

FOND DU LAC SENIOR CENTER

# AMONG FRIENDS

NEWSLETTER

APRIL 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.

So ... last month I vented a bit about a commercial that rubbed me the wrong way. And right after I sent the newsletter to the printer, I saw something else that made me ponder.

Let me back up a bit.

Years ago I worked for a long term care organization. Because I was a "techie", in addition to working with the residents, I took on a lot of the IT work for the organization, which included managing all of the company cell phones. This task led to many trips to the cell phone provider - whether it was adding or upgrading phones, dealing with the tech support team, or managing our contracts - I'm sure you get what I mean.

It always amazed me when I'd be in the cellular company's store that all of the big posters on their walls showed happy people: Grandparents baking cupcakes with grandchildren, a happy couple on the beach, parents at a sporting event with their student athlete. But guess what was absent from every single image? A cell phone. Not one phone in any of those pictures - and I went to multiple locations over the years! One day I mentioned it to the customer service rep that I was working with and they were shocked and said they had never noticed that before.

Jump now to 2023. I saw an ad the other day for a cellular provider encouraging all of us to participate in "Phones Down for 5". The idea is that we should all put our phones down and interact with other humans for 5 minutes, 5 hours or even 5 days. The organization says that their goal is "to reset our relationship with technology".

I wholeheartedly agree with the concept of resetting our relationships with technology. I also think that it's a bit ironic that now, when many people are addicted to their devices, the device providers want us to put them down. I feel like this must have been what it was like for the cigarette manufacturers when talking about people's addiction to nicotine.

It is interesting to me though, because last fall at our Wisconsin Association of Senior Center's conference, our keynote speaker challenged us to do a similar thing with our phones. One of the things she discussed was setting limits on our screen time and our apps. It was pretty eye opening for me to have a message pop up after 15 minutes of screen time - because I would have bet only a couple of minutes had passed. It's also eye opening to be cognizant of how many times I would pick up my phone in the evening, only to mindlessly scroll through social media apps. I don't know about you, but I definitely have room for improvement.

Just food for thought. Have a great month and hope to see you soon!

*Cathy*



## VOLUNTEERS!

The Third Week of April is National Volunteer Week! We would like to take a moment to thank each and every one of our volunteers!

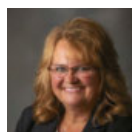
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The Gift Shop at LHHS

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# REBUS PUZZLES 5

		
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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.

**NEW!**

Now Offering: Knitting and Crocheting For Beginners  
Tuesdays at 1:00 p.m.

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!

## 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, April 6

1:00 p.m.



Meeting the 1st Thursday of every month.

New Members Welcome!

## SUNSET STITCHERS QUILT GUILD

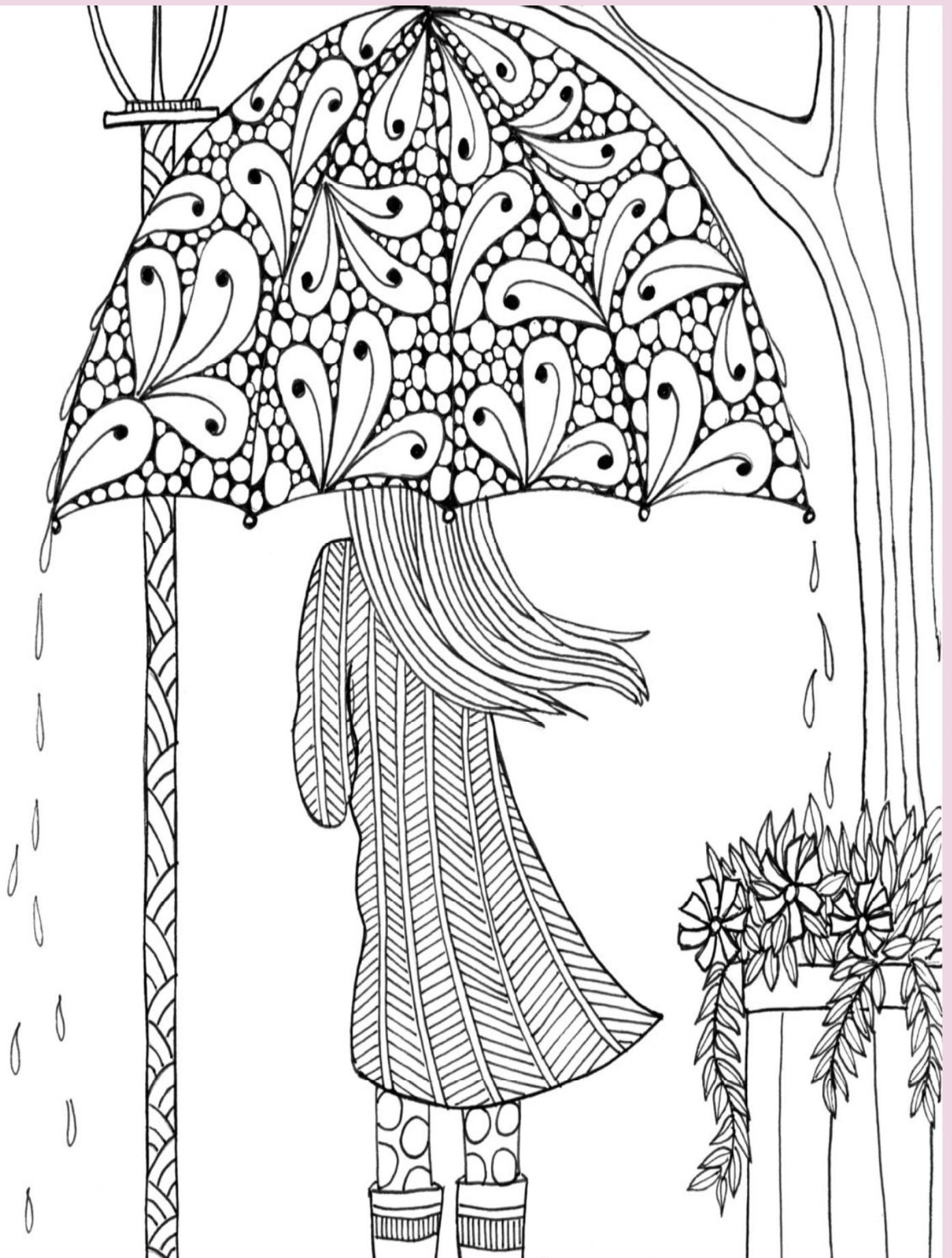
Thursday, April 13

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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*The former Senior Benefit Specialist for Fond du Lac County. Julie has been serving older adults for over 20 years. She continues to provide the same experience and expertise as she did with Fond du Lac County. Julie will specialize in Medicare, Individual/Group Health, Life/Final Burial and Long-Term Care insurance. Please give her a call today to schedule an appointment.*

Contact us for more information or to schedule an appointment.

(920) 923-2626 • [juliehilbert@mtins.net](mailto:juliehilbert@mtins.net)

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- Transportation
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- Hospice services

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

B 4C 01-1122



## SPRING SING

Wednesday, April 26 at 10:30 a.m.



If Spring makes you want to sing, then this is just the program for you! Come and join us for an informal sing-along with our very own Fondy Sunshine Strummers!

*Everyone is welcome!*

To Register Call (920) 322-3630

## WHAT IS VESTIBULAR REHABILITATION?

Thursday, April 20 at 1:00 p.m.



Vestibular rehabilitation therapy (VRT) is a specialized type of therapy intended to reduce problems caused by vestibular disorders, such as vertigo and dizziness, gaze instability, and/or imbalance and falls. Come and find out if you might benefit from VRT.

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



## KEEP YOUR TECH APPY: HOW TO INSTALL & UNINSTALL APPS

Wednesday, April 26 at 1:00 p.m.



Do you have an app or a program on your computer or phone that you want to remove? Is there a new app or program that you want to install, but don't know how? Learn how to install and uninstall apps on your phone, computer, and tablet. Bring your smartphone, laptop, or tablet for hands on practice!

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



## MAKE A MAY DAY BASKET DROP IN CRAFT

Friday, April 28 12:00 p.m.-2:00 p.m.

Drop in anytime between 12p.m.–2p.m. and create a one of a kind May Day Basket to brighten a friend's day! We will supply the tools and materials, all you have to bring is your creativity.  
(This is not a class, no instructor will be present)

*While supplies last.*

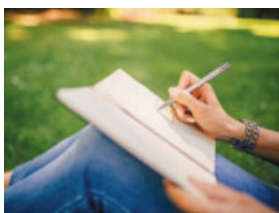
Sponsored By: The Friends of the FDL Senior Center



# JOIN US

## 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, April 12 & 26 at 1:00 p.m.



2nd and 4th Wednesdays

New members always welcome!

Drop ins welcome, preregistration appreciated.

Call (920) 322-3630

## NICKEL

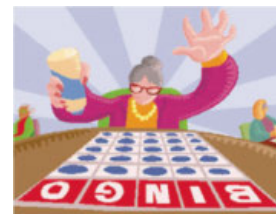


Tuesday, April 4 at 1:30 p.m.

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!

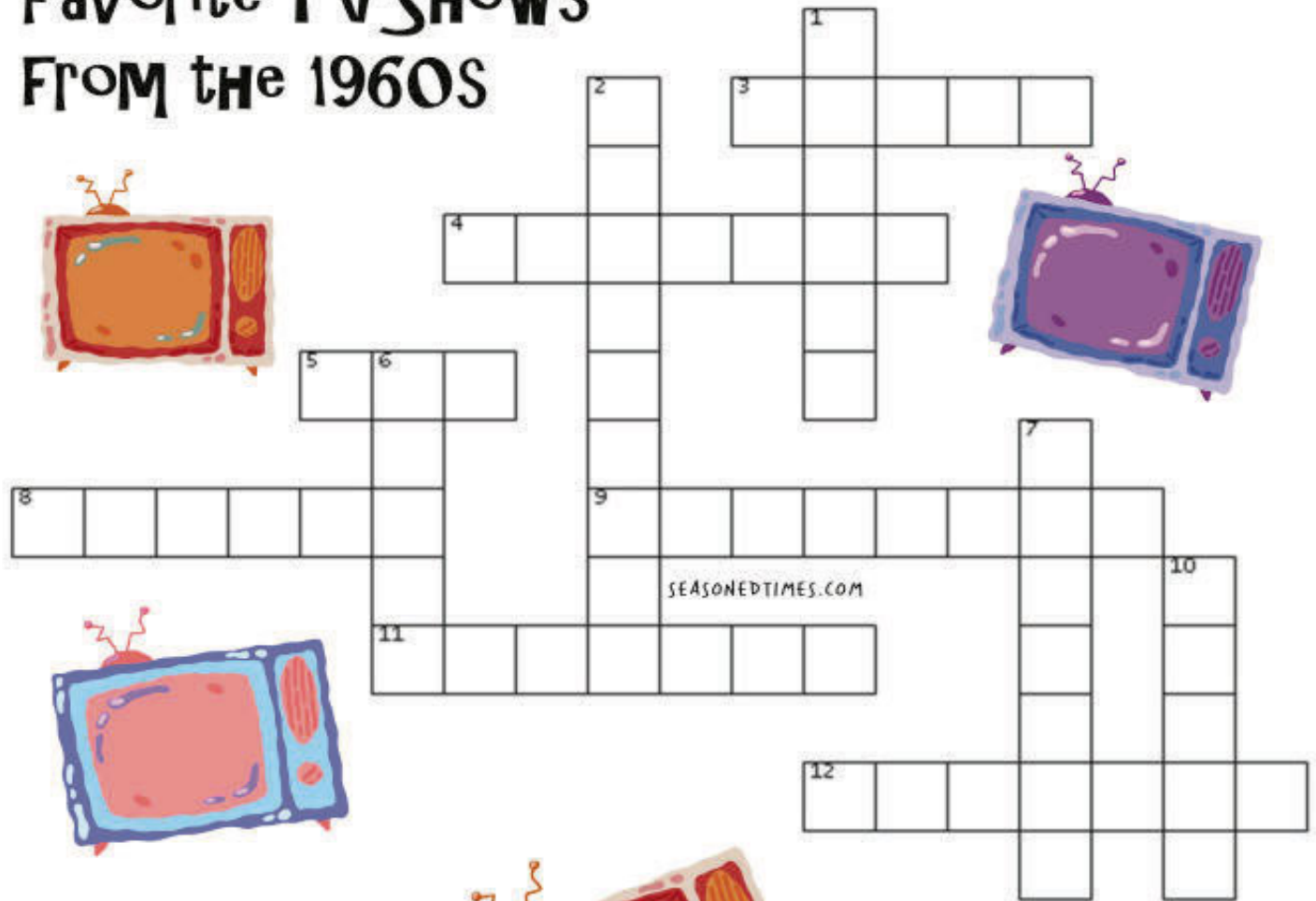


Standard Print \$14  
Large Print \$15



# CROSSWORD

## Favorite TV Shows From the 1960s



### ACROSS

3. \_\_\_\_\_ Train  
 4. Wild \_\_\_\_\_  
 5. The \_\_\_\_\_ Patrol  
 8. Family \_\_\_\_\_  
 9. Love, \_\_\_\_\_ Style  
 11. Dark \_\_\_\_\_  
 12. Hollywood \_\_\_\_\_

### DOWN

1. The \_\_\_\_\_ Adventures of Mr. Magoo  
 2. American \_\_\_\_\_  
 6. Green \_\_\_\_\_  
 7. My Favorite \_\_\_\_\_  
 10. The \_\_\_\_\_ Limits

## THE FABELMANS

Thursday, April 6 AND Wednesday, April 19

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

PG-13 · 2022 · Drama · 2h 31m



**Starring:** Gabriel LaBelle, Michelle Williams, Paul Dano, Julia Butters, Judd Hirsch, David Lynch

**Summary:** Young Sammy Fabelman falls in love with movies after his parents take him to see "The Greatest Show on Earth." Armed with a camera, Sammy starts to make his own films at home, much to the delight of his supportive mother.

Lawn Chairs Welcome!

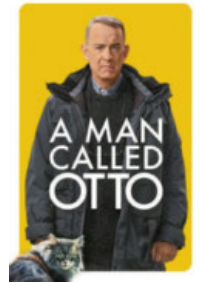
Drop ins welcome, pre-registration appreciated (920) 322-3630  
*Space is Limited*

## A MAN CALLED OTTO

Wednesday, April 12 AND Thursday, April 27

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

PG-13 · 2022 · Drama/Comedy · 2h 6m



**Starring:** Tom Hanks, Mariana Trevino, Manuel Garcia-Rulfo, Truman Hanks, Rachel Keller, Kailey Hyman

**Summary:** When a lively young family moves in next door, grumpy widower Otto Anderson meets his match in a quick-witted, pregnant woman named Marisol, leading to an unlikely friendship that turns his world upside down.

Lawn Chairs Welcome!

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

# ART

## THELMA COMMUNITY ARTS OUTREACH— WATERCOLOR TECHNIQUES FOR BEGINNERS

### *BLENDING*

Wednesday, April 12 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! Blending is the foundation that no painter can go without. Learn to mix and blend any color. The color wheel will be our friend in this class. No experience needed. All skill levels welcome!  
*Class is free and all materials are supplied.*

**SPACE IS LIMITED**  
**REGISTRATION MANDATORY**  
**ONLY REGISTERED PARTICIPANTS**  
**WILL BE ADMITTED**

Call (920) 322-3630



## THELMA COMMUNITY ARTS OUTREACH *POTTERY GLAZING*

Wednesday, April 26 at 3:00 p.m.  
At Thelma Sadoff Center For the Arts

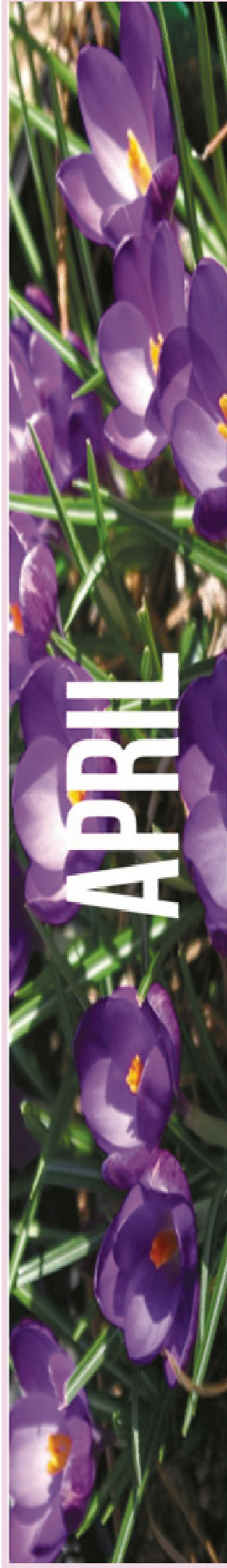
Kick back and enjoy some crafting! Come to Thelma to create a one of a kind pottery piece. Take your pick of unique handmade pieces to glaze in your own style. You design the look, paint the pottery, and we fire it in the kiln for you. Easy and Fun!

*Class is free and all materials are supplied.*

**SPACE IS LIMITED**  
**REGISTRATION MANDATORY**  
**ONLY REGISTERED PARTICIPANTS**  
**WILL BE ADMITTED**

Call (920) 322-3630





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 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  <b>Island Casino Trip</b>	<b>4</b> 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 1:00 Knitting & Crocheting 5:30 Cardio Drumming	<b>5</b> 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 Family Tree Maker Group 1:00 Take Me Out Cook Out	<b>6</b> 9:00 Open Pool 10:00 Balance & Stretch 10:00 Walking Group 12:00 Mah Jongg 12:30 Movie- The Fabelmans 1:00 Cribbage 1:00 Flying Geese Quilters 5:30 Beginning Line Dancing 6:30 Line Dancing 5:30 Parents of Angels	<b>7</b> 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  <b>8 Saturday</b> 9:00 Beginning Line Dancing 10:00 Walking Group <b>9 Sunday</b>
<b>10</b> 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	<b>11</b> 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 12:00 Sewing 1:00 Cribbage 1:00 Knitting & Crocheting 1:00 Parkinson's Support Group 2:00 Parkinson Movement & Music 5:30 Cardio Drumming 6:00 Coin Club	<b>12</b> 8:30 9 Ball Pool League 10:00 Fondy Sunshine Strummers 10:00 Video Walk to Fitness 11:30 LPGA Pre-Season Lunch 12:00 Canasta 12:00 Hand & Foot 12:00 Open Pool 12:30 Movie- A Man Called Otto 12:30 Rec Sheepshead 1:00 Genealogy 3:00 Art at Thelma-Blending	<b>13</b> 9:00 Open Pool 10:00 Balance & Stretch 10:00 Book Club 10:00 Men's Golf Meeting 10:00 Walking Group 12:00 Mah Jongg 1:00 Cribbage 5:30 Beginning Line Dancing 6:00 Sunset Stitchers 6:30 Line Dancing	<b>14</b> 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  <b>15 Saturday</b> 9:00 Beginning Line Dancing 10:00 Walking Group <b>16 Sunday</b>



<b>17</b>	<p>9:00 Open Pool</p> <p>9:00 Wood Carving</p> <p>10:00 Video Walk to Fitness</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>8:30 Strong!</p> <p>9:45 Intermediate Yoga</p> <p>10:00 Balance &amp; 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><b>12:00 Sewing</b></p> <p>1:00 Cribbage</p> <p>1:00 Knitting &amp; Crocheting</p> <p>5:30 Cardio Drumming</p>	<p>10:00 Fondy Sunshine Strummers</p> <p>10:00 Video Walk to Fitness</p> <p>12:00 Canasta</p> <p><b>12:00 Feeding America</b></p> <p>12:00 Hand &amp; Foot</p> <p>12:00 Open Pool</p> <p><b>12:30 Movie- The Fabelmans</b></p> <p>12:30 Rec Sheepshead</p> <p>1:00 Family Tree Maker Group</p> <p>6:30 Stamp Club</p>	<p>9:00 Open Pool</p> <p>10:00 Balance &amp; Stretch</p> <p>10:00 Walking Group</p> <p>12:00 Mah Jongg</p> <p>1:00 Cribbage</p> <p><b>1:00 What is Vestibular Rehab?</b></p> <p>5:30 Beginning Line Dancing</p> <p>6:30 Line Dancing</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 &amp; Foot</p> <p>1:00 Memory Writers</p> <p><b>22 Saturday</b></p> <p>9:00 Beginning Line Dancing</p> <p><b>9:00 Free Shredding at FVS</b></p> <p>10:00 Walking Group</p> <p><b>23 Sunday</b></p>	<b>21</b>
<b>24</b>	<p>9:00 Open Pool</p> <p>9:00 Wood Carving</p> <p>10:00 Video Walk to Fitness</p> <p>11:00 Intro to German</p> <p>12:30 Bunco</p> <p>12:30 Euchre</p> <p>1:00 German</p> <p><b>1:30 Stock Box</b></p> <p>5:30 Zumba Gold</p>	<p>8:30 Strong!</p> <p>9:45 Intermediate Yoga</p> <p>10:00 Balance &amp; 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>1:00 Knitting &amp; Crocheting</p> <p><b>2:00 Parkinson Movement &amp; Music</b></p> <p>5:30 Cardio Drumming</p>	<p>10:00 Fondy Sunshine Strummers</p> <p>10:00 Video Walk to Fitness</p> <p><b>10:30 Spring Sing</b></p> <p>12:00 Canasta</p> <p>12:00 Hand &amp; Foot</p> <p>12:00 Open Pool</p> <p>12:30 Rec Sheepshead</p> <p>1:00 Genealogy</p> <p><b>1:00 Keep Your Tech Appy</b></p> <p><b>3:00 Art at Thelma-Pottery Glazing</b></p>	<p>9:00 Open Pool</p> <p>10:00 Balance &amp; Stretch</p> <p>10:00 Walking Group</p> <p>12:00 Mah Jongg</p> <p><b>12:30 Movie- A Man Called Otto</b></p> <p>1:00 Cribbage</p> <p>5:30 Beginning Line Dancing</p> <p>6:30 Alzheimer's Support Group</p> <p>6:30 Line Dancing</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 &amp; Foot</p> <p><b>12:00 May Day Basket Drop in Craft</b></p> <p>1:00 Memory Writers</p> <p><b>29 Saturday</b></p> <p>9:00 Beginning Line Dancing</p> <p>10:00 Walking Group</p> <p><b>30 Sunday</b></p>	<b>28</b>



*Living Long. Living Well.*

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- ✓ Small pets welcome\*  
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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.



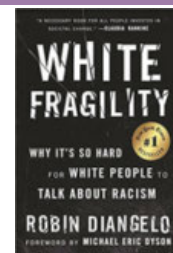
Are you interested in learning German but maybe feel too intimidated to come to the existing German Class? If so, this class is for you! In this class you will be introduced to and taught how to speak basic German.

## BOOK CLUB

Thursday, April 13 at 10:00 a.m.

BOOK OF THE MONTH: "White Fragility"

By: Robin DiAngelo



Referring to the defensive moves that white people make when challenged racially, white fragility is characterized by emotions such as anger, fear, and guilt and by behaviors including argumentation and silence. These behaviors, in turn, function to reinstate white racial equilibrium and prevent any meaningful cross-racial dialogue. In this in-depth exploration, anti-racist educator Robin DiAngelo examines how white fragility develops, how it protects racial inequality, and what can be done to engage more constructively.

Drop ins welcome, preregistration appreciated.

Call (920) 322-3630

## GERMAN

Mondays at 1:00 p.m.



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.



## COIN CLUB

Tuesday, April 11

6:00 p.m.



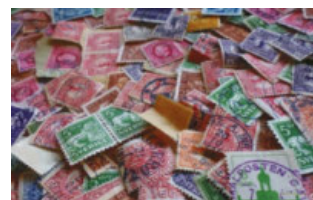
2nd Tuesday of the Month

New Members Welcome!

## STAMP CLUB

Wednesday, April 19

6:30 p.m.

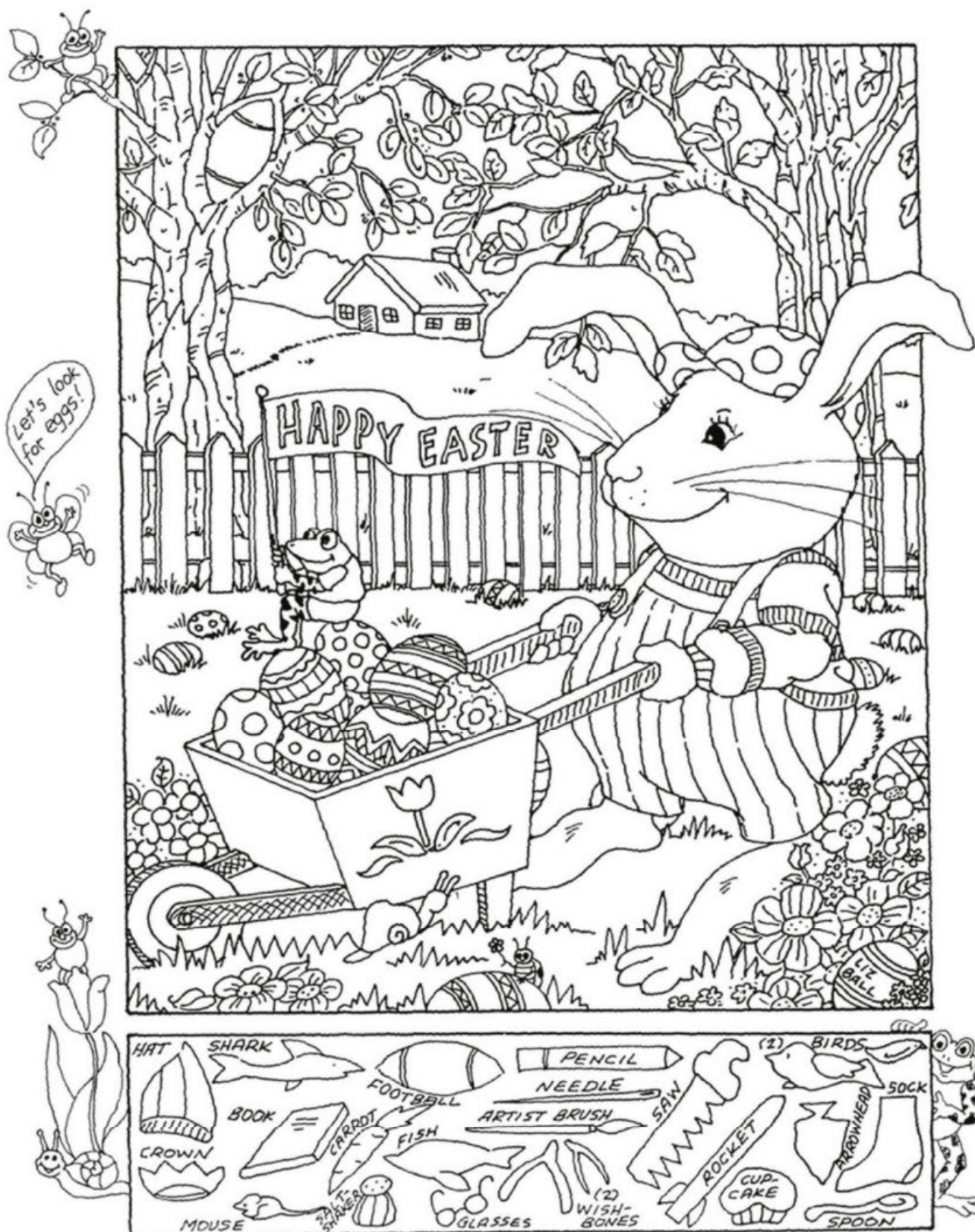


3rd Wednesday of the Month

New Members Welcome!



# HIDDEN PICTURE PUZZLE



<http://www.hiddenpicturepuzzles.com>

## 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!**

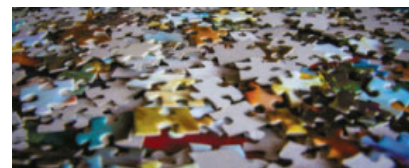


Mondays at 5:30

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

## LADIES PLAYFUL GOLF CLUB

May 15-August 30  
Mondays and/or Wednesdays  
Tee Time: 9:30 a.m.

Must Call to Register (920) 322-3630



The Ladies Playful Golf Club (LPGC) is not a league, but rather an informal way to get together and socialize with other ladies who like golf. It's all about making new friends. This club is open to any lady golfer with a basic knowledge of Golf.  
*Partners are randomly chosen each time.*

*Greens fees can be paid at the golf course each time you play.*

A pre-season Lunch Social /Orientation will be on Wednesday, April 12 at 11:30 a.m. at Sunset on the Water

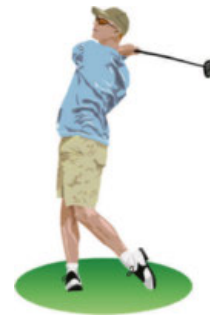
Call Alice Dann (920) 753-5126 with all questions.

## MEN'S SENIOR CENTER GOLF LEAGUE

Thursdays beginning May 4

This year's golf league meeting will take place on Thursday, April 13 at 10:00 a.m. at Whispering Springs Golf Course

Please join us for more information!



Call (920) 322-3630 to register or call John Paluchniak (920) 960-8688 with any questions.

## 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

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**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](http://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](http://inclusa.org) | 877-376-6113



## 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.

**NEW GROUP!**

## FAMILY TREE MAKER USER GROUP



Wednesday April 5 & 19 1:00 p.m.

If you use Family Tree Maker Software and would like an opportunity to meet and share ideas with other users, this is the group for you!

*Bring your laptop with the Family Tree Maker Program - the Center has free wifi!*

This is a user group - not a class. Stop in and see what it's all about!

To Register Call (920) 322-3630

Do you have unused, clean yarn just taking up closet space?

Please consider donating it to the Center for our Knit Wits! They knit hats, scarves, & mittens that are donated to our community partners for distribution.



## FREE SHREDDING DAY



Saturday, April 22  
9:00 a.m.-12:00 p.m.  
Fox Valley Savings Bank

## FEELING THE PINCH?

Wednesday, April 19  
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. Jaki can also teach you how to navigate your FoodShare benefits, apply for benefits with the Access website, or through the MyACCESS phone app. No computer? No problem! We have one, or you can bring your mobile phone/tablet and Jaki will help you download the app and sign up. Learn how to manage your State of Wisconsin benefits and programs all in one place, at any time.



## REMINDER TO THOSE SIGNED UP: 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



REGISTRATION DUE MARCH 31

Sponsored by: The Friends of the FDL Senior Center

## TAKE ME OUT TO THE BALLGAME



SEASONEDTIMES.COM

Looking for words associated with baseball. They may be spelled forward, backward, downward, upward, or diagonally.

FASTBALL

FOUL

INNING

KNUCKLEBALL

LEAGUE

LINEUP

OUTFIELD

PITCHER

SLUGGER

SPITBALL

STEAL

STRIKE

UMPIRE

UNIFORM





## PARKINSON'S SUPPORT GROUP Tuesday, April 11 at 1:00 p.m.

The Parkinson's Support group meets 2nd Tuesday of the month. Please visit their website at [www.wiparkinson.org](http://www.wiparkinson.org) or call 414.312.6990 for more information.

For questions and registration call (920) 322-3630

## PARKINSON'S MOVEMENT & MUSIC

Tuesday, April 11 & 25 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 - April 6  
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



## MEMORY SCREENING

2nd Monday of the month

Monday, April 10

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, April 27 at 6:30 p.m.



## MEMORY CAFÉ

At the Fond du Lac Public Library

Thursday, April 27 - 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 or visit [alz.org](http://alz.org) for more information.



Call (920) 929-3466 to speak to the Fond du Lac County Dementia Care Specialist about programs and resources available in Fond du Lac County



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

## 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>



## TV Shows of the 60s Word Scramble

Unscramble the letters to solve the puzzle!

1. TEG SMRTA \_\_\_\_\_
2. TEH ADDMAS LYFAIM \_\_\_\_\_
3. THE URSEMNTS \_\_\_\_\_
4. HTREAF NOSWK BSTE \_\_\_\_\_
5. OA'SHNG EOSHER \_\_\_\_\_
6. TCWBEEDHI \_\_\_\_\_
7. MSINISO IPBESLOSIM \_\_\_\_\_
8. NNOAAZB \_\_\_\_\_
9. NSGLI'AILG SLDANI \_\_\_\_\_
10. AAHIW EOFIV- \_\_\_\_\_
11. EEVAL TI OT VAEEBR \_\_\_\_\_
12. HET LBVYERE IEIBSHLLLIL \_\_\_\_\_
13. I EDAMR FO NNEIJAE \_\_\_\_\_
14. I OVEL YCLU \_\_\_\_\_
15. APOETCITT TUINJONC \_\_\_\_\_
16. GEREN SRACE \_\_\_\_\_
17. IRSTEM ED \_\_\_\_\_
18. TEH ORHNOYOEMSNE \_\_\_\_\_
19. AMBARN \_\_\_\_\_
20. ESALSI \_\_\_\_\_

## STOCK BOX

Monday, April 24 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!

		6	3	4	8		7	2
			1			9	6	
				7	6			
	6	4				7		
		1		6	7	3		
3		9		1		6	2	
							4	
								1
8							9	

			3			4		
					1			
				9			1	7
3			8	5			4	
	9	8	2					
5	4						3	
8								
		4	5			7		8
		5		3				9



## 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!

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# 2023 Friends Membership Form

27

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

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

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

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

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

## CHOICE OF SUPPORT:

**THANK YOU FOR SUPPORTING THE FRIENDS!**

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

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

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

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

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

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

## FOR OFFICE USE ONLY

DATE PAID \_\_\_\_\_ CASH AMT \_\_\_\_\_ CHECK AMT \_\_\_\_\_ CHECK # \_\_\_\_\_ Receipt \_\_\_\_\_

☐ 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

April 2023 Newsletter

\_\_\_\_\_ Computer

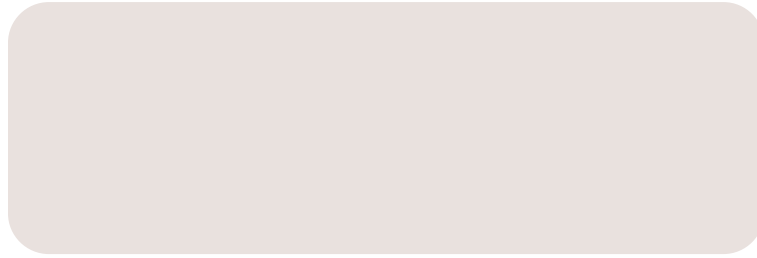


## Fond du Lac Senior Center

151 E. First Street  
Fond du Lac, WI 54935

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OR CURRENT RESIDENT



## FOND DU LAC SENIOR CENTER 920-322-3630

### STAFF

#### DIRECTOR

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

#### PROGRAM/OUTREACH COORDINATOR

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



### Fond du Lac Senior Center

151 E. 1st St.  
Fond du Lac, WI 54935  
Phone (920)322-3630  
Email senior@fdl.wi.gov  
Hours M-F 8:00 am- 3:00 pm

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

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

Visit us online at  
[www.fdlseiorcenter.com](http://www.fdlseiorcenter.com)

### VISION

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

Like Us On  
**facebook** 

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Fond du Lac Senior Center  
is a member of WASC

Wisconsin  
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