

FOND DU LAC SENIOR CENTER

AMONG FRIENDS

NEWSLETTER

SEPTEMBER 2022

Happy National Senior Center Month!



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.

Happy National Senior Center Month! In celebration of this month, there are a few things I wanted to share with you. First of all, here is some really interesting data from the National Council on Aging regarding Senior Centers.

- Senior centers, recognized by the Older Americans Act (OAA) as a community focal point, are one of the most widely used services among America's older adults. Today, almost 10,000 senior centers serve more than 1 million older adults every day in their communities and neighborhoods.
- The average age of participants is 75, and compared with their peers, senior center participants have higher levels of health, social interaction, and life satisfaction.
- 75% of participants visit their center one to three times per week. They spend an average of 3.3 hours per visit.
- Senior centers work in partnership with other community agencies and organizations and businesses to provide access to an array of opportunities for older adults to stay safe, active, and healthy. Senior centers frequently serve as part of emergency response. During the pandemic, seniors centers have been a lifeline for older adults and their communities.
- Today's senior centers are reinventing themselves to meet the needs and desires of three generations of older adults. Baby Boomers now constitute more than two-thirds of the 50+ population. Senior centers are developing new programs and opportunities for this dynamic generation of older adults and have an eye towards the future with the leading age of Generation X turning 60 in 2025.

I thought that last line about starting to serve "Gen X'ers" is REALLY interesting because that means by the end of 2024, all of the Baby Boomers have turned 60!

I also hope you join us this month as we celebrate National Senior Center Month at our Center. This year's national theme is "Strengthening Community Connections", and we have some amazing community connections/partners who help us meet our mission each month. This month we are going to expand it a bit and do some programming in locations within our community. We have some fun things planned, so please take advantage of these opportunities!

Lastly, I want to invite you to mark your calendars to help us celebrate the 55th Anniversary of our Senior Center, and the 40th Anniversary of our 1st Street location. We will be having an Anniversary Celebration on October 12th at the Lakeside Park Pavilion. More details can be found on page 4 of this newsletter. Although, this event is usually held in conjunction with the Friends of the Fond du Lac Senior Center annual raffle, this year the Friends Board is shaking it up a little bit and having the raffle drawing at the Center on October 11th which frees up more time for us to celebrate our anniversary with entertainment by **Eric Diamond** - a Neil Diamond tribute artist. Hope you can join us!

See you soon.

Cathy

SUDOKU

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

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FRIENDS OF THE FDL SENIOR CENTER

ANNUAL RAFFLE FUNDRAISER AND DRAWING

*** NEW THIS YEAR *** Annual raffle drawing will be held on Tuesday, October 11th at 2:00 at the Senior Center with the Anniversary Party the following day.

October 11, 2022 2:00 PM * FdL Senior Center

THANK YOU to our amazing donors for these great prizes!

- **\$500 Cash** *JF Ahern*
 - **Sterling and Gold Plated Earrings and Pendant Necklace** (value \$499) *The Goldsmith*
 - **400 Cash** *Zacherl Funeral Home*
 - **4 18 Hole Rounds of Golf** (value \$228) *Whispering Springs Golf Club*
 - **Basket of Frames** (value \$167) *Gallery & Frame Shop*
 - **4 Rounds of Golf** (value \$250) *South Hills Golf & Country Club*
 - **Sterling Silver Pendant Necklace** (value \$152) *Joanne Bunkelman*
 - **Night Stay** (value \$125) *Radisson Hotel*
 - **\$100 Gift Card** (value \$100) *Fox Valley Savings Bank*
 - **\$100 Gift Package** (value \$100) *National Exchange Bank & Trust*
 - **Gift Baskets • Event Tickets • Gift Certificates and more GREAT PRIZES!**
- Raffle Tickets enclosed or available at the Senior Center. 1 for \$1, 6 for \$5**
Thank you for your support!



55 YEARS OF FUN ANNIVERSARY CELEBRATION!

And the 40th Anniversary of the 1st
Street location

October 12th, 2022

Featuring Eric Diamond

Lakeside Park Pavilion * 71 Promen Drive * Fond du Lac

Tickets \$15.00 includes dinner and show * Tickets can be purchased at the
Fond du Lac Senior Center * Last day to purchase October 7th

Doors open 4:00 * Dinner 4:30 * Entertainment 5:30

Basket Raffles * 50/50 Drawing

SENIOR CENTER MONTH CELEBRATIONS ⁵

YOU'RE NEVER TOO OLD FOR RECESS!!



Wednesday, September 7 at 3:00 p.m.

It's time to channel your inner child! Come and help us celebrate the first full week of Senior Center Month with a recess at **Lakeside Park on the playground**. We will be playing on the playground equipment, splashing in the splash pad (don't forget a towel), and enjoying a nostalgic, childhood snack.

Pre-registration appreciated but drop-ins welcome!
(920) 322-3630

CUPCAKE CELEBRATION

Friday, September 16 -1:30 –2:30 p.m.



To celebrate the second week of Senior Center Month we will be giving out cupcakes. Come on in and get yours!

Must register by **Wednesday, September 14**
Call (920) 322-3630 to Register

WINE TASTING AT CUJAK'S

Tuesday, September 20 at 1:00 p.m.
Cost \$10.00



We're going to celebrate week three of Senior Center Month with a little wine tasting at Cujak's Wine and Spirits, 47 N Main Street. If you would like to join us be sure to register soon as space is limited.

Must Register and pay by
Friday, September 16
To register call (920) 322-3630



FREE TRIAL CLASS AT THE AQUATIC CENTER

Tuesday, September 27
or Thursday, September 29
12:00 p.m.

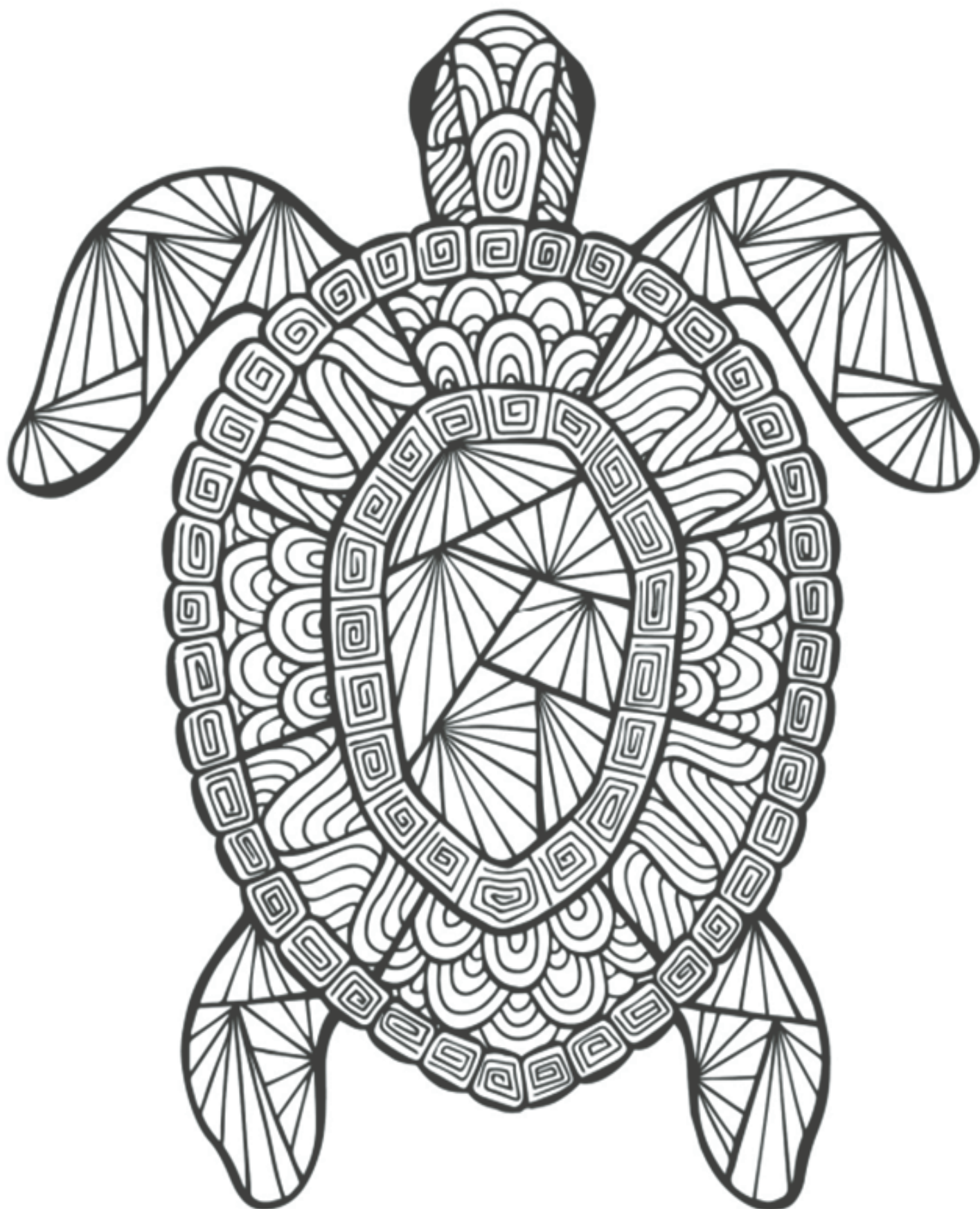
In honor of Senior Center Month the Aquatic Center is inviting people in for **One Free Trial Class** to their Joint Efforts Class.



The Joint Efforts class is a series of range-of-motion exercises done in the small pool heated to 89 degrees.

Must Register by **Friday, September 23**
To Register Call (920) 322-3630
Hurry Space is Limited!

Aqua Socks are strongly recommended for this class.



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

To Register Call (920) 322-3630

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



2nd Tuesday of the Month

New Members Welcome!

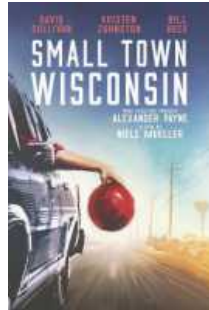
3rd Wednesday of the Month
New Members Welcome!

SMALL TOWN WISCONSIN

Thursday, September 8 AND Wednesday,
September 21

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

NR · 2022 · Comedy/ Drama · 1h 49m



Starring: David Sullivan, Bill Heck, Kristen Johnston, Tanya Fischer, Cooper J. Friedman, Braden Anderson

Summary: After losing a custody battle, perpetual teenager Wayne Stobierski steals his son away for one last father-son weekend to the city of their dreams -- Milwaukee, Wisconsin. What's supposed to be a light-hearted adventure, transforms into a journey of profound redemption.

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

THE LOST CITY

Thursday, September 15 AND Wednesday,
September 28

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

PG-13 · 2022 · Romance/Comedy · 1h 52m



Starring: Sandra Bullock, Channing Tatum, Daniel Radcliffe, Da'Vine Joy Randolph, Oscar Nunez, Patti Harrison

Summary: Reclusive author Loretta Sage writes about exotic places in her popular adventure novels that feature a handsome cover model named Alan. While on tour promoting her new book with Alan, Loretta gets kidnapped by an eccentric billionaire who hopes she can lead him to an ancient city's lost treasure from her latest story. Determined to prove he can be a hero in real life and not just on the pages of her books, Alan sets off to rescue her.

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

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Contact us for more information or to schedule an appointment.

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Campbellsport
920-533-4422

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HANDS ON BEGINNER INSTANT POT CLASS

Tuesday, September 22 at 12:30 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

INTERNET SAFETY

Wednesday, September 14 at 1:00 p.m.



Learn how to stay safe and keep your information secure while using the internet in this hands-on class.

Sign up soon as space is Limited
To Register Call (920) 322-3630



HOW TO USE FACEBOOK

Thursday, September 29 at 1:00 p.m.



Learn the basics of how to use your Facebook profile in this hands-on class. You will learn how to sign up for an account, how to post, like, comment, and more. You will also learn tips on keeping your information private and secure. If you already have a Facebook account, come to the class with your username and password information so you can log in to your account on one of our computers.

Sign up soon as space is Limited
To Register Call (920) 322-3630



FOND DU LAC PUBLIC SAFETY COFFEE & JUICE POP-UP EVENT

Friday, September 30 at 9:00 a.m.

Come and meet members of the Fond du Lac Fire/Rescue and the Fond du Lac Police Department. Join them for coffee, juice, and conversation.



Drop ins Welcome, Pre-registration appreciated.
Call (920) 322-3630



LABOR DAY

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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O U U N I O N S S R E K R O W
R H L A S E P T E M B E R B C
L O O A C H I E V E M E N T I
A L U Y R N P N F R P E S E N
I I R V R E O A A R S U S L C
C D F R O T M I O T M T A H I
O A P R E I S G T E I B G R P
S Y S A L N R U E A O O Y A C
T T P Y R E A E D R C A N I V
I S E L S A S C W N D U M A E
A R E S R I D L I N I O D N L
E I C S S V F E O R N I C E E
A F H N D A W M A O E N T L V
T N E M E V O M C Z K M N T Q
J K S W V Y L E B Z T M A M H
  
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By Evelyn Johnson - www.gets.com

Achievement

AFL

American

Economic

Education

Family

First

Holiday

Industry

Labor

Monday

Movement

National

Parade

Picnic

Progress

September

Social

Speeches

Unions

Workers

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

THELMA COMMUNITY ARTS OUTREACH - PUTTING THE FUN IN FUNDAMENTALS MASTERING THE USE OF CHARCOAL

Wednesday, September 14 at 3:00 p.m.

At Thelma Sadoff Center For the Arts

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, September 1
1:00 p.m.



Meeting the 1st Thursday of every month.

New Members Welcome!

SUNSET STITCHERS QUILT GUILD

Thursday, September 8
7:00 p.m.



Meeting the 2nd Thursday of the month.

New Members Welcome!

Nickel



Tuesday, September 20 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, Thursday, Friday
9:00 a.m.-3:00 p.m.

Tuesday, Wednesday 12 p.m. - 3:00 p.m.

MEMORY SCREENING

2nd Monday of the month
Monday, September 12
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
12:30– 3:00 p.m.

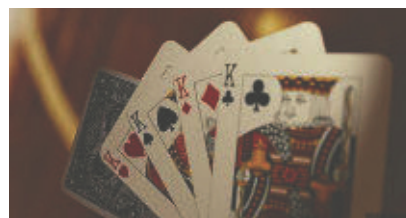


JACK OF DIAMONDS - 5-10-15
Call (920) 322-3630 to register.

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

SEWING

Tuesdays- October 4,11,25 , November 1 & 8
12:00-3:00 p.m.
Cost \$15.00



To Register Call (920) 322-3630
Must register and pay class fee by Monday, October 3

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

Payment due to the instructor on the day of the class.



Call (920) 322-3630 to
register



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SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5  LABOR DAY <i>Happy</i> Closed	6 9:00 Open Pool 9:00 Walking Group 10:00 Stretch & Strength 11:00 Drive Up Senior Dining Meal 12:00 Crafters Corner 12:00 Mah Jongg 1:00 Cribbage 1:00 Meet & Greet W/Wendy	7 9:00 Open Pool 9:00 Video Walk to Fitness 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 12:30 Rec Sheephead 3:00 Recess at Lakeside Park	8 9:00 Balance & Stretch 9:00 Open Pool 9:00 Walking Group 10:00 Book Club 10:00 Pool League Meeting 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 12:00 Skat 12:30 Medicare/Obamacare 12:30 Movie- Small Town Wisc. 1:00 Cribbage 5:30 Beginning Line Dancing 6:30 Line Dancing 7:00 Sunset Stitches	9 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 Memory Writers 10 Saturday 9:00 Walking Group 11 Sunday
12 9:00 Memory Screenings 9:00 Open Pool 9:00 Wood Carving 11:00 Drive Up Senior Dining Meal 12:30 Bunco 12:30 Euchre 1:00 German 5:30 Zumba Gold	13 9:00 8 Ball Pool League 9:00 Walking Group 10:00 Stretch & Strength 11:00 Drive Up Senior Dining Meal 12:00 Crafters Corner 12:00 Mah Jongg 12:00 Open Pool 1:00 Cribbage 1:00 Parkinson's Support Group	14 9:00 9 Ball Pool League 9:00 Video Walk to Fitness 10:00 Blackout Poetry 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 Open Pool	15 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-The Lost City 1:00 Cribbage 5:30 Beginning Line Dancing	16 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 Memory Writers 1:30 Cupcake Celebration 17 Saturday
	1 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 Flying Geese Quilters 5:30 Beginning Line Dancing 5:30 Parents of Angels 6:30 Line Dancing		2 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 3 Saturday 9:00 Walking Group 4 Sunday	

<p>2:00 Parkinson Movement & Music</p> <p>6:00 Coin Club</p> <p>6:30 Slow-Roll</p>	<p>12:30 Rec Sheephead</p> <p>1:00 Internet Safety</p> <p>1:00 Genealogy</p> <p>3:00 Art at Thelma-Charcoal</p>	<p>6:30 Line Dancing</p> <p>9:00 Walking Group</p> <p>18 Sunday</p>	
<p>19</p> <p>9:00 Open Pool</p> <p>9:00 Wood Carving</p> <p>11:00 Drive Up Senior Dining Meal</p> <p>12:30 Bunco</p> <p>12:30 Euchre</p> <p>1:00 German</p> <p>5:30 Zumba Gold</p>	<p>20</p> <p>9:00 8 Ball Pool League</p> <p>9:00 Walking Group</p> <p>10:00 Diabetes Support Group</p> <p>10:00 Stretch & Strength</p> <p>11:00 Drive Up Senior Dining Meal</p> <p>12:00 Crafters Corner</p> <p>12:00 Mah Jongg</p> <p>12:00 Open Pool</p> <p>1:00 Cribbage</p> <p>1:00 Wine Tasting at Cujak's</p> <p>1:30 Nickel Bingo</p>	<p>21</p> <p>9:00 9 Ball Pool League</p> <p>9:00 Video Walk to Fitness</p> <p>10:00 Fondy Sunshine Strummers</p> <p>10:00 Video Walk to Fitness</p> <p>11:00 Drive Up Senior Dining Meal</p> <p>12:00 Canasta</p> <p>12:00 Hand & Foot</p> <p>12:00 Open Pool</p> <p>12:30 Rec Sheephead</p> <p>12:30 Movie- Small Town Wisc.</p> <p>6:30 Stamp Club</p>	<p>22</p> <p>9:00 Balance & Stretch</p> <p>9:00 Open Pool</p> <p>9:00 Walking Group</p> <p>11:00 Drive Up Senior Dining Meal</p> <p>12:00 Mah Jongg</p> <p>12:00 Skat</p> <p>12:30 Hands On Instant Pot Class</p> <p>1:00 Cribbage</p> <p>5:30 Beginning Line Dancing</p> <p>6:30 Alzheimer's Support Group</p> <p>6:30 Line Dancing</p> <p>23</p> <p>9:00 Open Pool</p> <p>9:00 Video Walk to Fitness</p> <p>10:00 Video Walk to Fitness</p> <p>11:00 Drive Up Senior Dining Meal</p> <p>12:00 Feeding America</p> <p>12:00 Game Day</p> <p>1:00 Memory Writers</p> <p>24 Saturday</p> <p>9:00 Walking Group</p> <p>25 Sunday</p>
<p>26</p> <p>9:00 Open Pool</p> <p>9:00 Wood Carving</p> <p>11:00 Drive Up Senior Dining Meal</p> <p>12:30 Bunco</p> <p>12:30 Euchre</p> <p>1:00 German</p> <p>5:30 Zumba Gold</p>	<p>27</p> <p>9:00 8 Ball Pool League</p> <p>9:00 Tech Tyme</p> <p>9:00 Walking Group</p> <p>10:00 Stretch & Strength</p> <p>11:00 Drive Up Senior Dining Meal</p> <p>12:00 Class at Aquatic Center</p> <p>12:00 Mah Jongg</p> <p>12:00 Open Pool</p> <p>1:00 Cribbage</p> <p>2:00 Parkinson Movement & Music</p>	<p>28</p> <p>9:00 9 Ball Pool League</p> <p>9:00 Video Walk to Fitness</p> <p>10:00 Fondy Sunshine Strummers</p> <p>10:00 Video Walk to Fitness</p> <p>11:00 Drive Up Senior Dining Meal</p> <p>12:00 Canasta</p> <p>12:00 Hand & Foot</p> <p>12:00 Open Pool</p> <p>12:30 Movie- The Lost City</p> <p>12:30 Rec Sheephead</p> <p>1:00 Genealogy</p>	<p>29</p> <p>9:00 Balance & Stretch</p> <p>9:00 Open Pool</p> <p>9:00 Walking Group</p> <p>11:00 Drive Up Senior Dining Meal</p> <p>12:00 Class at Aquatic Center</p> <p>12:00 Mah Jongg</p> <p>12:00 Skat</p> <p>1:00 Cribbage</p> <p>1:00 How to use Facebook</p> <p>5:30 Beginning Line Dancing</p> <p>6:30 Line Dancing</p> <p>30</p> <p>9:00 Public Safety Pop-Up Coffee</p> <p>9:00 Open Pool</p> <p>9:00 Video Walk to Fitness</p> <p>10:00 Video Walk to Fitness</p> <p>11:00 Drive Up Senior Dining Meal</p> <p>12:00 Game Day</p> <p>1:00 Memory Writers</p>

I  my Senior Center

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WisconsinSeniorMedicarePatrol



This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

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DHS Approval 5/2/18

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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

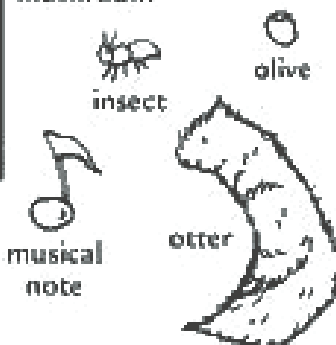
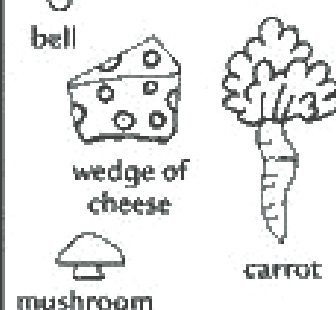
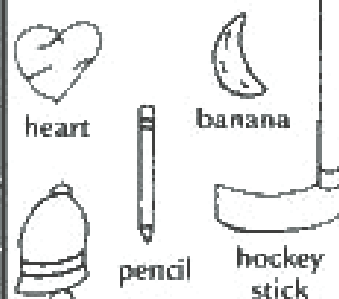
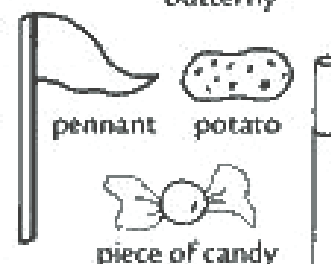
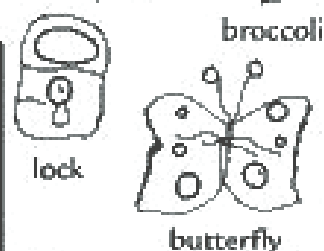
Hidden Pictures®

Looks Yummy!

By Marilee Harrahd-Pitz



Can you find these hidden objects?



In this big picture, find the envelope, boot, broccoli, lock, butterfly, pennant, potato, piece of candy, heart, banana, hockey stick, pencil, bell, wedge of cheese, carrot, mushroom, olive, insect, musical note, and otter.

GUESS HOW MANY

Happy National Water Sewing Month! Guess how many pins are in the pin cushion. Closest guess wins a prize. One guess per person please.

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



SLOW ROLL FONDY

2nd Tuesday of the month

Tuesday, September 13 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!

Meet at Gilles Frozen Custard (819 S Main Street Fond du Lac, WI 54935) the ride from there and will be about 5 miles throughout the southern part of Fond du Lac.



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?

To Register Call (920) 322-3630



FEELING THE PINCH?

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.



Friday, September 23
12:00-3:00 p.m.

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

FOND DU LAC COUNTY CARE GIVING CONFERENCE

Thursday, September 15th 8:30AM-3:30PM
The Radisson Conference Center, 625 W. Rolling Meadows Drive

"A day of education for those who care"

Stop in and pick up a brochure with a schedule of the day's session information and registration information.



LOCAL PARENTS OF ANGELS

1st Thursday - September 1
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

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

the Meadows
of Fond du Lac

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For more information, contact:
Diann Roberts, Program Director
(920) 933-8090 | www.themeadowsfdl.com

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

E 4C 01-1122



WISCONSIN
PARKINSON
ASSOCIATION

PARKINSON'S MOVEMENT & MUSIC

Tuesday, September 13 & 27 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, September 13 at 1:00 p.m.

September's group features:

SENIOR CENTER MONTH CELEBRATION

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.



SUPPORT GROUP

September 20
10:00a.m. -11:00 a.m.

3rd Tuesday of each month
At the Fond du Lac Senior Center

September's Topic: Say Hello to Carbs

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



Memory Café

Fond du Lac Public Library
Lower Level 32 Sheboygan Street
September 22 - 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, September 22
(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.



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.



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



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 Pork steak Mashed potatoes Three bean salad Birthday cake Cantaloupe slice Dinner roll	2 Breaded fish fillet German pot. Salad Peas and Carrots Vanilla pudding Tropical fruit salad Sliced bread
5 CLOSED FOR LABOR DAY	6 Honey mustard Meatballs Mashed potatoes Broccoli cuts Blonde brownies Applesauce Dinner roll	7 Chicken Teriyaki Brown rice Chinese ramen salad Cinnamon roll Apricot halves Sliced bread	8 Ham roll Calico bean cass. Mixed vegetables Honeydew melon Butterscotch pudd. Dinner roll	9 Country fried steak Mashed potatoes Carrots Petite banana Coconut cream pie Sliced bread
12 Meatloaf Baked potato Corn Peach slices Choc. Chip cookie Sliced bread	13 Chili casserole Spinach salad with Rasp. Vinaigrette Cantaloupe slice Ice cream cup Cornbread	14 Baked chicken Garlic mashed pot. Copper penny salad Apple slices Tapioca pudding Sliced bread	15 Hamburger on a bun Baked beans Calif. Blend veg. Fudge brownie Fruited gelatin	16 Orange chicken Baby red potatoes Green beans Sugar cookie Pineapple tidbits Sliced bread
19 Swiss steak Mashed potatoes Baby carrots Raspberry sherbet Pear slices Sliced bread	20 Escalloped potatoes and ham casserole Tossed salad Cantaloupe slice Butterfinger torte Dinner roll	21 Chicken marsala White bean salad Mixed vegetables Chocolate pudding Orange Sliced bread	22 Lasagna casserole Broccoli cuts Cinnamon roll Petite banana French bread	23 Roast pork loin Mashed potatoes Wax beans Applesauce Peanut butter cook. Sliced bread
26 Cranberry/Kraut Meatballs Baked potato Peas and carrots Spice cake Fruit cocktail Sliced bread	27 Baked chicken Twice bk style pot. Three bean salad Oatmeal/raisin Cookie Pineapple tidbits Dinner roll	28 Pepper steak Baby red potatoes Calif. Blend veg. Fruited gelatin Vanilla pudding Sliced bread	29 Roast turkey Mashed potatoes Baby carrots Pumpkin cake Petite banana Dinner roll	30 Bratwurst on a bun Cheesy pot. Bake Cole slaw Apple slices Choc. Chip cookie

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.

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.



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

Labor Day Word Scramble

Unscramble the letters to solve the puzzle!

1. BRTEPEMES _____
2. NYMDAO _____
3. VOANTICA _____
4. YCIRTSUE _____
5. RKERSOW _____
6. IKESRT _____
7. ERPDAA _____
8. PRATY _____
9. BLROA _____
10. ICINCP _____
11. EVOMTNME _____
12. NZGEORIA _____
13. RCITFAF _____
14. AERDT _____
15. OJB _____
16. WKNEDEE _____
17. RTHSIG _____
18. HAOLDIY _____
19. SGAEW _____

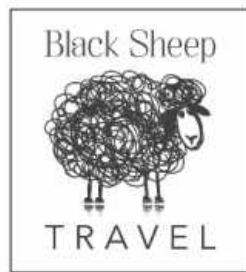
Hi, my name is Wendy Schmitz. I have known Cathy Loomans for many years as I was the Director of the Senior Activity Center in Sheboygan. In that role I planned and escorted many successful motor coach and international trips for our members and have continued to do so in retirement. I am excited to announce that I will be working with The Friends of the Fond du Lac Senior Center to plan and escort trips for you too.



You may recognize my husband John Shelley as he lived in Fond du Lac for over 40 years. He had a trucking business and is a useful person to have along when we are out on the road!

I am hosting a Meet and Greet at the Fond Du Lac Senior Center on Tuesday, September 6 at 1:00 p.m.

I love to meet fellow travelers and find out what destinations are on your bucket list. Come and join me to learn about a Diamond Tour to New York in May of 2023 and a river cruise to the South of France in October 2023.



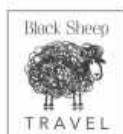
MEET & GREET WITH WENDY FROM BLACK SHEEP TRAVEL

Tuesday, September 6 at 1:00 p.m.



Are you interested in traveling? Come and meet Wendy from Black Sheep Travel!

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

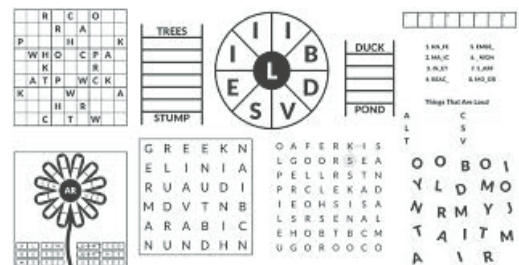


LYON RIVER CRUISE TRIP PREVIEW



Watch the October newsletter for further details!

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



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>

NEVER MISS A NEWSLETTER!

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



POWERFUL TOOLS FOR CAREGIVERS CLASS

Wednesday, October 5, 12, 19, 26, November 2 & 9
10:00 a.m.

Powerful Tools for Caregivers is an educational, interactive support program designed to help family caregivers take care of themselves while caring for a relative or friend. This class meets for 90 minutes once a week for six weeks. Participants will learn how to reduce stress, better communicate feelings, increase their ability to make tough decisions and locate helpful resources.



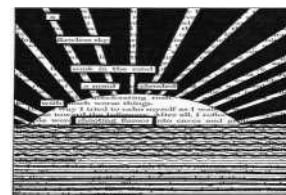
Hurry and sign up as space is limited.
To Register Call (920) 322-3630

LEARN HOW TO DO BLACKOUT POETRY

Wednesday, September 14
10:00 a.m.

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



MEMORY WRITERS

Returning September 9th
1:00



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

TECH TYME

Tuesday, September 27
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.

POOL LEAGUE



League Meeting
Thursday, September 8th
9:00 a.m.

8 Ball and 9 Ball Leagues start September 13th
If interested, call to register :
(920) 322-3630

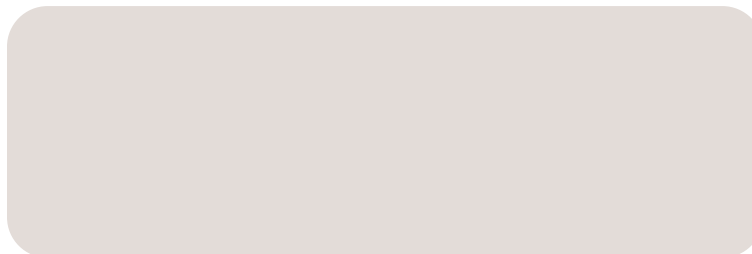


Fond du Lac Senior Center

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DIRECTOR

Cathy Loomans 322-3632
cloomans@fdl.wi.gov

PROGRAM/OUTREACH COORDINATOR

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



City of Fond du Lac

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.

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Visit us online at
www.fdlseiorcenter.com

VISION

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

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