

WAUPUN

RECREATION DEPARTMENT NEWSLETTER

OCTOBER 2025



WAUPUN
CITY OF SCULPTURE

Inspiring Wellness | Enriching Lives | Building Community

The Senior Expo
Council Inc

&

NEW
MEDICAL
CENTER

present

schedule of events

9:00 a.m. - 1:00 p.m.

50+ Exhibitor Booths

Special Events Throughout the Day

9:00 a.m. - Expo Opens!

9:30 a.m. - BINGO

10:30 a.m. - Master Gardeners

11:30 a.m. - Yoga with Rachel Kaminski

12:30 p.m. - BINGO

1:00 p.m. - Expo Closes

Visit the HearingLife Booth to get your
Free Hearing Screening

Starting at 11:00 a.m.

FREE LUNCH for the first 250 Lunches!
Courtesy of New Medical & Visiting Angels

For more information visit:

SeniorExpoCouncil.com

hosted at

NEW VENUE!

Waupun Community Center
520 McKinley Street • Waupun, WI

brought to you by

the Meadows
of Fond du Lac

NEW
MEDICAL
CENTER

America's Choice in Homecare.
VisitingAngels.
Living Assistance Services

Beaver Dam Hearing Care • HearingLife of Beaver Dam & Fond du Lac • Thrivent Waupun

Senior Expo... informative. empowering. fun.

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
- Craft Club
- Fitness Center
- Foot Care
- Line Dancing
- Lunch
- Mayor Visit
- Membership
- Parties
- Pickleball
- Presentations
- Open Gym
- Schools Day Out 10/17
- SPARK!
- Taxi
- Travel
- 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

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**



SCHOOLS DAY OUT

3

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, and the Waupun Area School District Key Club, Student Council & National Honor Society.

When: Friday, October 17

9am—12:30pm: Crafts, board games, video games, air hockey in REACH

9am—Pickleball

9:30am—Relay Races

10am—Basketball

10:30am—Kickball

11:00am—Dodgeball

11:30am—Open Gym

11:30am—Bag lunch provided by Waupun Food Pantry

1pm—Movie (*Bad Guys 2*) at Waupun Public Library



Day Pass Fee: Free to celebrate the building's 1 year anniversary!

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: PUMPKIN CARVING/PAINTING

Join us to carve or paint a pumpkin! All of the supplies are provided. Sign up at the office or by calling 324-7930. Deadline 10/10

When: Tuesday, October 14 at 1pm



LEARN ABOUT TRAVEL

Come meet Barb (Hoelzel) Schumacher, new travel volunteer at the Waupun Community Center. She will share details about the upcoming 2025 day trips and take trip suggestions for 2026.

Open to all applicable ages. For trip reservations, call

When: Tuesday, October 7 at 1pm

UPCOMING TRIPS

- 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

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, October 2 from 4—5pm at Imagine That! Art Studio, 409 E. Main St., Waupun

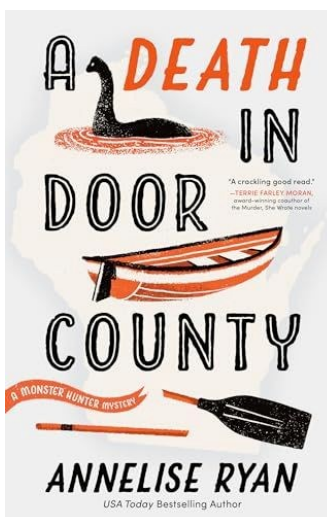
IMAGINE
THAT!
ART STUDIO

ADRC
Aging & Disability Resource Center
of Dodge County

OCTOBER BOOK CLUB

A Death in Door County by Annelise Ryan, 336 pages. “Morgan Carter, owner of the Odds and Ends bookstore in Door County, Wisconsin, has a hobby. When she's not tending the store, she's hunting cryptids--creatures whose existence is rumored, but never proven to be real. It's a hobby that cost her parents their lives, but one she'll never give up on. So when a number of bodies turn up on the shores of Lake Michigan with injuries that look like bites from a giant unknown animal, police chief Jon Flanders turns to Morgan for help. A skeptic at heart, Morgan can't turn down the opportunity to find proof of an entity whose existence she can't definitively rule out. She and her beloved rescue dog, Newt, journey to the Death's Door strait to hunt for a homicidal monster in the lake--but if they're not careful, they just might be its next victims. Source: [goodreads.com](https://www.goodreads.com).

Optional Discussion: Friday, October 31 at 9am



ACTIVITIES

5

BINGO

Thursday, October 9 at 9:30am & 12:30pm—Senior Expo

Friday, October 10 at 1:00pm—Sponsored by SIA Insurance Services



Friday, October 17 at 1:00pm—AT Prairie Ridge



Friday, October 24 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.

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

***NEW LINE DANCING

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

When: Tuesdays at 2:00pm

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

LUNCH PARTIES

7

ANNIVERSARY PARTY

Join us to celebrate our one year anniversary in our new building! It's been a pretty amazing year and let's party! Arrive at 11:15am. Lunch will be served at 11:30am. Waupun themed team trivia at noon with other games and prizes. Registration is required by noon on Monday, October 20 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, October 21

Lunch Menu: Pork Steak, Calico Bean Casserole, Vegetable, Fruit, Dessert & Roll

HALLOWEEN PARTY

You are invited to our Halloween party at the Waupun Community Center! Arrive at 11:15am. Lunch will be served at 11:30am. Optional costume contest at Noon. Spooky scavenger hunt at 12:30pm. Prizes for all costume contest entries. Registration is required by noon on Tuesday, October 28 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, October 29

Lunch Menu: Pork Loin, Mashed Potatoes, Vegetable, Fruit, Dessert & Bread

WAUPUN COMMUNITY SERVICES OPEN HOUSE

WAUPUN SAFETY BUILDING
16 E MAIN STREET

MONDAY, OCTOBER 6TH
5:00 – 7:00 PM

Waupun Fire & Rescue Department

- Fire & EMR Equipment Display
- Bucket Rides (18 yrs and older)
- Fire Extinguisher Training
- Survive Alive House
- Sparky the Fire Dog (6:00-7:00 pm)
- Home Sprinkler Demonstration

Police Department

- Squad & Law Equipment Display
- Nerf Gun Shooting Range

Lifestar Ambulance

- Blood Pressure Screening
- Ambulance on Display

FDL County Sheriff/Dispatch

- Smart 9-1-1
- Mobile Command Unit

Dodge County Emergency Management

- Mobile Command Unit
- Smart 9-1-1
- RAVE Information

Waupun Utilities

- Bucket Truck Rides
- Equipment Display
- Focus on Energy® Product Kit information
- MyAccount Features & Text Alerts

Department of Public Works

- Equipment Display
- Stormwater Information

Waupun City Hall

- Voter Registration
- Pet Licensing
- Tax Collection Information

Waupun Public Library

- Library Activity
- Library Information

Rec Department

- Community Center Information
- Games



Stepping Up Your Nutrition

As we age, our risk for poor nutrition, falling, and problems with concentration tends to increase.

Inadequate nutrition and hydration can cause muscle loss and dizziness and increase your risk of falling.

Why is this Important?

Nutrition plays a vital role in your health, balance, and concentration. **Stepping Up Your Nutrition** offers information on how food connects us to better health, how nutrition affects falls, why muscles matter, staying hydrated, and more!

Sign up by October 7th - seating is limited make sure to reserve your spot now!

Suggested contribution of \$10 for class materials

**OCT 14, 2025**
9:30 A.M. - 11:30 A.M.

**WAUPUN COMMUNITY CENTER**
520 McKinley St., Waupun

Register with the ADRC Today!
920-929-3466

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 afternoon of 10/8, all day 10/9, morning of 10/17.

	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

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, October 2 Thursday, October 16

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, October 15 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, October 23 from 9:00am—Noon

10 OCTOBER ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9am Dice 10:30am Aerobics 11:30am Lunch 12:30pm LCR Game 1pm Sheepshead 1pm Knit-Wits	2 8:30am Foot Care 9am Dominoes 9am Yoga 10:30am Yoga 1pm Sheepshead 4pm SPARK!	3 9am Se7ens 10:30am Aerobics 11am-12:30pm Community Table Meal
6 Community Services Open House 9am Marbles 9am Yoga 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards	7 9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 1pm Ping Pong 1pm Travel Time 2pm Line Dancing	8 9am Dice 10:30am Aerobics 11:30am Lunch 12:30pm LCR Game 1pm Sheepshead 1pm Knit-Wits	9 Senior Expo	10 9am Se7ens 10:30am Aerobics 11am-12:30pm Community Table Meal 1pm SIA Bingo
13 9am Marbles 9am Yoga 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards	14 9am Hand & Foot Cards 9:30am Stepping Up 10:30am Tone 11:30am Lunch 1pm Ping Pong 1pm Craft Club 2pm Line Dancing	15 9am Dice 10:30am Aerobics 11:30am Lunch 12:30pm LCR Game 12:30pm Eyeglasses 1pm Sheepshead 1pm Knit-Wits	16 8:30am Foot Care 9am Dominoes 9am Yoga 10:30am Yoga 1pm Sheepshead	17 Schools Day Out 9am Se7ens 10:30am Aerobics 11am-12:30pm Community Table Meal 1pm Bingo at Prairie
20 9am Marbles 9am Yoga 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards	21 Anniversary Party 9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 1pm Ping Pong 2pm Line Dancing	22 9am Dice 10:30am Aerobics 11:30am Lunch 12:30pm LCR Game 1pm Sheepshead 1pm Knit-Wits 3pm Fitness Center Orientation	23 Casino Trip 9am Dominoes 9am Dementia Care Specialist 9am Yoga 10:30am Yoga 1pm Sheepshead	24 9am Se7ens 9am Book Club 10:30am Aerobics 11am-12:30pm Community Table Meal 1pm Raven's Grooming Bingo
27 9am Marbles 9am Yoga 10:30am Yoga 11:30am Lunch 1pm Euchre 1pm Golf Cards	28 9am Hand & Foot Cards 10:30am Tone 11:30am Lunch 1pm Ping Pong 1pm Mayor Visit 2pm Line Dancing	29 Halloween Party 9am Dice 10:30am Aerobics 11:30am Lunch 12:30pm LCR Game 1pm Sheepshead 1pm Knit-Wits	30 9am Dominoes 9am Yoga 10:30am Yoga 1pm Sheepshead	31 9am Se7ens 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.

OCTOBER 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 Burger Mushroom Chopped Steak Mashed Potatoes Vegetable Fruit Dessert, Bread	2 Chicken Cacciatore White Bean Salad Vegetable Fruit Dessert, Roll	3 Breaded Fish Fillet German Potato Salad Vegetable Fruit Dessert, Bread
6 Mushroom Pork Cutlet Mashed Potatoes Vegetable Fruit Dessert, Bread	7 Orange Chicken Patty Baked Potato Vegetable Fruited Gelatin Dessert, Roll	8 Meatloaf Baked Beans Three Bean Salad Fruit Dessert, Bread	9 Liver & Onions Garlic Mashed Potatoes Vegetable Fruit Dessert, Roll	10 BBQ Meatballs Baby Red Potatoes German Cucumbers Fruit Dessert, Bread
13 Cheesy Chicken & Rice Casserole Cole Slaw Vegetable Fruit Dessert, Bread	14 Italian Sausage on Bun Baked Beans Vegetable Fruit Dessert	15 Country Fried Steak Mashed Potatoes Vegetable Fruit Dessert Bread	16 Scalloped Potatoes & Ham Casserole Vegetable Fruited Gelatin Dessert, Roll	17 Chicken Marsala Baked Potato Peas & Cheese Salad Fruit Dessert Bread
20 Baked Chicken Garlic Mashed Potatoes Three Bean Salad Fruit Dessert, Bread	21 Pork Steak Calico Bean Casserole Vegetable Fruit Dessert, Roll	 22 Salisbury Steak Mashed Potatoes Vegetable Fruit Dessert, Bread	23 Chicken Tetrzzini Spinach Salad Vegetable Fruit Dessert, Roll	24 Pork Jaegerschnitzel Mashed Potatoes Vegetable Fruit Dessert, Bread
27 Swiss Steak Mashed Potatoes Vegetable Fruit Dessert, Bread	28 Ham Roll Sweet Potato Bake Vegetable Fruit Dessert, Roll	 29 Pork Loin Mashed Potatoes Vegetable Fruit Dessert, Bread	30 Chicken Teriyaki Patty White Bean Salad Vegetable Fruited Gelatin Dessert, Roll	31 Crab Creole over Brown Rice Spinach Salad 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, October 28 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, October 22 from 3:00pm—4:00pm

WELCOME DESK VOLUNTEERS

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

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?

SAFE & RELIABLE
TAXI SERVICE

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 [mvp2serve@gmail.com](mailto:mvb2serve@gmail.com) or contact Rachel Kaminski at 920-324-7930.