

WAUPUN

NOVEMBER 2025



WAUPUN
CITY OF SCULPTURE

RECREATION DEPARTMENT NEWSLETTER

Inspiring Wellness | Enriching Lives | Building Community

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 Ranch pizza at the Waupun Community Center! Sign up at the welcome desk or by calling (920) 324-7930.

When: Thursday, November 13 at 11:30am

FALL PREVENTION

Join us for a fall prevention program presented by the Waupun Fire & Rescue Department. This presentation is designed to reduce falls. Topics will include exercises to improve balance and strength, education on managing medications and vision, and strategies to eliminate home hazards. Sign up at the welcome desk or by calling 324-7930.

When: Tuesday, November 18 at 1pm

LEAF RAKING

It is that time again! If you would like to have your leaves raked this year by local volunteers from our community, please sign up at the Waupun Community Center welcome desk or call (920)324-7930. Volunteers will arrive at your home and rake your leaves. They will provide rakes, tarps, and labor! They will also contact you to arrange a date. Brought to you by the Fond du Lac Untied Way.

WHAT'S INSIDE:

- Activity Calendar
- Bingo
- Book Club
- Card Games
- Craft Club
- Diamond Art
- Fitness Center
- Foot Care
- Line Dancing
- Lunch
- Mayor Visit
- Membership
- Parties
- Pickleball
- Presentations
- Open Gym
- Schools Day Out
- Writing Workshop
- Yoga

ROOM RENTALS

The Waupun Community Center has rooms available to rent! Call us at (920) 324-7930.

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

NEED A RIDE?

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WAUPUN TAXI

920-324-2426

www.browncab.net



**WAUPUN RECREATION
DEPARTMENT**

**FOLLOW US ON
FACEBOOK**



SCHOOLS DAY OUT

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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, November 17

11am—1pm: Crafts, board games, video games, air hockey in REACH

11am—Relay Races

11:30am—Kickball

Noon—Dodgeball

12:30pm—Bag Lunch

1pm—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

ACTIVITIES

CRAFT CLUB: THANKSGIVING FOAM MAGNETS

Join us to assemble a foam magnet. All of the supplies are provided. Sign up at the office or by calling (920) 324-7930.

When: Wednesday, November 12 at 1pm



TRAVEL TIME

Travel Time continues in early 2026 with Barb Schumacher, travel volunteer. For our inaugural start, we journeyed to Milwaukee for the last regular season Brewer game and saw their 97th win of the season. In October, a small group found winning ways at Ho Chunk casino and in November, we will see "It's a Wonderful Life" at the Fireside, in Fort Atkinson. Barb surveyed members at the travel meetings and will share those findings in an upcoming newsletter. A travel show is planned for February to share the 2026 planned trips. More travels to come in 2026!

TUESDAY POOL LEAGUE

To shoot in our pool league, please sign up at the Waupun Senior Center pool room or call 324-7930. League play will be once a week and games can be rescheduled. League starts on Tuesday, November 11.

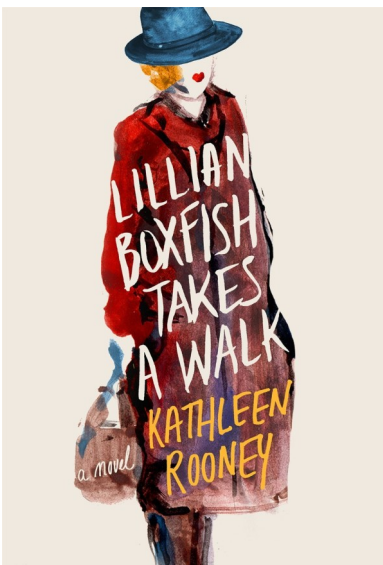
DIAMOND ART

Learn or continue on your diamond arts skills by making turkey and fall themed keychains. Project provided. Sign up at the welcome desk or by calling 324-7930.

When: Tuesday, November 4 at 1pm

INDOOR BEAN BAG TOSS

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



NOVEMBER BOOK CLUB

Lillian Boxfish Takes A Walk by Kathleen Rooney, 287 pages. "It's the last day of 1984, and 85-year-old Lillian Boxfish is about to take a walk. As she traverses a grittier Manhattan, a city anxious after an attack by a still-at-large subway vigilante, she encounters bartenders, bodega clerks, chauffeurs, security guards, bohemians, criminals, children, parents, and parents-to-be—in surprising moments of generosity and grace. While she strolls, Lillian recalls a long and eventful life that included a brief reign as the highest-paid advertising woman in America—a career cut short by marriage, motherhood, divorce, and a breakdown." Source: [goodreads.com](https://www.goodreads.com).

Optional Discussion: Friday, November 21 at 9am

LUNCH PARTIES

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VETERANS DAY PARTY

Join us to honor all who have served in the United States Armed Forces. Arrive at 11:15am. Lunch will be served at 11:30am. USA themed team trivia at noon with other games and prizes. Registration is required by noon on Monday, November 10 by calling (920) 324-7930 or registering at the welcome desk.

There is a suggested donation of \$5.00 for lunch. For ages 60+.

When: Tuesday, November 11

Lunch Menu: Salisbury Steak, Mashed Potatoes, Spinach Salad, Fruit Dessert & Roll



THANKSGIVING PARTY

You are invited to our Thanksgiving party at the Waupun Community Center! Arrive at 11:15am. Lunch will be served at 11:30am. Festive games will start at noon. Registration is required by noon on Tuesday, November 25 by calling (920) 324-7930 or registering at the welcome desk. There is a suggested donation of \$5.00 for lunch. For ages 60+.

When: Wednesday, November 26

Lunch Menu: Roast Turkey, Mashed Potatoes, Vegetable, Fruited Gelatin, Dessert & Bread



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

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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BINGO

Friday, November 7 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.

Friday, November 14 at 1:00pm—Sponsored by SIA Insurance Services



Friday, November 21 at 1:00pm—AT Prairie Ridge



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 3:00pm

NEW LINE DANCING

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

When: Tuesdays at 2:00pm

WRITING WORKSHOP

Who: Dr. Heidi Schmidt (Rachel Kaminski's Mom)

Former teacher/administrator/online professor who started writing at age 57.

She has published two books and coauthored a memoir. Heidi spent her first career as a teacher, administrator and online professor. She is transitioning to retirement and learning the craft of writing poetry and now short stories. She is excited to share what she is learning with you to share your stories.

What: Let's Get Started Writing

Your life stories matter and why not tell others about them or just get creative in learning something new.

- Do you journal or write in a gratitude log daily?
- Would you like to share your life's story with friends or family?
- Would you like to write for yourself?
- Would you like to learn to write a type of poetry, memoir or short story?
- Do you want to hear from others who write or have published?
- Do you want to hear stories about Rachel?

During this session, the teacher in Heidi will show you three types of poetry, how to write a piece for a memoir about one of your life's memories or how to start a short story (several types of genre-mystery, historical fiction, fantasy, etc).

You will have some time to create a piece of writing and share with those at your table.

Heidi will have examples and a work packet available for you to start your writing journey.

When: Friday, November 21 at 1pm

Sign up at the welcome desk or by calling (920) 324-7930.

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, badminton, and volleyball equipment to use. For open gym/court reservations, please call 920-324-7930. Gym will be closed on Monday, November 17 from 11am—3pm.

	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	Line Dancing	Learn to Play Pickleball	Open Gym	Learn to Play Pickleball
3-7pm	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, November 6 Thursday, November 20

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, November 19 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, November 13 from 9am—Noon

NOVEMBER ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9am Marbles 9am Yoga 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards	4 9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 1pm Ping Pong 1pm Diamond Art 2pm Line Dancing	5 9am Dice 10:30am Aerobics 11:30am Lunch 12:30pm LCR Game 1pm Sheepshead 3pm Knit-Wits	6 8:30am Foot Care 9am Dominoes 9am Yoga 10:30am Yoga 12:30pm Bean Bag 1pm Sheepshead	7 9am Se7ens 10:30am Aerobics 11am-12:30pm Community Table Meal 1pm Raven's Grooming Bingo
10 9am Marbles 9am Yoga 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards	11 Veterans Day Party 9am Pool League 9am Hand & Foot Cards 9:30am Stepping Up 10:30am Tone 11:30am Lunch 1pm Ping Pong 1:30pm WASD Talk 2pm Line Dancing	12 9am Dice 10:30am Aerobics 11:30am Lunch 12:30pm LCR Game 1pm Sheepshead 1pm Craft Club 3pm Knit-Wits	13 9am FdL Office Hours 9am Dominoes 9am Yoga 10:30am Yoga 11:30am Meet & Greet 12:30pm Bean Bag 1pm Sheepshead	14 9am Se7ens 10:30am Aerobics 11am-12:30pm Community Table Meal 1pm SIA Bingo
17 9am Marbles 9am Yoga 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards	18 9am Pool League 9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 1pm Fall Prevention 1pm Ping Pong 2pm Line Dancing	19 9am Dice 10:30am Aerobics 11:30am Lunch 12:30pm LCR Game 12:30pm Eyeglasses 1pm Sheepshead 3pm Knit-Wits	20 8:30am Foot Care 9am Dominoes 9am Yoga 10:30am Yoga 12:30pm Bean Bag 1pm Sheepshead	21 9am Se7ens 9am Book Club 10:30am Aerobics 11am-12:30pm Community Table Meal 1pm Bingo at Prairie Ridge 1pm Writing Workshop
24 9am Marbles 9am Yoga 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards	25 9am Pool League 9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 1pm Ping Pong 1pm Mayor Visit 2pm Line Dancing	26 Thanksgiving Party 9am Dice 10:30am Aerobics 11:30am Lunch 12:30pm LCR Game 3pm Sheepshead 3pm Knit-Wits 3pm Fitness Center Orientation	27 CLOSED Happy Thanksgiving!	28 CLOSED
SCHEDULE IS SUBJECT TO CHANGES. PLEASE CALL 324-7930 TO VERIFY. GYMNASIUM SCHEDULE IS ON PAGE 8.				

NOVEMBER 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
3 Pepper Steak Garlic Mashed Potatoes Vegetable Fruit Dessert Bread	4 Italian Sausage Baked Potato Vegetable Fruited Gelatin Dessert Roll	5 BBQ Pork Cutlet Baked Beans Vegetable Fruit Dessert Bread	6 Chopped Steak in Burger Mushroom Sauce Mashed Potatoes Vegetable Fruit Dessert, Bread	7 Breaded Fish Fillet German Potato Salad Vegetable Fruit Dessert Bread
10 Orange Chicken Patty White Bean Salad Vegetable Fruit, Dessert, Bread	11 Salisbury Steak Mashed Potatoes Spinach Salad Fruit Dessert, Roll	 12 Sweet & Sour Pork Over Brown Rice Vegetable Fruit Dessert, Bread	13 Meatloaf Garlic Mashed Potatoes Vegetable Fruit Dessert, Roll	14 Hungarian Goulash Vegetable Fruit Dessert Bread
17 Honey Mustard Meatballs Mashed Potatoes Vegetable Fruit Dessert, Bread	18 Lasagna Casserole Three Bean Salad Fruit Dessert French Bread	19 Liver & Onions Garlic Mashed Potatoes Vegetable Fruit Dessert Bread	20 Mushroom Pork Cutlet Red Beans & Rice Vegetable Fruit Dessert Roll	21 Country Fried Steak Baby Red Potatoes Vegetable Fruit Dessert Bread
24 Baked Chicken Mashed Potatoes Vegetable Fruit Dessert Bread	25 BBQ Meatballs Baked Potato Vegetable Fruit Dessert Bread	26 Roast Turkey Mashed Potatoes Vegetable Fruited Gelatin Dessert Bread	27 CLOSED Happy Thanksgiving!	28 CLOSED
	 <i>Feil's Catering</i> Your Senior Dining Provider Menus & Nutritional Analysis at (920) 326-6050	Senior Dining  Fellowship, Food & Fun	 ADRC Of Fond du Lac County	

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 11/28.

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, November 25 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, November 26 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, November 11 at 1:30pm

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.



NEED A RIDE?

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WAUPUN TAXI

920-324-2426

www.browncab.net



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.