

FOND DU LAC SENIOR CENTER

AMONG FRIENDS

NEWSLETTER

MARCH 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.

Do you pay much attention to commercials when they air on television or radio? I typically tune them out, but there is one company whose commercials have really gotten under my skin.

These commercials show little vignettes and have an "instructor" and adult "students" in a variety of environments. In each vignette, the students are interacting with other people, and the instructor is correcting their behavior.

These commercials mock people's use of technology, encourage them to not interact with people they encounter, discourage "small talk", and criticize the way one person takes pride in new home. The tag line for these commercials is that this company "can save you from becoming your parents".

Every time I see one of these commercials, I think "what's wrong with my parents that I don't want to become like them?" Or on a bigger scale, I think, what is wrong with the previous generation that we are encouraging the younger generation to do everything they can to prevent becoming like that?

These commercials make me think about conversations that we have at the Center, where people talk about years past and how much things have changed. Many people wonder how or if we can ever go back to "those days".

I feel like it's difficult to identify specifically what has changed over the years. Technology has changed many things about our day-to-day life, but not all of that has been negative. I feel like many people are much busier than they were in previous generations. I don't mean that there is less work - because hand washing laundry for a family of 10 was WAY more work than me throwing a load of laundry in our washer and dryer - but "busier" in that we are not home as much and many people don't know their neighbors like they did in the past. For many of us, our family is spread out throughout the country. All of these things have changed how we are connected to each other and our communities.

So then what? I think we all need to make a conscious effort to be connected. And what I do know, is that if some company is trying to save me from becoming my parents, they have a pretty big job ahead of them. I believe in human interactions, I believe in taking pride in your home, and I believe in connections between people - even if it is just making small talk with someone in the grocery check out line. If you feel the same, I encourage you to keep doing what you're doing. It's ok to be like our parents!

Happy March - we hope to see you soon!

Cathy

TRUSTS/ESTATE PLANNING

Tuesday, March 28 at 1:00 p.m.

Speaker: Joseph McCleer, McCleer Law Office, LLC



Don't let the state create your estate plan! Join us and learn about several affordable and easy steps that you can take now to potentially lower the eventual costs for you and your family pertaining to preparing an estate plan, administering an estate, and preserving your assets.

Pre-Registration Required
Call (920) 322-3630



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REBUS

Rebus puzzles 3

Can you guess the words and expressions?

HEAD
HEAD
HEAD
HEAD

G O O D

water

e
k
a
w

nafish
nafish

lang4uage

HORSE

aged aged aged

HEART

Atlantic
Pacific
Arctic

SAW

abcdefghijklm
nopqrstuvwxyz

T



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, March 2

1:00 p.m.



Meeting the 1st Thursday of every month.

New Members Welcome!

SUNSET STITCHERS QUILT GUILD

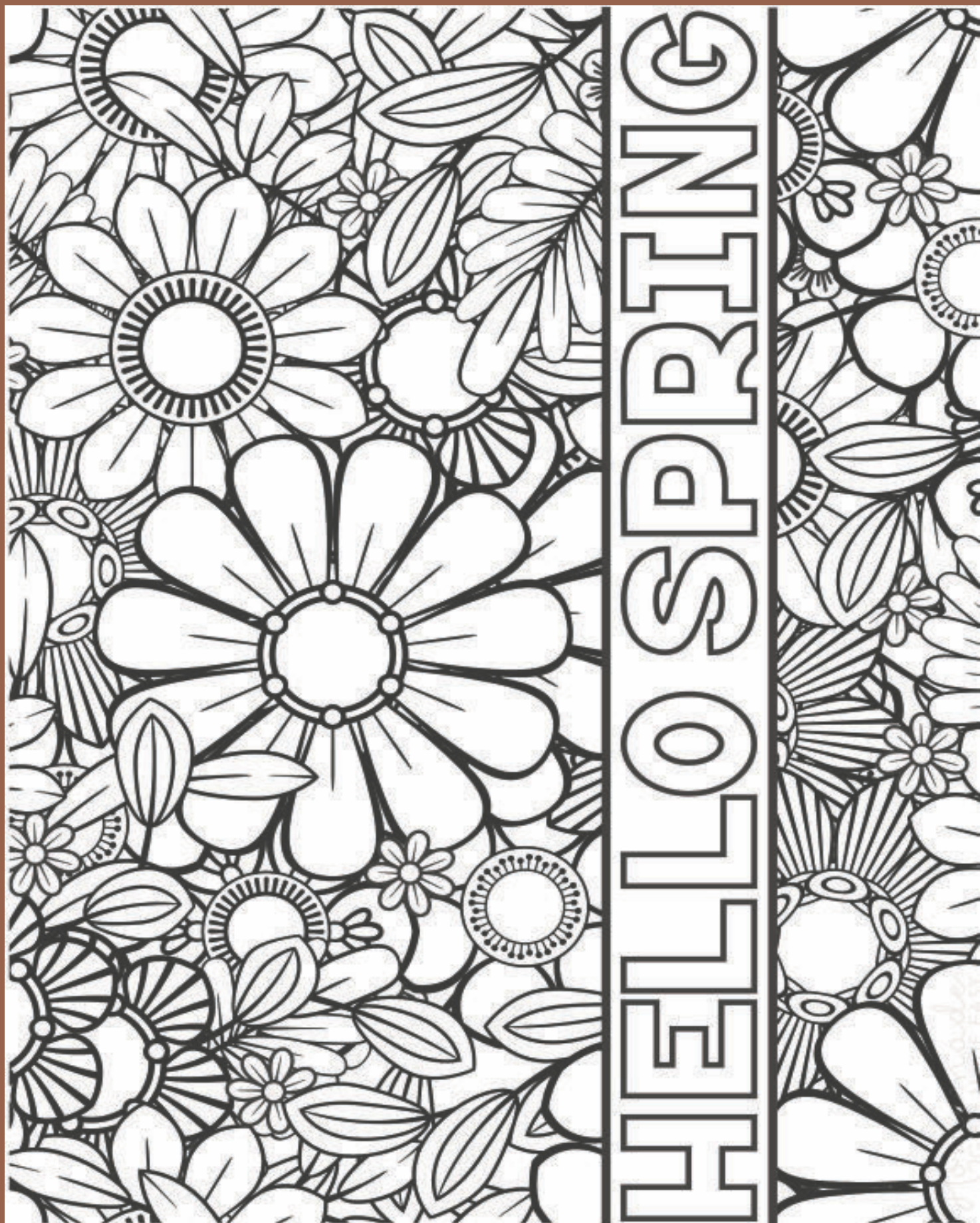
Thursday, March 9

6:00 p.m.



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.

CARDIO DRUMMING

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



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.

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.



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.





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DHS Approved 4/22/2021

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Contact us for more information or to schedule an appointment.
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For ad info. call 1-800-950-9952 • **www.lpicommunities.com**

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

B 4C 01-1122

PI DAY CELEBRATION

Tuesday, March 14 1:00-2:00 p.m.



COME ONE, COME ALL and help us celebrate National Pi Day with a yummy piece of pie!

Pre-Registration Required call (920) 322-3630
Must Register by Friday, March 10.

Sponsored By: The Friends of the FDL Senior Center

ATTRACTING POLLINATORS

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



Join us as Cindy Boudry, Master Gardner teaches us how to garden to attract pollinators to our yards.

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

SMARTPHONE BASICS

Wednesday, March 29 at 1:00 p.m.



Come and learn what you can do with a smartphone and how to use it.

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

bugtussel

SPRING GNOMES

Wednesday, March 22 at 1:00 p.m.

Cost: \$8.00

Time to get crafty! Join us and make one of these adorable Spring Gnomes!



Pre -Registration Required (920) 322-3630
Must Register and pay by Friday, March 17
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, March 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, March 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

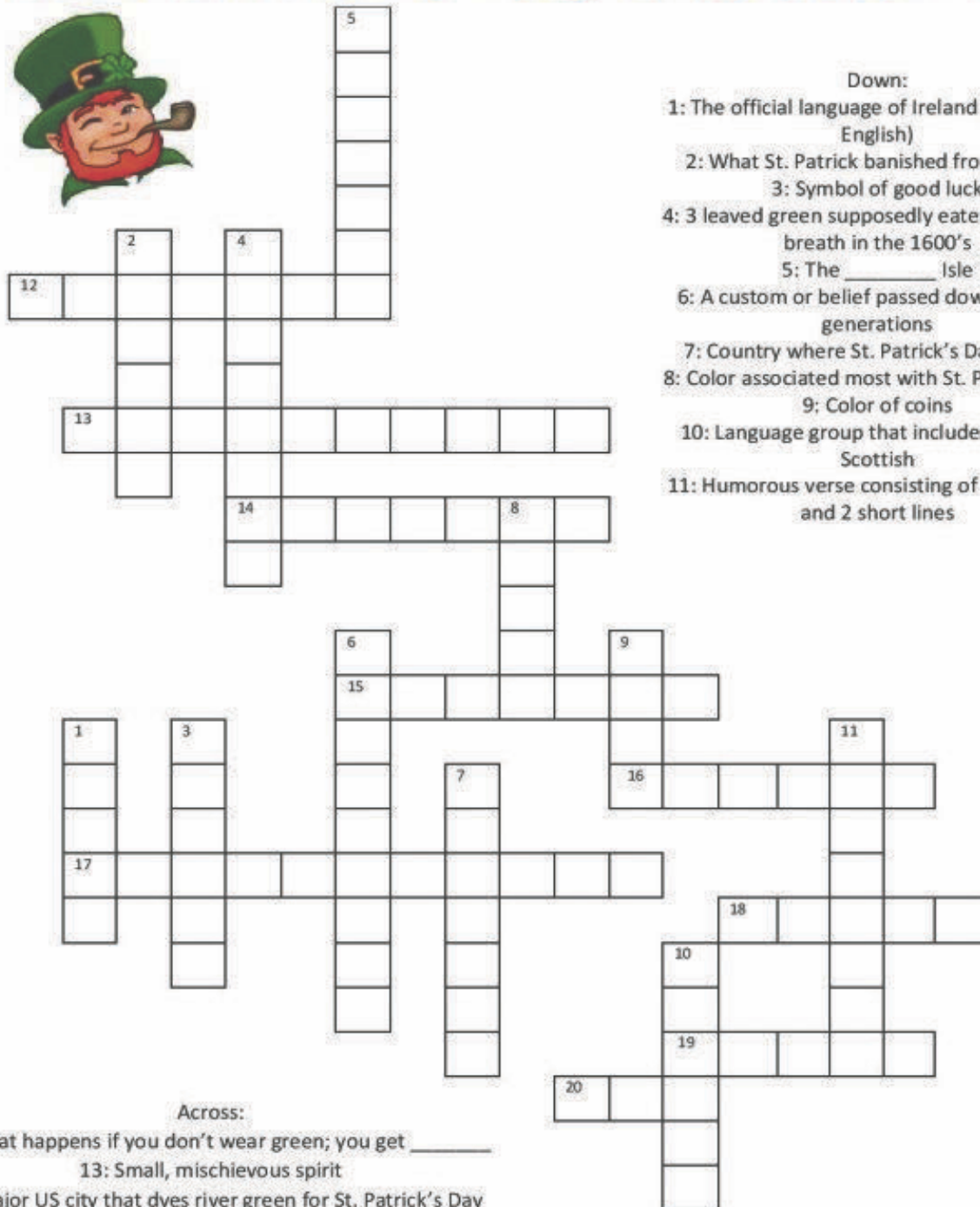
2023 MAH JONGG RULE CARD

Order your 2023 Mah Jongg Rule Card today!



Standard Print \$14
Large Print \$15

St. Patrick's Day Crossword



Down:

- 1: The official language of Ireland (along with English)
- 2: What St. Patrick banished from Ireland
- 3: Symbol of good luck
- 4: 3 leaved green supposedly eaten to freshen breath in the 1600's
- 5: The _____ Isle
- 6: A custom or belief passed down through generations
- 7: Country where St. Patrick's Day started
- 8: Color associated most with St. Patrick's Day
- 9: Color of coins
- 10: Language group that includes Irish and Scottish
- 11: Humorous verse consisting of 3 long lines and 2 short lines

Across:

- 12: What happens if you don't wear green; you get _____
- 13: Small, mischievous spirit
- 14: Major US city that dyes river green for St. Patrick's Day
- 15: What you follow to get to the pot of gold
- 16: Capital of Ireland
- 17: Day of the month that St. Patrick's Day falls on
- 18: Month that St. Patrick's Day is in
- 19: Having good luck
- 20: What you find at the end of the rainbow; ____ of gold

SHE SAID

Wednesday, March 8 AND Thursday, March 23

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

R · 2022 · Drama/History · 2h 9m

Starring: Zoe Kazan, Carey Mulligan, Mike Houston, Ashley Judd



Summary: The New York Times journalists Megan Twohey and Jodi Kantor publish a report that exposes sexual abuse allegations against powerful Hollywood producer Harvey Weinstein. The shocking story also serves as a launching pad for the #MeToo movement, shattering decades of silence around the subject of sexual assault and harassment.

Lawn Chairs Welcome!

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

WHITNEY HOUSTON: I WANNA DANCE WITH SOMEBODY

Wednesday, March 15 AND Thursday, March 30

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

PG-13 · 2022 · Musical/Drama · 2h 26m

Starring: Naomi Ackie, Ashton Sanders, Clive Davis, Stanley Tucci, Nafessa Williams, Bria Danielle Singleton

Summary: Discovered by record executive Clive Davis, Whitney Houston rises from obscurity to international fame in the 1980s to become one of the greatest singers of her generation.

Lawn Chairs Welcome!

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



ART

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

Wednesday, March 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! Masking is one of the most fun painting tips and tricks. Masking will allow you to create unusual and unique designs Everything from abstract to realism is up for grabs. 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 *WIRE WRAP JEWELRY*

Wednesday, March 29 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 wire wrap jewelry. This unique technique is eye catching and extremely creative.

Class is free and all materials are supplied.

Registration Required
(920) 322-3630
SPACE IS LIMITED



MARCH

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 Nickel 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 Sheephead	2 9:00 Open Pool 10:00 Balance & Stretch 10:00 Walking Group 12:00 Mah Jongg 1:00 Cribbage 1:00 Flying Geese Quilters 1:00 Living With Loss 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 Nickel 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 Feeding America 12:00 Hand & Foot 12:00 Open Pool 12:30 Movie-She Said 12:30 Rec Sheephead 1:00 Genealogy 3:00 Art at Thelma - Masking Ho-Chunk Casino Trip	9 9:00 Open Pool 10:00 Balance & Stretch 10:00 Book Club 10:00 Walking Group 12:00 Mah Jongg 1:00 Cribbage 1:00 Living With Loss 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
13 8:15 Male Focus Group 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 1:00 Cribbage	15 8:30 9 Ball Pool League 10:00 Fondy Sunshine Strummers 10:00 Hearing Screenings 10:00 Video Walk to Fitness 12:00 Canasta 12:00 Hand & Foot 12:00 Open Pool 12:30 Movie- I Wanna Dance 12:30 Rec Sheephead 6:30 Stamp Club	16 9:00 Open Pool 10:00 Balance & Stretch 10:00 Walking Group 12:00 Mah Jongg 1:00 Cribbage 1:00 Living With Loss 5:30 Beginning Line Dancing 6:30 Line Dancing	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 18 Saturday

	1:00 Parkinson's Support Group 1:00 Pi Day Celebration 2:00 Parkinson Movement & Music 5:30 Cardio Drumming 6:00 Coin Club			9:00 Beginning Line Dancing 10:00 Walking Group 19 Sunday
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 Attracting Pollinators 1:00 Cribbage 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 Open Pool 12:30 Rec Sheephead 1:00 Spring Gnomes Craft 1:00 Genealogy	23 9:00 Open Pool 10:00 Balance & Stretch 10:00 Walking Group 12:00 Mah Jongg 12:30 Movie-She Said 1:00 Cribbage 5:30 Beginning Line Dancing 6:30 Alzheimer's Support Group 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 25Saturday 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 1:30 Stockbox 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 1:00 Trusts/Estate Planning 2:00 Parkinson Movement & Music 5:30 Cardio Drumming	29 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 1:00 Genealogy 1:00 Smartphone Basics 3:00 Art at Thelma- Wire Wrap Jewl	30 9:00 Open Pool 10:00 Balance & Stretch 10:00 Walking Group 12:00 Mah Jongg 12:30 Movie- I Wanna Dance 1:00 Cribbage 5:30 Beginning Line Dancing 6:30 Line Dancing	31 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 Fireside- The Music Man Trip

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

C 4C 01-1122

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.

GERMAN

Mondays at 1:00 p.m.



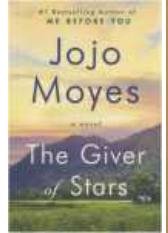
Drop Ins Welcome, Pre-Registration Appreciated
To Register Call (920) 322-3630

BOOK CLUB

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

BOOK OF THE MONTH: "The Giver of the Stars"

By: Jo Jo Moyes



Set in Depression-era America, a breathtaking story of five extraordinary women and their remarkable journey through the mountains of Kentucky and beyond

Based on a true story rooted in America's past, The Giver of Stars is unparalleled in its scope and epic in its storytelling. Funny, heartbreaking, enthralling, it is destined to become a modern classic—a richly rewarding novel of women's friendship, of true love, and of what happens when we reach beyond our grasp for the great beyond.

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, March 14

6:00 p.m.



2nd Tuesday of the Month

New Members Welcome!

STAMP CLUB

Wednesday, March 15

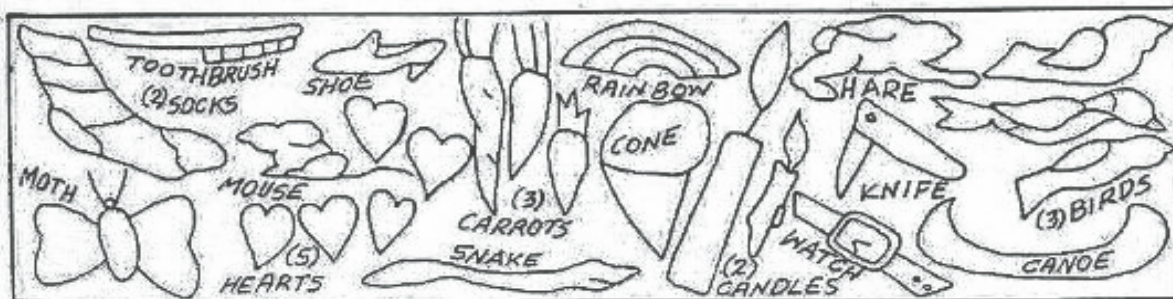
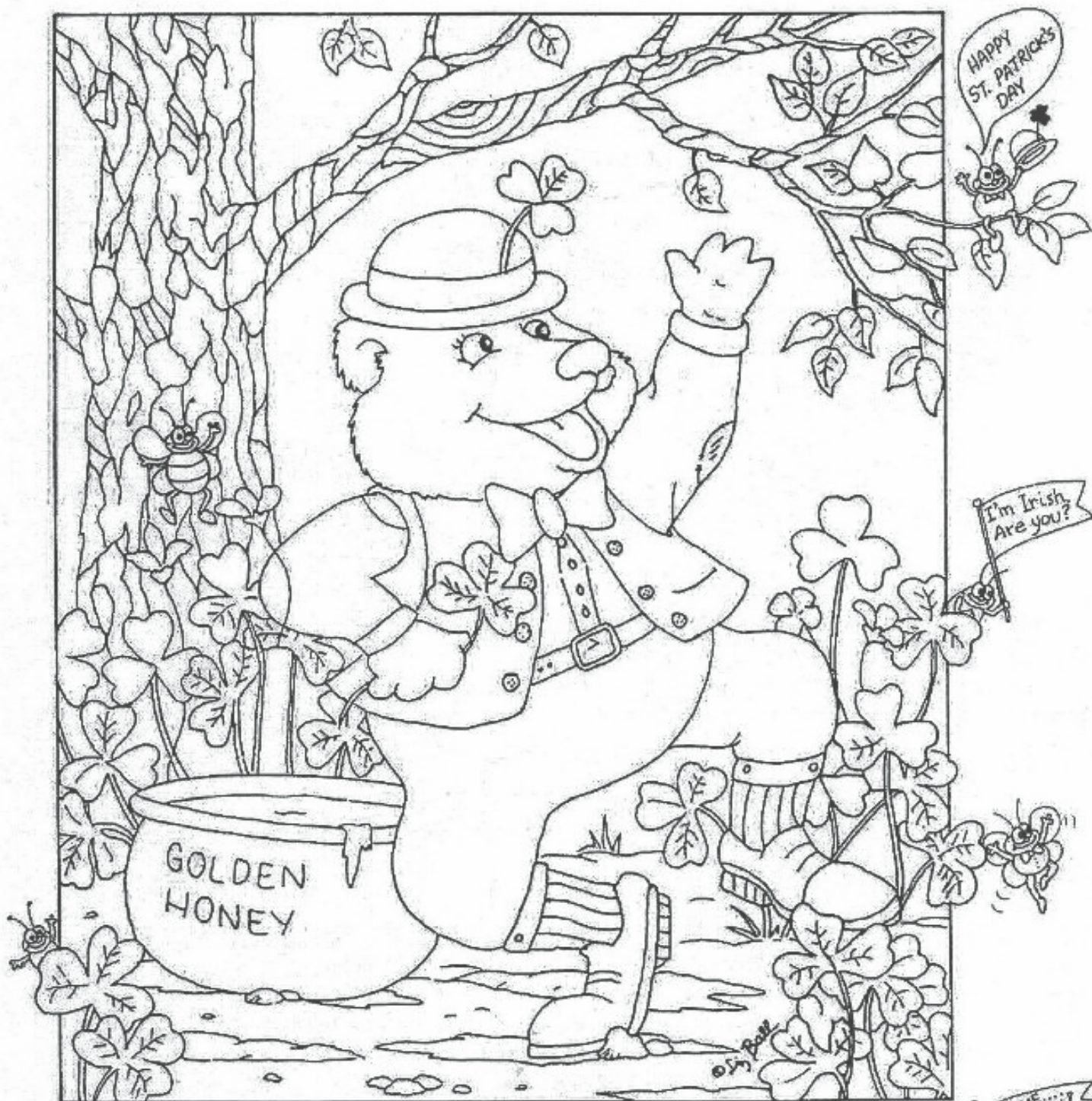
6:30 p.m.



3rd Wednesday of the Month

New Members Welcome!

HIDDEN PICTURE PUZZLE



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

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

COMING SOON

TAKE ME OUT TO THE BALL GAME COOKOUT



Wednesday, April 5
1:00– 2:00 p.m.

Let's Celebrate the start of baseball season!

Meal Includes:

Hot Dog
Bag of Cracker Jacks
Bag of peanuts
Apple Pie



Pre-Registration Required. Call (920) 322-3630
Must Register by Friday, March 31
Sponsored by: The Friends of the FDL Senior Center

SEWING

Tuesdays— April 11, 18, May 2, 9 & 16
12:00-3:00 p.m.
Cost \$15.00



To Register Call (920) 322-3630
Must register and pay class fee prior to the start of the first class.

LET'S GROW YOUR BUSINESS Advertise in our Newsletter!

CONTACT ME Alex Nicholas

anicholas@lpicommunities.com • (800) 950-9952 x2538

Concerned about Medicare fraud? Give us a call...

PROTECT your
personal information

DETECT suspected
fraud, abuse, or errors

REPORT suspicious claims
or activities



Toll-free Helpline:
888-818-2611
www.smpwi.org

WisconsinSeniorMedicarePatrol



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.

Your local Family Care option 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



DHS Approval 5/2/18



"It's my life and they respect that."

Local long-term care supports and services
delivered with a focus on Life. Defined by you.



inclusa.org | 877-376-6113



Monday, March 13
8:15– 9:45 a.m.

SEEKING MALE FOCUS GROUP PARTICIPANTS

What do you know about domestic violence, sexual assault, child abuse/neglect? What solutions might you offer? Help us end violence in our community by Participating in this focus group.
Must be 66 years old or older to participate.

HEARING SCREENINGS

Wednesday, March 15
10:00 a.m.-12:00 p.m.



If you would like to make an appointment to get your hearing checked call us at (920) 322-3630.



TECH TYME

No Tech Tyme in March-
Check back in the Fall

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..



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



FEELING THE PINCH?

Wednesday, March 8
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.



WORD SEARCH



Spring



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



BIRDS
 BLOSSOM
 BUGS
 BUNNY
 BUTTERFLY

CALF
 CATERPILLAR
 CHICKS
 FLOWERS
 FROG

GARDEN
 GRASS
 HATCH
 INSECTS
 LADYBUG

LAMB
 NATURE
 NEST
 RABBIT
 ROBIN

SNAIL
 SPRING
 SPROUT
 TULIP
 WORM





WISCONSIN
PARKINSON
ASSOCIATION

PARKINSON'S SUPPORT GROUP

Tuesday, March 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

Video class available

Tuesday, March 14 & 28 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.



LOCAL PARENTS OF ANGELS

1st Thursday - March 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, March 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, March 23 at 6:30 p.m.

MEMORY CAFÉ

At the Fond du Lac Public Library

Thursday, March 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>

St. Patrick's Day

word scramble

IIRHS _____

LDOG _____

OABIRWN _____

KAPCIRT _____

ADIELRN _____

NEEPHEARCU _____

MHSOKCRA _____

HRCMA _____

YKLCU _____

ENRAGE _____

BACBAEG _____

ORLECV _____

NETESENEV _____

TISNA _____

ARDEAP _____

ACDNE _____



STOCK BOX

Monday, March 27 at 1:30 p.m.
At the FDL Senior Center



Stockbox is a program that provides healthy food every month to improve the diet and nutrition of low-income seniors, 60 and older.

For questions or to register stop in, or call (920) 322-3630.
MUST BE 60 years old and provide proof of address to qualify.

2023 DINE OUT BOOKS

Over 50 Coupons
to 40+ Local
Businesses



Get yours today for only \$7.00!

			1			9	7	3
				9			6	
					6			
				8	5		1	
7						2		5
			9		3	8		
	5	6	2					
				7	9	3	2	
	3							1
5		2	8			3		7
								2
							9	
		3			8		6	
6	5		7	2				
7	9		1		5	8		
	3					9	7	1
	1	7		9		5		
							8	



NEUROBICS

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.

Don't forget that if you get stumped on a particular puzzle you can call us for hints or answers!
(920) 322-3630



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

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



VISIT 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 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

March 2023 Newsletter

_____ Computer

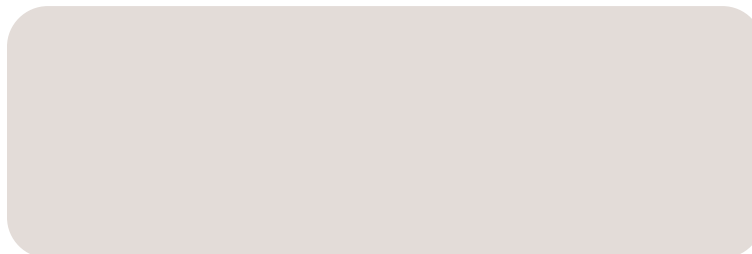


Fond du Lac Senior Center

151 E. First Street
Fond du Lac, WI 54935

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PERMIT NO. 129

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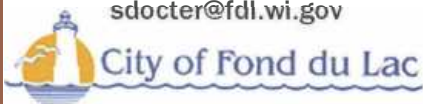
STAFF

DIRECTOR

Cathy Loomans 322-3632
cloomans@fdl.wi.gov

PROGRAM/OUTREACH COORDINATOR

Sarah Docter 322-3641
sdocter@fdl.wi.gov



Fond du Lac Senior Center

151 E. 1st St.

Fond du Lac, WI 54935

Phone (920)322-3630

Email senior@fdl.wi.gov

Hours M-F 8:00 am- 3:00 pm

The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those with disabilities. Participants must be independent of activities of daily living in order to attend, or if they are not independent, a caregiver must accompany them.

Proudly serving the
Fond du Lac Community
for over 55 years!
...where friends meet!

Visit us online at
www.fdlseiorcenter.com

VISION

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

Like Us On
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@FondduLacSeniorCenter

Fond du Lac Senior Center
is a member of WASC

Wisconsin
Association of
Senior
Centers



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