

FOND DU LAC SENIOR CENTER

AMONG FRIENDS

NEWSLETTER

MAY 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.

"I'll never fall for that." "Who would ever give out that information?" "I'd be able to spot a scam a mile away." "This is Fond du Lac, stuff like that would never happen here."

Have you ever had these fleeting thoughts when you hear of people being victimized by scammers? Unfortunately, even people with strong resolve are becoming more and more likely to be a victim. According to the Federal Trade Commission, consumers reported losing nearly **\$8.8 Billion** to fraud in 2022. That number is up 30% from 2021. That's **BILLION. With a B.** This is why scammers continue to operate and are becoming more frequent - there is a LOT of money to be made by victimizing people.

How does this happen? Scammers are getting more and more savvy. They are able to find more personal information about each of us, which they use to gain our trust, or even worse, make us feel threatened. Every time there is a data breach, your personal information could be exposed. That's how scammers know where you bank, your email address, your password, your health care provider, the car you drive, or which credit card you carry. There are SO MANY WAYS they prey on us. They can include:

- ♦ Emails asking you to click something to "verify" or "update" an account
- ♦ Pop up messages on your computer or other device indicating:
 - ♦ That there is a virus on your machine or an issue with slow internet - asking you to click something to "run a scan" or a "free system check". Then they give you a number to call for "Technical Support"
 - ♦ Once they get you on the phone, scammers may:
 - ♦ Threaten you that "they" have discovered pornography or viruses on your computer and if you don't provide them with some type of funding (bank account information, purchasing gift cards or green dot cards, sending them bitcoin) they will report you to authorities
 - ♦ Give you a different number to call that impersonates your bank's Fraud Department. When you dial that number, the scammer on the other end answers WITH THE NAME OF YOUR REAL BANK so that you give out your account number
 - ♦ They may tell you:
 - ♦ Don't answer any other calls
 - ♦ Don't tell anyone else about this call
 - ♦ Don't answer any questions if your bankers question you about withdrawing money
 - ♦ We are watching you and your family

And even worse, many times if they are able to victimize someone, that's never enough. They keep calling and keep calling wanting more and more money. And don't even get me started on some things like Medicare Fraud, Bank Fraud. The Grandparent Scam, the Romance Scams, and the IRS Scams.

How do we protect ourselves? A few ideas to start:

- ♦ **BLOCK** all unknown numbers so that your phone never even rings if the caller isn't in your list of contacts
- ♦ **NEVER** call a phone number on an email or voicemail without verifying that it is the legitimate number for the business you are intending to call
- ♦ **GET IN THE CAR** and drive to the local office/bank/business and ask to speak to someone if you feel something may be a scam - even local police and fire departments have had people try and impersonate them to get people to send money!
- ♦ **NEVER EVER** buy gift cards or green dot cards and call someone back with the numbers on the back side of the cards
- ♦ **NEVER EVER** put cash into a Cryptocurrency/Bitcoin machine to send to someone
- ♦ **TRUST YOUR INSTINCTS** and/or **CALL SOMEONE YOU TRUST**

I wish I was pulling these examples from police reports or news stories. These examples are all things that have happened to people THAT I KNOW. I can honestly tell you that every single person that I have spoken with that has been a victim of a scam, is NOT someone that I would identify as being a "vulnerable adult". They are all intelligent, independent adults - who have been **victimized**. And I'm sure there are MANY MANY more who are too embarrassed to tell people about their experiences.

Kirsten Quam, our community partner at FVSBank is coming this month to do a more in-depth presentation on Financial Fraud as part of Senior Fraud Awareness Day. I would encourage you to attend and to also get familiar with some of the other latest scams going around. Knowledge is power and if you know what the scammers are up to, you can stay a step ahead.

Take care and hope to see you soon.

Cathy

SAFE BANKING FOR SENIORS: IDENTIFYING & AVOIDING SCAMS

Monday, May 15 at 1:00 p.m.



Monday, May 15 is Senior Fraud Awareness Day. Join us as Kirsten Quam from FVSB teaches us how to recognize and avoid financial fraud. She will talk about the reasons seniors are targeted by scammers, the warning signs of scams, and how to protect yourself against scams. Kirsten will also discuss some of the most common frauds taking place today, with real-life examples.

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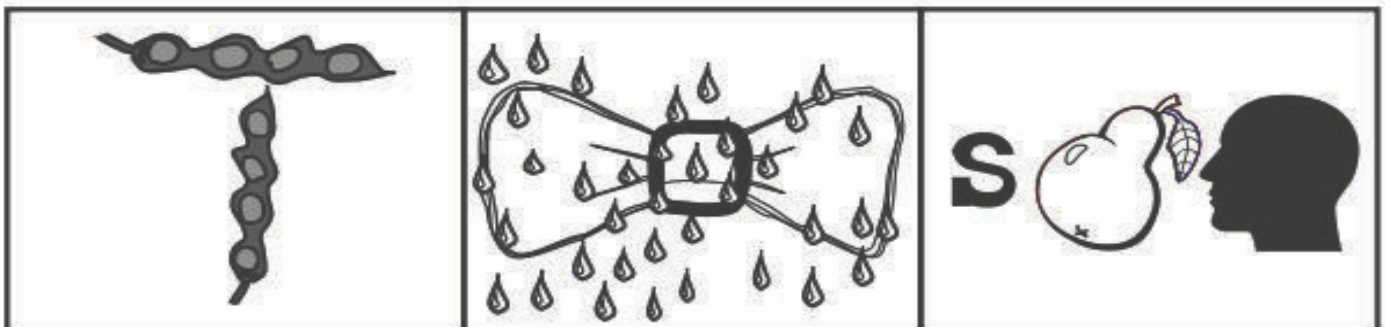
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REBUS PUZZLES 19



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.



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

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!



Stop in or call Joanne Michaels at (920) 922- 2068 with questions.

WOOD CARVING

Mondays
9:00 a.m.



Never carved before? No problem— Come and learn!

New Carvers Welcome!

FLYING GEESE QUILTERS

Thursday, May 4
1:00 p.m.



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

SUNSET STITCHERS QUILT GUILD

Thursday, May 11
6:00 p.m.



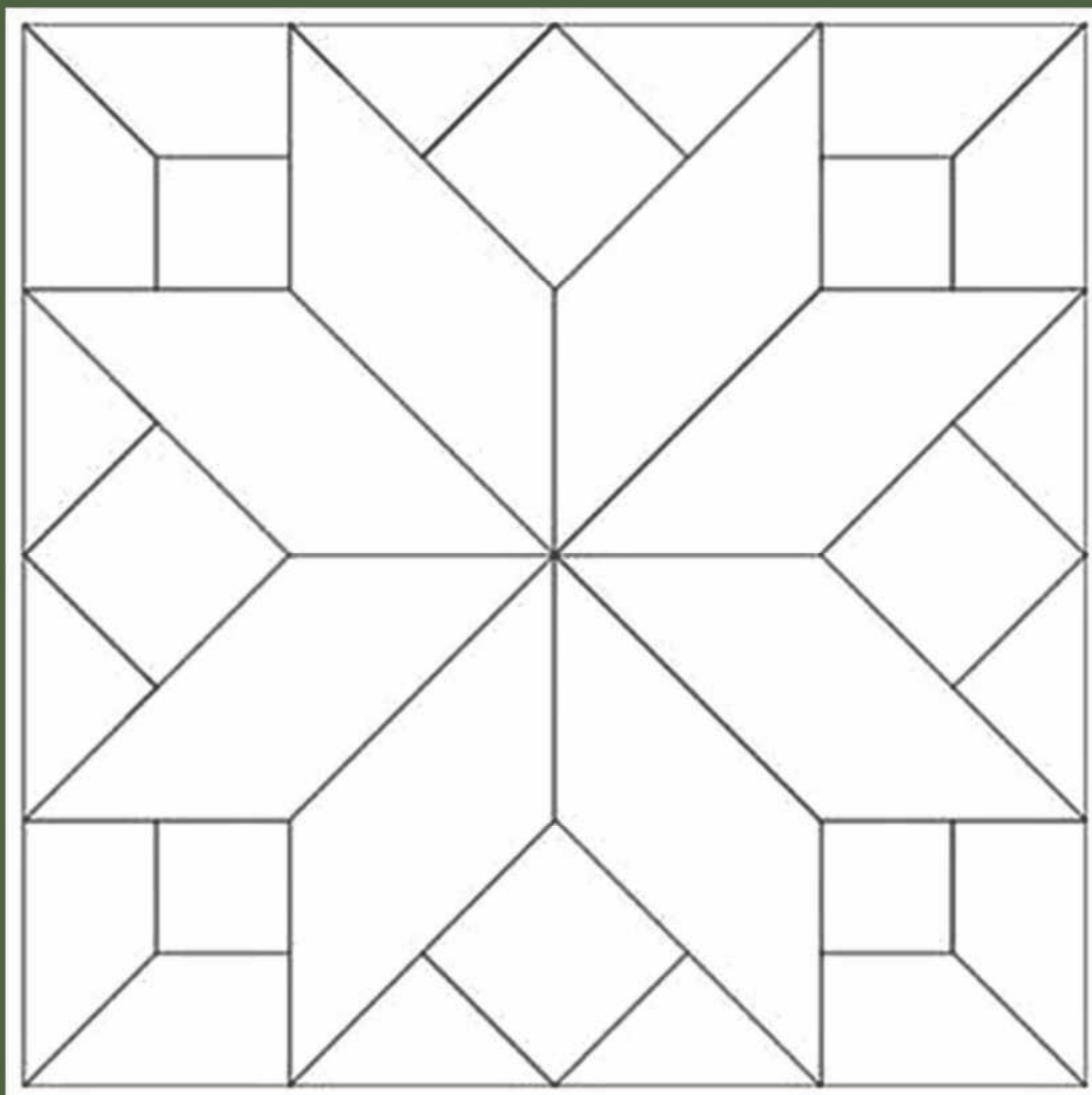
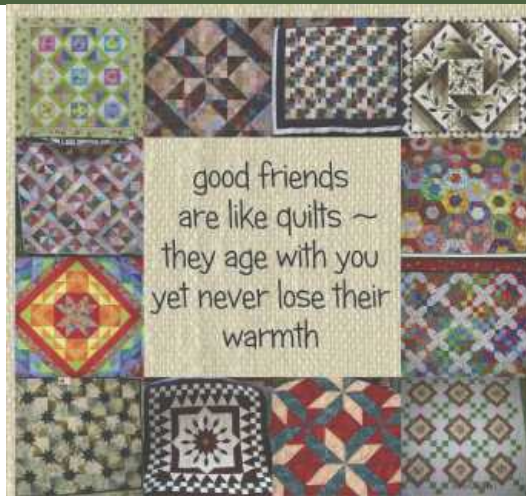
Meeting the 2nd Thursday of the month.
New Members Welcome!

SENIORS UNITE!

May is Older Americans Month and we would like to celebrate by displaying how the Center is made up of many unique individuals. Please consider coloring this quilt square and dropping it off at the Center where we will create a display of all of the pieces we receive.

We can't wait to see the uniqueness of you!

"Participation qualifies for puzzle tickets"



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.



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 at the class

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.



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

** Class size limited **

5 classes for \$10

Punch cards available at the front desk or at class.

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.



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Contact us for more information or to schedule an appointment.
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FUN CONTAINER GARDENING PRESENTATION

Thursday, May 11
1:00 p.m.



Join us for this presentation and learn some tips and tricks, and maybe get some new ideas on things you can use to create your own fun container gardens.

Call to Register (920) 322-3630
Space is Limited

THE AGING EYE

Wednesday, May 31
1:00 p.m.



Eyes age too. Just like the rest of your body, as you become older, your eyes change. You may have needed glasses your whole life or just later in life. Older eyes are more prone to developing diseases such as cataracts that need surgery, macular degeneration, glaucoma, dry eyes. Eyes can be impacted by overall health issues like diabetes, high blood pressure and strokes. Come join Dr. Michael Zoelle, O.D. as he talks about each of these topics and more about how your eyes change as you get older.

Call to Register (920) 322-3630
Space is Limited

Sponsored by:



NATIONAL OLDER AMERICANS MONTH



Friday, May 19
12:00 p.m.-1:00 p.m.

May is National Older Americans Month and May 19 is National Pizza Party Day, so we've decided to combine two of our favorite things and celebrate them together! Come and join us!

Must Register before Monday, May 15 (920) 322-3630
Space is Limited

Sponsored by: The Friends of the FDL Senior Center

HOW THE HECK DOES WI-FI WORK?

Wednesday, May 24
1:00 p.m.



Learn the basics of how wireless internet works, what wireless network is, and how a wireless network is created. You'll also learn the difference between home and public Wi-Fi, and get tips on how to get a better Wi-Fi connection.

Call to Register (920) 322-3630
Space is Limited

Sponsored by: **bugtussel**

RECREATIONAL SHEEPSHEAD

Wednesdays
12:30– 3:00 p.m.



JACK OF DIAMONDS - 5-10-15
Drop ins welcome!

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 - just drop in!

NICKEL



Tuesday, May 16 at 1:30 p.m.

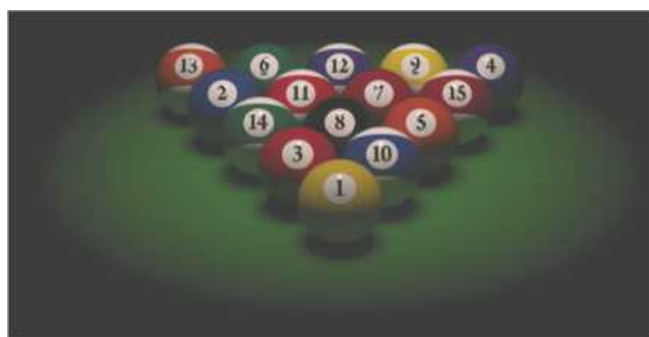
Gather up your nickels, it's time for some Bingo!

Drop ins welcome!



OPEN POOL

Drop in and shoot a game or two!



Monday through Friday 8:00 a.m.-3:00 p.m.

COIN CLUB

Tuesday, May 9
6:00 p.m.



2nd Tuesday of the Month

New Members Welcome!

STAMP CLUB

Wednesday, May 17
6:30 p.m.



3rd Wednesday of the Month

New Members Welcome!

BUNCO

Mondays
12:30– 3:00 p.m.



Come and shake it up with us!
New Players Welcome!
Drop ins welcome!

CANASTA

Wednesdays
12:00 – 3:00 p.m.



New Players Welcome!
Drop ins welcome!

CRIBBAGE

Tuesdays & Thursdays
1:00 – 3:00 p.m.



Come and join the Cribbage Crew!
New Players Welcome!
Drop ins welcome!

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!**

Don't Forget to pick up your 2023 Mah Jongg Rule Cards!

Drop ins welcome!

EUCHRE

Mondays
12:30 –2:30 p.m.



Come join us! **New Players Welcome!**
Drop ins welcome,!

GAME DAY

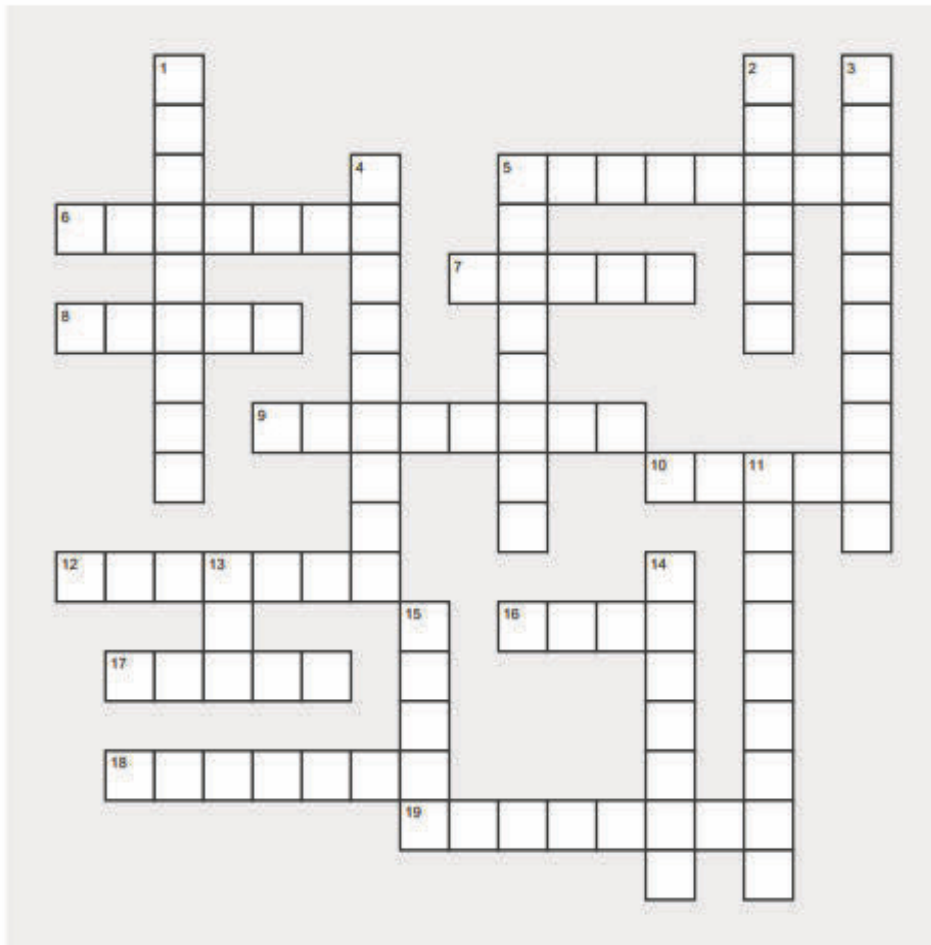
Fridays
12:00– 3:00 p.m.

Join us to play an old favorite or learn something new!

New Players Always Welcome!



Animals Crossword

**ACROSS**

- 5) Nut collector
- 6) Emu's cousin
- 7) Bullwinkle, for one
- 8) Centaur, in part
- 9) Aquarium favorite
- 10) Sea spouter
- 12) Barnyard bird
- 16) Fox's prey
- 17) Furry swimmer
- 18) Bird with flippers
- 19) Aussie hopper

DOWN

- 1) Monarch, e.g.
- 2) Slowpoke
- 3) Lizard's relative
- 4) Quick change artist?
- 5) Desert stinger
- 11) Everglades denizen
- 13) Alley ____
- 14) Spotted stalker
- 15) Odor emitter

TICKET TO PARADISE

Thursday, May 4 AND Wednesday, May 17

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!

To register call (920) 322-3630

Pre-registration will assure you a spot if the movie is sold out
Space is Limited

ALL QUIET ON THE WESTERN FRONT

Wednesday, May 10 AND Thursday, May 25

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

R · 2022 · War/Drama · 2h 23m



Starring: Daniel Bruhl, Felix Kammerer, Albrecht Schuch, Aaron Hilmer

Summary:

War breaks out in Germany in 1914. Paul Bäumer and his classmates quickly enlist in the army to serve their fatherland. No sooner are they drafted than the first images from the battlefield show them the reality of war.

Lawn Chairs Welcome!

To register call (920) 322-3630

Pre-registration will assure you a spot if the movie is sold out
Space is Limited

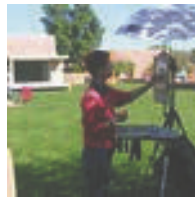
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Class is free and all materials are supplied.

SPACE IS LIMITED and only registered participants will be admitted

Call (920) 322-3630 to register for all four classes in this series.

Due to the popularity of these classes, people who register but do not show up will not be allowed to participate in future classes. If you are registered but unable to attend, please let us know so we can contact people on the waiting list. Thank you.

SEWING CLASS




Tuesdays– May 2, 9 & 16
12:00-3:00 p.m.

Cost \$15.00

Call for more information
(920) 322-3630

MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:00 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	2 8:00 Open Pool 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 Sewing 1:00 Cribbage 5:30 Cardio Drumming	3 8:00 Open Pool 10:00 Fondy Sunshine Strummers 10:00 Video Walk to Fitness 12:00 Canasta 12:00 Hand & Foot 12:30 Rec Sheephead 1:00 Family Tree Maker Group	4 8:00 Open Pool 8:30 Men's Golf 10:00 Balance & Stretch 10:00 Walking Group 12:00 Mah Jongg 12:30 Movie- Ticket to Paradise 1:00 Cribbage 1:00 Flying Geese Quilters 1:00 Living W/Loss Support Group 5:30 Beginning Line Dancing 6:30 Line Dancing 5:30 Parents of Angels 6:00 Pizza Ride	5 8:00 Open Pool 8:30 Strong! 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 6 Saturday 9:00 Beginning Line Dancing 10:00 Walking Group 7 Sunday
8 8:00 Open Pool 9:00 Memory Screenings 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	9 8:00 Open Pool 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 Sewing 1:00 Cribbage 2:00 Parkinson's Support Group 2:00 Parkinson Movement & Music 5:30 Cardio Drumming 6:00 Coin Club	10 8:00 Open Pool 10:00 Fondy Sunshine Strummers 10:00 Video Walk to Fitness 12:00 Canasta 12:00 Hand & Foot 12:30 Movie-All Quiet 12:30 Rec Sheephead 1:00 Genealogy 3:00 Art At Thelma- Plain Air Series	11 8:00 Open Pool 8:30 Men's Golf 10:00 Balance & Stretch 10:00 Book Club 10:00 Walking Group 12:00 Mah Jongg 1:00 Cribbage 1:00 Fun Container Gardening 5:30 Beginning Line Dancing 6:30 Line Dancing 5:30 Parents of Angels 6:00 Pizza Ride 6:00 Sunset Stitchers	12 8:00 Open Pool 8:30 Strong! 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 13 Saturday 9:00 Beginning Line Dancing 10:00 Walking Group 14 Sunday
15 8:00 Open Pool 9:00 Wood Carving 9:30 LPGA 10:00 Video Walk to Fitness 11:00 Intro to German 12:30 Bunco 12:30 Euchre 1:00 German	16 8:00 Open Pool 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	17 8:00 Open Pool 9:30 LPGA 10:00 Fondy Sunshine Strummers 10:00 Video Walk to Fitness 12:00 Canasta 12:00 Hand & Foot 12:30 Movie- Ticket to Paradise 12:30 Rec Sheephead	18 8:00 Open Pool 8:30 Men's Golf 10:00 Balance & Stretch 10:00 Walking Group 12:00 Mah Jongg 1:00 Cribbage 5:30 Beginning Line Dancing 6:00 Pizza Ride	19 8:00 Open Pool 8:30 Strong! 9:45 Beginning Yoga 10:00 Video Walk to Fitness 11:00 Chair Yoga 12:00 Game Day 12:00 Hand & Foot 12:00 Old Americans Pizza Party

1:00 Safe Banking For Seniors 5:30 Zumba Gold	12:00 Sewing 1:00 Cribbage 1:30 Nickel Bingo 5:30 Cardio Drumming North Star Casino Trip	1:00 Family Tree Maker Group 6:00 Slow Roll Bike Ride 6:30 Stamp Club	6:30 Line Dancing 1:00 Memory Writers	1:00 Memory Writers 20 Saturday 9:00 Beginning Line Dancing 10:00 Walking Group 21 Sunday
22 8:00 Open Pool 9:00 Wood Carving 9:30 LPGC 10:00 Video Walk to Fitness 11:00 Intro to German 12:30 Bunco 12:30 Euchre 1:00 German 1:30 Stock Box Pickup 5:30 Zumba Gold	23 8:00 Open Pool 8:30 No Strong! Today 9:45 No Intermediate Yoga Today 10:00 Balance & Stretch 10:00 Walking Group 11:00 No Cardio Drumming Today 12:00 Crafters Corner 12:00 Mah Jongg 1:00 Cribbage 2:00 Parkinson Movement & Music 5:30 No Cardio Drumming Today	24 8:00 Open Pool 9:30 LPGC 10:00 Bike Ride 10:00 Fondy Sunshine Strummers 10:00 Video Walk to Fitness 11:30 Blood Pressure Clinic 12:00 Canasta 12:00 Hand & Foot 12:30 Rec Sheephead 1:00 Genealogy 1:00 How Does WIFI Work?	25 8:00 Open Pool 8:30 Men's Golf 10:00 Balance & Stretch 10:00 Walking Group 12:00 Mah Jongg 12:30 Movie- All Quiet 1:00 Cribbage 5:30 Beginning Line Dancing 6:00 Pizza Ride 6:30 Line Dancing	26 8:00 Open Pool 8:30 Strong! 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 27 Saturday 9:00 Beginning Line Dancing 10:00 Walking Group 28 Sunday
29  Closed	30 8:00 Open Pool 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 1:00 Cribbage 5:30 Cardio Drumming	31 8:00 Open Pool 9:30 LPGC 10:00 Fondy Sunshine Strummers 10:00 Video Walk to Fitness 12:00 Canasta 12:00 Hand & Foot 12:30 Rec Sheephead 1:00 The Aging Eye		



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Mondays at 11:00 a.m.



GERMAN

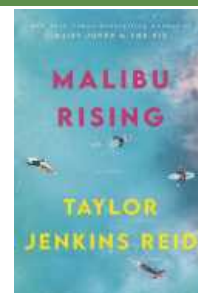
Mondays at 1:00 p.m.



This class is designed for people that have an understanding of the spoken German language. Call with any questions (920) 322-3630.

Thursday, May 11
10:00 a.m.

BOOK OF THE MONTH: *"Malibu Rising"*
By: Taylor Jenkins Reid



In *Malibu Rising*, four famous siblings throw an epic party each year. However, this time around, this one will end in a fire that will set Malibu aflame. In this family drama detailing the history of the Riva family and a 24-hour period that will change them all, Taylor Jenkin Reid brings us a story about family, love, heartbreak, surfing and one unforgettable party.

All books are due back by May 11

GENEALOGY GROUP

Wednesday, May 10 & 24 at 1:00 p.m.



2nd and 4th Wednesdays

New members always welcome!

Fridays at 1:00 p.m.



Join us to share and preserve life experiences and family history.

New Memories and Members Welcome.

FAMILY TREE MAKER USER GROUP

Wednesday, May 3 & 17 1:00 p.m.



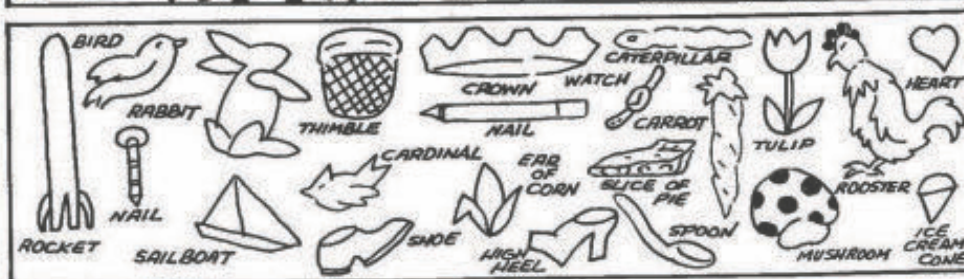
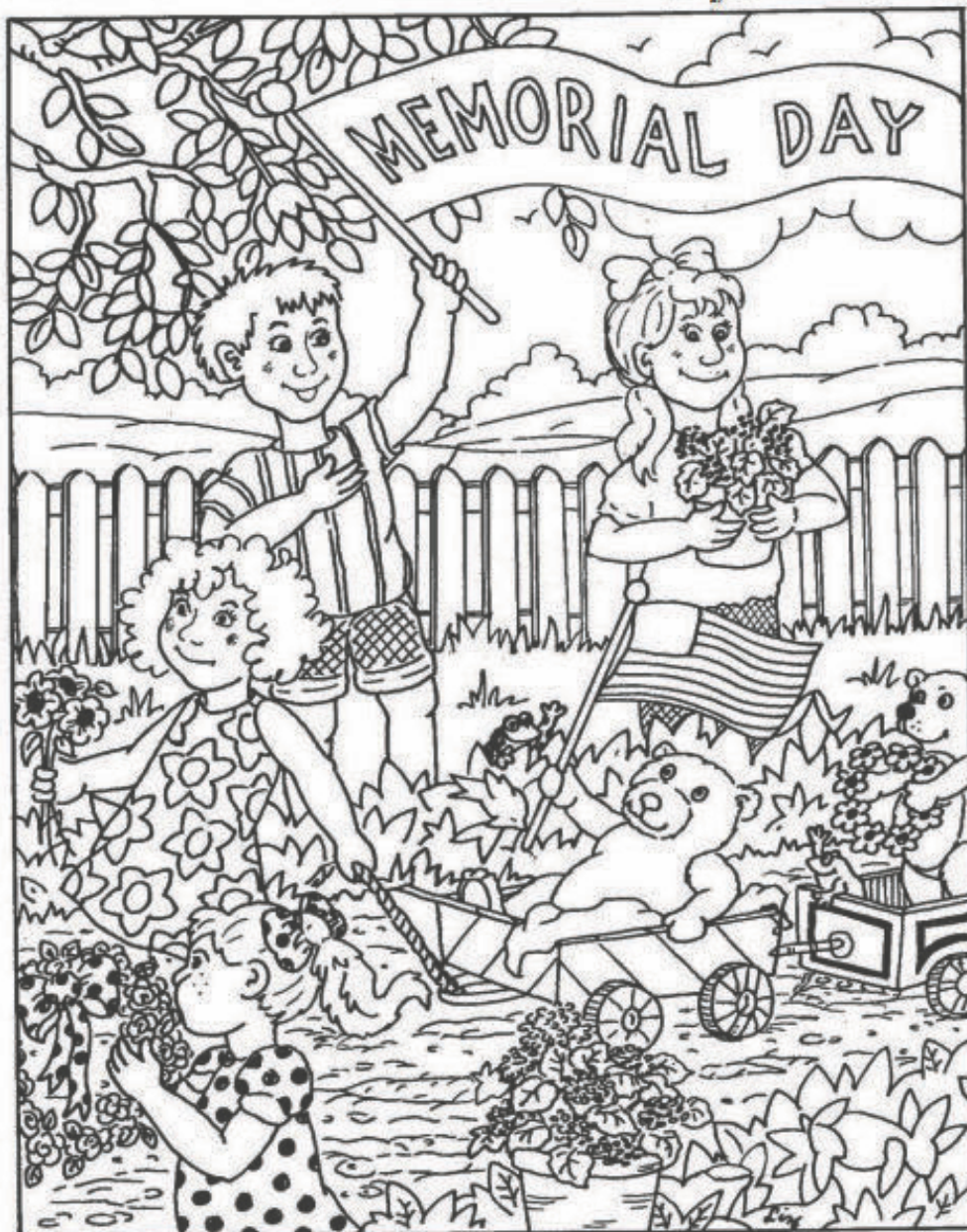
If you use Family Tree Maker Software and would like an opportunity to meet and share ideas with other users, this is the group for you!

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!

HIDDEN PICTURE PUZZLE

Hidden Picture Puzzle: Memorial Day



Free worksheet provided by www.elcivics.com. Copyright Liz Ball. To order Liz's hidden picture puzzle books, send \$5.95/book plus \$2.50 shipping to: Hidden Pictures, P.O. Box 63, Tipp City, OH 45371.

VIDEO WALK TO FITNESS

Monday, Wednesdays and Fridays at 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

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!



WALK TO WHERE???

SUMMER WALKING CHALLENGE

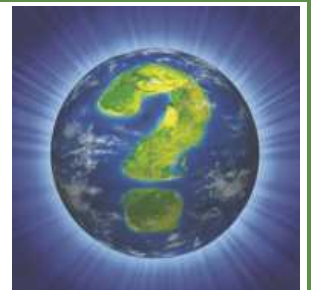
June-August

Get out your walking shoes and let's see where we can walk to this summer! This challenge is simple! To participate:

- ◆ Keep track of your steps for the month
- ◆ Call us at (920) 322-3630 to report your steps each month
- ◆ At the end of the challenge we will calculate where we walked to.

Each month you call in your steps you will be entered to win wellness basket!

Calendars are available at the Center to help you keep track of your steps.



COMING SOON

DOCK SPIDERS

Help support the Friends at our first annual
"Friends of the Fond du Lac Senior Center Night" at
Herr Baker Field



Thursday, June 29 at 6:35 p.m.

Tickets \$14

Tickets available now at the Center!

BRAT FRY TIME



Come out and grab a brat or burger, and support the
Friends!

FDL Festival Foods 10a.m. to 4p.m.

June 10 • July 22 • August 12



BRAT FRY VOLUNTEERS NEEDED

If you are interested in helping the Friends of the Fond du
Lac Senior Center out with brat fry's this summer give us a
call (920) 322-3630.

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
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Your Needs. Your Independence. Your Best Life.

Lakeland Care is your local
option for Family Care Program
services. Contact your local
Aging and Disability Resource
Center (ADRC) for more
information.

www.lakelandcareinc.com



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



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SENIOR CENTER BIKE RIDES

Wednesday, May 24 at 10:00 a.m.
Join us for a 10"ish" mile bike ride!



All levels welcome

Meet at the Fond du Lac Children's Museum

COMMUNITY BIKE RIDES

(Family friendly and at a conversational pace)

"SLOW ROLLS"

Wednesday, May 17 from 6-7 p.m.
Meet at the Deneveu Shelter on Harbor
View Drive at Lakeside Park.



"PIZZA RIDES"

Every Thursday at 5:30 May 4th - Sept. 28th
Meet at Fond du Lac Cyclery
Helmet & Signed Waiver Required
Free live music at Bob's on the Avenue afterwards.
Pizza, food & beverages available for purchase

MEN'S SENIOR CENTER GOLF LEAGUE

Thursdays beginning May 4
Whispering Springs Golf Course
Tee Time 8:30 a.m.

Please call us for more information!



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

LADIES PLAYFUL GOLF CLUB (LPGC)

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

Must Call to Register (920) 322-3630



The LPGC is not a league, but rather an informal
way to make new friends and socialize with
other ladies who enjoy a relaxing round of golf.

Partners are randomly chosen each time.

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

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

OUTDOOR EQUIPMENT



Have you noticed the brightly colored exercise equipment on the
south-east side of our Center?

These new dynamic fitness machines bring exercise outdoors
and make it more fun, more social, and more invigorating!

Be sure to try them out!

WATER AEROBICS AT TAYLOR PARK

Tuesdays, June 20- August 1
5:45-6:30 p.m.

Save the Dates! Two
new classes!



WATER YOGA AT TAYLOR PARK

Wednesdays, June 21-August 2
5:45-6:30 p.m.

Watch the June newsletter for more info!

Memorial Day

Word Search

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

AMERICAN
ANTHEM
CEMETERY
CEREMONY
COMMEMORATE
DECORATION
FALLEN
FLAGS
FLOWERS
FREEDOM
GRAVE



HALF MAST

HEROES

HOLIDAY

HONOR

MAY

MEMORIAL

OBSERVANCE

PATRIOTIC

REMEMBRANCE

SACRIFICE

SALUTE

SERVICE

SOLDIERS

TAPS

VETERANS

WAR

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.

We have puzzles to loan out!

BLOOD PRESSURE CLINIC

Wednesday, May 24 from 11:30-2:30 p.m.



May is Blood Pressure Awareness Month! Drop in and get your blood pressure checked!

Sponsored by:  EDENBROOK
FOND DU LAC

2023 DINE OUT BOOKS



Over 50 Coupons
to 40+ Local Businesses

Get yours today for only \$7.00!



NEUROBICS

Did you know that if you stop in with completed newsletter puzzles we give out tickets for a chance to win a Culver's gift card? Did you know that we have **additional** puzzles available at the Center to increase your chances of winning?

Don't forget that if you get stumped on a particular puzzle you can call us for hints or answers!

(920) 322-3630

(One ticket per puzzle)

		6	4				3	5
	1		2				6	9
		2		9			4	
5	2	3	9	8				
	8						5	
6				1	4			
					6			
9	5							
			8				4	

	8		1		2			3
6		5			4			
	2			7	3			
	7		8					6
	4			3	6			2
	1						7	
			5		7			8
		4		6	8			
		1		2			6	

CLASSES, SUPPORT GROUPS AND RESOURCES

FEELING THE PINCH?

Wednesday, May 10 & 24
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.



STOCK BOX PICKUP

Monday, May 22
1:30 p.m.



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.



MEMORY SCREENING

Monday, May 8
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, appointments can be scheduled by calling (920) 322-3630

DISPOSABLE DRUG BAGS AVAILABLE

Do you have unused medication that you would like to get rid of? If so, drop in and pick up a free disposable drug bag and dispose of in your own home. They are safe and very easy to use.



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 NAMI at 920.979.0512

GRATITUDE CLUB



The Gratitude Club is host to over 30 12-step meetings per week and sponsors numerous family-oriented activities.

Call the Gratitude Club at 920.921.0143

PARKINSONS SUPPORT



Tuesday, May 9
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.

PARKINSONS MOVEMENT & MUSIC



Tuesdays May 9 & 23
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.

LIVING WITH LOSS SUPPORT GROUP

Thursday, May 4
1:00 p.m.



Living With Loss Support Group meets the first Thursday of the month and is open for anyone who is grieving the loss of a loved one through death.



PARENTS OF ANGELS

1st Thursday - May 4
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!

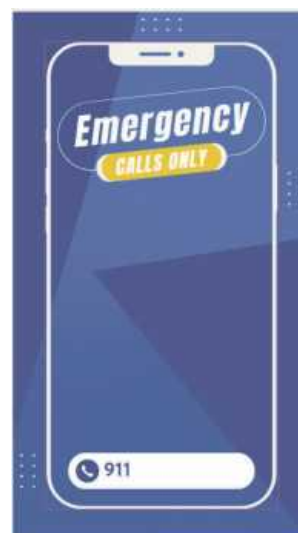
ALZHEIMER'S CAREGIVER SUPPORT GROUP



Thursday, May 25
6:30 p.m.

This support group is a safe place to learn, offer and receive helpful tips and meet others coping with Alzheimer's disease or another form of dementia.

FREE 911 CELL PHONES



Do you want to carry a phone in case of emergencies but don't want to incur the monthly cost of a cellular plan? These 911 only cell phones can give you peace of mind. They only call 911 and are free of charge.

Stop in to pick one up.

NEVER MISS OUR NEWSLETTER!

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Have our
newsletter
emailed
to you.



VISIT WWW.MYCOMMUNITYONLINE.COM

May Word Scramble

Unscramble the letters to solve the puzzle!

1. CCINO DE YAOM _____
2. SENST _____
3. GNPLNTIA _____
4. RAFILNAL _____
5. OENEHBEY _____
6. SIPGNR _____
7. IEVEHBE _____
8. OTNPEILAL _____
9. THEMRSO ADY _____
10. UIPLT _____
11. OMIMERSE _____
12. EAMRIMLO _____
13. IMNUDBGMIHR _____
14. ETZIFLIRER _____
15. MLOSOSBS _____
16. IDOLFFDA _____
17. LFOARL _____
18. ENWTEGIT _____
19. BALEABSL _____

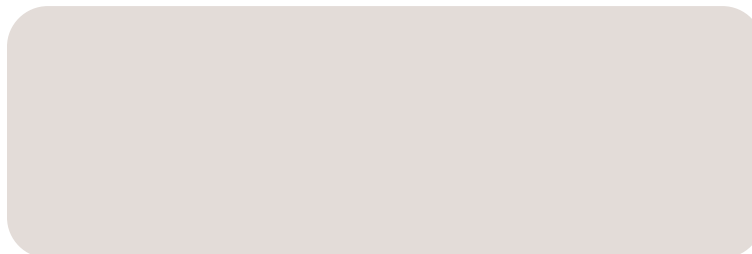


Fond du Lac Senior Center

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Fond du Lac, WI 54935

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FOND DU LAC SENIOR CENTER 920-322-3630

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cloomans@fdl.wi.gov

**PROGRAM/OUTREACH
COORDINATOR**
Sarah Docter
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
Office Open Monday-Friday
8:00 am– 3:00 pm

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

Visit us online at
www.fdlseiorcenter.com

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.

VISION

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

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Fond du Lac Senior Center
is a member of **WASC**
**Wisconsin
Association of
Senior
Centers**



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