm SPARK!	8 9am Se7ens 10:30am Aerobics 11am Senior Swim 11am-12:30pm Community Table Meal 1pm SIA Bingo
11 9am Marbles 9am Yoga 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards	12 9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 1pm Ping Pong 1pm Hospice 101	13 9am Dice 9am Bike Ride 10:30am Aerobics 11:30am Lunch 12:30pm LCR Game 1pm Diamond Art Club 1pm Sheepshead 1pm Knit-Wits	14 9am Dominoes 9am Yoga 10:30am Yoga 11:30am Meet & Greet 1pm Sheepshead	15 9am Se7ens 10:30am Aerobics 11am Senior Swim 11am-12:30pm Community Table Meal 1pm Bingo at Prairie Ridge
18 9am Marbles 9am Yoga 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards 2pm Diamond Art	19 9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 1pm Ping Pong 1pm Travel Time	20 9am Dice 9am Bike Ride 10:30am Aerobics 11:30am Lunch 12:30pm LCR Game 12:30pm Eyeglasses 1pm Sheepshead 1pm Knit-Wits	21 8:30am Foot Care 9am Dominoes 9am Yoga 10:30am Yoga 12:30pm Ice Cream 1pm Sheepshead	22 9am Se7ens 10:30am Aerobics 11am Senior Swim 11am-12:30pm Community Table Meal 1pm Raven's Grooming Bingo
25/31 9am Marbles 9am Yoga 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards	26 9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 1pm Ping Pong 1pm Mayor Visit	27 9am Dice 9am Bike Ride 10:30am Aerobics 11:30am Lunch 12:30pm LCR Game 1pm Diamond Art 1pm Sheepshead 1pm Knit-Wits 3pm Fitness Center Orientation	28 9am Dominoes 9am Dementia Care Specialist 9am Yoga 10:30am Yoga 1pm Craft Club 1pm Sheepshead	29 9am Se7ens 9am Book Club 10:30am Aerobics 11am-12:30pm Community Table Meal

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

AUGUST 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
 <i>Feil's Catering</i> Your Senior Dining Provider Menus & Nutritional Analysis at (920) 326-6050	 Senior Dining Fellowship, Food & Fun			1 Crab Creole Brown Rice Spinach Salad Vegetable Fruit Dessert & Bread
4 Country Fried Steak Mashed Potatoes Vegetable Fruited Gelatin Dessert & Bread	5 Hawaiian Meatballs Baby Red Potatoes Vegetable Fruit Dessert & Roll	6 Chicken Tetrazzini Tossed Salad Vegetable Fruit Dessert & Bread	7 Pork Steak Mashed Potatoes Pickled Beet Salad Fruit Dessert & Roll	8 Chili Casserole Health Slaw Vegetable Fruit Dessert & Bread
11 Roast Turkey Mashed Potatoes Vegetable Fruit Dessert & Bread	12 Mush. Pork Cutlet Baby Red Potatoes Vegetable Fruited Gelatin Dessert & Roll	13 Baked Chicken Garlic Mash. Potatoes Vegetable Fruit Dessert & Bread	14 Honey Mustard Meatballs Baked Potato Vegetable Fruit Dessert & Roll	15 Brat on Bun Baked Beans German Cucumbers Fruit Dessert & Bread
18 Orange Chicken Baby Red Potatoes Vegetable Fruit Dessert & Bread	19 Cheesy Chicken, Rice Casserole Peas/Cheese Salad Vegetable Fruit, Dessert & Roll	20 Liver & Onions Baked Potato Vegetable Fruit Dessert & Bread	21 Burger Mushroom Steak Mashed Potatoes Vegetable Fruit Dessert & Roll	22 Meatloaf Calico Bean Casserole Cole Slaw Fruit Dessert & Bread
25 Roast Pork Loin Mashed Potatoes Vegetable Fruit Dessert & Bread	26 Chicken Teriyaki Baby Red Potatoes Vegetable Fruit Dessert & Roll	27 Cranberry/Kraut Meatballs Baked Beans Health Slaw Fruited Gelatin Dessert & Bread	28 Beef Stew Cole Slaw Vegetable Fruit Dessert & Biscuit	29 Ham Roll Sweet Potato Bake Vegetable Fruit Dessert & 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!

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, August 26 at 1pm

HOSPICE 101

Lindsey Thompson, RN Director of Business Development for Generations Hospice will present Hospice 101 to teach the basics about modern day hospice services and address the many myths and negative stigmas surrounding the word hospice. This is a great time to learn about resources that are available before you may need them and a great opportunity to ask any questions you may have surrounding the topic.

When: Tuesday, August 12 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, August 27 from 3:00pm—4:00pm

EMPOWERING COMMUNITIES TO SAVE LIVES: QPR

Lindsay Radloff, Crisis Supervisor, and Amy Pionkoski, Crisis Co-Responder with Dodge County Crisis, will be providing a suicide prevention training that is for everyone with the goal of helping someone with their mental health through QPR. QPR stands for question, persuade, refer. You don't need to be a therapist to use QPR. It's about noticing when something feels off with someone, showing that you care, and helping them get the support they need. The goal is to prevent a tragedy and give someone hope. You will learn how to identify and interrupt a crisis and direct that person to the proper care.

Dodge County Crisis Number: Business Hours: 920-386-4094 After hours crisis: 888-552-6642

When: Tuesday, August 5 from 2—4 pm

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.

