

FOND DU LAC SENIOR CENTER

AMONG FRIENDS

NEWSLETTER

AUGUST 2022



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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.

I got in the car the other night and there was a talk show on the radio. Normally I'd change the channel to some 80's music and crank up the volume, but the first couple of words I heard piqued my interest.

The gentleman on the air was talking about anxiousness, gratitude, and generosity. If you've read previous newsletters, you may have noticed that these themes tend to come up frequently, and I'm always interested to hear other people discuss their thoughts on the subject.

As I listened, this gentleman said something that really made me think. He was talking about the challenges of being part of an organization that had bills to pay and payroll to make during the pandemic shutdown. He mentioned how there was so much worry and anxiousness about how they would survive during such uncertainty. Then he said the phrase that still makes me stop and think. "The way to counter anxiousness is with generosity".

He discussed that the more he and the organization focused on helping others, the more he noticed his anxiousness diminishing. He also shared that as he helped others, and felt their gratitude, their gratitude rubbed off on him. He said that instead of being focused on the his worst case scenario, he experienced how giving to others made the world a more positive place for him. He also shared that as the paradigm shifted from the negative, the worry and the stress, to the culture of giving, generosity and gratitude, their organization began to see a bright financial picture and are in a better place now than they were before the pandemic.

Pretty powerful stuff.

This radio show reminded me of a phrase that I had just seen when I was reading something a few days prior:

"People Centered Life"

Can you imagine a world where everyone lived a "people centered life"? A world where we all spent less time worrying or focusing on ourselves, and spent more time being generous with our time, talents and treasures to help each other and our communities? Can you imagine the collective impact that could have?

That's a lot to think about ... and gives us all a lot of opportunities to put thoughts into actions.

Hope you are enjoying these beautiful summer days. Hope to see you soon.

Cathy

SENSATIONAL SENIOR SANDWICH CELEBRATION

Monday, August 22
12:30 –1:00 p.m. Sandwich handout
(no end time to visiting—stay as long as you want!)

August is National Sandwich Month and August 21 is National Senior Citizens Day, so we decided to combine the two and have one big sensational celebration, to celebrate you! We will be handing out the sandwiches in the “back” parking lot off of Gillett. If the weather is nice feel free to bring a lawn chair to sit and visit.

If the weather is unfavorable the sandwiches will be handed out the drive thru window located on the west side of the building.

Must Register By: Wednesday, August 17
Call (920) 322-3630



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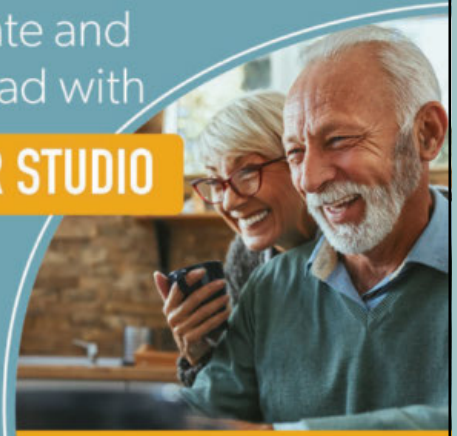


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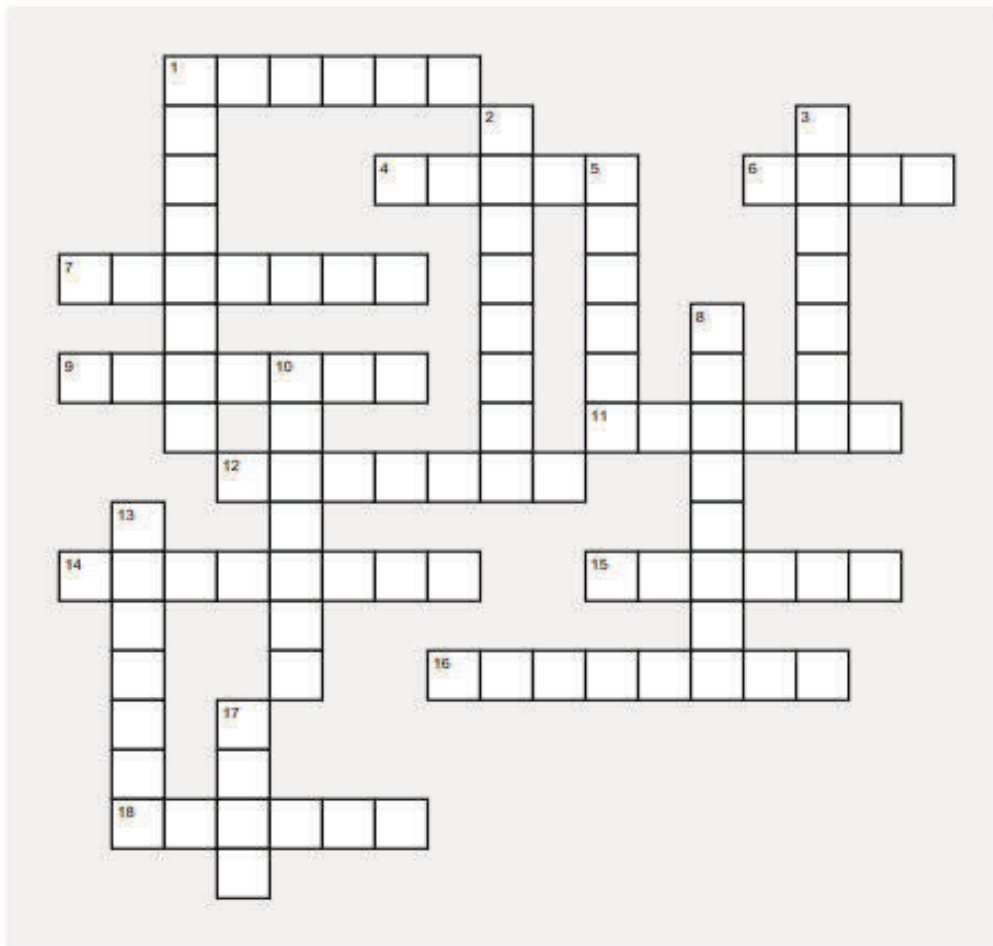


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Friends of Fond du Lac Sr. Center, Fond du Lac, WI

A 4C 01-1122

Summer Crossword



ACROSS

- 1) Beachgoer's pride
- 4) Surfer's hangout
- 6) Dog days month
- 7) Rod & reel sport
- 9) Disk you whisk
- 11) Make a bed?
- 12) Roughing it, perhaps
- 14) Treat on a stick
- 15) Alfresco meal
- 16) Parlor treat
- 18) Bermuda _____

DOWN

- 1) Beach attire
- 2) Worker's respite
- 3) Not indoors
- 5) Tramping on the trail
- 8) Outdoor cookout
- 10) Lake activity
- 13) Ballpark fare
- 17) Summer cooler

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! Wednesdays and 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!
Drop in and try it - **YOU are worth it!**
And we are here to support you.



WALKING/HIKING GROUP

This group meets to walk on Tuesday, Thursday and Saturday mornings at 9:00.



**New
Summer
Hours**

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/FondduLaSeniorCenter/>
New Walkers Always Welcome!

COUNTRY LINE DANCING

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



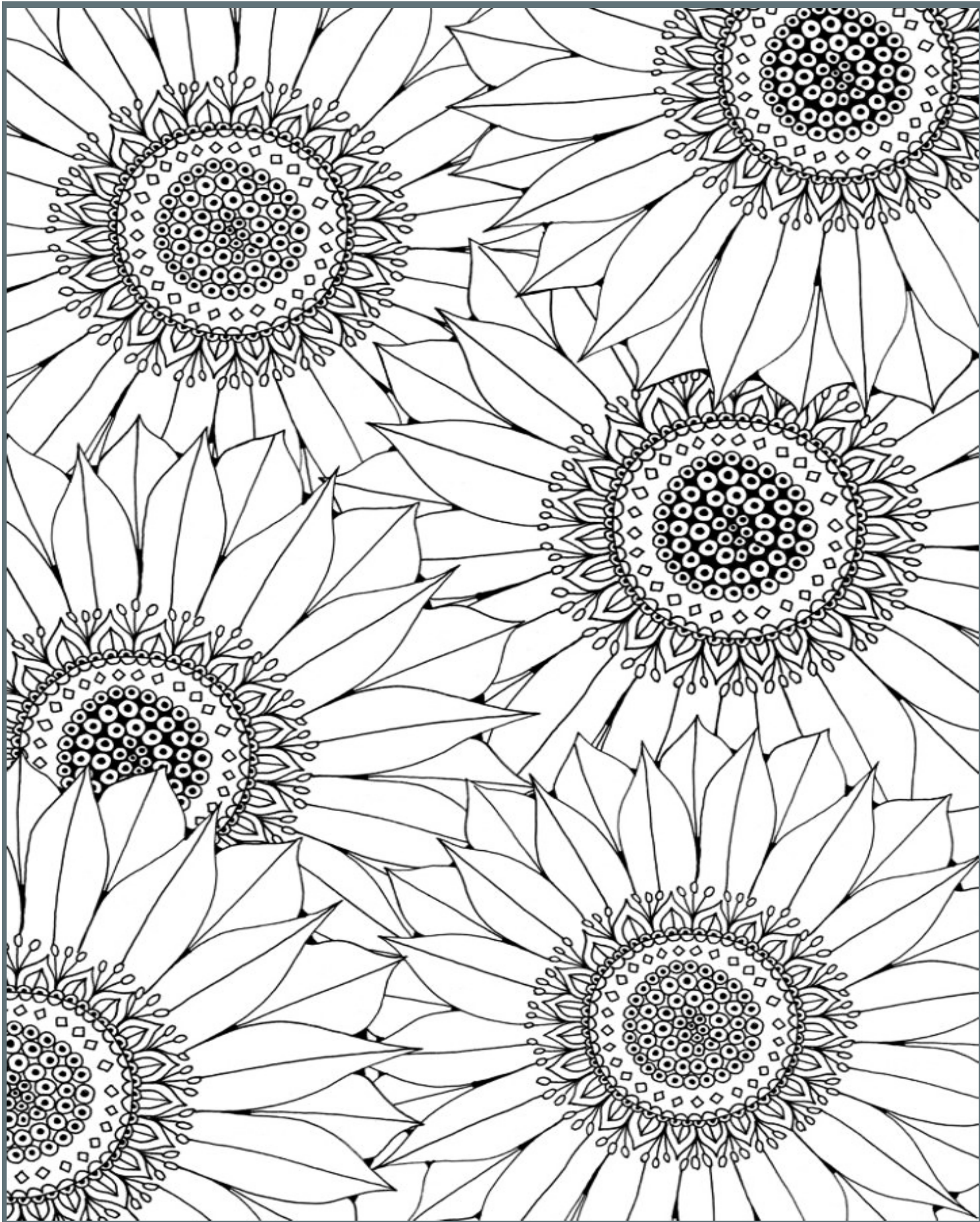
Call to register (920) 322-3630
5 class punch card for \$10.00 available at the door



Mondays at 5:30

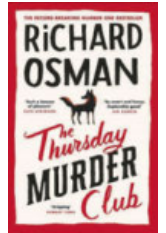
Zumba Gold is for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. Give it a try!

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



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

As the bodies begin to pile up, can our unorthodox but brilliant gang catch the killer, before it's too late?
To Register Call (920) 322-3630



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

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



2nd Tuesday of the Month

New Members Welcome!

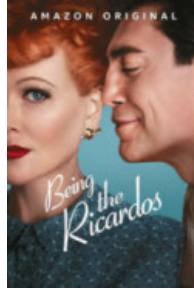
New Members Welcome!

BEING THE RICARDOS

Thursday, August 4 AND Wednesday, August 17

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

R · 2021 · Biography/ Drama · 2h 5m



Starring: Nicole Kidman, Javier Bardem, J.K. Simmons, Nina Arianda, Tony Hale, Alia Shawkat

Summary: In 1952, Hollywood power couple Lucille Ball and Desi Arnaz face personal and professional obstacles that threaten their careers, their relationship, and their hit television show.

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

HUSTLE

Wednesday, August 10 AND Thursday, August 25

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

R · 2022 · Drama/Sport · 1h 57m



Starring: Adam Sandler, Juancho Hernangomez, Queen Latifah, Ben Foster, Robert Duvall, Jaleel White

Summary: After a down-on-his-luck basketball scout discovers an extraordinary player abroad, he brings the phenom back without his team's approval.

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

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& THIEL**
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The former Senior Benefit Specialist for Fond du Lac County. Julie has been serving older adults for over 18 years. She continues to provide the same experience and expertise as she did with Fond du Lac County. Julie will specialize in Medicare, Individual/Group Health, Life/Final Burial and Long-Term Care insurance. Please give her a call today to schedule an appointment.

Contact us for more information or to schedule an appointment.

(920) 923-2626 • juliehilbert@mtins.net

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Campbellsport
920-533-4422

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HEALTH CARE POWER OF ATTORNEY PRESENTATION

Thursday, August 18 at 1:00 p.m.

A healthcare power of attorney (HCPA) is a legal document that empowers an appointed individual to make healthcare decisions on your behalf. Join us as a social worker from the FDL Aging and Disability Resource (ADRC) Center talks about the importance of having a HCPA and answer any questions about them that you may have.

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



FINANCIAL POWER OF ATTORNEY PRESENTATION

Wednesday, August 24 at 1:00 p.m.

A financial power of attorney is a form written specifically to let someone else act as your legal rep regarding financial matters. Join us as a social worker from the FDL Aging and Disability Resource Center (ADRC) explains the importance of this document and answers any questions you may have about Financial power of attorneys.

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



FINDING BALANCE, PREVENTING FALLS

Thursday, August 11 at 1:00 p.m.

Presenter: Jamie Roth

Falls are a *common* but not *normal* part of aging. Have you ever fallen? Do you have a fear of falling? Are you getting older? This presentation is meant for **YOU!**

Topics covered:

- ♦ Starting the conversation & having a plan
- ♦ Simple exercises to build strength and improve balance
- ♦ How to get up from a fall
- ♦ Home safety

Together, we can Find Balance and Prevent Falls!

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



INSTANT POT CLASS JULIE'S FAVORITE RECIPES

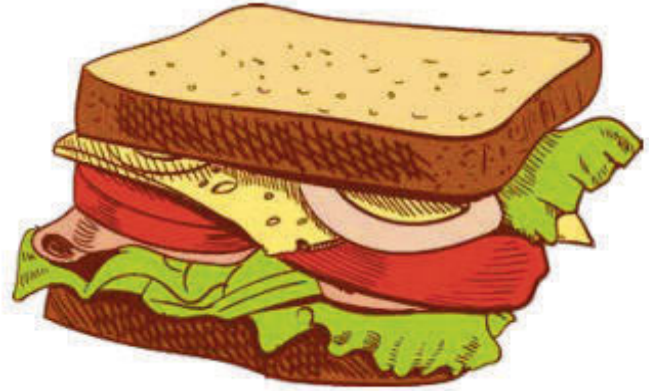
Tuesday, August 30 at 1:00 p.m.



Now that you have gotten acquainted with your Instant Pot come and join us as Julie, the Instant Pot Enthusiast, teaches us how to make a couple of her favorite recipes.

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

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



My Favorite Sandwiches

Word Search

Baked Bean
BLT
Bologna
Breakfast
Cheesesteak
Club
Corned Beef
Dagwood
Denver
Egg Salad
Fluffernutter
French Dip
Hamburger
Ice Cream
Lox
Meatball
Monte Cristo
Patty Melt
Po' Boy
Reuben
Runza
S'more
Slider
Sloppy Joe
Steak
Submarine
Tuna

T	L	E	M	Y	T	T	A	P	H	R	R	R	O	M	V	U	M	C	F	M
B	J	J	U	Y	U	M	O	N	T	E	C	R	I	S	T	O	D	V	W	O
Y	U	V	G	N	B	R	H	J	R	G	W	K	H	Q	V	P	F	R	B	G
S	E	L	A	F	L	U	F	F	E	R	N	U	T	T	E	R	U	E	B	W
U	N	R	C	J	D	Z	O	L	U	U	W	Y	V	U	Z	N	W	D	O	J
M	I	I	E	U	G	B	T	N	B	B	E	J	B	Z	U	L	O	X	H	E
A	R	E	S	D	H	T	T	R	E	M	Q	U	T	U	U	R	Z	S	A	F
E	A	Y	T	Z	I	D	C	V	N	A	N	G	O	L	O	B	Y	O	B	O
R	M	L	J	R	H	L	H	F	F	H	W	R	V	O	S	M	Y	C	R	G
C	B	S	U	W	K	O	S	E	N	I	X	V	G	V	K	S	Q	E	Z	B
E	U	N	Q	H	S	N	M	E	A	T	B	A	L	L	K	T	D	U	K	R
C	S	B	K	G	Q	A	S	A	C	Y	A	W	X	A	I	E	S	K	U	Z
I	D	R	V	Q	S	E	R	B	L	F	I	C	E	I	N	A	K	A	T	D
C	Q	F	S	W	P	B	K	I	L	V	M	T	R	V	I	K	L	C	S	A
Z	U	D	M	C	U	D	S	O	Y	T	S	B	E	H	Z	D	R	G	A	L
Y	G	C	O	R	N	E	D	B	E	E	F	R	A	Q	F	E	I	G	F	A
K	O	X	R	Z	O	K	S	B	S	T	A	M	S	M	Y	N	U	S	K	S
G	O	B	E	J	P	A	R	E	S	T	G	D	V	S	R	U	N	Z	A	G
E	O	X	O	Q	P	B	E	N	T	F	C	H	A	G	R	P	K	L	E	G
E	I	P	G	P	K	H	K	W	D	A	G	W	O	O	D	Y	H	O	R	E
X	F	R	E	N	C	H	D	I	P	E	O	J	Y	P	P	O	L	S	B	T

SENIOR SNAPPERS

Wednesday, August 3 & 17
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 - GREETING CARDS

Wednesday, August 10 -1:00 p.m.

At Thelma Sadoff Center For the Arts

Come and use your creativity to make a greeting card!
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, August 4
1:00 p.m.



Meeting the 1st Thursday of every month.

New Members Welcome!

SUNSET STITCHERS QUILT GUILD

Thursday, August 11
7:00 p.m.



Meeting the 2nd Thursday of the month.

New Members Welcome!

Nickel



Tuesday, August 16 at 1:30 p.m.

Gather up your nickels and come and spend the afternoon playing Bingo, and socializing with us!

Drop ins welcome, Preregistration appreciated
(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, August 8
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



RECREATIONAL SHEEPSHEAD

Wednesdays
12:00– 3:00 p.m.



JACK OF DIAMONDS - 5-10-15
Call (920) 322-3630 to register.

Note: This group is just for FUN, it is not tournament style

SKAT

Thursdays
12:00– 3:00 p.m.



Skat Is Where It's At!
New Players Welcome!

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

WII GOLF INFO MEETING

Friday, August 12 at 1:00



If you love to golf attend this meeting and find out how you can enjoy golf through the winter.

Drop ins welcome, Preregistration appreciated
(920)322-3630

MEN'S SENIOR CENTER GOLF LEAGUE

Thursdays at 8:30 a.m.

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



LADIES PLAYFUL GOLF CLUB

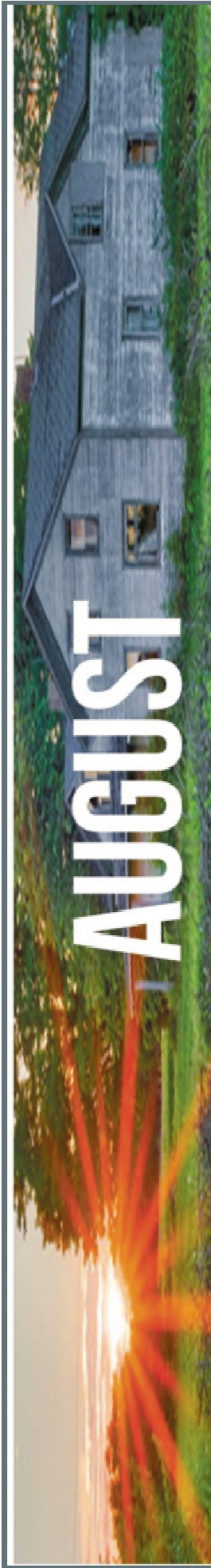
Mondays and Wednesdays at 9:30 a.m.

Must call to register (920)322-3630
Call Alice Dann (920) 753-5126 with all questions.

Partners are randomly chosen each time.



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AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 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	2 9:00 Open Pool 9:00 Walking Group 10:00 Stretch & Strength 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 1:00 Cribbage	3 9:00 Open Pool 9:00 Video Walk to Fitness 9:30 LPGA 10:00 Fondy Sunshine Strummers 10:00 Video Walk to Fitness 11:00 Drive Up Senior Dining Meal 12:00 Canasta 12:00 Hand & Foot 12:00 Rec Sheepshhead 1:00 Senior Snappers	4 8:30 Men's Golf 9:00 Balance & Stretch 9:00 Open Pool 9:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 12:00 Skat 12:30 Movie- Being the Ricardos 1:00 Cribbage 1:00 Flying Geese Quilters 5:30 Beginning Line Dancing 5:30 Parents of Angels 6:30 Line Dancing	5 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 6 Saturday 9:00 Walking Group 7 Sunday
8 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	9 9:00 Open Pool 9:00 Walking Group 10:00 Stretch & Strength 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	10 9:00 Open Pool 9:00 Video Walk to Fitness 9:30 LPGA 10:00 Fondy Sunshine Strummers 10:00 Video Walk to Fitness 11:00 Drive Up Senior Dining Meal 12:00 Canasta 12:00 Hand & Foot 12:00 Rec Sheepshhead 12:30 Movie-Hustle 1:00 Genealogy 1:00 Art at Thelma- Greeting Cards	11 8:30 Men's Golf 9:00 Balance & Stretch 9:00 Open Pool 9:00 Walking Group 10:00 Book Club 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 12:00 Skat 1:00 Cribbage 1:00 Finding Balance 5:30 Beginning Line Dancing 6:30 Line Dancing 7:00 Sunset Stitches	12 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 1:00 Wli Golf Info Meeting 13 Saturday 9:00 Walking Group 14 Sunday
15 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	16 9:00 Open Pool 9:00 Walking Group 10:00 Diabetes Support Group 10:00 Stretch & Strength 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 1:00 Cribbage 1:30 Nickel Bingo	17 9:00 Open Pool 9:00 Video Walk to Fitness 9:30 LPGA 10:00 Fondy Sunshine Strummers 10:00 Video Walk to Fitness 11:00 Drive Up Senior Dining Meal 12:00 Canasta 12:00 Hand & Foot 12:00 Rec Sheepshhead 12:30 Movie- Being the Ricardos	18 8:30 Men's Golf 9:00 Balance & Stretch 9:00 Open Pool 9:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 12:00 Skat 1:00 Cribbage 1:00 HCPA Presentation	19 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 20 Saturday 9:00 Walking Group 21 Sunday

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WisconsinSeniorMedicarePatrol



Preventing Medicare Fraud



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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

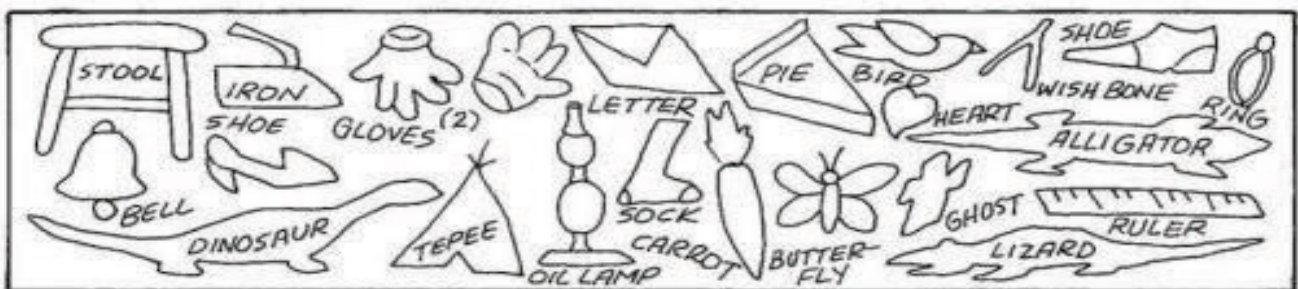
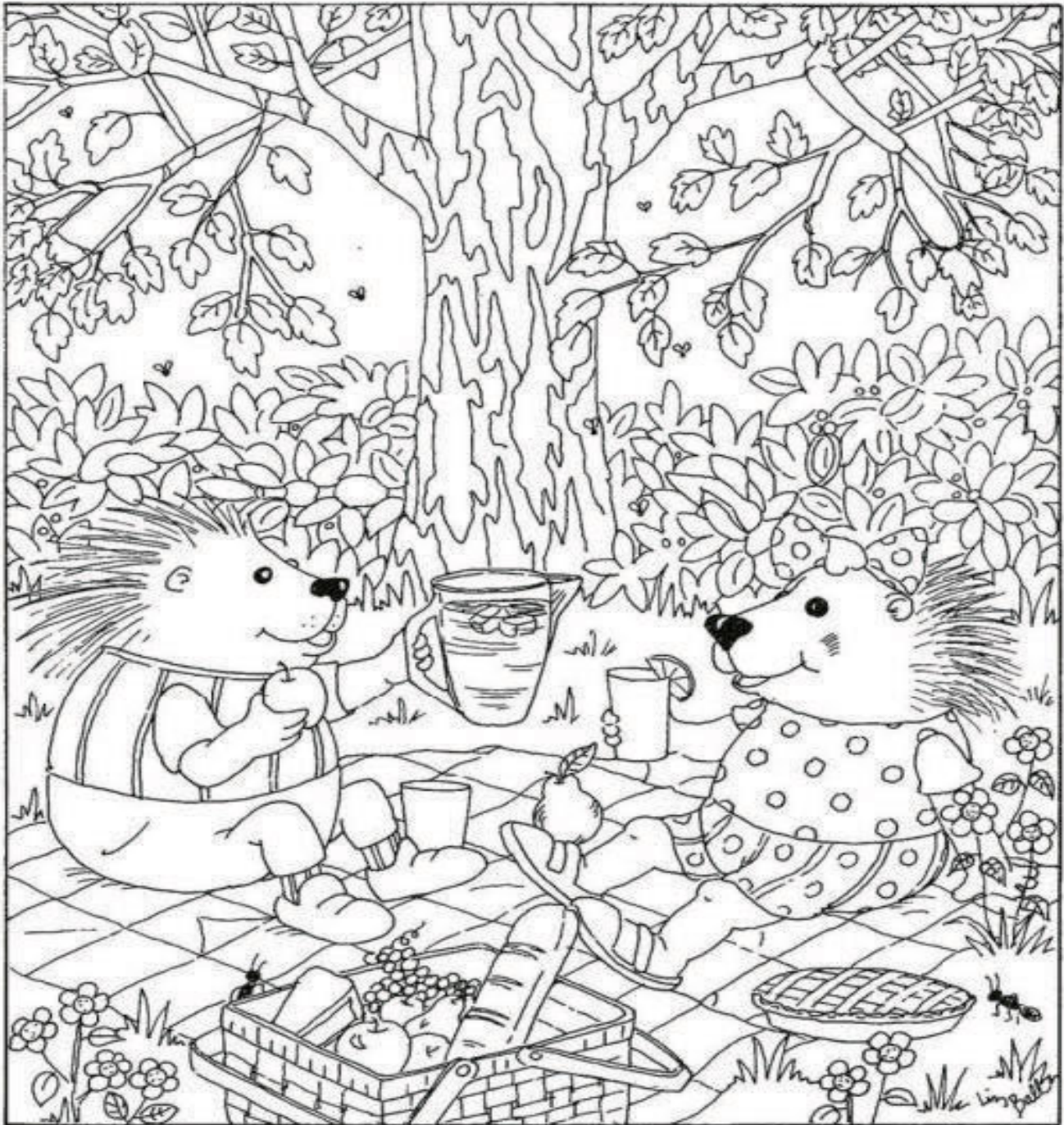
Wednesdays
12:00- 3:00 p.m.



New Players Welcome!

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

Hidden Picture Puzzle: Picnic



GUESS HOW MANY

Happy national Water Quality Month! Guess how many ounces of water is in the vase pictured below. Closest guess wins a prize!

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



SLOW ROLL FONDY

2nd Tuesday of the month

Tuesday, August 9 at 6:30 p.m.

Call (920) 322-3630 or check the Slow Roll Fondy Facebook Page for updates

Slow Roll is a social group bike ride that is 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!**

This ride will be on the Wild Goose State Trail. Meet at the WisDOT Park & Ride 20-20 on County Highway W. The approximate address is 355 Rolling Meadows Drive, FdL



TECH TYME

Tuesday, August 23
9:00-11:00 a.m.



Have tech questions? Drop in to get one-on-one help with your questions about computers, internet, email, social media, your device, or other technology. If you have a question about a device such as a smartphone, tablet, or laptop, bring it with you! We can help with any basic tech questions and will always give our best effort at answering more advanced questions as well! Drop in at any time during the session. Assistance will be provided on a first-come, first-served basis.

Make sure your device is fully charged or bring a charger with you.

Sessions are limited to 15 minutes per person if other people are waiting.

bugtussel



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

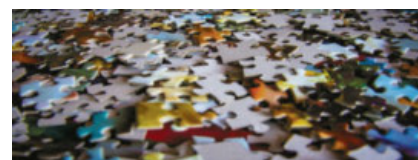
Tuesdays from
6/4– 8/16, 5:45– 6:30 p.m.
Aqua Jog



\$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

August 16

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

3rd Tuesday of each month

At the Fond du Lac Senior Center

August's Topic: Get Moving With 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 - August 4
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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For more information, contact:
Diann Roberts, Program Director
(920) 933-8090 | www.themeadowsfdl.com

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PARKINSON'S MOVEMENT & MUSIC

Tuesday, August 9 & 23 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, August 9 at 1:00 p.m.

August's group features:

ALYSSA SOMMERFELDT, FDL COUNTY DEMENTIA CARE SPECIALIST

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.

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



Memory Café

Fond du Lac Public Library
Lower Level 32 Sheboygan Street
August 25 - 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, August 25
(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



Aug-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 Glazed ham Baby red potatoes Carrots Red velvet cake Fruit cocktail Sliced bread	2 Baked chicken Garlic mashed pot. Three bean salad Applesauce Cookie Dinner roll	3 Pepper steak Calico bean cass. Calif blend veg. Cinnamon roll Peach slices Sliced bread	4 Baked spaghetti Italian blend veg. Birthday cake Petite banana French bread	5 Orange chicken Baked potato Tossed salad Tapioca pudding Apple slices Sliced bread
8 Hawaiian meatballs Brown rice Chinese ramen salad Tropical fruit salad Sugar cookie Sliced bread	9 Mush pork cutlet Mashed potatoes Mixed vegetables Banana cake Apricot halves Dinner roll	10 Chicken, broccoli & rice casserole Spinach salad with rasp. Vinaigrette Honeydew melon Blonde brownie Sliced bread	11 Breaded fish fillet German pot. Salad Broccoli cuts Pear slices Butterscotch pudd. Onion rye roll	12 Smoked sausage Baked beans Peas & pearl onions Cantaloupe slice P-nut butter cookie Sliced bread
15 Roast pork loin Mashed potatoes Carrots Applesauce cake Peach slices Sliced bread	16 Meatloaf Baby red potatoes Tossed salad Choc. Pudding Apple slices Dinner roll	17 Baked chicken Twice bk style pot. Copper penny salad Cookie Orange Sliced bread	18 Beef tips Baked potato Corn Fudge brownie Pear slices Dinner roll	19 BBQ meatballs Red beans and rice Broccoli cuts Petite banana Cinnamon roll Sliced bread
22 Roast turkey Mashed potatoes Baby carrots Pumpkin cake Fruited gelatin Sliced bread	23 Beef stew Spinach salad with Honey French dres. Honeydew melon Cookie Cheddar biscuit	24 Pork Jaegerschnitzel Mashed potatoes Pickled beet salad Apricot halves Butterscotch pudd. Sliced bread	25 Bratwurst on a bun Baked beans Winter blend veg. Applesauce Choc. Sundae cup	26 Chicken breast Mashed potatoes Green beans Ambrosia dessert Petite banana Sliced bread
29 Beef stroganoff casserole Broccoli cuts Choc. Cloud torte Pineapple tidbits Sliced bread	30 Salisbury steak Mashed potatoes Peas and carrots Peach slices Cookie Dinner roll	31 Chicken cacciatore Baked potato Calif blend veg. Apple slices Frosted cake Sliced bread		

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

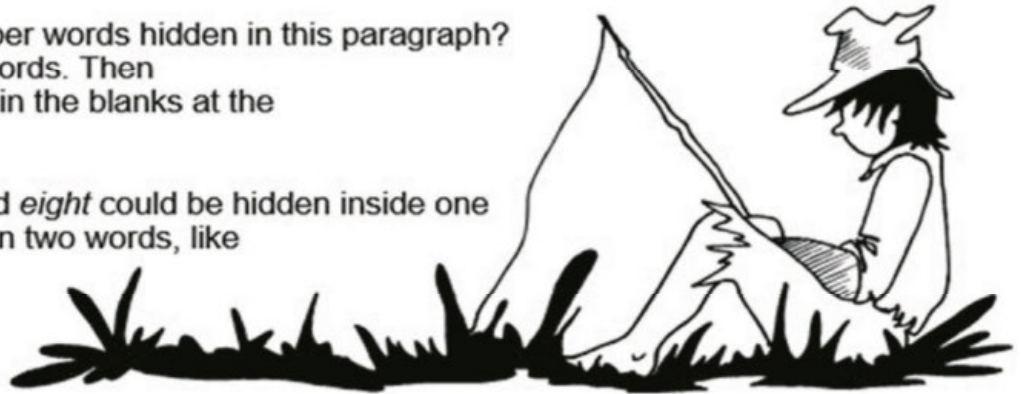
All meals are served with a carton of 2% milk

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.

The One That Slipped Away

Can you find eight number words hidden in this paragraph? Underline the number words. Then write the number words in the blanks at the bottom.

As an example, the word *eight* could be hidden inside one word, ***height***, or between two words, like this: We will ride in a ***sleigh*** tonight.

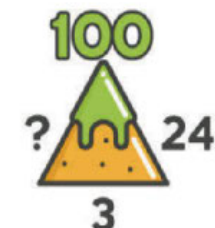


Where has the fat worm gone? He was wriggling away from my reel even before I had the hook on it! If I've lost him, I'll be sorry. This evening I came prepared with reel, line and bait hoping to catch plenty of fish. It's not often that a worm of ours gets away!

Look for a pattern to find the value of the ? in the diagram below.



Use the pattern below to find the value of the ?



Retirement Word Scramble

Unscramble the letters to solve the puzzle!

1. NRGDA CHLNEIDR _____
2. ESRT _____
3. ROSNEI CDSUSITON _____
4. SOENNIP _____
5. LRSDTOE _____
6. SPPIHASNE _____
7. ON WROK _____
8. LRDEE _____
9. ERAD _____
10. EXTDEDEN OAVANTCI _____
11. BBSYTAI _____
12. OEFDREM _____
13. LCIRAOPT AILSND _____
14. SCIAOL YEITCSR _____
15. IXONTELAAR _____
16. AHTELH _____
17. HBEAC _____
18. RECA EREF _____
19. GAEVTNLRI _____
20. SNRDIK _____

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"!

2022 DINE OUT BOOKS



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Get yours today for only \$7.00!

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/ondduLacSeniorCenter>



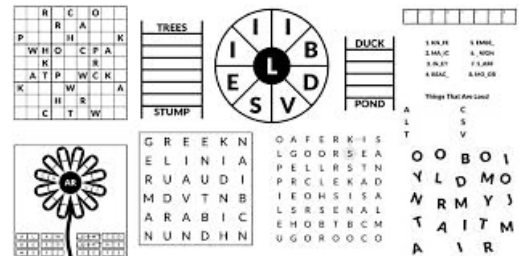
FRIENDS OF THE FOND DU LAC SENIOR CENTER

Celebrates the 40th Anniversary of our First Street Building
(And the 55th Anniversary of our Senior Center)
Along with our Annual Raffle Fundraiser Drawing



Wednesday, Oct 12th
Lakeside Park Pavilion
Times and Details Coming!

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

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AARP DRIVERS SAFETY

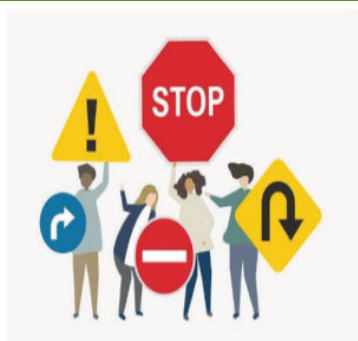
Thursday, October 13
8:30am - 12:30pm

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

Tuesdays at 12:00 Beginning September 6



Knit? Stitch? Craft? Create? Bring your project and join us for a time to socialize and work on your latest creation.

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

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

MEDICARE, OBAMACARE & MAXIMIZING SOCIAL SECURITY

Thursday, September 8 12:30– 3:00 p.m.

Thursday, October 27 9:00-11:30 a.m.

Tuesday, November 15 12:30-3:00 p.m.

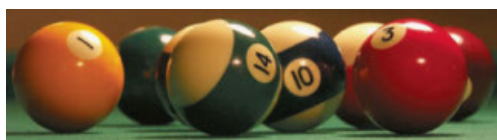
Speaker: Goebel Insurance & Financial

YOU WILL LEARN ABOUT:

- I am thinking of retiring soon, what do I need to know?
- I am currently working only because I need health insurance; is it true my premium could be ZERO thru Obamacare? Answer - YES!!!
- When and how should I take my Social Security?
- How can I increase my Social Security benefits?
- What are Medicare Parts A, B, C, D?
- What are the differences between Medicare Advantage plans and Medicare Supplements?
- Should I stay on my group health plan or go onto Medicare?
- Am I in the most appropriate Medicare plan for my situation?
- Do I qualify for an Obamacare Tax Credit and how much would it be?

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

POOL LEAGUE



8 Ball and 9 Ball Leagues forming for fall. Sign up by
August 24th - leagues to start after Labor Day.

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



Insurance
Financial
Medicare

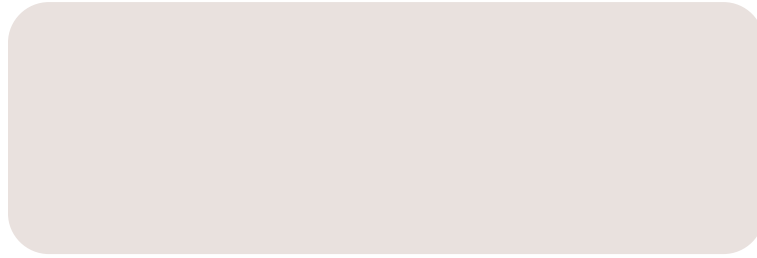


Fond du Lac Senior Center

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STAFF

DIRECTOR

Cathy Loomans 322-3632
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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