

FOND DU LAC SENIOR CENTER

AMONG FRIENDS

NEWSLETTER

JULY 2022



OUR MISSION

The Fond du Lac Senior Center is dedicated to enriching the physical, emotional, social, and intellectual well-being of seniors in the community.

Have you ever:

- had the chance to watch a young child's face when they experience new things?
- watched a child's sheer determination when they try to accomplish something new?
- noticed that for a two year old, playing with a stick in a puddle can be amusing for hours on end?

Do you ever:

- wonder what happens to us as we age that many times we seem to lose the wonder and awe?
- wonder why do many of us stop trying new things?

Did you know:

- that your brain changes throughout your lifetime - from the 3rd week of gestation to old age - **more than any other part** of your body?
- that a normal healthy brain begins a natural decline at the age of 30?

Researchers believe that this natural decline happens in part because by that point in our life, we are established in our patterns and don't continue to challenge our brains as we did in our younger years. On the flip side, there is also research that says continuing to challenge your brain, including forcing yourself to learn or try new things, helps your brain stay healthy as you age. In short, for many people, their day-to-day experiences become predictable which can impact brain health.

On the other hand, novelty or trying new things, can create a sense of happiness, improved memory, and can even make us more resilient. Additionally, opportunities to learn or try something new are often accompanied with increased socialization opportunities - talk about a win-win!

Even small things can challenge your brain. Try to brush your teeth with the opposite hand or comb your hair with the opposite hand. Make yourself use your non-dominant hand to eat your next meal, or just for fun, write your name with your non-dominant hand. Make a point to join us for a new class or program.

And if you do try something new, let us know - we'll celebrate with you. Here's to increased brain health!

Have a great month - hope to see you soon.

Cathy

NATIONAL JUNK FOOD DAY CELEBRATION

Thursday, July 21
1:30 –2:00 p.m.

Everyone is always telling us to eat healthy. Let's take this day and throw all of that advice out the window! Meet us in the "back" parking lot off of Gillett Street to get your junk food fix and celebrate a day of eating what you want. If the weather is nice bring your lawn chair to socialize.

If the weather is unfavorable all junk food will be handed out the drive thru window located on the west side of the building

Preregistration appreciated.
Call (920) 322-3630



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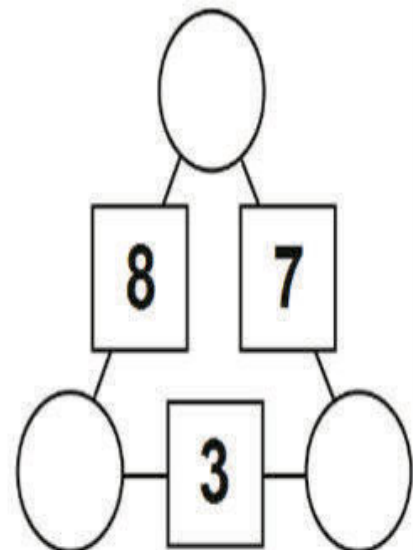
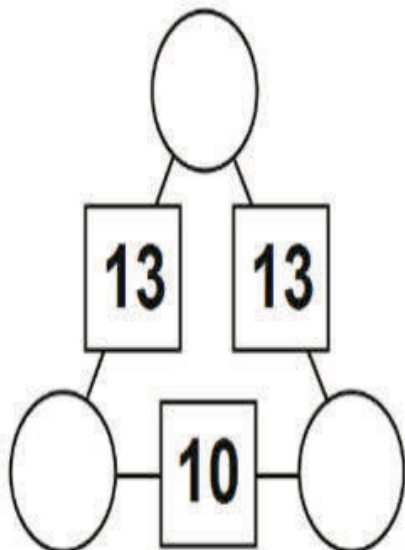
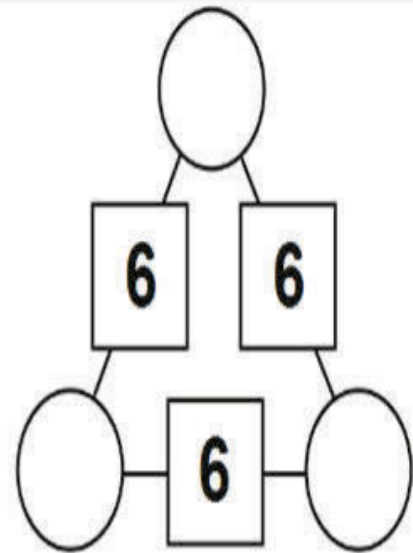
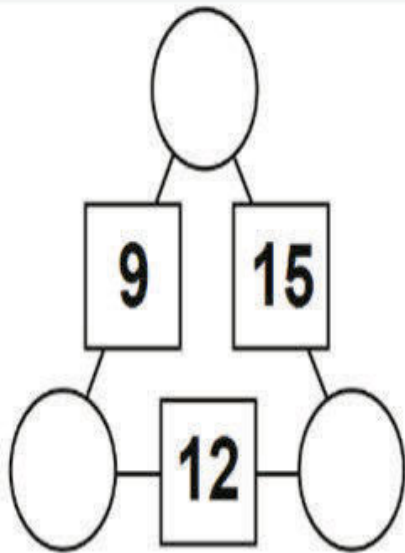


For ad info. call 1-800-950-9952 • www.lpicommunities.com

Friends of Fond du Lac Sr. Center, Fond du Lac, WI

A 4C 01-1122

PUZZLE



STRETCH & STRENGTH

Tuesdays at 10:00 a.m.



Be sure to **take advantage of this FREE** class that includes a head to toe stretch which can be modified to any skill level. This class has been developed by Sarah Zenner, ATI Doctor of Physical Therapy and is led by an ATI PT or Exercise Science specialist.

Drop in and check it out!



BALANCE & STRETCH

Thursdays at 9:00 a.m.



Invest in your health! Join us for this 30 minute class that can help improve your balance.

All skill levels welcome! Drop in and try it out!

VIDEO WALK TO FITNESS

Now offering TWO Sessions! Fridays 9:00 AM or 10:00 AM

Participate at your own pace. Whether you are looking to start your fitness journey with a 5 minute walk, or you are looking for a higher intensity 30 minute workout, this is the program for you!

YOU are worth it!

Drop in and try it - the first step in improving your fitness is the most important one and we are here to support you.



WALKING/HIKING GROUP

This group meets to walk on Tuesday, Thursday and Saturday mornings at 10:00 a.m.



To find the location for the next walk, give us a call at (920) 322-3630, or check out our Facebook Page at <https://www.facebook.com/FondduLacSeniorCenter/>
New Walkers Always Welcome!

COUNTRY LINE DANCING

Beginning - Thursdays 5:30-6:30 p.m.
Intermediate - Thursdays 6:30-7:30 p.m.



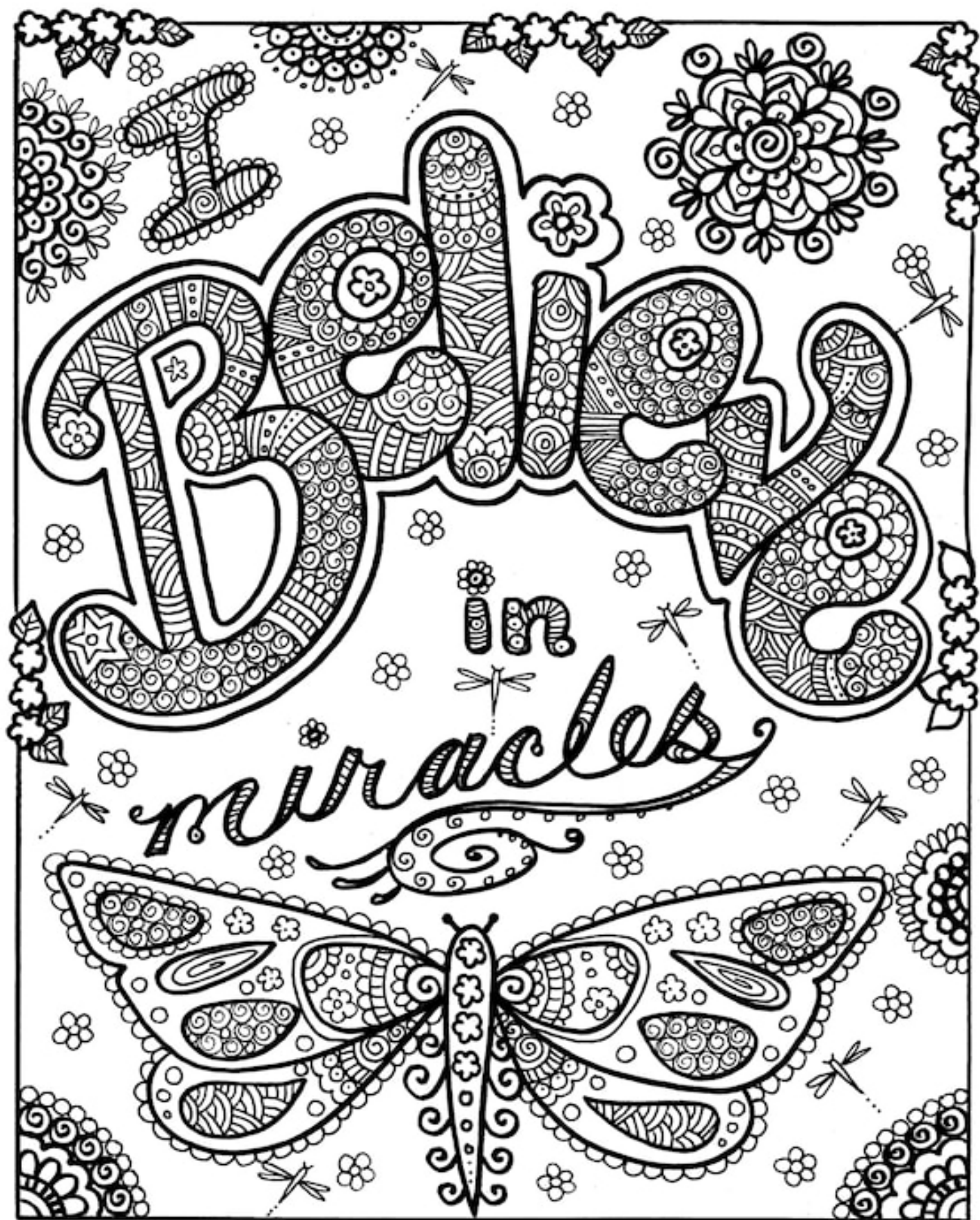
Call to register (920) 322-3630
5 class punch card for \$10.00 available at the door



Mondays at 5:30

Zumba Gold is for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. Give it a try!

10 class punch card for \$30.00
Available from instructor Kirsten Quam



GERMAN FOR BEGINNERS

Mondays
1:00– 2:30 p.m.

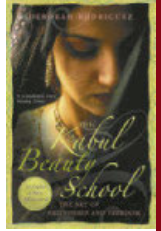


New Learners Always Welcome!
To Register Call (920) 322-3630

BOOK CLUB

Thursday , July 14
10:00 a.m.

BOOK OF THE MONTH: "The Kabul Beauty School" By:
Deborah Rodriguez



The Kabul Beauty School is a remarkable tale of an extraordinary community of women, all of whom have stories to tell, who come together and learn the arts of perms, friendship, and freedom. Arriving in Afghanistan in 2002 with nothing more than a beauty degree and a desire to help, Deborah Rodriguez set out on a course of action that would change her life and those of many Afghan women. The once proud tradition of beauty schools had been all but destroyed and with it Afghani women's ability to support themselves. As one of the founders of the Kabul Beauty School she set about training women and helping them rebuild their lives.
To Register Call (920) 322-3630

GENEALOGY GROUP

Wednesday, July 13 & 27 at 1:00 p.m.



2nd and 4th Wednesdays
New members always welcome!
Drop ins welcome, preregistration appreciated.
Call (920) 322-3630

JOKE OF THE DAY HOTLINE

Don't forget to call our Joke of the Day
Hotline for a laugh a day
(or maybe a groan!)
(920) 322-3634



COIN CLUB

Tuesday, July 12
6:00 p.m.



2nd Tuesday of the Month
New Members Welcome!

STAMP CLUB

Wednesday, July 20
6:30 p.m.



3rd Wednesday of the Month
New Members Welcome!

THE UNBEARABLE WEIGHT OF MASSIVE TALENT

Thursday, July 7 AND Wednesday, July 20

12:30 p.m. Doors open at 12:15p.m.

R · 2022 · Action/Comedy · 1h 46m

Starring: Nicholas Cage, Mike Nilon, Kristin Burr, Kevin Turen

Summary: Unfulfilled and facing financial ruin, actor Nick Cage accepts a \$1 million offer to attend a wealthy fan's birthday party. Things take a wildly unexpected turn when a CIA operative recruits Cage for an unusual mission. Taking on the role of a lifetime, he soon finds himself channeling his most iconic and beloved characters to save himself and his loved ones.



Lawn Chairs Welcome!
Drop ins welcome, pre-registration appreciated.
(920) 322-3630

FATHER STU

Thursday, July 14 AND Wednesday, July 27

12:30 p.m. Doors open at 12:15p.m.

R · 2022 · Drama / Biography · 2h 4m

Starring: Mark Wahlberg, Jordan Foss, Stephen Levinson

Summary: When an injury ends his amateur boxing career, Stuart Long moves to Los Angeles to find money and fame. While scraping by as a supermarket clerk, he meets Carmen, a Sunday school teacher who seems immune to his bad-boy charm. Determined to win her over, the longtime agnostic starts going to church to impress her. However, a motorcycle accident leaves him wondering if he can use his second chance to help others, leading to the surprising realization that he's meant to be a Catholic priest



Lawn Chairs Welcome!
Drop ins welcome, pre-registration appreciated.
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Contact us for more information or to schedule an appointment.

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HOSPICE 101

Wednesday, July 13 at 1:00 p.m.

Speaker: Lindsey Thompson, RN

Generations Hospice



Hospice can be provided in the comfort of your own home, assisted living or skilled nursing home on your terms. When medicine cannot provide a cure, hospice can

offer comfort, compassion and care to maintain the best quality of life. When you take the "sic" out of Hospice, you are left with HOPE. Please join us for this Hospice 101 presentation and learn more about the hospice benefit, you may be surprised to learn how different Hospice is from what you may think.

Drop ins welcome, preregistration appreciated.
(920) 322-3630



FREEZER POP DAY CELEBRATION

Friday, July 8 at 1:30 p.m.



Come cool down and celebrate with a freezer pop.

We will be handing out freezer pops in the "back" parking lot off of Gillett Street. If the weather is nice bring your lawn chair to socialize.

Preregistration appreciated.
Call (920) 322-3630

HANDS ON BEGINNER INSTANT POT CLASS

Tuesday, July 19 at 1:00 p.m

Is your Instant Pot still in the box?

Is it on a shelf but you're not quite sure if you're ready to use it?

Then THIS is the class for you!

Bring YOUR Instant Pot and try a few things in this small group environment, designed especially for people who still remember how intimidating old fashioned "Pressure Cookers" were.

* Class size will be very small to make sure everyone has time to feel comfortable using their own device.

Hurry and sign up as space is limited.
To Register call (920)322-3630



FEELING THE PINCH?

July 14 11:00 a.m. - 12:00 p.m.
and

July 18 11:00 a.m. - 12:00 p.m.



Drop in and visit with Jaki, the Food Share Outreach Specialist for Feeding America. She will be here to visit one-on-one, answer questions, and share information about Wisconsin's Health, Nutrition and other programs that are available to help stretch your food budget.

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

Fun at the Fair



BLUE RIBBON

BOOTH

BUMPER CAR

CANDY APPLE

CONTESTS

CORN DOG

COTTON CANDY

DISPLAYS

EXHIBIT

FAIRGROUNDS

FARM ANIMALS

FERRIS WHEEL

FLOWERS

FUN HOUSE

HOUSE OF MIRRORS

LEMONADE

MERRY-GO-ROUND

MUSIC

PARADE

POPCORN

ROLLER COASTER

SIDESHOW

SNOW CONE

TICKET



SENIOR SNAPPERS

Wednesday, July 6 & 20
1:00 p.m.



1st and 3rd Wednesdays. No experience necessary! Meet other people who have a passion for Photography, share pictures and maybe even swap techniques.

Drop ins welcome, preregistration appreciated.
Call (920) 322-3630

THELMA COMMUNITY ARTS OUTREACH - SELF REFLECTION COLLAGING CLASS

Wednesday, July 19 - 1:00 p.m.

At Thelma Sadoff Center For the Arts

Unleash your creativity and discover your inner voice with this fun art project. Class is free and all materials are supplied.

To sign up for this call
(920) 322-3630
SPACE IS LIMITED



FONDY SUNSHINE STRUMMERS

Wednesdays
10:00 a.m.

Grab your ukulele, guitar, banjo or other stringed instrument and come and play with us!
New strummers always welcome!

Call Joanne Michaels at (920) 922- 2068
with any questions.



Drop ins welcome,
preregistration appreciated.
Call (920) 322-3630

WOOD CARVING

Mondays
9:00 a.m.



Never carved before? No problem— Come and learn!
New Carvers Welcome!

FLYING GEESE QUILTERS

Thursday, July 7
1:00 p.m.



Meeting the 1st Thursday of every month.

New Members Welcome!

SUNSET STITCHERS QUILT GUILD

Thursday, July 14
7:00 p.m.



Meeting the 2nd Thursday of the month.

New Members Welcome!

Intergenerational Junk Food



Thursday, July 28 at 1:30 p.m.

Bring your grandkids, great-grandkids or a special little person in your life, and spend the afternoon socializing, playing Bingo, and winning junk food. YUM!

Registration Required (920)322-3630



GAME DAY

Fridays
12:00– 3:00 p.m.



Join us to play an old favorite or learn something new!

New Players Always Welcome!

OPEN POOL

Drop in and shoot a game or Two!



Monday– Friday
9:00 a.m.-3:00 p.m.

MEMORY SCREENING

2nd Monday of the month
Monday, July 11
9:00 a.m.- 3:00 p.m.

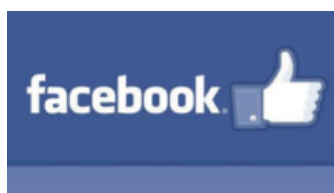
A memory Screen is a wellness tool that help Identify possible changes in memory and cognition. It creates a baseline so that future changes can be monitored. Come in to the Center and get your **FREE** screening ! It only takes 15 minutes! All memory screenings and results are kept private and confidential.



Drop ins welcome,
preregistration
appreciated.
Call (920) 322-3630



LIKE US ON FACEBOOK



Don't miss out! Like us on Facebook for the most up to date information, live events, additional programs and activities, and special announcements.

<https://www.facebook.com/FondduLacSeniorCenter>

SLOW ROLL FONDY

2nd Tuesday of the month
Tuesday, July 12 at 6:30 p.m.
Call (920) 322-3630 or check the Slow Roll Fondy Facebook Page for starting location

Slow Roll is a social group bike ride that has expanded into a global network of community rides. Slow Roll began in 2010 in Detroit as a free and inclusive way to bring people together and connect the community. Slow Roll is open to bikers of all ages, so bring your friends and family!

This is not a race— it is a SLOW ROLL!



LADIES PLAYFUL GOLF CLUB

Mondays and Wednesdays at 9:30 a.m.

Must call to register (920)322-3630

The Ladies Playful Golf Club is not a league, but rather an informal way to get together and socialize with other ladies who like to golf. It's all about fun and making new friends.

This club is open to any lady golfer with the basic knowledge of golf.

Partners are randomly chosen each time.

There are golf fees, which can be paid at the golf course each time you play.

Call Alice Dann (920) 753-5126 with all questions.



MEN'S SENIOR CENTER GOLF LEAGUE

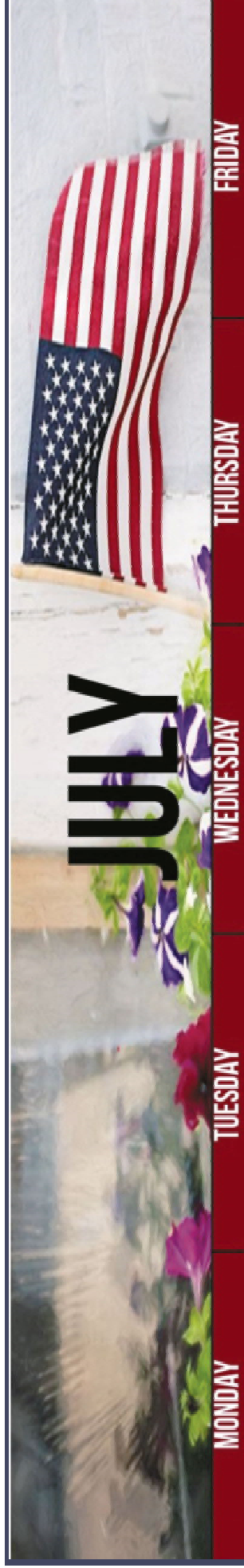
Thursdays at 8:30 a.m.




Call John Paluchniak
(920) 960-8688 with all questions.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4  <i>Closed</i>	5 9:00 Open Pool 10:00 Stretch & Strength 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 1:00 Cribbage	6 9:00 Open Pool 9:30 LPGA 10:00 Fondy Sunshine Strummers 11:00 Drive Up Senior Dining Meal 12:00 Canasta 12:00 Hand & Foot 1:00 Senior Snappers	7 8:30 Men's Golf 9:00 Balance & Stretch 9:00 Open Pool 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 12:30 Movie-Unbearable Weight 1:00 Cribbage 1:00 Flying Geese Quilters 5:30 Beginning Line Dancing 5:30 Parents of Angels 6:30 Line Dancing	8 9:00 Open Pool 9:00 Video Walk to Fitness 10:00 Video Walk to Fitness 11:00 Drive Up Senior Dining Meal 12:00 Game Day 1:30 Freezer Pop Celebration <u>9 Saturday</u> 10:00 Walking Group <u>10 Sunday</u>
11 9:00 Memory Screenings 9:00 Open Pool 9:00 Wood Carving 9:30 LPGA 11:00 Drive Up Senior Dining Meal 12:30 Bunco 12:30 Euchre 1:00 German 5:30 Zumba Gold	12 9:00 Open Pool 10:00 Stretch & Strength 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 1:00 Cribbage 1:00 Parkinson's Support Group 2:00 Parkinson Movement & Music 6:00 Coin Club 6:30 Slow-Roll	13 9:00 Open Pool 9:30 LPGA 10:00 Fondy Sunshine Strummers 11:00 Drive Up Senior Dining Meal 12:00 Canasta 12:00 Hand & Foot 1:00 Genealogy 1:00 Hospice 101	14 8:30 Men's Golf 9:00 Balance & Stretch 9:00 Open Pool 10:00 Book Club 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 11:00 Feeding America 12:00 Mah Jongg 12:30 Movie-Father Stu 1:00 Cribbage 5:30 Beginning Line Dancing 6:30 Line Dancing 7:00 Sunset Stitches	15 9:00 Open Pool 9:00 Video Walk to Fitness 10:00 Video Walk to Fitness 11:00 Drive Up Senior Dining Meal 12:00 Game Day <u>16 Saturday</u> 10:00 Friends Brat Fry 10:00 Walking Group <u>17 Sunday</u>

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Friends of Fond du Lac Sr. Center, Fond du Lac, WI

D 4C 01-1122

BUNCO

Mondays
12:30– 3:00 p.m.



Come and shake it up with us!
New Players Welcome!

Drop ins welcome, preregistration appreciated.
Call (920) 322-3630

CANASTA

Wednesdays
12:00 – 3:00 p.m.



New Players Welcome!

Drop ins welcome, preregistration appreciated.
Call (920) 322-3630

CRIBBAGE

Tuesdays & Thursdays
1:00 – 3:00 p.m.



Come and join the Cribbage Crew!
New Players Welcome!

Drop ins welcome, preregistration appreciated.
Call (920) 322-3630

MAH JONGG

Tuesdays & Thursdays
12:00 - 3:00p.m.



Come and play Mah Jongg with us ! This tile based game will have you addicted in no time! Don't know how to play? We will teach you! **New players welcome!**

Drop ins welcome, preregistration appreciated.
Call (920) 322-3630

EUCHRE

Mondays
12:30 –2:30 p.m.



Come join us! **New Players Welcome!**

Drop ins welcome, preregistration appreciated.
Call (920) 322-3630

HAND & FOOT

Wednesdays
12:00- 3:00 p.m.



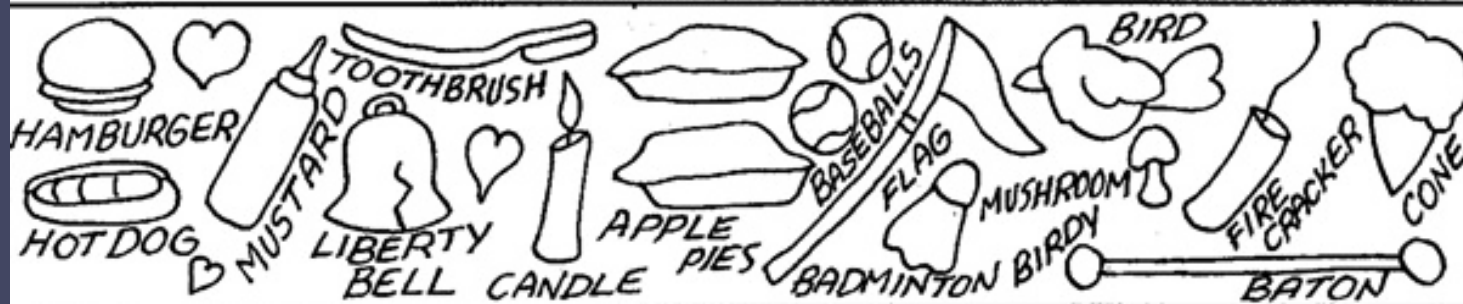
New Players Welcome!

Drop ins welcome, preregistration appreciated.
Call (920) 322-3630

HIDDEN PICTURE PUZZLE



www.hiddenpicturepuzzles.com



GUESS HOW MANY

Red, White and BLUEBERRY! Happy National Blueberry Month! Guess how many blueberries are in our pint container. Closest guess wins a prize!



Call (920) 322-3630 or visit our Facebook page to enter your guess!

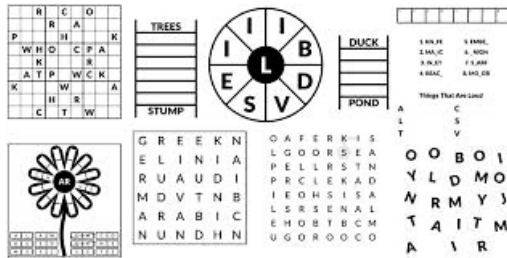
BLOOD PRESSURE CLINIC



Call for day and time
(920) 322-3630

Drop in and get your blood pressure taken.

DID YOU KNOW?



Did you know that you can be entered into a drawing to win a Culver's gift card if you complete newsletter puzzles?

Did you know that we have additional puzzles available at the Center to increase your chances of winning?

Stop in with your completed puzzles and you'll receive one ticket for each puzzle - we draw once a month for a winner!

PUZZLE SOLUTIONS



Are you stumped on a particular puzzle? Call us for hints or answers!
(920) 322-3630

TAKE YOUR WORKOUT TO THE WATER

Taylor Park Pool 380 Emma St.
June 11– August 21

M-F 10:00-11:50 a.m.
Adult Lap Swim/ Water Walking

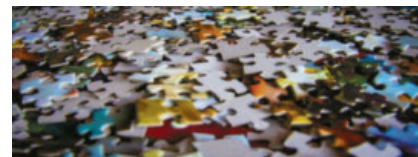
M-F 4:45– 4:45 p.m.
Adult Lap Swim/ Water Walking

Tuesdays from
6/4– 8/16, 5:45– 6:30 p.m.
Aqua Jog



\$2 per session– Pay at the door (no season passes will be sold)
** Hours subject to change based on staffing availability

PUZZLES



Are you looking for ways to “maintain your brain”?

Studies have shown that working on jigsaw puzzles can improve cognition and visual-spatial reasoning.

If you need a puzzle to work on, let us know! We have puzzles to loan out!
(920) 322-3630

CLASSES, SUPPORT GROUPS AND RESOURCES



SUPPORT GROUP

July 19th

10:00a.m. -11:00 a.m.

3rd Tuesday of each month

At the Fond du Lac Senior Center

July's Topic: Summer Food for Diabetes

Everyone is welcome to participate in this FREE diabetes support group facilitated by the educators from the Aurora Diabetes and Nutrition Center.



LOCAL PARENTS OF ANGELS



1st Thursday - July 7

5:30 - 7:30pm

The Local Parents of Angels is a support group for parents who have lost a child at any stage of life. The loss can be recent or a long term loss. Everyone is welcome!



NAMI Fond du Lac is the local affiliate of the National Alliance of Mental Illness (NAMI), a grass roots organization founded in 1979, with a mission to empower those young and old affected by mental illness and reduce stigma through support, education and outreach. Call us at 920.979.0512

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WISCONSIN
PARKINSON
ASSOCIATION

PARKINSON'S MOVEMENT & MUSIC

Tuesday, July 12 & 26 at 2:00 p.m.

Free class which includes chair and standing movements to music in a group setting for fun, fitness, and socialization.

Meets the 2nd & 4th Tuesdays of the month.

For questions and registration call (920) 322-3630

PARKINSON'S SUPPORT GROUP

Tuesday, July 12 at 1:00 p.m.

July's group features:

DR. JOY COCHRAN - URBAN POLING

Have you ever wondered why people use hiking poles when they aren't on a trail? Activator poles allow for upright posture, help with balance, strengthen core muscles & relieve pressure on sore joints. Join us to learn all of the benefits from using poles on your walk and to try them for yourself.



The Parkinson's Support group meets 2nd Tuesday of the month. Please visit their website at www.wiparkinson.org or call 414.312.6990 for more information.

Memory Café

Fond du Lac Public Library
Lower Level 32 Sheboygan Street
JULY 28th - 1:00-2:30 pm



Memory Cafés are comfortable social gatherings designed for persons with memory loss, living with MCI or early stage dementia, and their care partners to connect, socialize, and build new support networks.

REGISTER First time attendees please call 800.272.3900
Please note this is not a support group.

Alzheimer's Caregiver Support Group
Meets at the Senior Center
Thursday, July 28
(4th Thursday of every month)
6:30 p.m.

Please visit alz.org/wi or call 800.272.3900 for more information about family caregiver, education, and support groups.



The Gratitude Club, Inc. is a local non-profit recovery club established in 1980 to provide a meeting place and an outlet for

fellowship. More than 250 individuals come through our doors on a weekly basis. The Gratitude Club is host to over 30 12-step meetings per week and sponsors numerous family-oriented activities. Call Us at **920.921.0143**



Contact:
920.929.3466
888.435.7335
adrc@fdlco.wi.gov



Alyssa Sommerfeldt
Fond du Lac County
Dementia Care Specialist

920.929.3419

The ADRC of Fond du Lac County now has a Dementia Care Specialist (DCS) available to assist individuals and families living with dementia, memory loss or cognitive changes to continue to be active and independent as long as possible in the community.

Senior Dining



Jul-22



For meal reservations or cancellations,
please CALL 920-929-3937 by 11:30 AM at
least one business day prior to the meal.

Fond du Lac County Aging Unit

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Country fried steak Mashed potatoes Green beans Apple slices Rasp. Sherbet Sliced bread
4 CLOSED TO OBSERVE FOURTH OF JULY 	5 Pork Steak Mashed potatoes Carrots Pear slices Choc. Pudding Dinner roll	6 Lasagna casserole Italian blend veg. Fruited gelatin Cinnamon roll French bread	7 Sweet & sour pork over brown rice Brussels sprouts Fruit cocktail Birthday cake Dinner roll	8 Burgundy mushroom chopped steak Mashed potatoes Corn Petite banana Cookie Sliced bread
11 Ham roll Sweet potato bake Coleslaw Butterscotch pudd. Applesauce Sliced bread	12 Swedish meatballs Mashed potatoes Calif blend veg. Mand. Orange gel. Fudge brownie Dinner roll	13 Beef stew Spinach salad with rasp. Vinaigrette Cantaloupe slice Applesauce cake Cheddar biscuit	14 Beef tips w/mush. over brown rice Broccoli cuts Apple slices Cookie Dinner roll	15 Bratwurst on a bun Baked beans Wax beans Orange White brownie
18 Meatloaf Baked potato Peas/pearl onions Peach slices Tapioca pudding Sliced bread	19 Baked chicken Twice Bk style pot. Copper penny salad Pineapple tidbits Cookie Dinner roll	20 Beef stroganoff casserole Tossed salad Apricot halves Carrot cake Sliced bread	21 Roast pork loin Mashed potatoes Red cabbage Applesauce Choc. Cloud torte Dinner roll	22 Teriyaki chicken Baby red potatoes Baby carrots Petite banana Cinnamon roll Sliced bread
25 Salisbury steak Mashed potatoes Corn Butterscotch pudd. Pear slices Sliced bread	26 Chicken tetrazzini casserole Spinach salad with hot bacon dressing Honeydew melon Cookie Dinner roll	27 BBQ pork cutlet White bean salad Broccoli cuts Orange sherbet Tropical fruit salad Sliced bread	28 Chicken marsala Baked potato Peas and carrots Apple slices Spice cake Dinner roll	29 Liver and onions Garlic mashed pot. Pickled beet salad Peach slices Cookie Sliced bread

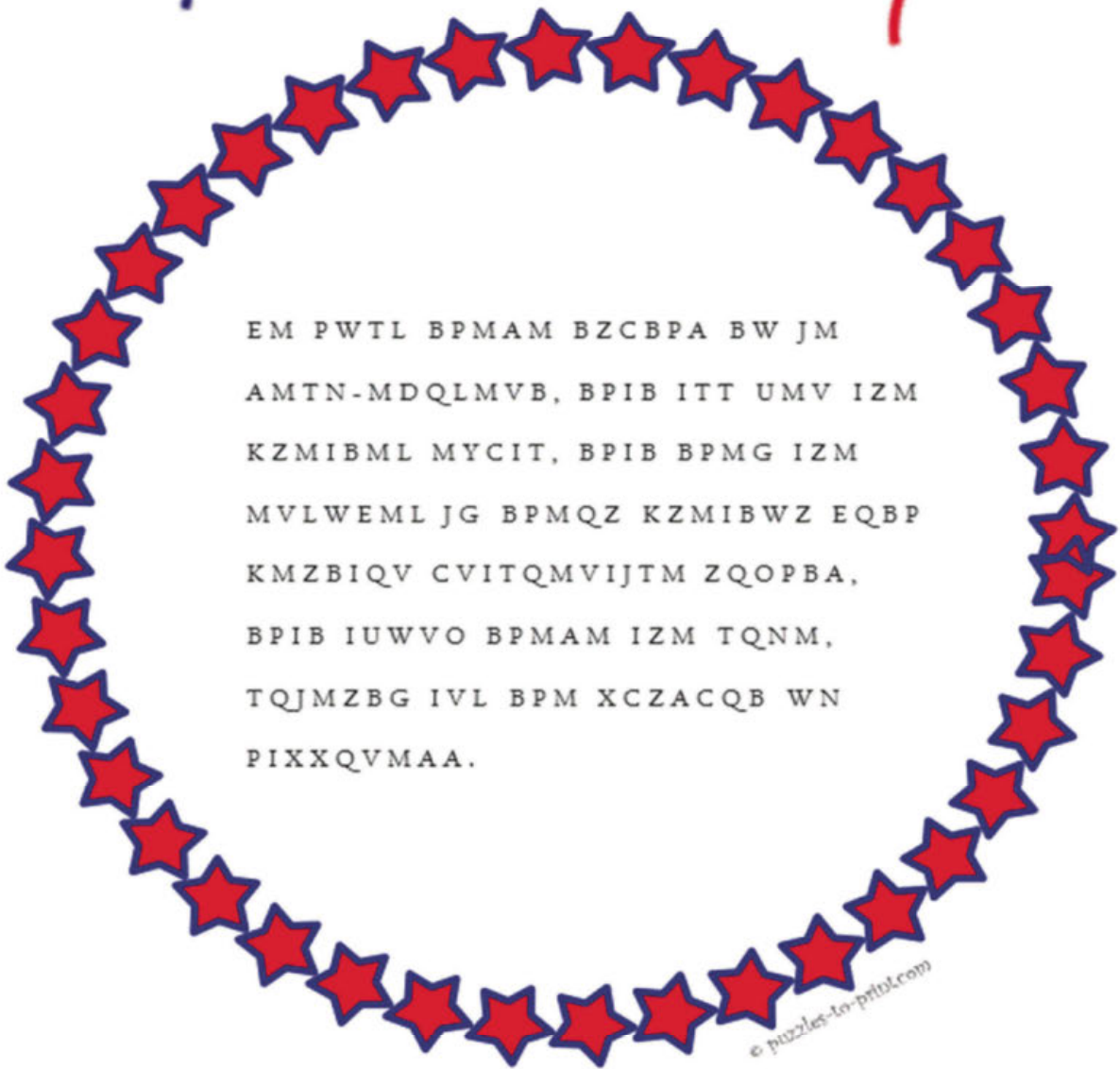
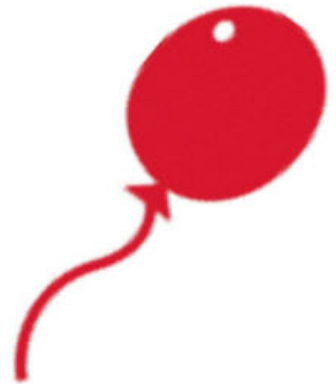
Menu is subject to change without notice. Feil's Catering - Randolph, WI

All meals are served with a carton of 2% milk

Meals are served out of the drive-up window on the west side of the Senior
Center between 11:00 a.m. and Noon
Fond du Lac County suggests a \$3.00 donation per meal.



Fourth of July Cryptogram



EM PWTL BPMAM BZCBPA BW JM
AMTN-MDQLMVB, BPIB ITT UMV IZM
KZMIBML MYCIT, BPIB BPMG IZM
MVLWEML JG BPMQZ KZMIBWZ EQBP
KMZBIQV CVITQMVIJTM ZQOPBA,
BPIB IUWVO BPMAM IZM TQNM,
TQJMZBG IVL BPM XCZACQB WN
PIXXQVMAA.

WORD SCRAMBLE



Fourth of July Word Scramble



Unscramble the words, then use the highlighted letters to write out the scrambled secret message.

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TENIUD

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AEQTIULY

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ERIRFKWOS

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FRIENDS OF THE FOND DU LAC SENIOR CENTER

MISSION: We are community members dedicated to supporting the Fond du Lac Senior Center through advocacy and fundraising efforts.

Are you interested in supporting the programs and activities at the Center?

Become a Friend!

Friends memberships are open to anyone, run for a calendar year, and include home delivery of our monthly newsletter.

Membership forms available at the front desk.

THANK YOU to all of our "Friends"!

BRAT FRY TIME

Saturday, July 16

Come on out and get a delicious brat or hamburger, and support the Friends!
FDL Festival Foods
10:00 a.m.- 4:00 p.m.



We need your help! If you would like to help out at the brat fry, please call (920) 322-3630

2022 DINE OUT BOOKS



Over 50 coupons to 40+ Local Businesses
Get yours today for only \$7.00!

WE WILL BE
CLOSED FOR THE
4TH OF JULY

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter
emailed to you at
www.mycommunityonline.com



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Friends of Fond du Lac Sr. Center, Fond du Lac, WI

F 4C 01-1122

AARP DRIVERS SAFETY

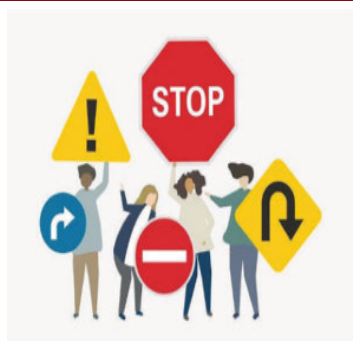
Thursday, October 13
8:30am - 12:30pm

OR

Tuesday, October 18th
12:30pm - 4:30 pm

\$20 for AARP members
\$25 for non-members

Call (920) 322-3630 to register



CRAFTERS CORNER



Will be back in fall - watch next month's newsletter for day and time.

MEMORY WRITERS

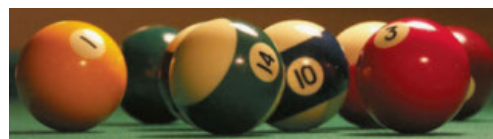
Returning September 9th



Join us to share and preserve life experiences and family history. **New Memories and Members Welcome.**

Drop ins welcome, pre-registration appreciated.
Call (920) 322-3630

POOL LEAGUE



8 Ball and 9 Ball Leagues forming for fall. Watch for details in next month's newsletter

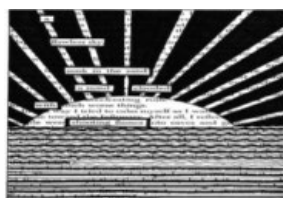
If interested, call to register :
(920) 322-3630

BLACKOUT POETRY

Will be back in fall - stay tuned for details

Blackout Poetry is the art of taking written text from a book, magazine or newspaper and blacking out words in order to come up with your own poetry. Come and check it out!

Drop ins welcome, preregistration appreciated.
Call (920) 322-3630



HELP FOR CAREGIVERS

Save the dates for these important resources for family and professional caregivers. More info will be in upcoming newsletters.



* **Fond du Lac County Care Giving Conference**
Thursday, September 15th
8:30AM-3:30PM

* **Powerful Tools for Caregivers Class**

This 6 week class is scheduled to begin on October 5th

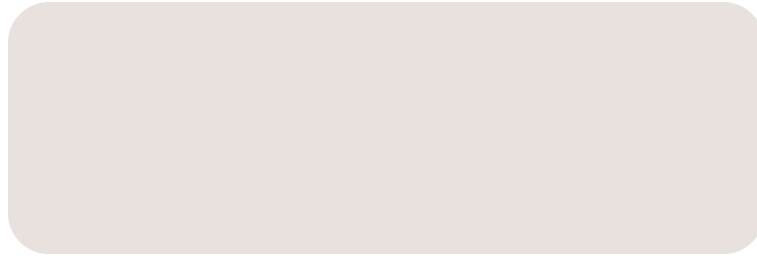


Fond du Lac Senior Center

151 E. First Street
Fond du Lac, WI 54935

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FOND DU LAC SENIOR CENTER 920-322-3630

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cloomans@fdl.wi.gov

PROGRAM/OUTREACH COORDINATOR

Sarah Docter 322-3641
sdocter@fdl.wi.gov



Fond du Lac Senior Center

151 E. 1st St.

Fond du Lac, WI 54935

Phone (920)322-3630

Email senior@fdl.wi.gov

Hours M-F 8:00 am- 3:00 pm

The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those with disabilities. Participants must be independent of activities of daily living in order to attend, or if they are not independent, a caregiver must accompany them.

Proudly serving the
Fond du Lac Community
for over 55 years!
...where friends meet!

Visit us online at
www.fdlseiorcenter.com

VISION

TO ENHANCE THE QUALITY OF LIFE OF
EVERY SENIOR IN OUR COMMUNITY

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facebook 

@FondduLacSeniorCenter

Fond du Lac Senior Center
is a member of WASC

Wisconsin
Association of
Senior
Centers



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The Fond du Lac Senior Center assumes no responsibility for advertising content, mistakes or omissions. Programs and events are subject to change or cancellation without notice. No partial sessions or refunds on classes.