

FOND DU LAC SENIOR CENTER

AMONG FRIENDS

NEWSLETTER

DECEMBER 2022

The Cozy Old Farmhouse



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.

Are you a "house divided"?

No, I'm not talking about how people in your household vote in the elections, I'm talking about the age old question - when do you put up Christmas decorations?

Even though the retail establishments seem to get their merchandise out earlier and earlier (I think I saw some in July this year!), it seems like the household debate centers on when, after Halloween, do people put up their Christmas decorations.

In our household it's divided pretty much by gender - all of us women would like the decorations up now, with the men strongly encouraging us to wait until after Thanksgiving. While I will admit it is nice to have our Thanksgiving celebration amid the fall décor, I'd be just as happy pulling out the totes and setting up all the twinkling and sparkling decorations that help us get into the Christmas spirit.

With the change back to standard time, there are evenings when I'm driving home and it's dark outside which makes it much easier to spot the homes that are already decked out in Christmas lights. I definitely appreciate why people put their outdoor decorations up early - no freezing fingers and no frozen ground to try and push into are major plusses. And the fact that some people have their lights on now for people like me to enjoy is a bonus!

It seems like the last two months of the year just fly by, between the holidays and all the preparation that surrounds them. The time between Halloween and the New Year seems to pass in the blink of an eye. So no matter when (or if) you put up your decorations, take time to enjoy the feeling surrounding these weeks when everything is a little more twinkly and sparkly.

Speaking of twinkly and sparkly, there is a certain Christmas song that is played on the radio frequently - and by frequently I mean WAY too often in my opinion. It's the kind of song that gets in your head and you can't get rid of it. The particular singer of this song - who tends to be quite twinkly and sparkly herself - just lost her trademark battle to have exclusive use of the words "Queen of Christmas" "Princess Christmas" and "QOC". Thank goodness! I just thought I would pass this along so that if you, or someone you know, has been calling themselves the Queen of Christmas over the years, you can rest assured that they are still able to do that. Oh my goodness, this world some times!

I hope you have a joyous and meaningful holiday season. Have a great month and hope to see you soon!

Cathy

ALL THINGS CHRISTMAS CELEBRATION

Wednesday, December 21 from 1:00– 2:30 p.m.



Hot Cocoa Bar • Eggnog • Christmas Cookies • Christmas Candy • Christmas Music
Put on your Christmas sweaters and come and join us for a All Things Christmas Celebration that will be sure to put you in the Christmas spirit! Hope to see you there!

Call us and let us at (920) 322-3630 and let us know you are coming by **December 16** so we have enough Christmas treats for everyone.

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Christmas Word Scramble

1. elbls _____
2. ytFrso _____
3. yrmer _____
4. olNe _____
5. coroeegS _____
6. cksiongt _____
7. ayadecncn _____
8. ngeogg _____
9. isotlteme _____
10. tiposaenti _____
11. lesve _____
12. ylloj _____
13. PthoNrleo _____
14. nedrreie _____
15. hdplRou _____
16. eilshg _____

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 ****

\$25 Reduced for December due to the holiday schedule.

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 ****

\$14 Reduced for December due to the holiday schedule.

No refunds or partial months.

INTRODUCTION TO YOGA

Fridays at 9:45 a.m. **(new time)**

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 ****

\$14 Reduced for December due to the holiday schedule.

No refunds, no partial months.



INTERMEDIATE YOGA

Tuesdays at 9:45 a.m.

(new time)

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, no partial months.





HOMEMADEHEATHER.COM

GERMAN

Mondays
1:00– 2:30 p.m.



To Register Call (920) 322-3630

BOOK CLUB

Thursday , December 8 at 10:00 a.m.

BOOK OF THE MONTH: Reader's Choice

Read any book by a Wisconsin Author, come to the meeting, and tell the Book Club about it. This is a great way to find new reading material!



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

INTRO TO GERMAN

Mondays at 11:00 a.m.



Are you interested in learning German but maybe feel too intimidated to come to the existing German Class? If so, this class is for you! In this class you will be introduced to and taught how to speak basic German.

Drop Ins Welcome, Pre-Registration Appreciated
To Register Call (920) 322-3630

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, December 13
6:00 p.m.



2nd Tuesday of the Month

New Members Welcome!

STAMP CLUB

Wednesday, December 21
6:30 p.m.



3rd Wednesday of the Month

New Members Welcome!

MACK & RITA

Wednesday, December 7 AND Thursday,
December 22

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

PG-13 • 2022 • Comedy • 1h 35m



Starring: Diane Keaton, Elizabeth Lail, Dustin Milligan, Wendie Malick, Taylour Paige, Simon Rex

Summary: When 30-year-old Mack Martin reluctantly joins a Palm Springs, Calif., bachelorette trip for her best friend Carla, her inner 70-year-old gets released -- literally. The frustrated writer and influencer magically transforms into her future self: aunt Rita. Freed from the constraints of other people's expectations, Rita comes into her own, becoming an unlikely social media sensation and sparking a tentative romance with Mack's adorable dog-sitter, Jack

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

A LOVE SONG

Thursday, December 15 AND Wednesday,
December 28

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

PG • 2022 • Drama • 1h 21m



Starring: Dale Dickey, Wes Studi, John Way, Michelle Wilson

Summary: Faye is a lone traveler who bides her time fishing, birding and stargazing at a rural Colorado campground as she awaits the arrival of Lito, a figure from her past who's navigating his own tentative and nomadic journey across the rugged West.

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

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THE LUNCH LADIES LAST HURRAH

Thursday, December 29 from 2:00-3:00 p.m.



All good things must come to an end, but not without a last hurrah! Come and see the "real lunch ladies of quarantine" at the drive up window one last time and get some yummy treats too!

Call us at (920) 322-3630 and let us know that you are coming so we can be sure to have enough treats. We can't wait to see you!



THELMA COMMUNITY ARTS OUTREACH— PUTTING THE FUN IN FUNDAMENTALS

THE MAGIC OF PORTRAITS

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

At Thelma Sadoff Center For the Arts

Do not be afraid! Anyone can master the art of portraits. Come in and conquer portraits. Step by step instruction will guide you through. Continue your learning, or pop in for a first time lesson! All skill levels welcome.



Class is free and all materials are supplied.
To sign up for this class call (920) 322-3630
SPACE IS LIMITED

USING THE INTERNET TO KEEP YOUR BRAIN HEALTHY MUNCH AND LEARN

Tuesday, December 20 at 11:30 a.m.



Come, munch on some treats, and learn how you can use the internet to keep your brain healthy. You'll get tips on activities you can do online to learn new things, stay socially engaged, keep active, minimize stress, and more.

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



CROSSWORD PUZZLE DAY *Double Tickets!*



Wednesday, December 21 is National Crossword Puzzle 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.

4 Letter Words

BELL
SNOW

5 Letter Words

ANGEL
COCOA
ELVES
HOLLY

6 Letter Words

LIGHTS
SLEIGH
TINSEL
WINTER
WREATH

7 Letter Words

CHIMNEY
GARLAND
PAGEANT
RUDOLPH
SNOWMAN

8 Letter Words

CAROLING
DECEMBER
EXCHANGE
ORNAMENT
PRESENTS
REINDEER
WRAPPING

9 Letter Words

CHESTNUTS
CHRISTMAS
EVERGREEN
FRUITCAKE
MISTLETOE
NORTH POLE

10 Letter Words

POINSETTIA
SANTA CLAUS

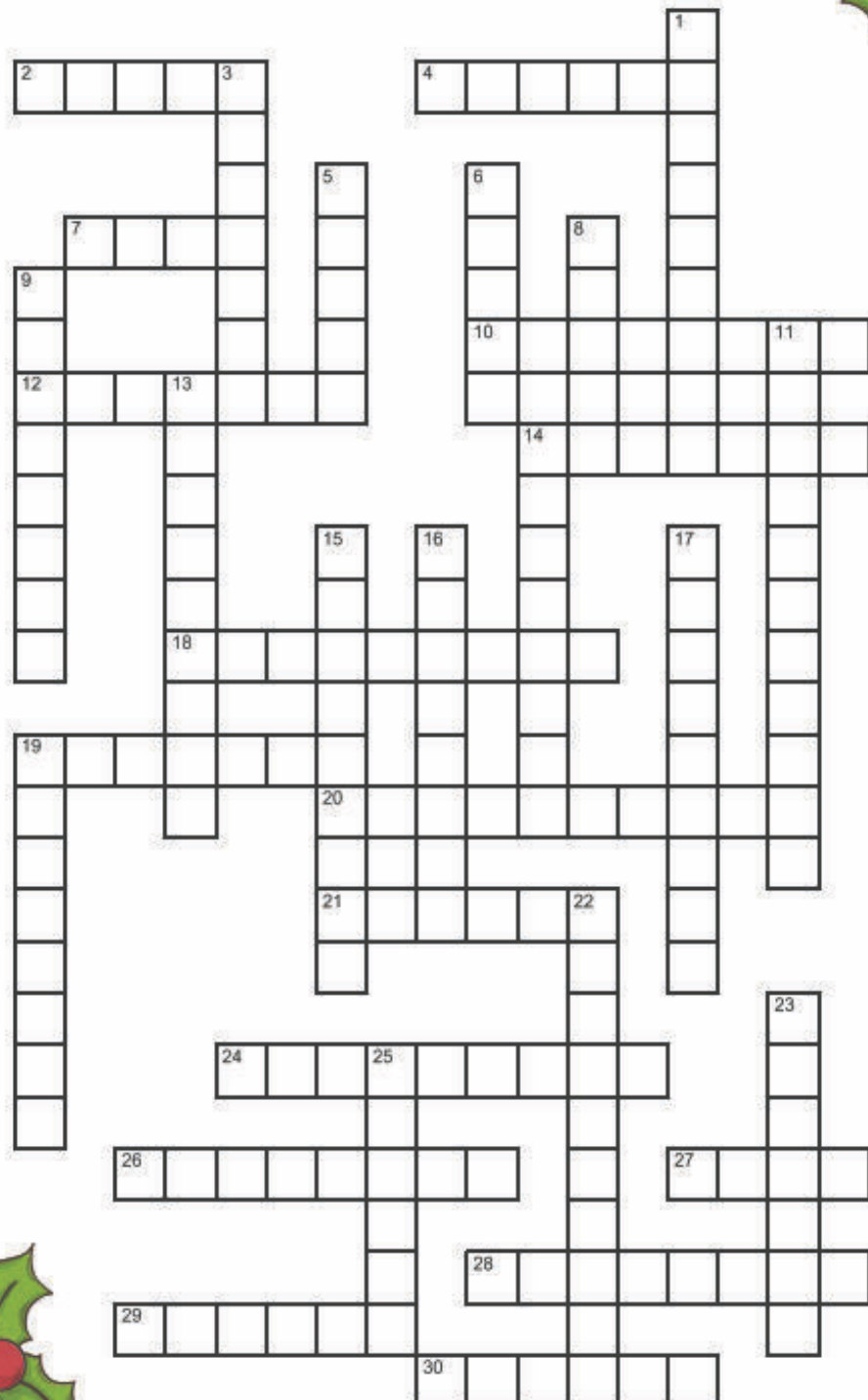
11 Letter Word

GINGERBREAD

Christmas Joy



DIRECTIONS: Fill in the crossword grid with the provided words.



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

KNIT WITS

Do you love to knit?
Do you enjoy making a difference?



Our Knit Wits work behind the scenes creating hats, gloves and mittens that are donated throughout the community. If you'd like more information, please call us (920) 322-3630

Help keep Fond du Lac warm this winter!

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, December 1

Not meeting at the Center in December



Meeting the 1st Thursday of every month.

New Members Welcome!

SUNSET STITCHERS QUILT GUILD

Thursday, December 8

7:00 p.m.



Meeting the 2nd Thursday of the month.

New Members Welcome!

Nickel



Thursday, December 8 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, December 14 & 28 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, December 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.

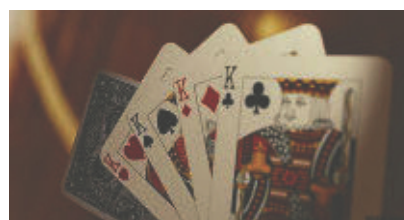


JACK OF DIAMONDS - 5-10-15
Call (920) 322-3630 to register.

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

1		6		9			2					1			4	9	
5	4			1					3		8		4				
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3				2		4	6		4				9				

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DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 9:00 Open Pool 9:00 Wood Carving 11:00 Drive Up Senior Dining Meal 11:00 Intro to German 12:30 Bunco 12:30 Euchre 1:00 German 5:30 Zumba Gold	6 8:30 8 Ball Pool League 8:30 Strong! 9:45 Intermediate Yoga 10:00 Balance & Stretch 10:00 Walking Group 11:00 Cardio Drumming 11:00 Drive Up Senior Dining Meal 12:00 Crafters Corner 12:00 Mah Jongg 12:00 Open Pool 1:00 Cribbage	7 8:30 9 Ball Pool League 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 Movie-Mack & Rita 12:30 Rec Sheephead	1 9:00 Open Pool 9:30 Tech Tyme @ MPTC 10:00 Balance & Stretch 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 12:00 Skat 1:00 Cribbage 5:30 Beginning Line Dancing 5:30 Parents of Angels 6:30 Line Dancing	2 8:30 Strong! 9:00 Open Pool 9:45 Beginning Yoga 10:00 Video Walk to Fitness 11:00 Chair Yoga 11:00 Drive Up Senior Dining Meal 12:00 Game Day 12:00 Hand & Foot 1:00 Memory Writers 3 Saturday 10:00 Walking Group 4 Sunday
5 9:00 Open Pool 9:00 Wood Carving 11:00 Drive Up Senior Dining Meal 11:00 Intro to German 12:30 Bunco 12:30 Euchre 1:00 German 5:30 Zumba Gold	6 8:30 8 Ball Pool League 8:30 Strong! 9:45 Intermediate Yoga 10:00 Balance & Stretch 10:00 Walking Group 11:00 Cardio Drumming 11:00 Drive Up Senior Dining Meal 12:00 Crafters Corner 12:00 Mah Jongg 12:00 Open Pool 1:00 Cribbage	7 8:30 9 Ball Pool League 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 Movie-Mack & Rita 12:30 Rec Sheephead	8 9:00 Open Pool 9:30 Tech Tyme @ MPTC 10:00 Balance & Stretch 10:00 Book Club 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 12:00 Skat 1:00 Cribbage 1:30 Nickel Bingo 5:30 Beginning Line Dancing 6:30 Line Dancing 7:00 Sunset Stitchers	9 8:30 Strong! 9:00 Open Pool 9:45 Beginning Yoga 10:00 Video Walk to Fitness 11:00 Chair Yoga 11:00 Drive Up Senior Dining Meal 12:00 Game Day 12:00 Hand & Foot 1:00 Memory Writers 10 Saturday 10:00 Walking Group 11 Sunday
12 9:00 Memory Screenings 9:00 Open Pool 9:00 Wood Carving 11:00 Drive Up Senior Dining Meal 11:00 Intro to German 12:30 Bunco 12:30 Euchre 1:00 German 5:30 Zumba Gold	13 8:30 8 Ball Pool League 8:30 Strong! 9:45 Intermediate Yoga 10:00 Balance & Stretch 10:00 Walking Group 11:00 Cardio Drumming 11:00 Drive Up Senior Dining Meal 12:00 Crafters Corner 12:00 Mah Jongg	14 8:30 9 Ball Pool League 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 Sheephead 1:00 Genealogy	15 9:00 Open Pool 10:00 Balance & Stretch 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 12:00 Skat 12:30 Movie-A Love Song 1:00 Cribbage 5:30 Beginning Line Dancing	16 8:30 Strong! 9:00 Open Pool 9:45 Beginning Yoga 10:00 Video Walk to Fitness 11:00 Chair Yoga 11:00 Drive Up Senior Dining Meal Closing at 12:00 No Game Day. Hand & Foot, Memory Writers, or Open Pool

		12:00 Open Pool 1:00 Cribbage 1:00 Parkinson's Support Group 2:00 Parkinson Movement & Music 6:00 Coin Club	3:00 Art at Thelma	6:30 Alzheimer's Support Group 6:30 Line Dancing	17 Saturday 10:00 Walking Group 18 Sunday
19 9:00 Open Pool 9:00 Wood Carving 11:00 Drive Up Senior Dining Meal 11:00 Intro to German 12:30 Bunco 12:30 Euchre 1:00 German 5:30 Zumba Gold	20 8:30 8 Ball Pool League 8:30 Strong! 9:45 Intermediate Yoga 10:00 Balance & Stretch 10:00 Walking Group 11:00 Cardio Drumming 11:00 Drive Up Senior Dining Meal 11:30 Munch & Learn 12:00 Crafters Corner 12:00 Mah Jongg 12:00 Open Pool 1:00 Cribbage	21 8:00 Crossword Puzzle Day 8:30 9 Ball Pool League 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 Sheephead 1:00 All Things X-Mas Celebration 6:30 Stamp Club	22 9:00 Open Pool 10:00 Balance & Stretch 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 12:00 Skat 12:30 Movie-Mack & Rita 1:00 Cribbage 5:30 Beginning Line Dancing 6:30 Line Dancing	23 Closed 24 Saturday 10:00 Walking Group 25 Sunday	
26 Closed	27 8:30 8 Ball Pool League 8:30 Strong! 9:00 Tech Tyme 9:45 Intermediate Yoga 10:00 Balance & Stretch 10:00 Walking Group 11:00 Cardio Drumming 11:00 Drive Up Senior Dining Meal 12:00 Crafters Corner 12:00 Mah Jongg 12:00 Open Pool 1:00 Cribbage 2:00 Parkinson Movement & Music	28 8:30 9 Ball Pool League 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 12:00 Feeding America 12:30 Movie- A love Song 12:30 Rec Sheephead 1:00 Genealogy	29 9:00 Open Pool 10:00 Balance & Stretch 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 12:00 Skat 1:00 Cribbage 2:00 Lunch Ladies Last Hurrah 5:30 Beginning Line Dancing 6:30 Line Dancing	30 Closed 31 Saturday 10:00 Walking Group	

season's greetings

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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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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 & Fridays
12:00- 3:00 p.m.



New Players Welcome!

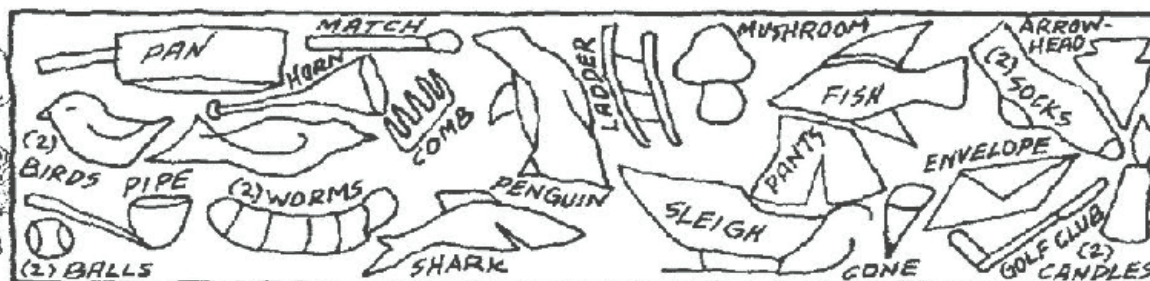
Drop ins welcome, preregistration appreciated.
Call (920) 322-3630

HIDDEN PICTURE PUZZLE

Glaedelig Jul!

Vrolijk
kerstfeest!HAPPY
HOLIDAYS!MERRY
CHRISTMAS!

© Kim Ball

GOD
JUL!JOYEUX
NOËL!



FEELING THE PINCH?

Wednesday, December 28 from
12:00-3:00 p.m.

Drop in and visit with Jaki, the FoodShare 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.



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

GUESS HOW MANY

We're getting ready for our Hot Cocoa Bar. How many mini marshmallows are in the bowl?



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

TECH TYME

One Great Service-Two Locations!



Have a tech questions? 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 too).

FDL Senior Center
Tuesday, December 27
9:00a.m.-11:00 a.m.

Drop in any time during the session. Assistance will be provided on a first-come, first-served basis.

Sessions are limited if other people are waiting.



OR

FDL MPTC Business/Technology Center
235 N. National Ave.
Thursday, December 1 & 8
9:30-11:30 a.m.

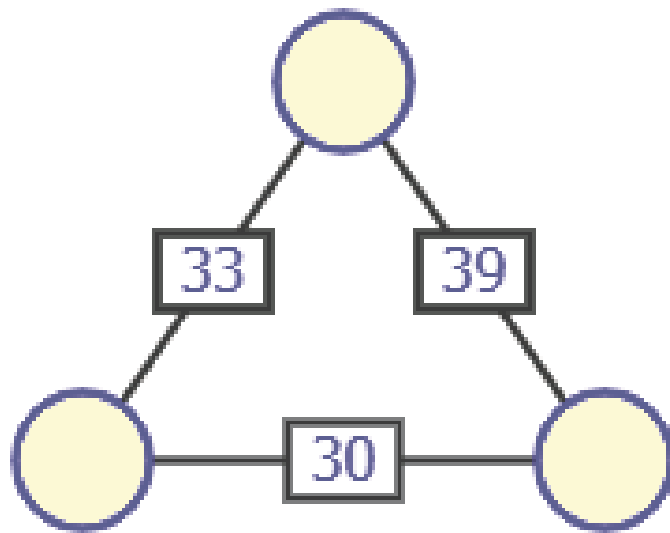
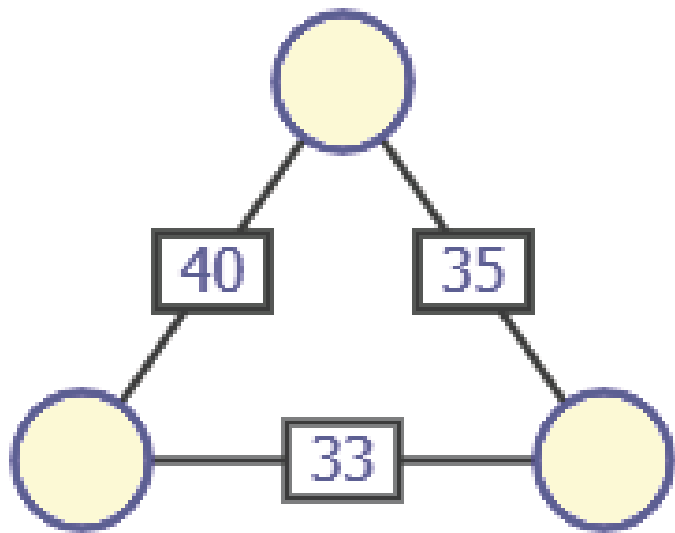
No appointment needed

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.



ARITHMAGONS

The number in each square is the sum of the connecting circles. Your job is to find the missing numbers.



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of Fond du Lac

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WISCONSIN
PARKINSON
ASSOCIATION

PARKINSON'S MOVEMENT & MUSIC

Tuesday, December 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, December 13 at 1:00 p.m.

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.



LOCAL PARENTS OF ANGELS

1st Thursday - December 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) 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 GRATITUDE CLUB



FULL OF HOPE

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

Memory Café

Fond du Lac Public Library

Lower Level 32 Sheboygan Street

Thursday, December 15 - 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, December 15 at 6:30 p.m.

(4th Thursday of every month)

One week earlier this month due to the holidays.

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



alzheimer's association



Contact:

920.929.3466

888.435.7335

adrc@fdlco.wi.gov



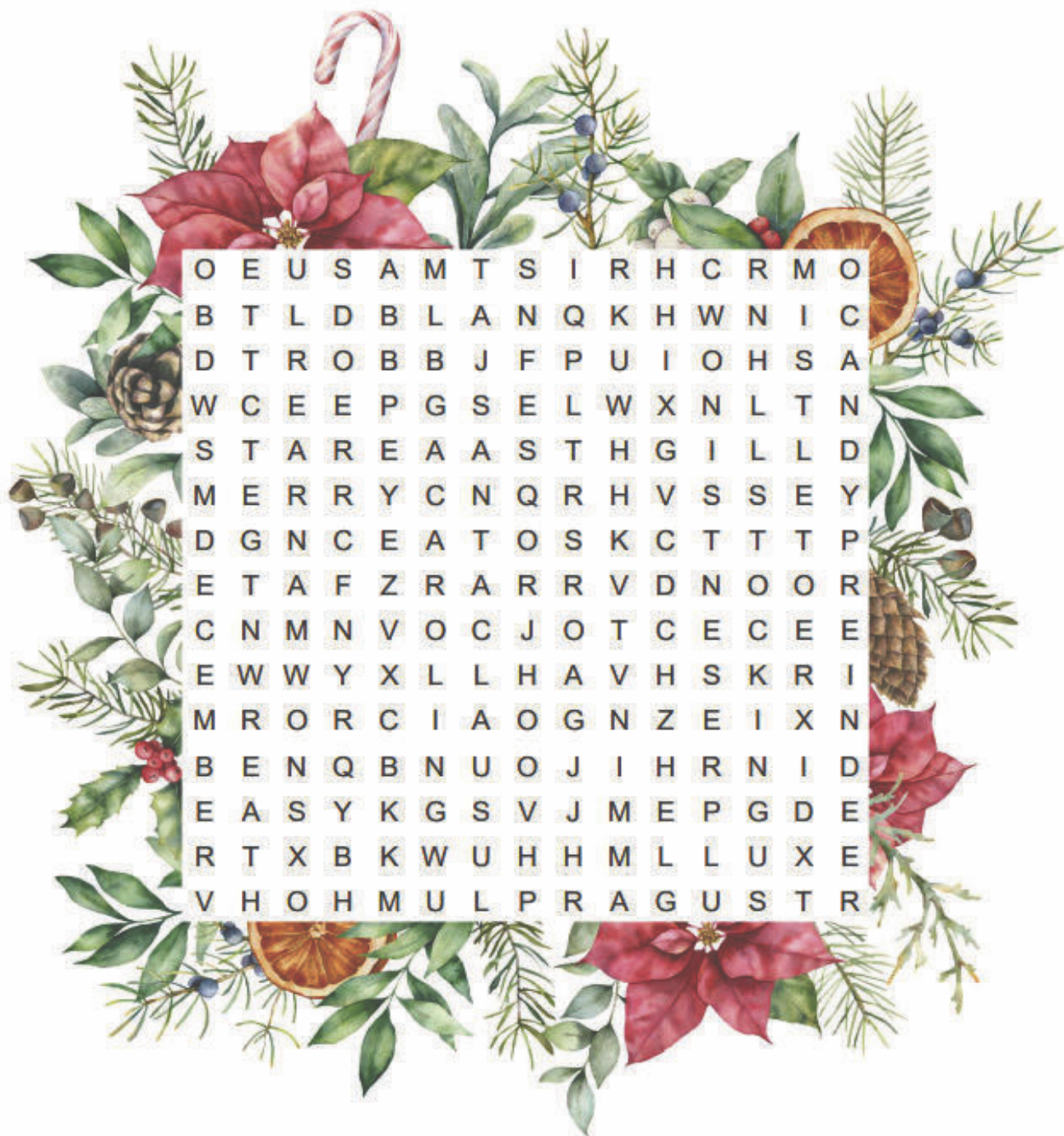
Alyssa Sommerfeldt

Fond du Lac County
Dementia Care Specialist

920.929.3419

The ADRC of Fond du Lac County's Dementia Care Specialist (DCS) is 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.

Christmas Day



CANDY, CANE, CAROLING, CHRISTMAS, DECEMBER, HOLLY, LIGHTS, MERRY, MISTLETOE,
 NORTH, POLE, PEACE, PRESENTS, REINDEER, SANTA CLAUS, SLEIGH, SNOWMAN, STAR,
 STOCKING, SUGARPLUM, TREE, WREATH.

STRETCH & STRENGTH

Paused Due to Staffing Issues



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 a.m.



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

COUNTRY LINE DANCING

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



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



Mondays at 5:30

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

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

HOLIDAY MOVIE TRIVIA

NAME THAT MOVIE

1. Christmas is just about my favorite time. Ever since I was a little kid, I always felt like it was my own personal holiday.
2. I gotta tell you, Santa, there's something about this place that doesn't seem quite ... Kosher.
3. You're skipping Christmas! Isn't that against the law?
4. That's what Christmas memories are made from, they're not planned, they're not scheduled, nobody puts them in their Blackberry, they just happen.
5. You stink. You smell like beef and cheese, you don't smell like Santa.
6. Blast this Christmas music. It's joyful and triumphant.
7. A sequel. That's it. We'll bring it out on March 25, and we'll call it Christmas 2
8. Nobody sent me a Christmas card today. I almost wish there weren't a holiday season. I know nobody likes me. Why do we have to have a holiday season to emphasize it?
9. Merry Christmas, movie house! Merry Christmas, Emporium! Merry Christmas, you wonderful old Building and Loan!
10. We're kicking off our fun old-fashion family Christmas by heading out into the country in the old front-wheel-drive sleigh to embrace the frosty majesty of the winter landscape and select that most important of Christmas symbols.

PUZZLES



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

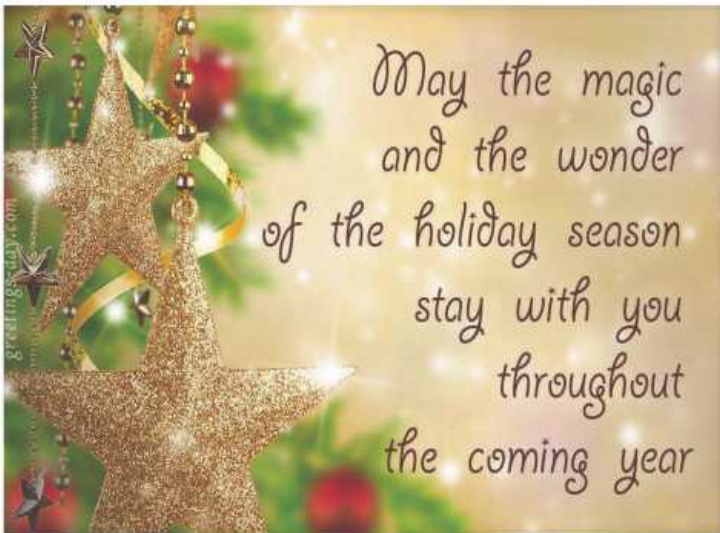
Studies have shown that working on jigsaw puzzles can improve cognition and visual-spatial reasoning.

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

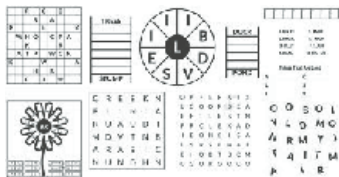
FOND DU LAC COUNTY SENIOR DINING

Call the ADRC at (920) 929-7508 for reservations or more information. Menu subject to change.

- Dec 1 - Roast Pork Loin
- Dec 2 - BBQ Meatballs
- Dec 5 - Ham Roll
- Dec 6 - Liver and Onions
- Dec 7 - Chicken, Broccoli, & Rice Casserole
- Dec 8 - Swiss Steak
- Dec 9 - Orange Glazed Chicken Pattie
- Dec 12 - Smoked Sausage
- Dec 13 - Baked Spaghetti
- Dec 14 - Cranberry/Kraut Meatballs
- Dec 15 - Glazed Ham
- Dec 16 - Breaded Fish Fillet
- Dec 19 - Burgundy/Mushroom Chopped Steak
- Dec 20 - Sweet and Sour Chicken Pattie
- Dec 21 - Mushroom Pork Cutlet
- Dec 22 - Meatloaf
- Dec 23 - Closed for Holiday
- Dec 26 - Closed for Holiday
- Dec 27 - Hawaiian Meatballs
- Dec 28 - Baked Chicken
- Dec 29 - BBQ Pork Cutlet
- Dec 30 - Closed for the Holiday



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>

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2023 Friends Membership Form

27

To join the FRIENDS of the FOND DU LAC SENIOR CENTER or to renew your membership, please complete this application and return it to the Fond du Lac Senior Center. Membership is for the 2023 calendar year. We do not share your information with any outside organization.

Please make check payable to: "FRIENDS, INC."

Fond du Lac Senior Center
151 E. 1st Street
Fond du Lac, WI 54935

NAME(s) (both, if couple)	
MAILING ADDRESS (with apt #)	
CITY, STATE, ZIP	
PHONE NUMBER	
BIRTHDATE (optional)	
E-MAIL	
<input type="checkbox"/> I'D LIKE TO GO GREEN! RATHER THAN U.S. MAIL, PLEASE E-MAIL MY MONTHLY NEWSLETTER TO THE EMAIL ADDRESS ABOVE	

PLEASE PRINT CLEARLY as all information is entered into the computer by a volunteer.

CHOICE OF SUPPORT:

THANK YOU FOR SUPPORTING THE FRIENDS!

☐ **\$10.00 Single** ☐ **\$15.00 Couple** (same address)

☐ **\$ _____ SPECIAL DONATION** Thank you to all who include an additional donation with their membership. These funds help offset operational costs for the Friends organization. Your donation for 2023 is optional but *very much appreciated!*

☐ **\$50.00 FANTASTIC FRIENDS membership support** — Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of our Center and is much appreciated. Your Fantastic Friends membership includes one (1) 2023 Dine Out Books in appreciation of your support. The **FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership** and additional donation to Friends to help with the operation of our Center.

☐ **\$100.00 FABULOUS FRIENDS membership support** — Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. Your Fabulous Friends membership includes two (2) 2023 Dine Out Books in appreciation of your support. The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.

_____ **TOTAL ENCLOSED** (Special Donation and Friends Membership **can** be on the same check.)

Because the Friends is a 501(c)(3) nonprofit organization, your contribution is tax deductible.

FOR OFFICE USE ONLY

DATE PAID _____ CASH AMT _____ CHECK AMT _____ CHECK # _____ Receipt Given _____

☐ NEW 2023 Member ☐ Renewal Receptionist Initials _____

☐ FANTASTIC FRIENDS \$50 ☐ FABULOUS FRIENDS \$100

☐ Dine Out Book—1 for Fantastic or 2 for Fabulous Memberships

☐ Received Among Friends Newsletter

December 2022 Newsletter

_____ Computer

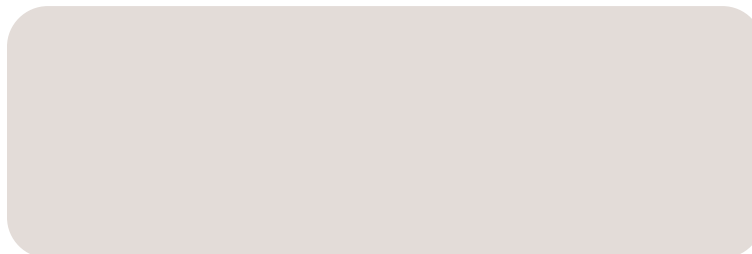


Fond du Lac Senior Center

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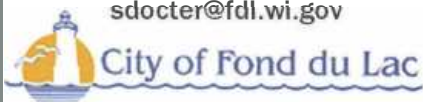
STAFF

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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