

FOND DU LAC SENIOR CENTER

# AMONG FRIENDS

NEWSLETTER

NOVEMBER 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.

Often in this space, I mention some of our community partners - agencies, businesses, or organizations that help us fulfill our mission. This month I want to talk about one of the most important ones, the Friends of the Fond du Lac Senior Center, Inc. This 501(c)3 non-profit was granted non-profit status by the IRS in April of 1991, and was created to support the financial needs of the Senior Center that are not covered by the city budget.

The organization has evolved over the years, and "The Friends" as they are typically called, now do all of the fundraising to support the programs and activities at the Center. They have a few big fundraisers each year, the raffle that was held last month along with the fall social, the Dine Out Books, and their most important one is their membership drive. They do several smaller fundraisers each year like brat frys, but the other ones are the big three.

This month, and for several months in the new year, the "Friends Membership Form" will be located inside of the back cover of the newsletter. While participation in the Center does not require a "membership", the work that the Friends organization does definitely allows us to offer the many programs and activities we do, so I wanted to take an opportunity to thank The Friends and recognize them as a very important partner to our Center.

Speaking of programs and activities, while we do have a LOT of things going on each month (we are back to offering over 200 things a month!), we are always interested in hearing from you if there are things you would like to participate in or learn about. For example, not long ago someone mentioned that they would really like to know more about "Streaming" and what all the different options are for streaming television services.

Voila! November 30th at 1:00 we will be offering a "What is Streaming and How Do I Connect?" class. I can't guarantee that we will always be able to get something together that quickly, but we are definitely interested in your ideas, so let us know.

One last thing - as cliché as it may sound, this is the month of Thanksgiving so I would be remiss without mentioning how thankful Sarah and I are that we get to serve such amazing people. We appreciate your kindness, your smiles, your laughs, and your willingness to come to the programs and activities that we offer. I hope you take a few moments this month to practice gratitude - it can change your day, and the world definitely needs more thankfulness and kindness.

Have a great month and hope to see you soon!

*Cathy*

## VETERAN'S DAY DRIVE-THROUGH PANCAKE BREAKFAST

Friday, November 11 8:30-9:30 a.m.

Join us as we honor our Veteran's with our annual Pancake Breakfast.  
Everyone Welcome!  
Pick up at the drive-through window located on the West side of the building.



Reservations Required (920) 322-3630 by Wednesday, November 9

*Thank you to Lake View Senior Living for helping to sponsor this event.*

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

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# THANKSGIVING

## DOUBLE WORD SCRAMBLE

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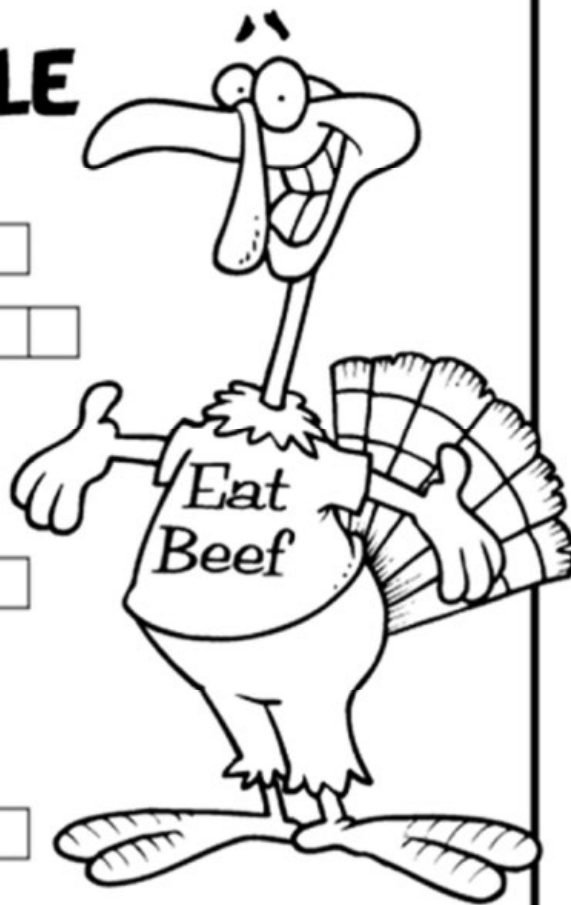
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## STRONG!

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 November due to instructor and holiday schedules.**

*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 for Reduced November due to instructor and holiday schedules.**  
*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 \*\***

**\$14 Reduced for November due to instructor and holiday schedules.**  
*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, no partial months.*







## GERMAN

Mondays  
1:00– 2:30 p.m.



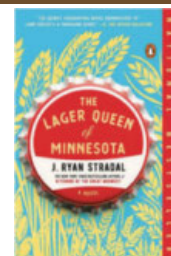
To Register Call (920) 322-3630

## BOOK CLUB

Thursday , November 10  
10:00 a.m.

BOOK OF THE MONTH: "The Lager Queen of Minnesota"

By: J. Ryan Stradal



A family is split when their father leaves their shared inheritance entirely to Helen, his younger daughter. With the proceeds from the farm, Helen builds one of the most successful light breweries in the country, and makes their company motto ubiquitous: "Drink lots. It's Blotz." Where Edith has a heart as big as Minnesota, Helen's is as rigid as a steel keg. Yet one day, Helen will find she needs some help herself, and she could find a potential savior close to home. . . if it's not too late.

Drop ins welcome, preregistration 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!

## 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, November 8  
6:00 p.m.

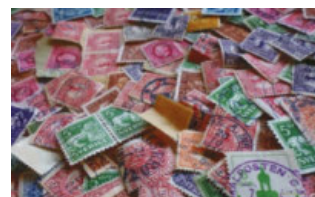


2nd Tuesday of the Month

New Members Welcome!

## STAMP CLUB

Wednesday, November 16  
6:30 p.m.



3rd Wednesday of the Month

New Members Welcome!

## TOP GUN: MAVERICK

Thursday, November 3 AND Wednesday,  
November 16

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

PG-13 · 2022 · Action/Adventure · 2h 11m



**Starring:** Tom Cruise, Miles Teller, Val Kilmer, Glen Powell, Jennifer Connelly, Jon Hamm

**Summary:** After more than 30 years of service as one of the Navy's top aviators, Pete "Maverick" Mitchell is where he belongs, pushing the envelope as a courageous test pilot and dodging the advancement in rank that would ground him. Training a detachment of graduates for a special assignment, Maverick must confront the ghosts of his past and his deepest fears, culminating in a mission that demands the ultimate sacrifice from those who choose to fly it

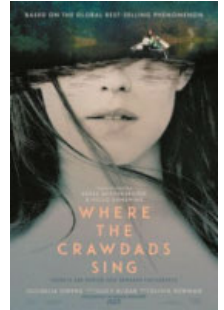
Lawn Chairs Welcome!  
Drop ins welcome, pre-registration appreciated.  
(920) 322-3630

## WHERE THE CRAWDADS SING

Wednesday, November 23 AND Tuesday,  
November 29

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

PG-13 · 2022 · Mystery/Drama · 2h 5m



**Starring:** Daisy Edgar-Jones, Taylor John Smith, Harris Dickinson

**Summary:** The Abandoned as a girl, Kya raised herself in the dangerous marshlands of North Carolina. For years, rumors of the marsh girl haunted Barkley Cove, isolating the sharp and resilient Kya from her community. Drawn to two young men from town, she opens herself to a new and startling world. However, when one of them is found dead, Kya immediately becomes the main suspect. As the case unfolds, the verdict as to what happened becomes increasingly unclear, threatening to reveal many secrets.

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

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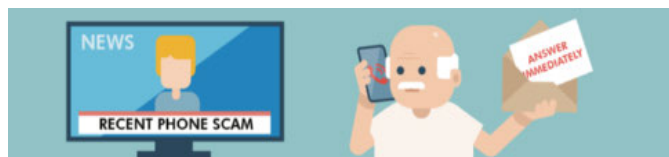
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920-533-4422

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## SCAMS, IDENTITY THEFT, AND HOW TO BE A BETTER CONSUMER

Thursday, November 17 at 1:00 p.m.



November 13-19 is International Fraud Awareness Week. Join us as Susan Bach, Regional Director for the Better Business Bureau (BBB) Serving Wisconsin teaches us about new scams targeting seniors, identity theft, how to be a better consumer, and more.

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



## WHAT IS STREAMING AND HOW DO I CONNECT?

Wednesday, November 30 at 1:00



Learn what the different types of streaming services are, how to download them, and how to access them from your phone or computer. We will teach you how to gain access to streaming services, which apps to download to use the services, and what types of things you can watch, and much, much more.

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



## SHOPPING SAFELY ONLINE

Wednesday, November 10 at 1:00



Learn how to shop online while keeping your information safe. We'll offer a brief overview of how to shop online, with a focus of how to stay safe while making online purchases. Regardless of the websites you use to shop online, learn what red flags to look for and how to avoid scams.

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



## INTRO TO GERMAN INFORMATIONAL MEETING

Monday, November 14 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. Come to the informational meeting to find out if this class is the right fit for you.

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

# Thanksgiving

Fill in the crossword, find the hidden words and finish the sentence.

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## 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

### STILL LIFE WORK

Wednesday, November 9 at 3:00 p.m.

At Thelma Sadoff Center For the Arts  
Develop Your Strengths Through Still Life. And work those drawing muscles as we build on our charcoal skills! Learn the history of still lifes while we explore drawing from life. 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**

## 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, November 3  
1:00 p.m.



Meeting the 1st Thursday of every month.

**New Members Welcome!**

## SUNSET STITCHERS QUILT GUILD

Thursday, November 10  
7:00 p.m.



Meeting the 2nd Thursday of the month.

**New Members Welcome!**



## Nickel



Tuesday, November 15 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, November 9 & 23 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, November 14  
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

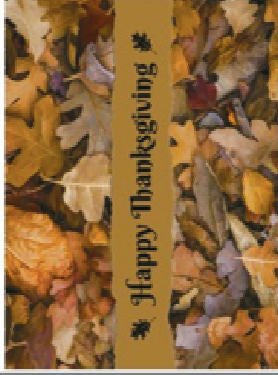
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# NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>7</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 5:30 Zumba Gold	<b>1</b> 8:30 8 Ball Pool League 8:30 Strong! 10:00 Balance & Stretch 10:00 Intermediate Yoga 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 12:00 Sewing 1:00 Cribbage	<b>2</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 Sheepshhead	<b>3</b> 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 12:30 Movie-Top Gun: Maverick 1:00 Cribbage 1:00 Flying Geese Quilters 5:30 Beginning Line Dancing 5:30 Parents of Angels 6:30 Line Dancing	<b>4</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 5 Saturday 10:00 Walking Group 6 Sunday
<b>7</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 5:30 Zumba Gold	<b>8</b> 8:30 8 Ball Pool League 8:30 Strong! 10:00 Balance & Stretch 10:00 Intermediate Yoga 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 1:00 Parkinson's Support Group 2:00 Parkinson Movement & Music 6:00 Coin Club	<b>9</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 Sheepshhead 1:00 Genealogy 3:00 Art at Thelma	<b>10</b> 9:00 Open Pool 10:00 Balance & Stretch 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 Sewing 12:00 Skat 1:00 Cribbage 1:00 Shopping Safely Online 5:30 Beginning Line Dancing 6:30 Line Dancing 7:00 Sunset Stitchers	<b>11</b> 8:30 Strong! 8:30 Veteran's Drive-Through Event 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 12 Saturday 10:00 Walking Group 13 Sunday
<b>14</b> 9:00 Memory Screenings 9:00 Open Pool 9:00 Wood Carving 11:00 Drive Up Senior Dining Meal 11:00 Intro to German Info Meeting 12:30 Bunco 12:30 Euchre 1:00 German 5:30 Zumba Gold	<b>15</b> 8:30 8 Ball Pool League 8:30 Strong! 10:00 Balance & Stretch 10:00 Diabetes Support Group 10:00 Intermediate Yoga 10:00 Walking Group 11:00 Cardio Drumming 11:00 Drive Up Senior Dining Meal 12:00 Crafters Corner	<b>16</b> 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 Feeding America 12:00 Hand & Foot 12:00 Open Pool 12:30 Movie-Top Gun: Maverick	<b>17</b> 9:00 Open Pool 10:00 Balance & Stretch 10:00 Walking Group 9:30 Tech Tyme @ MPTC 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 12:00 Sewing 12:00 Skat 1:00 Cribbage	<b>18</b> 8:30 No Strong! Today 9:00 Open Pool 10:00 No Beginning Yoga Today 10:00 Video Walk to Fitness 11:00 No Chair Yoga Today 11:00 Drive Up Senior Dining Meal 12:00 Game Day 1:00 Memory Writers



<p><b>12:00</b> Mah Jongg  <b>12:00</b> Open Pool  <b>12:30</b> Medicare/Obamacare  <b>1:00</b> Cribbage  <b>1:30</b> Nickel Bingo</p>	<p><b>12:30</b> Rec Sheephead  <b>6:30</b> Stamp Club</p>	<p><b>1:00</b> Fraud Presentation  <b>5:30</b> Beginning Line Dancing  <b>6:30</b> Alzheimer's Support Group  <b>6:30</b> Line Dancing</p>	<p><b>19 Saturday</b>  <b>10:00</b> Walking Group  <b>20 Sunday</b></p>
<p><b>21</b>  <b>9:00</b> Open Pool  <b>9:00</b> Wood Carving  <b>11:00</b> Drive Up Senior Dining Meal  <b>12:30</b> Bunco  <b>12:30</b> Euchre  <b>1:00</b> German  <b>5:30</b> Zumba Gold</p>	<p><b>22</b>  <b>8:30</b> 8 Ball Pool League  <b>8:30</b> <b>No Strong! Today</b>  <b>9:00</b> Tech Tyme  <b>10:00</b> Balance &amp; Stretch  <b>10:00</b> <b>No Intermediate Yoga Today</b>  <b>10:00</b> Walking Group  <b>11:00</b> <b>No Cardio Drumming Today</b>  <b>11:00</b> Drive Up Senior Dining Meal  <b>12:00</b> Crafters Corner  <b>12:00</b> Mah Jongg  <b>12:00</b> Open Pool  <b>1:00</b> Cribbage  <b>2:00</b> Parkinson Movement &amp; Music</p>	<p><b>23</b>  <b>8:30</b> 9 Ball Pool League  <b>10:00</b> Fondy Sunshine Strummers  <b>10:00</b> Video Walk to Fitness  <b>11:00</b> Drive Up Senior Dining Meal  <b>12:00</b> Canasta  <b>12:00</b> Hand &amp; Foot  <b>12:00</b> Open Pool  <b>12:30</b> <b>Movie- Crawdads Sing</b>  <b>12:30</b> Rec Sheephead  <b>1:00</b> Genealogy</p>	<p><b>24</b></p>  <p><b>25</b>  <b>Closed</b>  <b>26 Saturday</b>  <b>10:00</b> Walking Group  <b>27 Sunday</b></p>
<p><b>28</b>  <b>9:00</b> Open Pool  <b>9:00</b> Wood Carving  <b>11:00</b> Drive Up Senior Dining Meal  <b>12:30</b> Bunco  <b>12:30</b> Euchre  <b>1:00</b> German  <b>5:30</b> Zumba Gold</p>	<p><b>29</b>  <b>8:30</b> 8 Ball Pool League  <b>8:30</b> Strong!  <b>10:00</b> Balance &amp; Stretch  <b>10:00</b> Intermediate Yoga  <b>10:00</b> Walking Group  <b>11:00</b> Cardio Drumming  <b>11:00</b> Drive Up Senior Dining Meal  <b>12:00</b> Crafters Corner  <b>12:00</b> Mah Jongg  <b>12:30</b> <b>Movie- Crawdads Sing</b>  <b>12:00</b> Open Pool  <b>1:00</b> Cribbage</p>	<p><b>30</b>  <b>8:30</b> 9 Ball Pool League  <b>10:00</b> Fondy Sunshine Strummers  <b>10:00</b> Video Walk to Fitness  <b>11:00</b> Drive Up Senior Dining Meal  <b>12:00</b> Canasta  <b>12:00</b> Hand &amp; Foot  <b>12:00</b> Open Pool  <b>12:30</b> Rec Sheephead  <b>1:00</b> <b>What is Streaming ?</b></p>	<p><b>Closed</b></p>

Be Thankful



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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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LOCALLY

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for personal care and support.



Some of the services we manage with you include:

- Care Management
- Medical Supplies & Equipment
- 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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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!**

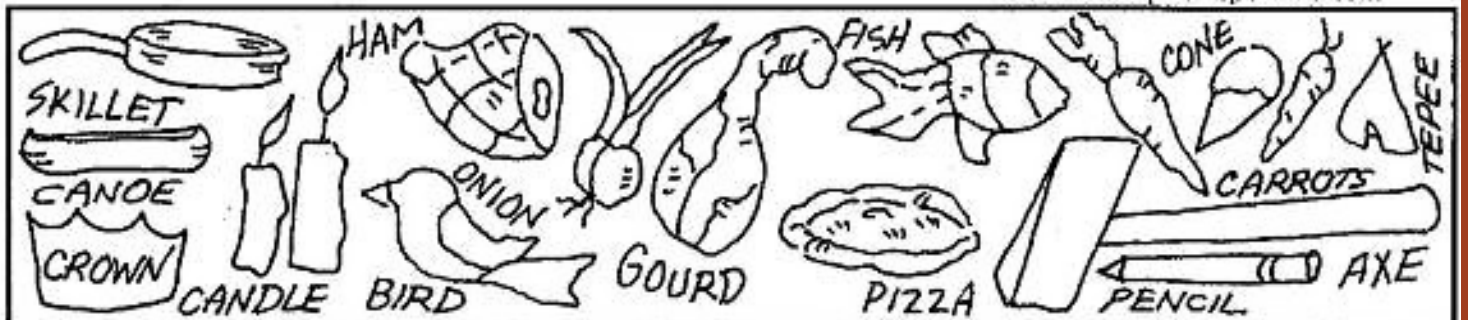
Drop ins welcome, preregistration appreciated.  
Call (920) 322-3630



## HIDDEN PICTURE PUZZLE



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



## FEELING THE PINCH?

Wednesday, November 16  
12:00-3:00 p.m.

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



## GUESS HOW MANY

Happy National Peanut Butter Lovers Month! Time to get baking up some peanut butter treats! Can you guess how many peanut butter chips will be going into our yummy treats?



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

## MEDICARE, OBAMACARE & MAXIMIZING SOCIAL SECURITY

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



1. What is so fragile that saying its name breaks it?
2. What can you break, even if you never pick it up or touch it?
3. What do you lose the moment you share it?
4. What thrives when you feed it but dies when you water it?





# CLASSES, SUPPORT GROUPS AND RESOURCES



## POWERFUL TOOLS FOR CAREGIVERS CLASS

Wednesday, November 2 & 9  
9:00 a.m. - 11:00



## LOCAL PARENTS OF ANGELS

1st Thursday - November 3  
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](http://www.themeadowsfdl.com)



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- ✓ Small pets welcome\*  
(\*some restrictions apply)

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Advertise in our Newsletter!

**CONTACT ME**  
**Alex Nicholas**

[anicholas@lpicommunities.com](mailto:anicholas@lpicommunities.com)

**(800) 950-9952 x2538**





WISCONSIN  
PARKINSON  
ASSOCIATION

## PARKINSON'S MOVEMENT & MUSIC

**Tuesday, November 8 & 22 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, November 8 at 1:00 p.m.**

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.

## Memory Café

Fond du Lac Public Library  
Lower Level 32 Sheboygan Street  
**November 17 - 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, November 17 at 6:30 p.m.**  
**(4th Thursday of every month)**

*One week earlier this month as Thanksgiving falls on the 4th Thursday.*

Please visit [alz.org/wi](http://alz.org/wi) or call 800.272.3900 for more information about family caregiver, education,



**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.



## SUPPORT GROUP

November 15  
10:00a.m. -11:00 a.m.

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

## November's Topic: Celebrate Diabetes Month

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



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

# THANKSGIVING WORD SEARCH

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

Turkey  
 Thankful  
 Yams  
 Pumpkin

Pie  
 Corn  
 Pilgrim  
 Stuffing

Gather  
 Gravy  
 Autumn  
 Cranberry

Mashed Potatoes  
 Grateful  
 Rolls  
 Thanksgiving

## 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/FondduLaSeniorCenter/>  
**New Walkers Always Welcome!**

## COUNTRY LINE DANCING

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



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



Mondays at 5:30

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

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





## 2022 RAKE A DIFFERENCE DAY

Saturday, November 12 &  
Saturday, November 19

If you would like to have your leaves raked this year by local Volunteers from our community, Call (920) 322-3630 as soon as possible to sign up. Once you are signed up a United Way Volunteer will call you back to set up a date for you.



Fond du Lac Area  
United Way

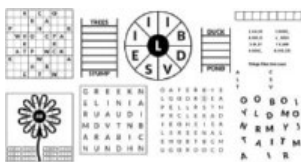
## FOND DU LAC COUNTY SENIOR DINING

Call the ADRC at (920) 929-7508 for reservations or more information

Nov 1 - Lasagna Casserole  
Nov 2 - Burgundy/Mushroom Chopped Steak  
Nov 3 - Chicken Patty Marsala  
Nov 4 - Honey Mustard Meatballs  
Nov 7 - Pork Steak  
Nov 8 - Pot Roast  
Nov 9 - Baked Chicken  
Nov 10 - Salisbury Steak  
Nov 11 - Beef Frank w/Bun  
Nov 14 - Meatloaf  
Nov 15 - Escalloped Potatoes and Ham Casserole  
Nov 16 - Country Fried Steak  
Nov 17 - Beef Stew  
Nov 18 - Chicken Patty Teriyaki  
Nov 21 - Swedish Meatballs  
Nov 22 - Chili Casserole  
Nov 23 - Roast Turkey  
Nov 24 - Happy Thanksgiving (no meal today)  
Nov 25 - Closed for Holiday  
Nov 28 - Glazed Ham  
Nov 29 - Beef Stroganoff  
Nov 30 - Chicken Patty Cacciatore



## 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.

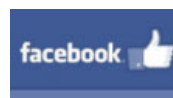
## PUZZLE SOLUTIONS



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>

## 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

November 1, 10, & 17  
12:00-3:00 p.m.



## WORLD KINDNESS WEEK

World Kindness Week is November 13-19. That just didn't seem long enough for us, so we have decided to celebrate by doing various random acts of kindness the entire month of November!

You can help us celebrate World Kindness Week by just choosing to be kind.



## 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, November 22  
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.  
Thursdays, 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.

*There will be no Tech Tyme on  
Thursday, November 24.*



# NEVER MISS OUR NEWSLETTER!

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Have our  
newsletter  
emailed to  
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week.



VISIT [WWW.MYCOMMUNITYONLINE.COM](http://WWW.MYCOMMUNITYONLINE.COM)



# 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 2022 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) 2022 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) 2022 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

November 2022 Newsletter

\_\_\_\_\_ Computer



## Fond du Lac Senior Center

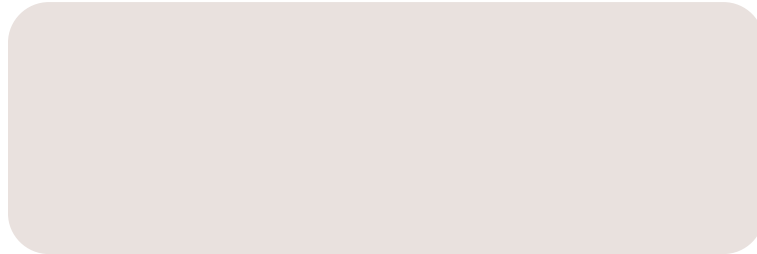
151 E. First Street  
Fond du Lac, WI 54935

NON PROFIT ORG  
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**PAID**

FOND DU LAC, WIS  
PERMIT NO. 129

OR CURRENT RESIDENT



## 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

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Fond du Lac Senior Center  
is a member of WASC

Wisconsin  
Association of  
Senior  
Centers



### FRIENDS BOARD OF DIRECTORS

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