

FOND DU LAC SENIOR CENTER

AMONG FRIENDS

NEWSLETTER

FEBRUARY 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.

There have been many conversations here over the last weeks about how gray our weather has been. Not only are we in the middle of the darkest season of the year, Mother Nature seems to be dishing out an extra helping of cloudy skies for those of us in Wisconsin. I did hear some good news on the radio though - starting in mid January, we gain 2 minutes a day of daylight and by the 20th of February, we are gaining 3 minutes a day! (Notice I didn't say "sunlight" - hint hint Mother Nature!)

I don't know about you, but I definitely start feeling 'the slump' when all of the days are short, gray and dark, so just the fact that we are gaining daylight every single day improved my spirits and made me realize that we are on the upswing to spring! (Ok ... that may be a little premature, but bear with me.)

Anyway, in the middle of all of this "grayness", I had an opportunity to talk in depth with someone about our Center, what we do and why we do it. I don't know if you have noticed on the cover of the newsletter, but it talks about 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". That's quite a mouthful, but when you break it down, it really means that we work every day to provide programs, activities, educational opportunities, health and wellness classes, and opportunities to socialize and stay connected- all with the goal of keeping people healthier as they age.

There is so much research and data to support the importance of this work; the importance of staying connected, how socialization helps both physical and mental health, how important it is to keep moving, keep learning, keep trying new things as we age. And during the conversation that I was having, as I was sharing about what we do and what a special place our Center is, I realized this: Our Senior Center is our sunshine - even in the dead of winter.

As you look through this month's newsletter, you'll find several activities that are expanding. They are highlighted with a yellow sign like this one.



New time added!

We have been hearing from people that they would like more opportunities to join in, whether it's an additional session of an existing activity, or a day or time outside of our current programming, it's always exciting to be able to offer more opportunities for people to participate at our Center. As always, I encourage you to check out this month's newsletter for something you'd like to try. If you are already participating, please invite a friend to come with you! We look forward to serving you.

Hope to see you soon!

Cathy

HAPPY ANNIVERSARY TO US!

February 1st is our 56th Anniversary! We will be celebrating all month with little surprise pop-up events. Check out the newsletter and find programs to attend to increase your chances of being at the Center during one of them.

We are looking forward to celebrating with you!

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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

Sorry no paint, clay, or alcohol ink

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, February 2

1:00 p.m.



Meeting the 1st Thursday of every month.

New Members Welcome!

SUNSET STITCHERS QUILT GUILD

Thursday, February 9

6:00 p.m.



New Time

Meeting the 2nd Thursday of the month.

New Members Welcome!



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.

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.

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.



CARDIO DRUMMING

Tuesdays at 11:00 a.m. AND 5:30 p.m.

New time added!



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

**** Class size limited ****

5 classes for \$10

Punch cards are available at the front desk or at the evening class from the instructor.

No refunds for unused or partially used punch cards.

INTERMEDIATE YOGA

Tuesdays at 9:45 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.



GLASS ONION: A KNIVES OUT MYSTERY

Thursday, February 2 AND Wednesday, February 15

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

PG-13 · 2022 · Mystery/Crime · 2h 19m

Starring: Daniel Craig, Kate Hudson, Kathryn Hahn, Jessica Henwick, Ethan Hawke, Madelyn Cline, Janelle Monae

Summary: Five long-time friends are invited to the Greek island home of billionaire Miles Bron. All five know Bron from way back and owe their current wealth, fame and careers to him. The main event is a murder weekend game with Bron to be the victim. In reality, they all have reasons to kill him. Also invited is Benoit Blanc, the world's greatest detective

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



TICKET TO PARADISE

Thursday, February 9 AND Wednesday, February 22

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

PG-13 · 2022 · Romance/Comedy · 1h 44m

Starring: Julia Roberts, George Clooney, Kaitlyn Dever, Lucas Bravo, Maxime Bouttier, Billie Lourd

Summary: A man and his ex-wife race to Bali, Indonesia, to stop their daughter from marrying a seaweed farmer. As they desperately try to sabotage the wedding, the bickering duo soon find themselves rekindling old feelings that once made them happy together.

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



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Tuesday, February 21 at 1:00 p.m.

We're going to try this again.

Are you the master of random information? Come and test your skills!

Trivia • Snacks • Prizes • Fun

Pre-Registration Required
If you are interested sign up by February 16
Call (920) 322-3630

HELPING OUR IMMUNE SYSTEMS WITH GARDENING

Thursday, February 16 at 1:00 p.m.

Look Who is Coming Back!



Join us as Cindy Boudry, Master Gardener teaches us how to boost our Immune Systems with Gardening.

Pre-Registration is Required (920) 322-3630
Space is Limited

EAT ICE CREAM FOR BREAKFAST DAY

Thursday, February 9 from 8:30 – 9:30 a.m.



You know it's going to be a great day when you get to eat Ice Cream for BREAKFAST!
Come in and get your ice cream and choose your toppings!

Pre-Registration is Required
Must Register by February 6
Call (920) 322-3630

FUN WITH PHOTOS

Thursday, February 23 at 1:00 p.m.



Learn what to do after you have taken a photo on your smart phone, including how to upload photos to social media sites, send photos to loved one, and save the photos that you have taken. You will also learn how to edit your photos using the your phone's built in editing software. Don't forget to bring you smartphone for some hand-on practice

Pre -Registration Required (920) 322-3630
Space is Limited

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, February 8 & 22 at 1:00 p.m.



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

NICKEL



Tuesday, February 7 at 1:30 p.m.

Gather up your nickels, it's time for some Bingo!

Drop ins welcome, pre-registration 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

HAND & FOOT

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



New Players Welcome!

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

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

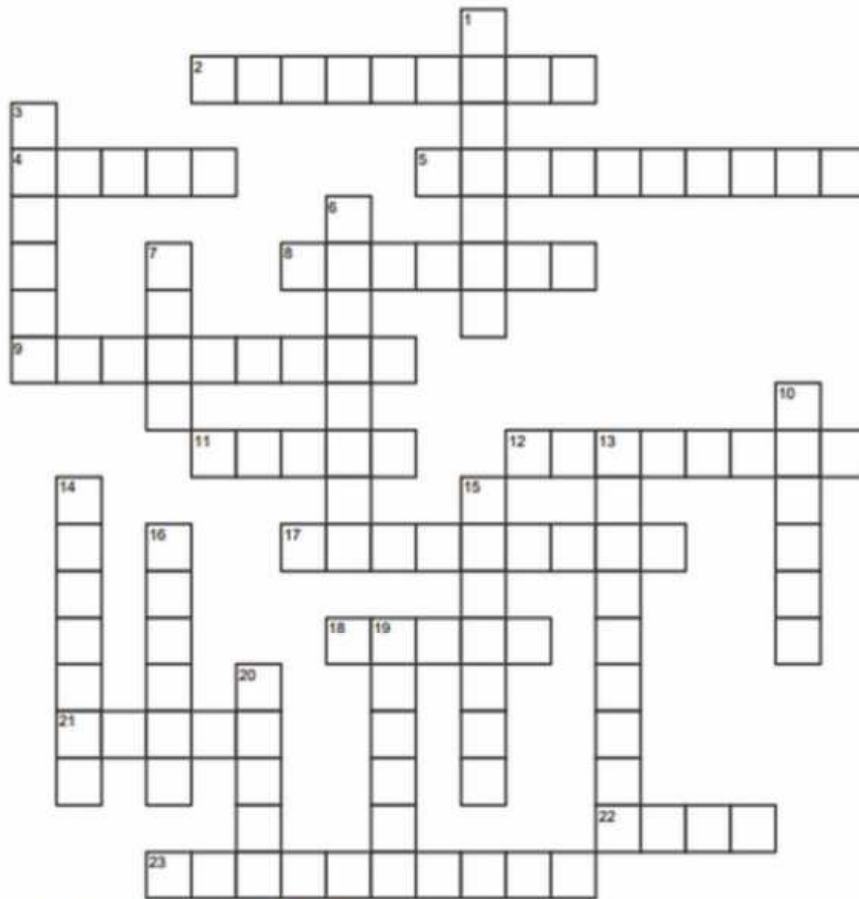
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U.S. President Facts



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ACROSS

- 2 He served two non-consecutive terms as president
- 4 He was also the first vice president
- 5 Dwight D. _____
- 8 He wrote the Gettysburg Address
- 9 First American to win the Nobel Peace Prize
- 11 He resigned from the presidency
- 12 Shortest presidency
- 17 He wrote the Declaration of Independence
- 18 He made Yellowstone the first national park
- 21 First African-American president
- 22 He also served as the chief justice of the Supreme Court
- 23 Before becoming president, he was the leader of the Continental Army

DOWN

- 1 He wrote the Bill of Rights
- 3 The first president who was born in a hospital
- 6 1850 - 1853
- 7 President during 9/11 terrorist attacks
- 10 The first president born west of the Mississippi River
- 13 The only president to be elected to four terms
- 14 The first president who was born in a log cabin
- 15 President during the Cuban Missile Crisis
- 16 1945 - 1953
- 19 1981 - 1989
- 20 Rutherford B. _____

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FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 9:00 Open Pool 9:00 Wood Carving 10:00 Video Walk to Fitness 11:00 Intro to German 12:30 Bunco 12:30 Euchre 1:00 German 5:30 Zumba Gold	7 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 1:30 Bingo 1:00 Cribbage 5:30 Cardio Drumming	1 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 Sheepshead HAPPY 56th ANNIVERSARY TO US!	2 9:00 Open Pool 10:00 Balance & Stretch 10:00 Walking Group 12:00 Mah Jongg 12:00 Skat 12:30 Movie-Glass Onion 1:00 Cribbage 1:00 Flying Geese Quilters 5:30 Beginning Line Dancing 5:30 Parents of Angels 6:30 Line Dancing	3 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 4 Saturday 9:00 Beginning Line Dancing 10:00 Walking Group 5 Sunday
6 9:00 Open Pool 9:00 Wood Carving 10:00 Video Walk to Fitness 11:00 Intro to German 12:30 Bunco 12:30 Euchre 1:00 German 5:30 Zumba Gold	7 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 1:30 Bingo 1:00 Cribbage 5:30 Cardio Drumming	8 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 Sheepshead 1:00 Genealogy 3:00 Art at Thelma- Layering	9 8:30 Eat Ice Cream for Breakfast 9:00 Open Pool 10:00 Balance & Stretch 10:00 Book Club 10:00 Walking Group 12:00 Mah Jongg 12:00 Skat 12:30 Movie- Ticket to Paradise 1:00 Cribbage 5:30 Beginning Line Dancing 6:30 Line Dancing 6:00 Sunset Stitchers	10 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 11 Saturday 9:00 Beginning Line Dancing 10:00 Walking Group 12 Sunday
13 9:00 Memory Screenings 9:00 Open Pool 9:00 Wood Carving 10:00 Video Walk to Fitness 11:00 Intro to German 12:30 Bunco 12:30 Euchre 1:00 German 5:30 Zumba Gold	14 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	15 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-Glass Onion 12:30 Rec Sheepshead 6:30 Stamp Club	16 9:00 Open Pool 10:00 Balance & Stretch 10:00 Walking Group 12:00 Mah Jongg 12:00 Skat 1:00 Cribbage 1:00 Gardening Presentation 5:30 Beginning Line Dancing 6:30 Alzheimer's Support Group	17 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

9:00 Zumba Gold	12:00 Open Pool 1:00 Cribbage 1:00 Parkinson's Support Group 5:30 Cardio Drumming 6:00 Coin Club	22:00 Open Pool 1:00 Cribbage 1:00 Parkinson's Support Group 5:30 Cardio Drumming 6:00 Coin Club	6:30 Line Dancing	6:30 Beginning Line Dancing 10:00 Walking Group 19 Sunday	18 Saturday
20	9:00 Open Pool 9:00 Wood Carving 10:00 Video Walk to Fitness 11:00 Intro to German 12:30 Bunco 12:30 Euchre 1:00 German 5:30 Zumba Gold	21	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 Trivia 5:30 Cardio Drumming	22	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 Feeding America 12:00 Open Pool 12:30 Movie- Ticket to Paradise 12:30 Rec Sheepshead 1:00 Genealogy 3:00 Art at Thelma- Card Making
23	9:00 Open Pool 10:00 Balance & Stretch 10:00 Walking Group 12:00 Mah Jongg 12:00 Skat 1:00 Cribbage 1:00 Fun With Photos 5:30 Beginning Line Dancing 6:30 Line Dancing	24	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	25 Saturday	9:00 Beginning Line Dancing 10:00 Walking Group 26 Sunday
27	9:00 Open Pool 9:00 Wood Carving 10:00 Video Walk to Fitness 11:00 Intro to German 12:30 Bunco 12:30 Euchre 1:00 German 5:30 Zumba Gold	28	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 5:30 Cardio Drumming		



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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

GERMAN

Mondays
1:00– 2:30 p.m.



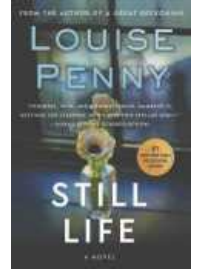
To Register Call (920) 322-3630

BOOK CLUB

Thursday , February 9 at 10:00 a.m.

BOOK OF THE MONTH: "Still Life"

By: Louise Penny



Chief Inspector Armand Gamache of the Sur t du Qu bec and his team of investigators are called in to the scene of a suspicious death in a rural village south of Montreal. Jane Neal, a local fixture in the tiny hamlet of Three Pines, just north of the U.S. border, has been found dead in the woods. The locals are certain it's a tragic hunting accident and nothing more, but Gamache smells something foul in these remote woods, and is soon certain that Jane Neal died at the hands of someone much more sinister than a careless bowhunter.

Drop ins welcome, preregistration appreciated.
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, February 14
6:00 p.m.



2nd Tuesday of the Month

New Members Welcome!

STAMP CLUB

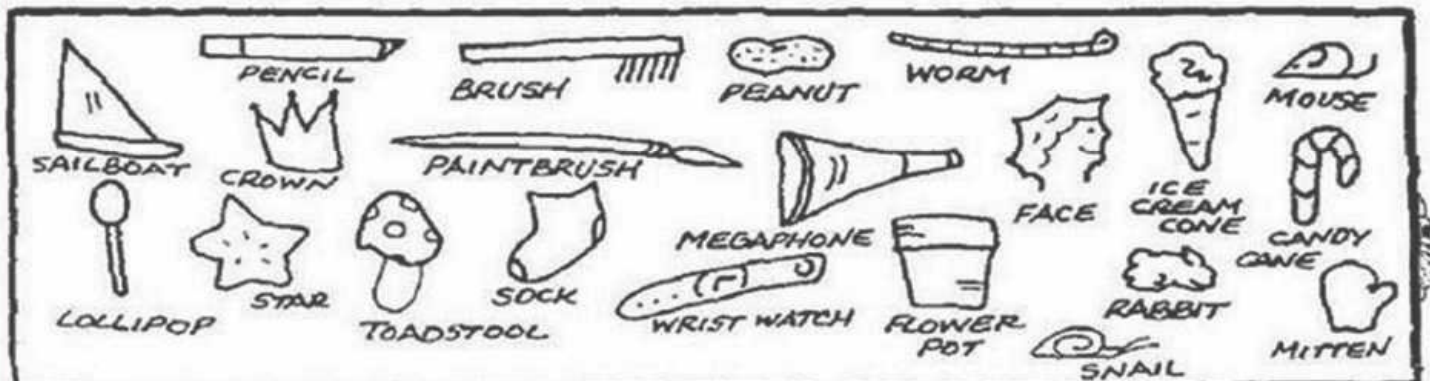
Wednesday, February 15
6:30 p.m.



3rd Wednesday of the Month

New Members Welcome!

HIDDEN PICTURE PUZZLE



New day
added!

VIDEO WALK TO FITNESS

Monday, 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.



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!

COUNTRY LINE DANCING

Beginning - Thursdays 5:30-6:30 p.m. AND
Saturdays 9:00- 10:00 a.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

New day
& time
added!

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!



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

KEEP YOUR BRAIN MOVING - DO A JIGSAW PUZZLE!



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

THELMA COMMUNITY ARTS OUTREACH— WATERCOLOR TECHNIQUES FOR BEGINNERS *LAYERING*

Wednesday, February 8 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 lesson will cover the ways to layer paint to show the finished product while letting the foundation shine through. Layering will allow us to paint a gorgeous floral designs of all shapes and sizes.

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 *CARD MAKING*

Wednesday, February 22 at 3:00 p.m.
At Thelma Sadoff Center For the Arts

Kick back and enjoy some crafting! Come and create a one of a kind greeting card. Put some love into your next letter. No experience needed. All skill levels welcome!

Class is free and all materials are supplied.

Registration Required
(920) 322-3630
SPACE IS LIMITED



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anicholas@lpicommunities.com

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FEELING THE PINCH?

Wednesday, February 22
12:00-2:00 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.



GUESS HOW MANY

All guesses due by February 14

Happy Valentine's Day!
Guess how many Hus & Kisses are in the pail pictured.

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

Pail is available to view at the Center



TECH TYME

No Tech Tyme in February - watch for an update in the March newsletter



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..

SAVE THE DATE LIVING WITH LOSS

Thursday, March 2, 9, & 16 at 1:00 p.m.

This is a 3 week program for those who are grieving the loss of a loved one through death.



We Invite You To...

LEARN about the grieving process
SARE experiences
EXPRESS feelings
Meet new friends

Each session will have a focus on "Body", "Mind", or "Spirit" You are welcome to attend one, two, or all three.

Pre-Registration is Required. Call (920) 322-3630
Space is Limited



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

MARDI GRAS

WORD SEARCH

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

FLEUR DE LIS

KINGCAKE

PARTIES

CHICKORY COFFEE

PURPLE

LENT

PARADES

NEW ORLEANS

GREEN

FAT TUESDAY

FLOATS

MARDI GRAS

MASK

GOLD

CROWDS

BEADS



WISCONSIN
PARKINSON
ASSOCIATION

PARKINSON'S SUPPORT GROUP

Tuesday, February 14 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.

For questions and registration call (920) 322-3630

PARKINSON'S MOVEMENT & MUSIC

Paused Until Spring

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.



LOCAL PARENTS OF ANGELS

1st Thursday - February 2
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, 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

DEMENTIA RESOURCES

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.



MEMORY SCREENING

2nd Monday of the month

Monday, February 13

9:00 a.m.- 3:00 p.m.

A memory Screen is a 15 minute confidential wellness tool that helps 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!

Drop ins welcome, preregistration appreciated.

Call (920) 322-3630



ALZHEIMER'S CAREGIVER SUPPORT GROUP

At the Fond du Lac Senior Center

Thursday, February 23 at 6:30 p.m.

MEMORY CAFÉ

At the Fond du Lac Public Library

Thursday, February 23 - 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. Please note this is not a support group.

REGISTER: First time attendees please call 800.272.3900 Visit alz.org for more information.

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>

VALENTINE'S DAY

WORD SCRAMBLE

ARFRUYEB _____

OELV _____

FEBDIRYNO _____

LOCTOHAEC _____

THAER _____

EACMNOR _____

ICPDU _____

DILRIRFENG _____

TAED _____

NALETVIEN _____

SSIK _____

TELTRE _____

SWOERLF _____

WRAOR _____

RGRIAEAM _____

2023 DINE OUT BOOKS



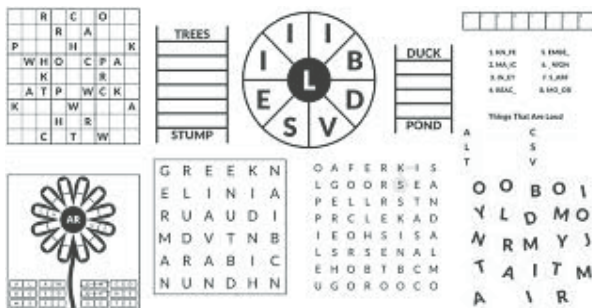
Over 50 Coupons to 40+ Local Businesses
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DID YOU KNOW?

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



Did you know that the Fond du Lac Senior Center accepts old cell phones in partnership with the 911 Cell Phone Bank? These devices are sent to the 911 Cellphone Bank where they are safely delete all data on the phone, and recycle them or refurbish them to support the Free 911 Cell phone program.

These FREE 911 only cell phones are available at the Senior Center for anyone that may want the protection of a phone to call 911, but doesn't want to entered into an agreement for a personal cell phone.

If you have an old cell phone laying around, please drop it off to help us continue to support the Free 911 Phone program.



DO YOU HAVE OLD EYE GLASSES LAYING AROUND?

We are a drop off site for the Fond du Lac Lions Club Eyeglass Recycling Program. If you have eyeglasses that are no longer being used, please drop them off and help us support the Lions Club in their efforts to provide eyeglasses to people in need across the globe.



DON'T WANT TO THROW AWAY YOUR MAGAZINES?

We are happy to accept recent magazines! We put some out for people to read here or borrow. We also support the Fond du Lac County Jails (both the juvenile and adult jails) by donating magazines for their use.

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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

February 2023 Newsletter

_____ Computer



Fond du Lac Senior Center

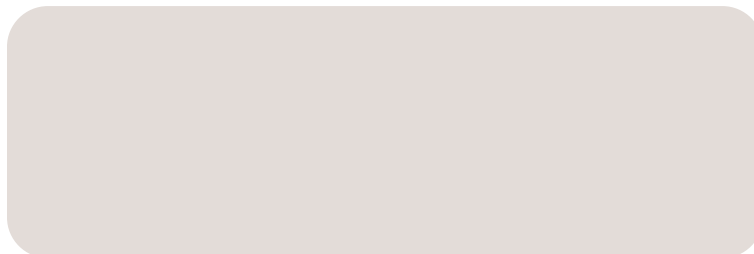
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Check inside for 2023 Trip Flyer
Insert. Flyer also available at the
Center



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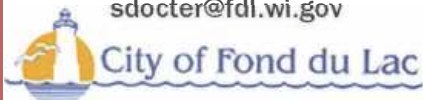
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DIRECTOR

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
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