

FOND DU LAC SENIOR CENTER

AMONG FRIENDS

NEWSLETTER

JANUARY 2023



OUR MISSION

The Fond du Lac Senior Center is dedicated to enriching the physical, emotional, social, and intellectual well-being of older adults in the community.

Depending on how things go with the publication company and the post office, this newsletter may find you knee deep in holiday festivities, or you may have wrapped up your celebrations and are looking toward 2023.

Either way, if you're anything like I am, I look toward the new year with a lot of good intentions - I'm going to eat better, I'm going to exercise, I'm not going to let the negativity of the world get to me, I'm not going to sweat the little stuff And then February comes around and I slowly slip back into my old ways.

Why is it so hard to change our patterns of behavior? Sigh

On the other hand, this month's newsletter is again filled with SO many things to do. As the cover of the newsletter says, we are "dedicated to enriching the physical, emotional, social, and intellectual well-being of older adults in the community."

What does that mean for you and how does that tie in to good intentions for 2023? That means if you want to be more committed to health and wellness, we have activities for that. If you want to learn something new, we have programs for that. If you just want to find a place to hang out and meet people, c'mon on in - that's what we are here for. And if you want to keep your brain active and engaged, we've got you covered!

Most importantly, we work to combat social isolation and loneliness within our community. One of the neatest things that we experience is when friendships that were formed at one of our activities move beyond just the things we do; when people that have met here, start to socialize for other things. We have heard of people going to concerts, plays, out to dinner and more, with friends that they have met at the Center.

So as you are looking toward 2023, if you aren't already involved in something at the Center, I would encourage you to check something out in January (quick before February creeps up and those old patterns of behavior take hold). And if you are involved here, invite someone else to come with you - that invitation may be the little bit of encouragement that someone needs to get started. No matter how old we get, walking into a new space can without knowing anyone can be intimidating - we understand - but know you will be welcome here.

Hope to see you soon!

Cathy

AFTERNOON OF TRIVIA

Thursday, January 12 from 1:00– 2:30 p.m.



Trivia • Snacks • Prizes

Are you the master of knowing random information? Come and test your skills at our Afternoon of Trivia! Call us and let us at (920) 322-3630 and let us know you are coming so we can make sure we have enough prizes and snacks.

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Word Scramble

KYHCOE

SSKOC

OLCD

MRBEDCEE

FNRZOE

SATEK

IAEDREGBGR

SWON

IENMSTT

SBOTO

CAOT

ICELIC

LPERCFIEA

UYAJNAR

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 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 ****

\$25/month

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.



GERMAN

Mondays
1:00– 2:30 p.m.

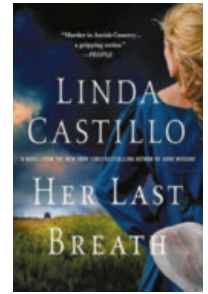


To Register Call (920) 322-3630

BOOK CLUB

Thursday , January 12 at 10:00 a.m.

BOOK OF THE MONTH: "Her Last Breath"
By: Linda Castillo



A rainy night, a father returning home with his three children, a speeding car hurtling toward them out of nowhere. What at first seems like a tragic, but routine, car accident suddenly takes on a more sinister cast as evidence emerges that nothing about the crash is accidental.

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, January 10
6:00 p.m.



2nd Tuesday of the Month

New Members Welcome!

STAMP CLUB

Wednesday, January 18
6:30 p.m.



3rd Wednesday of the Month

New Members Welcome!

THE GOOD HOUSE

Thursday, January 5 AND Wednesday, January 18

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

R · 2021 · Romance/Drama · 1h 43m

Starring: Sigourney Weaver, Kevin Kline, Morena Baccarin, Beverly D'Angelo

Summary: A New England realtor ignites long-buried emotions and family secrets when she rekindles a romance with her old high school flame.



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

ROSALINE

Wednesday, January 11 AND Thursday, January 26

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

PG-13 · 2022 · Comedy · 1h 36m

Starring: Kaitlyn Dever, Sean Teale, Kyla Allen, Isabela Merced, Emilia Clarke, Minnie Driver

Summary: A comedic retelling of Shakespeare's "Romeo and Juliet," told from the point of view of Romeo's jilted ex, Rosaline, the woman Romeo first claims to love before he falls for Juliet.



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

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NICKEL "BERENS" BINGO

Thursday, January 17 at 1:30 p.m. at the [FDL Library in the McLane Meeting Room](#)



As part of FDL Reads The Midwest Survival Guide by Charlie Berens, the Senior Center and the Library are partnering for a special edition of Nickel "Berens" Bingo at the Library! Everyone is welcome and each card you play will cost a nickel--the winner takes the pot at the end of each game. Bonus prizes and popcorn provided by the library.

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

HOSPICE VOLUNTEERING, A WORK OF HEART

Wednesday, January 25 at 1:00 p.m.



Have you been thinking about becoming a Hospice Volunteer but aren't sure if it is the right fit for you? Join us as we learn all about hospice volunteering and why it is truly a work of heart.

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

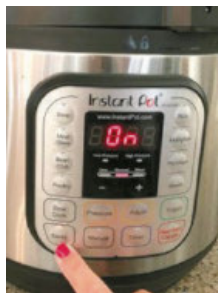
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HANDS ON BEGINNER INSTANT POT CLASS

Thursday, January 19 at 12:30 p.m.

If the Instant Pot that you received as a Christmas present is still in the box or if it's setting on the counter but you're too afraid to use it.

Then THIS class is for you!



Bring YOUR Instant Pot and try new things in a small group environment.

**Class size will be very small to make sure everyone has time to feel comfortable using their own device.*

Hurry and sign up as space is limited.
Pre-Registration Required. Call (920) 322-3630

INSTANT POT 101

Tuesday, January 31 at 12:30 p.m.



Are you trying to decide if you want an Instant Pot or maybe you have one but still are a little intimidated by it:

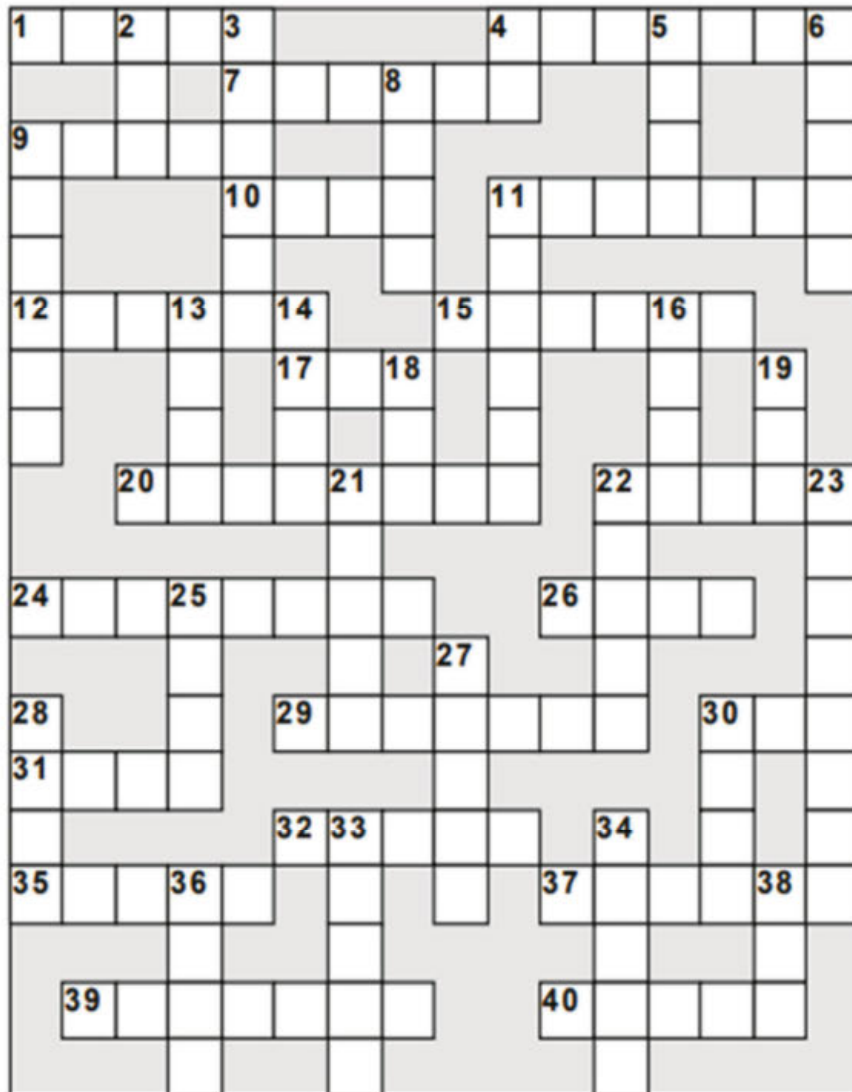
YOU'RE NOT ALONE!

Join us as Julie, an Instant Pot enthusiast teaches us how to get started with our Instant Pots, cleaning tips, safety, and a new recipe or two!

Hurry and sign up as space is limited.
Pre-Registration is Required. Call (920) 322-3630



Winter Crossword



Down:

2. Frozen water
3. Small
4. Myself
5. Small pie
6. Neck warmer
8. Chilly
9. Used to move snow
11. A season
13. Strong emotion
14. Ripped
16. Nil
18. Bath _____
19. Cloud of water vapour
21. Last month of winter
22. Wooden snow vehicles
23. Winter road condition
25. Be carried on
27. Locomotive
28. Carried along by wind
30. Piece of hockey equipment
33. Make this in the snow
34. Winter foot wear
36. Faucets can do this
38. You hear with this

Across:

1. Sudden cold breeze
4. Hand warmers
7. Hanging spike of ice
9. Freezing rain
10. Show and _____
11. Conditions outside
12. Flowering plant, colour
15. Achoo
17. Not in
20. Month of winter
22. Carols, etc.
24. Valentine month
26. Thaw
29. Keeps drinks warm
30. Small dog
31. Winter Olympic sport
32. Silky material
35. Breezy
37. Ice sport
39. Foot warmer
40. Direct a vehicle's course



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, January 5
1:00 p.m.



Meeting the 1st Thursday of every month.
New Members Welcome!

SUNSET STITCHERS QUILT GUILD

Thursday, January 12
7:00 p.m.

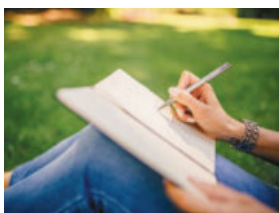


Meeting the 2nd Thursday of the month.

New Members Welcome!

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

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, January 11 & 25 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, January 9
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.

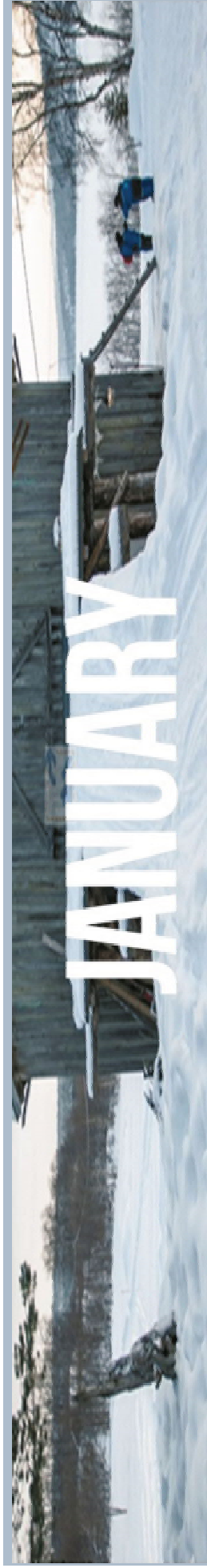



Skat Is Where It's At!
New Players Welcome!

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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Sunday  2 Closed	3 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 12:00 Crafters Corner 12:00 Mah Jongg 12:00 Open Pool 1:00 Cribbage	4 8:30 9 Ball Pool League 10:00 Fondy Sunshine Strummers 10:00 Video Walk to Fitness 12:00 Canasta 12:00 Hand & Foot 12:00 Open Pool 12:30 Rec Sheephead	5 9:00 Open Pool 10:00 Balance & Stretch 10:00 Walking Group 12:00 Mah Jongg 12:00 Skat 12:30 Movie- The Good House 1:00 Cribbage 1:00 Flying Geese Quilters 5:30 Beginning Line Dancing 5:30 Parents of Angels 6:30 Line Dancing	6 8:30 Strong! 9:00 Open Pool 9:45 Beginning Yoga 10:00 Video Walk to Fitness 11:00 Chair Yoga 12:00 Game Day 12:00 Hand & Foot 1:00 Memory Writers 7 Saturday 10:00 Walking Group 8 Sunday
9 9:00 Memory Screenings 9:00 Open Pool 9:00 Wood Carving 11:00 Intro to German 12:30 Bunco 12:30 Euchre 1:00 German 5:30 Zumba Gold	10 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 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	11 8:30 9 Ball Pool League 10:00 Fondy Sunshine Strummers 10:00 Video Walk to Fitness 12:00 Canasta 12:00 Hand & Foot 12:00 Open Pool 12:30 Movie-Rosaline 12:30 Rec Sheephead 1:00 Genealogy 3:00 Art at Thelma- Washes	12 9:00 Open Pool 10:00 Balance & Stretch 10:00 Book Club 10:00 Walking Group 12:00 Mah Jongg 12:00 Skat 1:00 Afternoon Of Trivia 1:00 Cribbage 5:30 Beginning Line Dancing 6:30 Line Dancing 7:00 Sunset Stitchers	13 8:30 Strong! 9:00 Open Pool 9:45 Beginning Yoga 10:00 Video Walk to Fitness 11:00 Chair Yoga 12:00 Friends Annual Meeting 12:00 Game Day 12:00 Hand & Foot 1:00 Memory Writers 14 Saturday 10:00 Walking Group 15 Sunday
16 9:00 Open Pool 9:00 Wood Carving 11:00 Intro to German 12:30 Bunco 12:30 Euchre 1:00 German 5:30 Zumba Gold	17 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 12:00 Crafters Corner 12:00 Mah Jongg 12:00 Open Pool	18 8:30 9 Ball Pool League 10:00 Fondy Sunshine Strummers 10:00 Video Walk to Fitness 12:00 Canasta 12:00 Feeding America 12:00 Hand & Foot 12:00 Open Pool 12:30 Movie- The Good House 12:30 Rec Sheephead	19 9:00 Open Pool 10:00 Balance & Stretch 10:00 Walking Group 12:00 Mah Jongg 12:00 Skat 12:30 Hands On Instant Pot Class 1:00 Pop In For Popcorn 1:00 Cribbage 5:30 Beginning Line Dancing	20 8:30 Strong! 9:00 Open Pool 9:45 Beginning Yoga 10:00 Video Walk to Fitness 11:00 Chair Yoga 12:00 Game Day 12:00 Hand & Foot 1:00 Memory Writers

	<p>1:00 Cribbage</p> <p>1:30 Nickel Bingo at FDL Library</p>	<p>6:30 Stamp Club</p>	<p>6:30 Alzheimer's Support Group</p> <p>6:30 Line Dancing</p>	<p>10:00 Walking Group</p> <p><u>21 Saturday</u></p> <p><u>22 Sunday</u></p>
<p>23</p> <p>9:00 Open Pool</p> <p>9:00 Wood Carving</p> <p>11:00 Intro to German</p> <p>12:30 Bunco</p> <p>12:30 Euchre</p> <p>1:00 German</p> <p>5:30 Zumba Gold</p>	<p>24</p> <p>8:30 8 Ball Pool League</p> <p>8:30 Strong!</p> <p>9:00 Tech Tyme</p> <p>9:45 Intermediate Yoga</p> <p>10:00 Balance & Stretch</p> <p>10:00 Walking Group</p> <p>11:00 Cardio Drumming</p> <p>12:00 Crafters Corner</p> <p>12:00 Mah Jongg</p> <p>12:00 Open Pool</p> <p>1:00 Cribbage</p> <p>2:00 Parkinson Movement & Music</p>	<p>25</p> <p>8:30 9 Ball Pool League</p> <p>10:00 Fondy Sunshine Strummers</p> <p>10:00 Video Walk to Fitness</p> <p>12:00 Canasta</p> <p>12:00 Hand & Foot</p> <p>12:00 Open Pool</p> <p>12:30 Rec Sheephead</p> <p>1:00 Genealogy</p> <p>1:00 Hospice Volunteering</p> <p>3:00 Art at Thelma- Sun catchers</p>	<p>26</p> <p>9:00 Open Pool</p> <p>10:00 Balance & Stretch</p> <p>10:00 Walking Group</p> <p>12:00 Mah Jongg</p> <p>12:00 Skat</p> <p>12:30 Movie-Rosaline</p> <p>1:00 Cribbage</p> <p>5:30 Beginning Line Dancing</p> <p>6:30 Line Dancing</p>	<p>27</p> <p>8:30 Strong!</p> <p>9:00 Open Pool</p> <p>9:45 Beginning Yoga</p> <p>10:00 Video Walk to Fitness</p> <p>11:00 Chair Yoga</p> <p>12:00 Game Day</p> <p>12:00 Hand & Foot</p> <p>1:00 Memory Writers</p> <p><u>28 Saturday</u></p> <p>10:00 Walking Group</p> <p><u>29 Sunday</u></p>
<p>30</p> <p>8:00 Puzzle Day- Double Tickets</p> <p>9:00 Open Pool</p> <p>9:00 Wood Carving</p> <p>11:00 Intro to German</p> <p>12:30 Bunco</p> <p>12:30 Euchre</p> <p>1:00 German</p> <p>5:30 Zumba Gold</p>	<p>31</p> <p>8:30 8 Ball Pool League</p> <p>8:30 Strong!</p> <p>9:45 Intermediate Yoga</p> <p>10:00 Balance & Stretch</p> <p>10:00 Walking Group</p> <p>11:00 Cardio Drumming</p> <p>12:00 Crafters Corner</p> <p>12:00 Mah Jongg</p> <p>12:30 Instant Pot 101 Class</p> <p>12:00 Open Pool</p> <p>1:00 Cribbage</p>			



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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



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NATIONAL POPCORN DAY POP IN FOR POPCORN

Thursday, January 19 1:00-2:00 p.m.



Happy National Popcorn Day! Be sure to Pop in for a bag of popcorn!


TECH TYME

Tuesday, January 24
9:00 a.m.-11:00 a.m.



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).

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. **bugtussel** 

GUESS HOW MANY

It's January, Christmas is over.
Time to take down the tree.
How many lights did the
Center tree have on it?

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



NATIONAL PUZZLE DAY *Double Tickets!*



In honor of National Puzzle Day we will be giving out double tickets! Stop in on January 30 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.

FRIENDS OF THE FOND DU LAC SENIOR CENTER ANNUAL MEETING

Friday, January 13 at 12:00 p.m.

Join the Friends of the Fond du Lac Senior Center Board of Directors as they provide an overview of the 2022 fiscal year.



FEELING THE PINCH?

Wednesday, January 18 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.



THELMA COMMUNITY ARTS OUTREACH— PUTTING THE FUN IN FUNDAMENTALS

WASHES

Wednesday, January 11 at 3:00 p.m.
At Thelma Sadoff Center For the Arts

Discover the fun and fantastic world of painting in this intro course to Watercolors! This session will explore the multiple techniques of watercolor washes. Using these skills you will paint a beautiful mountain landscape. No experience needed. All skill levels welcome!

Class is free and all materials are supplied.

Registration Required
(920) 322-3630
SPACE IS LIMITED



THELMA COMMUNITY ARTS OUTREACH BEADED SUN CATCHERS

Wednesday, January 25 at 3:00 p.m.

At Thelma Sadoff Center For the Arts

Kick back and enjoy some crafting! Come and bead a sparkly sun catcher to hang in your home.

Class is free and all materials are supplied.
Registration Required (920) 322-3630
SPACE IS LIMITED



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WISCONSIN
PARKINSON
ASSOCIATION

PARKINSON'S MOVEMENT & MUSIC

Tuesday, January 10 & 24 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, January 10 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 - January 5

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, January 26 - 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, January 26 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.

WORD SEARCH



WINTER



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

blizzard	frostbite	igloo	skating	snowman
December	frozen	jacket	skiing	snowshoes
February	gloves	January	sleigh	solstice
fireplace	hockey	longjohns	slippery	sweater
flannel	holidays	mitts	snowballs	toboggan
flurries	hot chocolate	scarf	snowboarding	whiteout
frigid	icicle	shovel	snowflakes	wintertime



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

1970s Television Trivia Questions

1. Which show featured two young women who shared an apartment and worked in a bottling factory?
2. Which show featured the characters Jack, Janet and Chrissy?
3. What was Grandpa's first name on The Waltons?
4. Which show followed the on-duty action and off-duty friendships of three brand new police officers in the Santa Costa police department?
5. Nellie Olsen was one of the prime antagonists on which show?
6. Which show featured a character whose closest companion was a grizzly bear?
7. Which show featured characters Pete, Linc and Julie avoiding jail by helping police catch the bad guys?
8. In the TV show B.J. and the Bear, who was Bear?
9. In which show did Angie Dickenson portray Sgt. Pepper Anderson?
10. Which show featured Dan Rowan and Dick Marten and a cast of comedians?
11. Darren McGavin portrayed a reporter who investigated crimes of a supernatural nature in which TV show?
12. Which variety show ran from 1971-74 and featured comedy sketches and musical productions from this husband and wife recording team.



2023 DINE OUT BOOKS



Over 50 Coupons to 40+ Local Businesses
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FDL SCHOOL DISTRICT TICKETS

Thanks to the Fond du Lac School District, the Senior Center has complimentary tickets to district events. These tickets can be checked out by the user and then **must be returned within 2 days.**

These tickets can be used for free admission to:

- * regular season sporting events
- * music department musicals and plays

Call for more information (920) 322-3630

PUZZLES



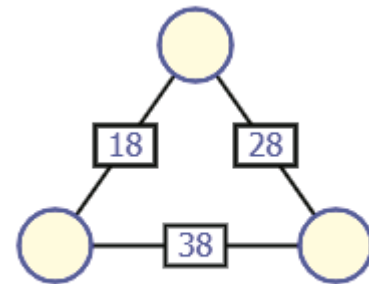
Are you looking for ways to “maintain your brain”?

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

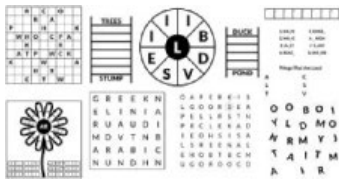
If you need a puzzle to work on, let us know! We have puzzles to loan out! (920) 322-3630

ARITHMAGON

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



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

F 4C 01-1122

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 _____

☐ 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

January 2023 Newsletter

_____ Computer

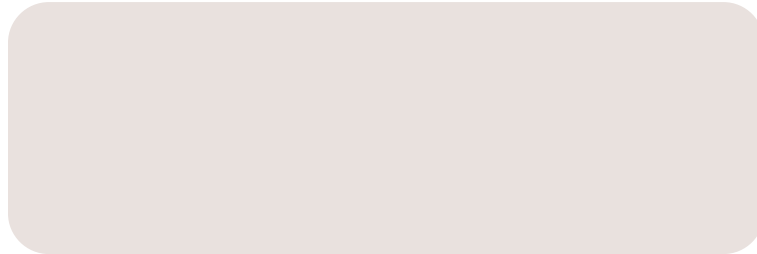


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STAFF

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.

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Fond du Lac Community
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www.fdlseiorcenter.com

VISION

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

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