

FOND DU LAC SENIOR CENTER

# AMONG FRIENDS

NEWSLETTER

OCTOBER 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.

Go Go? Slow Go? No Go? Say what?

If I asked you what phase of retirement you were in, what would your response be?

I've been seeing more and more about retirement for Baby Boomers being divided into three separate phases.

### Go Go

This is pretty self explanatory! When many people are newly retired, they have the physical and financial means to be "on the go". Whether it's travel, hobbies, or helping care for aging parents and grandchildren, life is busy and many times people wonder how they ever fit a job into their busy schedule. Many people describe this phase as "what they worked for" - where many years of work have paid off and they now have the freedom to enjoy retirement.

### Slow Go

Been retired a while? Are you experiencing changes that have affected the way you are experiencing life? You're probably still engaged in many of the activities that you have enjoyed in the first phase of retirement, but you may find that you enjoy being a little closer to home - that instead of spending months down south for the winter, you may go for a week or two - but you're happy to get back home and closer to family or the community resources that you use.

### No Go

This is the phase of retirement that you experience if you've been given the gift of longevity. This phase may include downsizing, a move to a senior living community, or physical or financial circumstances that have made the world smaller. While many retirees are not "home bound" in this phase, many activities and social events are typically close to home and during daylight hours. This phase may include new challenges - things like physical or cognitive declines and financial changes. Some people in this phase have been retired for more years than they spent in their careers.

No matter which phase you are in, it is important to stay connected, stay engaged, and stay active! And at our Center, we try to include a wide variety of programs that serve people at every phase. Hope to see you soon!

*Cathy*

## 55 YEARS OF FUN ANNIVERSARY CELEBRATION!

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October 12<sup>th</sup>, 2022

Featuring  
Eric Diamond



Lakeside Park Pavilion \* 71 Promen Drive Tickets  
\$15.00 includes dinner & show and can be purchased at the Center

Doors open 4:00 \* Dinner 4:30 \* Entertainment 5:30  
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Friends of Fond du Lac Sr. Center, Fond du Lac, WI

A 4C 01-1122



# FRIENDS OF THE FDL SENIOR CENTER

## ANNUAL RAFFLE FUNDRAISER AND DRAWING

October 11, 2022 2:00 PM \* FDL Senior Center

**THANK YOU** to our amazing donors for these great prizes!

**Ticket printing sponsored by Grande Cheese and Kurki Funeral Chapel and Crematory**

- **\$500 Cash** *JF Ahern*
- **Sterling and Gold Plated Earrings and Pendant Necklace** (value \$420) *The Goldsmith*
- **400 Cash** *Zacherl Funeral Home*
- **Handmade Wood Carving** (Priceless) *Dave Shepro*
- **Handmade Wood Carving** (Priceless) *Ray Avery*
- **Titanium and Cocobola Wood Money Clip** (value \$325) - *The Goldsmith*
- **4 18 Hole Rounds of Golf** (value \$260) *Whispering Springs Golf Club*
- **3 Month Family Membership** *Fond du Lac Family YMCA*
- **Sterling Silver Pendant Necklace** (value \$182) *Joanne Bunkelman*
- **Night Stay** (value \$125) *Radisson Hotel*
- **\$100 Cash** *Gallery & Frame Shop*
- **\$100 Gift Card** *Fox Valley Savings Bank*
- **\$100 Gift Card** *Fox Valley Savings Bank*
- **Travel Gift Package** (value \$100) *National Exchange Bank & Trust*
- **\$75 Gift Certificate** *CW Smith Jewelers*
- **Swag Bag** *Holiday Auto*
- **\$50 Gift Certificate** *Silica Appliance*
- **Swag Bag** *SSM Health*
- **Leather Serving Tray and 4 Tumblers** *Hoppers Silk Screening & All Star Trophy*

*Additional gift certificates and prizes included in the Basket Raffle at the Anniversary Dinner from these generous businesses: Annie's Fountain City Café, Bob's Pizza, Central Barber, Kathy Corbett, Connie's Diner, Cujak's Wine & Spirits, Culvers - E Johnson, Culvers - Pioneer, Fond du Lac Dock Spiders, Festival Foods, Gayle Cain, Just Love Coffee, Kelley Country Creamery, LLC. Oakgreen Golf Course, Philly's on 4th, Pump & Pantry, Wood's Floral & Gifts*



(List up to date at time of printing) RAFFLE LICENSE NUMBER: R0012427-A-49929

**Raffle Tickets available at the Senior Center. 1 for \$1, 6 for \$5**  
**Thank you for your support!**

## STRONG!

Tuesdays & Fridays at 8:30 a.m.



Bring your yoga mat and weights and join us for this 60 minute strength training class.

\*\* Class size limited \*\*

**\$35/month**

No refunds or partial months.

## CARDIO DRUMMING

Tuesdays at 11:00 a.m.



Join us for this FUN instructor-led class! Equipment will be provided - please bring a water bottle.

\*\* Class size limited \*\*

Punch cards available at the front desk  
5 classes for \$10

No refunds for unused or partially used punch cards.

## CHAIR YOGA

Fridays at 11:00 a.m.

Chair yoga is an ideal exercise for people who have trouble moving through the up and down motions of traditional yoga. Please bring a towel and water bottle to class.



\*\* Class size limited \*\*

**\$25/month**

No refunds or partial months.

## INTRODUCTION TO YOGA

Fridays at 10:00 a.m.

This is a beginners class where you will learn the fundamentals of Yoga. Please bring a yoga mat, towel and water bottle to class.

\*\* Class size limited \*\*

**\$25/month**

No refunds, no partial months.



## INTERMEDIATE YOGA

Tuesdays at 10:00 a.m.

This Intermediate Yoga class will be a physical class that can be vigorous. Please bring a yoga mat, towel and water bottle to class.

\*\* Class size limited \*\*

**\$25/month**

No refunds or partial months.







## GERMAN FOR BEGINNERS

Mondays  
1:00– 2:30 p.m.

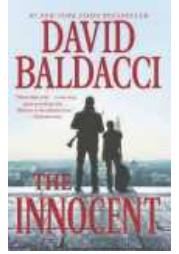


New Learners Always Welcome!  
To Register Call (920) 322-3630

## BOOK CLUB

Thursday , October 13  
10:00 a.m.

BOOK OF THE MONTH: "The Innocent"  
By: David Baldacci



It begins with a hit gone wrong. Robie is dispatched to eliminate a target unusually close to home in Washington, D.C. But something about this mission doesn't seem right to Robie, and he does the unthinkable. He refuses to pull the trigger. Now, Robie becomes a target himself and is on the run.

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



## OPEN POOL

Drop in and shoot a game or two!  
Monday, Thursday, Friday 9:00 a.m.-3:00 p.m.  
Tuesday, Wednesday 12:00 -3:00 p.m.



8 Ball and 9 Ball Leagues on Tuesdays & Wednesdays  
Call if you would like to be put on the sub list.  
(920)322-3630

## COIN CLUB

Tuesday, October 11  
6:00 p.m.



2nd Tuesday of the Month  
  
New Members Welcome!

## STAMP CLUB

Wednesday, October 19  
6:30 p.m.



3rd Wednesday of the Month  
  
New Members Welcome!



## THIRTEEN LIVES

Thursday, October 6 AND Wednesday, October 19

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

PG-13 · 2022 · Drama · 2h 22m



**Starring:** Viggo Mortensen, Colin Farrell, Joel Edgerton, Tom Bateman, Paul Gleeson

**Summary:** After Thirteen Lives recounts the incredible true story of the tremendous global effort to rescue a Thai soccer team who become trapped in the Tham Luang cave during an unexpected rainstorm. With impossibly high stakes and the entire world watching, a team of the world's most skilled and experienced divers embarks on their most challenging dive yet, showcasing the limitlessness of the human spirit in the process.

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

## ELVIS

Thursday, October 13 AND Wednesday, October 26

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

PG-13 · 2022 · Biography/Drama · 2h 39m



**Starring:** Austin Butler, Tom Hanks, Olivia DeJonge, Richard Roxburgh

**Summary:** The film explores the life and music of Elvis Presley, seen through the prism of his complicated relationship with his enigmatic manager, Colonel Tom Parker. The story delves into the complex dynamic between Presley and Parker spanning over 20 years, from Presley's rise to fame to his unprecedented stardom, against the backdrop of the evolving cultural landscape and loss of innocence in America. Central to that journey is one of the most significant and influential people in Elvis's life, Priscilla Presley.

Lawn Chairs Welcome!  
Drop ins welcome, pre-registration appreciated.  
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## DESSERT MONTH CELEBRATION

Friday, October 14  
12:30– 1:30



October is National Dessert Month! We will be observing it on Friday, October 14. If you love desserts, this day is for you! Come and celebrate with us and satisfy that sweet tooth!

Must Register by Wednesday, October 12

To Register Call (920) 322-3630

## TRAIN YOUR BRAIN DAY

### *Double Tickets!*



Thursday, October 13 is National Train Your Brain Day. Stop in anytime between 8:00 a.m.-2:30 p.m. to turn in your puzzles and receive **double the tickets!** We will also have new puzzles available.

## CHRONIC PAIN PRESENTATION

Thursday, October 20 at 1:00 p.m.

Do you or a loved one suffer with chronic pain? Come and listen as RuthAnn Bartman, MSN, FNP-C, APNP from Aurora Health Care speaks about:



- ♦ The pathophysiology of chronic pain
- ♦ Appropriate pharmacologic treatments for chronic pain
- ♦ Physical Exam techniques useful in the assessment
- ♦ Procedures available for chronic pain management

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

## WORLD SMILE DAY



Please come and help us make people smile! Stop in anytime **Thursday, October 6 from 8:00 a.m. to 2:30 p.m.** and write a chalk message to bring a smile to someone's face the following day for World Smile day. For each message you write your name will be entered into a drawing to win a prize!

*"Making one person smile can change the world – maybe not the whole world, but their world." - John Spence*



# Autumn Word Search



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

ACORN  
 BEAUTIFUL  
 CORNUCOPIA  
 FOOTBALL  
 LEAVES  
 OCTOBER  
 RAKE  
 SCENIC  
 SQUIRREL  
 YELLOW

APPLE  
 BONFIRE  
 CRISP  
 HARVEST  
 MIGRATION  
 ORANGE  
 RIPE  
 SEASON  
 SUNFLOWER

AUTUMN  
 BROWN  
 FOLIAGE  
 HAYRIDE  
 NOVEMBER  
 PUMPKIN  
 SCARECROW  
 SEPTEMBER  
 SUNSHINE

## CRAFTERS CORNER

Tuesdays at 12:00

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

*CONQUER LIGHT, SHADOW & CONTOUR*

Wednesday, October 12 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, October 6  
1:00 p.m.



Meeting the 1st Thursday of every month.

New Members Welcome!

## SUNSET STITCHERS QUILT GUILD

Thursday, October 13  
7:00 p.m.



Meeting the 2nd Thursday of the month.

New Members Welcome!



## Nickel



Tuesday, October 18 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!

## GENEALOGY GROUP

Wednesday, October 12 & 26 at 1:00 p.m.



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

## MEMORY SCREENING

2nd Monday of the month  
Monday, October 10  
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

## HOW TO VIDEO CHAT

Wednesday, October 12 at 1:00 p.m.



Learn how to use and navigate multiple video chat software and platforms. You will receive instruction on applications such as Zoom, FaceTime, Google, and more.

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



## HOW TO USE SNAPCHAT

Thursday, October 27 at 1:00 p.m.



Learn the basics of how to use Snapchat including signing up, posting, sending snaps, using filters, and how to keep your information secure.

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



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# OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1 Saturday</b> 9:00 Walking Group <b>2 Sunday</b>	<b>4</b> 8:30 8 Ball Pool League 8:30 Strong! 10:00 Walking Group 10:00 Balance & Stretch 10:00 Intermediate Yoga 11:00 Cardio Drumming 11:00 Drive Up Senior Dining Meal 12:00 Crafters Corner 12:00 Mah Jongg 12:00 Open Pool 12:00 Sewing 1:00 Cribbage	<b>5</b> 8:30 9 Ball Pool League 9:00 Powerful Tools For Caregivers 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 12:30 Rec Sheepshead	<b>6</b> 8:00 World Smile Day Messages 9:00 Balance & Stretch 9:00 Open Pool 10:00 Walking Group 9:30 Tech Tyme @ MPTC 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 12:00 Skat 12:30 Movie-Thirteen Lives 1:00 Cribbage 1:00 Flying Geese Quilters 5:30 Beginning Line Dancing 5:30 Parents of Angels 6:30 Line Dancing	<b>7</b> 8:30 Strong! 9:00 Open Pool 10:00 Beginning Yoga 10:00 Video Walk to Fitness 11:00 Chair Yoga 11:00 Drive Up Senior Dining Meal 12:00 Game Day 1:00 Memory Writers <b>8 Saturday</b> 10:00 Walking Group <b>9 Sunday</b>
<b>10</b> 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 Parents of Angels 5:30 Zumba Gold	<b>11</b> 8:30 8 Ball Pool League 8:30 Strong! 10:00 Walking Group 10:00 Balance & Stretch 10:00 Intermediate Yoga 11:00 Cardio Drumming 11:00 Drive Up Senior Dining Meal 12:00 Crafters Corner 12:00 Mah Jongg 12:00 Open Pool 12:00 Sewing 1:00 Cribbage 1:00 Parkinson's Support Group 2:00 Raffle Drawing 2:00 Parkinson Movement & Music 6:00 Coin Club 6:30 Slow-Roll	<b>12</b> 8:30 9 Ball Pool League 9:00 Powerful Tools For Caregivers 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 12:30 Rec Sheepshead 1:00 Genealogy 1:00 How to Video Chat 1:00 Lyon River Cruise Trip Preview 3:00 Art at Thelma 4:00 55 Year Anniversary Party	<b>13</b> 8:00 Train Your Brain Day- All Day 9:00 Balance & Stretch 9:00 Open Pool 10:00 Walking Group 9:30 Tech Tyme @ MPTC 10:00 Book Club 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 12:00 Skat 12:30 Movie-Elvis 1:00 Cribbage 5:30 Beginning Line Dancing 6:30 Line Dancing 7:00 Sunset Stitches	<b>14</b> 8:30 Strong! 9:00 Open Pool 10:00 Beginning Yoga 10:00 Video Walk to Fitness 11:00 Chair Yoga 11:00 Drive Up Senior Dining Meal 12:00 Game Day 12:30 Dessert Month Celebration 1:00 Memory Writers <b>15 Saturday</b> 10:00 Walking Group <b>16 Sunday</b>
<b>17</b> 9:00 Open Pool 9:00 Wood Carving 11:00 Drive Up Senior Dining Meal 12:30 Bunco 12:30 Euchre 1:00 German	<b>18</b> 8:30 8 Ball Pool League 8:30 Strong! 10:00 Walking Group 9:00 Tech Tyme 10:00 Balance & Stretch 10:00 Diabetes Support Group	<b>19</b> 8:30 9 Ball Pool League 9:00 Powerful Tools For Caregivers 10:00 Fondy Sunshine Strummers 10:00 Video Walk to Fitness 11:00 Drive Up Senior Dining Meal 12:00 Canasta	<b>20</b> 9:00 Balance & Stretch 9:00 Open Pool 10:00 Walking Group 9:30 Tech Tyme @ MPTC 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg	<b>21</b> 8:30 Strong! 9:00 Open Pool 10:00 Beginning Yoga 10:00 Video Walk to Fitness 11:00 Chair Yoga 11:00 Drive Up Senior Dining Meal



<b>5:30 Zumba Gold</b>  <b>10:00 Intermediate Yoga</b> <b>11:00 Cardio Drumming</b> <b>11:00 Drive Up Senior Dining Meal</b> <b>12:00 Crafters Corner</b> <b>12:00 Mah Jongg</b> <b>12:00 Open Pool</b> <b>1:00 Cribbage</b> <b>1:30 Nickel Bingo</b>	<b>12:00 Hand &amp; Foot</b> <b>12:00 Open Pool</b> <b>12:30 Movie-Thirteen Lives</b> <b>12:30 Rec Sheephead</b> <b>6:30 Stamp Club</b>	<b>12:00 Skat</b> <b>1:00 Cribbage</b> <b>1:00 Chronic Pain Presentation</b> <b>5:30 Beginning Line Dancing</b> <b>6:30 Line Dancing</b>	<b>12:00 Game Day</b> <b>1:00 Memory Writers</b>  <b>22 Saturday</b> <b>10:00 Walking Group</b> <b>23 Sunday</b>
<b>24</b> <b>9:00 Open Pool</b> <b>9:00 Wood Carving</b> <b>11:00 Drive Up Senior Dining Meal</b> <b>12:30 Bunco</b> <b>12:30 Euchre</b> <b>1:00 German</b> <b>5:30 Zumba Gold</b>	<b>25</b> <b>8:30 8 Ball Pool League</b> <b>8:30 Strong!</b> <b>10:00 Walking Group</b> <b>10:00 Balance &amp; Stretch</b> <b>10:00 Intermediate Yoga</b> <b>11:00 Cardio Drumming</b> <b>11:00 Drive Up Senior Dining Meal</b> <b>12:00 Crafters Corner</b> <b>12:00 Mah Jongg</b> <b>12:00 Open Pool</b> <b>12:00 Sewing</b> <b>1:00 Cribbage</b> <b>2:00 Parkinson Movement &amp; Music</b>	<b>26</b> <b>8:30 9 Ball Pool League</b> <b>9:00 Powerful Tools For Caregivers</b> <b>10:00 Fondy Sunshine Strummers</b> <b>10:00 Video Walk to Fitness</b> <b>11:00 Drive Up Senior Dining Meal</b> <b>12:00 Canasta</b> <b>12:00 Hand &amp; Foot</b> <b>12:00 Open Pool</b> <b>12:30 Movie-Elvis</b> <b>12:30 Rec Sheephead</b> <b>1:00 Genealogy</b>	<b>27</b> <b>9:00 Balance &amp; Stretch</b> <b>9:00 Medicare/Obamacare</b> <b>9:00 Open Pool</b> <b>10:00 Walking Group</b> <b>9:30 Tech Tyme @ MPTC</b> <b>11:00 Drive Up Senior Dining Meal</b> <b>12:00 Mah Jongg</b> <b>12:00 Skat</b> <b>1:00 Cribbage</b> <b>1:00 How to Use Snap Chat</b> <b>5:30 Beginning Line Dancing</b> <b>6:30 Alzheimer's Support Group</b> <b>6:30 Line Dancing</b>
<b>28</b> <b>8:30 Strong!</b> <b>9:00 Open Pool</b> <b>10:00 Beginning Yoga</b> <b>10:00 Video Walk to Fitness</b> <b>11:00 Chair Yoga</b> <b>11:00 Drive Up Senior Dining Meal</b> <b>12:00 Feeding America</b> <b>12:00 Game Day</b> <b>1:00 Memory Writers</b>  <b>29 Saturday</b> <b>10:00 Walking Group</b> <b>30 Sunday</b>	<b>29</b> <b>9:00 Open Pool</b> <b>9:00 Wood Carving</b> <b>11:00 Drive Up Senior Dining Meal</b> <b>12:30 Bunco</b> <b>12:30 Euchre</b> <b>1:00 German</b> <b>5:30 Zumba Gold</b>		



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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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- Personal Care
- Outpatient Mental Health
- Residential Care
- In-Home Supportive Care

For more information about the Family Care Program,  
contact your local Aging and Disability Resource  
Center (ADRC).

[www.lakelandcareinc.com](http://www.lakelandcareinc.com)



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DHS Approval 5/2/18

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[anicholas@lpicommunities.com](mailto:anicholas@lpicommunities.com)  
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For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

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



Can you find the 15 hidden items?



## 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, October 28  
12:00-3:00 p.m.

## SLOW ROLL FONDY

2nd Tuesday of the month  
Tuesday, October 11 at 5:30 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!



## MEDICARE, OBAMACARE & MAXIMIZING SOCIAL SECURITY

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



## 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

## GUESS HOW MANY

Happy National Popcorn Poppin' Month!  
Guess how many pieces of popcorn are in the bowl.  
Closest guess wins a prize. One guess per person please.

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





## POWERFUL TOOLS FOR CAREGIVERS CLASS

Wednesday, October 5, 12, 19, 26, November 2 & 9  
9:00 a.m. - 11:00

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



## LOCAL PARENTS OF ANGELS

1st Thursday - October 6  
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



Saturday, October 1

Event Opens 8:30a.m.  
Ceremony 9:45a.m.  
Walk Begins 10:00a.m.

Moraine Park Technical College

*the Meadows* of Fond du Lac  
ASSISTED LIVING LIKE YOU'VE NEVER SEEN IT BEFORE

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

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- (\*some restrictions apply)

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Campbellsport, WI



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Contact Alex Nicholas  
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[anicholas@lpicommunities.com](mailto:anicholas@lpicommunities.com)  
or (800) 950-9952 x2538







WISCONSIN  
PARKINSON  
ASSOCIATION

## PARKINSON'S MOVEMENT & MUSIC

**Tuesday, October 11 & 25 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, October 11 at 1:00 p.m.**

October's group features a presentation on Grief, Self Care, & Not Grieving Alone

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



## SUPPORT GROUP

October 18  
10:00a.m. -11:00 a.m.

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

## October's Topic: Newest Medications for Diabetes

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  
**October 27 - 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, October 27**  
**(4th Thursday of every month)**  
**6:30 p.m.**

Please visit [alz.org/wi](http://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](mailto: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
<b>3</b> Swiss Steak Mashed potatoes Corn Choc pudding Orange Sliced bread	<b>4</b> Chicken, broccoli & rice casserole Carrots Cookie Applesauce Dinner roll	<b>5</b> Mush pork cutlet Mashed potatoes Mixed vegetables Rasp sherbet cup Apricot halves Sliced bread	<b>6</b> Breaded fish fillet German pot. Salad Coleslaw Birthday cake Pineapple tidbits Dinner roll	<b>7</b> BBQ meatballs Baked potato Peas and carrots Cinnamon roll Fruited gelatin Sliced bread
<b>10</b> Ham roll Sweet potato bake Green beans Honeydew melon Oatmeal raisin Cookie Sliced bread	<b>11</b> Chicken pattie Mashed potatoes Baby carrots Apple slices Vanilla pudding Dinner roll	<b>12</b> Beef stew Broccoli cuts Spice cake Pear slices Cheddar biscuit	<b>13</b> Meatloaf Baby red potatoes Calif. Blend veg. Ice cream cup Petite banana Dinner roll	<b>14</b> Baked Chicken Garlic mashed pot. Copper penny salad Cookie Peach slices Sliced bread
<b>17</b> Roast pork loin Mashed potatoes Carrots Fruited gelatin Applesauce cake Sliced bread	<b>18</b> Baked spaghetti Winter blend veg Blonde brownie Applesauce French bread	<b>19</b> Country fried steak Mashed potatoes Mixed vegetables Orange sherbet Fruit cocktail Sliced bread	<b>20</b> Orange chick. Pattie Baked potato Wax beans Fudge brownie Pineapple tidbits Dinner roll	<b>21</b> Smoked Sausage Red beans & rice Health slaw Cookie Apple slices Sliced bread
<b>24</b> Honey mustard Meatballs Mashed potatoes Calif blend veg Apricot halves Ice cream cup Sliced bread	<b>25</b> Chili casserole Peas & carrots Cantaloupe slice Red velvet cake Cornbread	<b>26</b> Baked Chicken Twice bk style pot Three bean salad Cookie Pear slices Sliced bread	<b>27</b> Glazed ham Baby red potatoes Baby carrots Petite banana Tapioca pudding Dinner roll	<b>28</b> Salisbury steak Mashed potatoes Green beans Pumpkin Cake Fruited gelatin Sliced bread
<b>31</b> Pork Jaegerschnitzel Mashed potatoes Brown rice German coleslaw Cinnamon roll Applesauce 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.

## STRETCH & STRENGTH

*Paused Due to Facilitator Availability*



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.



## BALANCE & STRETCH

Tuesdays & Thursdays at 10:00 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

Wednesdays and Fridays  
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 10:00.



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



# Autumn Word Scramble

**Instructions:** Unscramble the letters to find the Autumn/Fall words from the list below.

o i f l a g e	_____
c a d h r o r	_____
u n e r l s f o w	_____
g o d e l o r d n	_____
b e r o f i n	_____
c o u e d u d s i	_____
w c r r a o s e c	_____
e m v b o e r n	_____
e e w r s a t	_____
a r t h s e v	_____
n m r i i a o g t	_____
o t b e r c o	_____

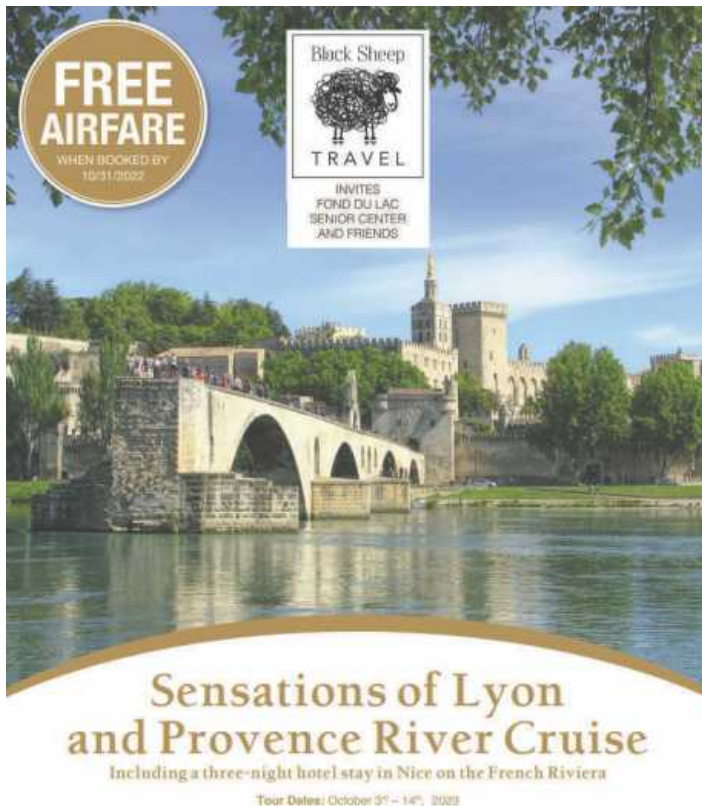
## Word List

bonfire	harvest	orchard
deciduous	migration	scarecrow
foliage	november	sunflower
goldenrod	october	sweater



## LYON RIVER CRUISE TRIP PREVIEW

Wednesday, October 12 at 1:00 p.m.

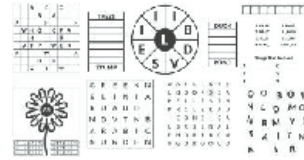


Join us and find out all about the Lyon River Cruise Trip!

Drop ins welcome, preregistration appreciated.

Call (920) 322-3630

## 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/ondduLacSeniorCenter>

7		1		6			9	2
	6	2			1	8	3	
8	3					4		
3							2	4
6		9		8	7			
4	1				3			
					2		4	9
				3			8	

5	1						6	
	4	3		8	6		7	2
	7						3	4
	5				1			
		4			2			8
			6			5	1	
								1
	6	8		4				

# NEVER MISS A NEWSLETTER!

Sign up to have our newsletter  
emailed to you at  
*[www.mycommunityonline.com](http://www.mycommunityonline.com)*



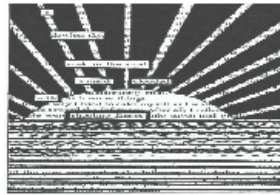


## BLACKOUT POETRY

Wednesday, October 12  
10:00 a.m.  
Come and create!

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.

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



## MEMORY WRITERS

Fridays at 1:00 p.m.



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

## 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

## TECH TYME



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 (and the charging cable). Drop in at any time during the session. Assistance will be provided on a first-come, first-served basis.

**FDL Senior Center**  
Tuesday, October 18  
9:00a.m.-12:00 p.m.

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

**bugtussel**



**FDL MPTC Business/Technology Center**  
235 N. National Ave.  
Thursdays  
9:30-11:30 a.m.

Enter MPTC thru O-1 door and the Business/ Technology Center is on the left just inside the entrance. Please make sure your device is fully charged and bring a charger with you.



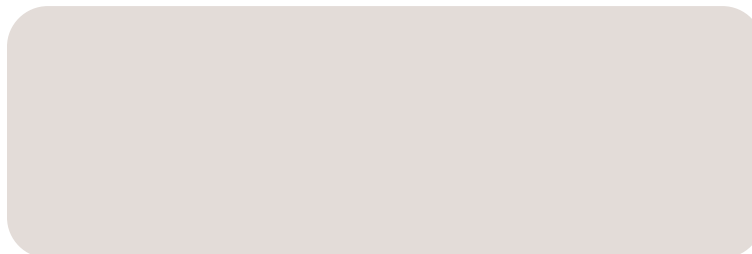


## Fond du Lac Senior Center

151 E. First Street  
Fond du Lac, WI 54935

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## FOND DU LAC SENIOR CENTER 920-322-3630

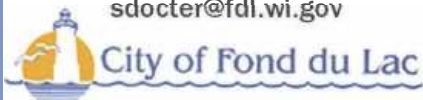
### STAFF

#### 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](http://www.fdlseiorcenter.com)

### VISION

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

Like Us On  
**facebook** 

@FondduLacSeniorCenter

Fond du Lac Senior Center  
is a member of WASC

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Centers



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