

WAUPUN



JULY 2025

WAUPUN
CITY OF SCULPTURE

RECREATION DEPARTMENT NEWSLETTER

Inspiring Wellness | Enriching Lives | Building Community

JULY IS PARK & RECREATION MONTH

Launched in 1985, this year marks the 40th anniversary of Park and Recreation Month! Each July, we celebrate park and recreation professionals and how they improve the lives of tens of millions of people, making a lasting impact in communities across the country. Park and recreation programs are essential to community health and well-being and help cultivate lifelong friendships, memories and family bonds that people hold dear decades later. To celebrate, we have special events planned for all ages!

All Month: Park Passport, go on a citywide scavenger hunt for prizes. Pick up your passport at the Waupun Recreation Department after July 1.

All Month: Pine Street Park Walking Path Storybook Walk

July 11—Art in the Park 1-4pm Harris Mill Park & 5-7pm Downtown Greenspace 5-7pm (Flyer on page 12)

July 18—Rock Scavenger Hunt at Pine Street Park at 1pm

July 25—Ice Cream Social at Wilcox Park at 1pm

July 30—Luca Movie at Dodge Park

- Water Games, 6pm sponsored by Waupun Park Program
- Movie, 8:30pm sponsored by REACH Waupun

WHAT'S INSIDE:

- Art in the Park
- Aquatic Center
- Bingo
- Book Club
- Card Games
- Crafts
- Fitness Center
- Foot Care
- Lunch Parties
- Mayor Visit
- Meals
- Meet & Greet
- Membership
- Park Program
- Pickleball
- Open Gym
- SPARK!
- Taxi
- Water Aerobics
- Yoga

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

Phone: (920) 324-7930

Hours: Monday—Friday, 6:00am—7:00pm (Closed July 4)

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

NEED A RIDE?

SAFE & RELIABLE
TAXI SERVICE

WAUPUN TAXI

920-324-2426

www.browncab.net



**WAUPUN RECREATION
DEPARTMENT**

**FOLLOW US ON
FACEBOOK**



LUNCH PARTIES

3

4TH OF JULY PARTY

Let's celebrate! Red, white and blue apparel is optional, but highly encouraged. Lunch served 11:30am. Team trivia and bingo will follow. Registration is required by noon on Monday, June 30 by calling 324-7930 or registering at the welcome desk. There is a suggested donation of \$5.00 for lunch. For ages 60+.

When: Tuesday, July 1 at 11:30am

Lunch Menu: Ham Rolls, Sweet Potato Bake, Vegetable, Fruited Gelatin, Dessert, Roll



LUAU PARTY

Let's luau! This party is just for fun! As always, theme attire is optional, but highly encouraged. Lunch served 11:30am. Luau mocktails and games start at noon. Registration is required by noon on Tuesday, July 29 by calling 324-7930 or registering at the welcome desk. There is a suggested donation of \$5.00 for lunch. For ages 60+.

When: Wednesday, July 30 at 11:30am

Lunch Menu: Pork Cutlet, Baked Potato, Red Cabbage, Fruit, Dessert, Bread



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, July 10 at 11:30am



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, July 23 from 3:00pm—4:00pm

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, July 3 from 4—5pm

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



CRAFT CLUB: ROCK PAINTING

Join to paint some rocks! This is a fun project that will add to our Park Program Rock Scavenger Hunt at Pine Street Park. Bring your own rocks or paint one of ours! All of the supplies are provided. FREE! Sign up at the welcome desk or by calling 324-7930.

When: Tuesday, July 15 at 1:00pm

DIAMOND ART

Bring your diamond art project and let's chat. This is a fun time for us to work on our own projects. For all types of diamond art lovers!

When: Wednesdays, July 16 at 1pm

BAG LUNCH VOLUNTEERS NEEDED

Let's help pack bag lunches for the community! We are in need of volunteers to assemble and handout the lunches (no cooking) the week of July 7—10 from 10am—1pm. Please sign up at the welcome desk or by calling 324-7930.



WELCOME DESK VOLUNTEERS

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

BINGO

5

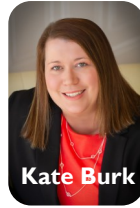
Our jumbo, shutter slide bingo cards were donated by the Waupun Lions Club.
Community Table BINGO is on Fridays at 10am. Not on 7/4.

Tuesday, July 1 at 1:00pm

4th of July Party at the Community Center. Lunch at 11:30am. See page 3 for more details.

Friday, July 11 at 1:00pm

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.



Friday, July 18 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.



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.

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

7



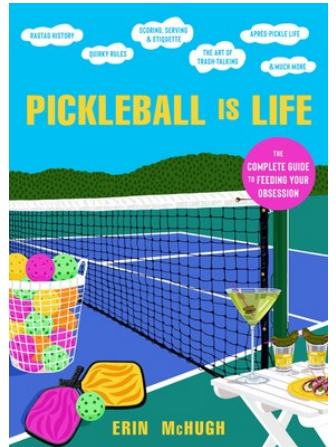
MAYOR VISIT

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, July 29 at 1pm

JULY BOOK CLUB

Pickleball Is Life: The Complete Guide to Feeding Your Obsession by Erin McHugh, Jackie Besteman (Illustrator) 152 pages. "Pickleball Is Life is the first book of its kind celebrating the weird and wonderful world of pickleball. It will take readers on a journey from the sport's quirky origins to its modern-day cult following. Along the way, visual info graphs and illustrations will share even more pickleball knowledge, including etiquette tips, a DIY court, obscure rules, and pointers for (good-natured) trash talk... People of all ages, athletic abilities, and backgrounds have fallen in love with pickleball. Sure, it's a good workout, but it's also a cheerful way to interact with others—something folks crave now more than ever. So, whether they're uninitiated or obsessed, this book will help readers find even more to love about the world's greatest sport. Source: goodreads.com. Pick up your copy after July 1 at the Recreation Department office.



Optional Discussion: Friday, July 25 at 9am

BIKE RIDE

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

When: Wednesdays at 9am, Hwy 49 small parking on the same side of the road as Marsh Haven

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 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

9

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, July 3 Thursday, July 17

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, July 16 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, July 24 from 9:00am-Noon

JULY ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JULY IN PARK & RECREATION MONTH				
	1 9am Hand & Foot Cards 10:30am Tone 11:30am 4th of July Lunch Party 1pm Ping Pong <i>Park Passport & Storybook Walk Begins</i>	2 9am Dice 9am Bike Ride 10:30am Aerobics 11:30am Lunch 1pm Sheepshead 1pm Knit-Wits	3 8:30am Foot Care 9am Dominoes 9am Yoga 10:30am Yoga 1pm Sheepshead 4pm SPARK!	4 CLOSED Happy 4th of July
7 Bag Lunch Volunteer Week 9am Marbles 9am Yoga 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards	8 9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 1pm Ping Pong	9 9am Dice 9am Bike Ride 10:30am Aerobics 11:30am Lunch 1pm Sheepshead 1pm Knit-Wits	10 9am Dominoes 9am Yoga 10:30am Yoga 11:30am Meet & Greet 1pm Sheepshead	11 9am Se7ens 10:30am Aerobics 11am Senior Swim 11am-12:30pm Community Table Meal 1pm SIA Bingo <i>Art in the Park</i>
14 9am Marbles 9am Yoga 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards	15 9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 1pm Ping Pong 1pm Craft Club	16 9am Dice 9am Bike Ride 10:30am Aerobics 11:30am Lunch 12:30pm Eyeglasses 1pm Diamond Art 1pm Sheepshead 1pm Knit-Wits	17 8:30am Foot Care 9am Dominoes 9am Yoga 10:30am Yoga 1pm Sheepshead	18 9am Se7ens 10:30am Aerobics 11am Senior Swim 11am-12:30pm Community Table Meal 1pm Bingo at Prairie Ridge <i>Rock Scavenger Hunt</i>
21 9am Marbles 9am Yoga 10:30am Yoga 1pm Euchre 1pm Golf Cards	22 9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 1pm Ping Pong	23 9am Dice 9am Bike Ride 10:30am Aerobics 11:30am Lunch 1pm Sheepshead 1pm Knit-Wits 3pm Fitness Center Orientation	24 9am Dominoes 9am Dementia Care Specialist 9am Yoga 10:30am Yoga 1pm Sheepshead	25 9am Se7ens 9am Book Club 10:30am Aerobics 11am Senior Swim 11am-12:30pm Community Table Meal <i>Ice Cream Social</i>
28 9am Marbles 9am Yoga 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards	29 9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 1pm Ping Pong 1pm Mayor Visit	30 9am Dice 9am Bike Ride 10:30am Aerobics 11:30am Luau Lunch Party 1pm Sheepshead 1pm Knit-Wits <i>Movie in the Park</i>	31 9am Dominoes 9am Yoga 10:30am Yoga 1pm Sheepshead	
SCHEDULE IS SUBJECT TO CHANGES. PLEASE CALL 324-7930 TO VERIFY. GYMNASIUM SCHEDULE IS ON PAGE 8.				

JULY 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. Persons under age 60, cost 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	1 Ham Rolls Sweet Potato Bake Vegetable Fruited Gelatin Dessert, Roll	2 Pot Roast Mashed Potatoes Vegetable Fruit Dessert, Bread	3 Pepper Steak Baked Beans Cole Slaw Fruit Dessert, Roll	4 CLOSED Happy 4 th of July
7 Pork Steak Mashed Potatoes Pickled Beets Fruit Dessert, Bread	8 Honey Must. Meatballs Baked Potato Vegetable Fruit, Dessert, Roll	9 Baked Chicken Mashed Potatoes Spinach Salad Fruit Dessert, Bread	10 Lasagna Casserole Three Bean Salad Vegetable Fruit Dessert, Bread	11 Roast Pork Loin Mashed Potatoes Vegetable Fruit Dessert, Bread
14 Glazed Ham Calico Bean Casserole Health Slaw Fruit Dessert Bread	15 Burger Mushroom Sauce Chopped Steak Mashed Potatoes Vegetable Fruit Dessert & Roll	16 Meatloaf Baby Red Potatoes Vegetable Fruit Dessert Bread	17 Liver & Onions Garlic Mashed Potatoes Vegetable Fruit Dessert Roll	18 Pork Jaegerschnitzel Baked Potato Vegetable Fruit Dessert Bread
21 Orange Chicken Baked Beans Vegetable Fruited Gelatin Dessert, Bread	22 Salisbury Steak Mashed Potatoes Vegetable Fruit, Dessert & Roll	23 Italian Sausage w/ Bun Green Beans Vegetable Fruit, Dessert	24 Beef Stroganoff Spinach Salad Vegetable Fruit, Dessert, Roll	25 BBQ Meatballs Baby Red Potatoes Vegetable Fruit, Dessert, Bread
28 Swiss Steak Mashed Potatoes Peas & Cheese Salad Fruit, Dessert, Bread	29 Chicken Cacciatore White Bean Salad Vegetable Fruit Dessert, Roll	30 Pork Cutlet Baked Potato Red Cabbage Fruit Dessert, Bread	31 Breaded Fish Fillet German Potato Salad Vegetable Fruit Dessert, Roll	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! Not on 7/4.

SUMMER FUN FOR ALL

5-7pm **FIRST FRIDAY SUMMER SERIES**



Friday, July 11

Friday, August 1

FAMILY FUN • LIVE MUSIC • DOWNTOWN WAUPUN

WAUPUN RECREATION DEPARTMENT

PARK PROGRAM

SUMMER 2025

**JUNE 2 - AUGUST 8
MONDAY - FRIDAY
9AM - NOON & 1PM - 4PM**



WAUPUN PARK PROGRAM PARTNERED WITH
ART IN THE PARK
IMAGINE THAT! ART STUDIO

FRIDAY, JULY 11

1-4PM [AT]
HARRIS MILL PARK

5-7PM [AT] **DOWNTOWN GREENSPACE**
T-SHIRT SPIN ART
T-SHIRT PURCHASE ON-SITE
(SHIRT & 2 COLOR \$20, SHIRT & 3 COLOR \$25)

WAUPUN FAMILY AQUATIC CENTER HOURS OF OPERATION

JUNE 7 - AUGUST 24

Open Swim

Monday - Friday 1:00 PM - 6:00 PM

June 9-13 the Pool will close at 5:00 PM for lessons

Saturday & Sunday 12:00 PM - 7:00 PM

Pool hours are subject to change based on weather/attendance.

Note: 3:30-3:45 PM all pool break; everyday.

SPECIAL EVENTS

SENIOR SWIM (50+)

FRIDAYS 11AM-12 PM

WATER AEROBICS

WEDNESDAYS 4-5 PM

DAILY PASSES

Ages 3 years and under

FREE

Ages 4 years and older

\$6.50

Senior 60+ Discount

\$2

Please note that all patrons are required to pay to enter the Waupun Family Aquatic Center; weather swimming or not.

WAUPUN PARK PROGRAM

AG IN THE PARK

WILCOX PARK
2:00PM - 4:00PM



July 7 - Fruits & Veggies Galore

July 14 - Barnyard Games

July 21 - Farm Animal Petting Zoo

July 28 - EGG-citing Games

August 4 - Tractor Time

All park activities included in \$10 registration fee