

FOND DU LAC SENIOR CENTER

AMONG FRIENDS

NEWSLETTER

JUNE 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.

Have you ever noticed that at some times in life, patterns of conversations seem to organically happen? What I mean is when, over the course of several days or weeks, the same topics keep coming up but with different people in different places. I've had that happen recently and the topic that kept coming up was being "tired". This "tired" was not the kind of tired that you feel if you work out in the yard all day, or if you didn't sleep well the night before, but the kind of tired where your soul and spirit need rejuvenation.

When I noticed the pattern of conversations, I googled "types of tiredness" and discovered several resources that talk about different types of being tired. There is the "physical tired", which I think we all have experienced and understand. There is the "mental tired" - which is the kind of tired we experience when we are using a lot of our brain's resources - either dealing with making difficult decisions or when we are under a lot of stress. "Pain fatigue" came up in several resources as well. Pain is exhausting, especially chronic pain.

The other types of fatigue are what I was more interested in. Social fatigue, emotional fatigue, and "soul exhaustion" were the way they were listed in several resources. Social fatigue (sometimes called situational tiredness) happens when your brain is processing different environments, different social interactions, and other social connections. It can occur if you are dealing with someone that requires a lot of your energy or emotion, and it can manifest itself as a "heavy tired feeling". I have also heard of this as "being on", and many people who work in customer service experience this as they try and provide high quality customer service to many people over a several hour shift.

Emotional fatigue is common in people who are empathetic and/or compassionate. Processing our own emotions takes up our energy, and if we are providing our energy and emotions to others, or taking on their emotions, we can create a feeling of emotional fatigue. Think of it as pouring from an empty pot. Emotional fatigue can also be caused by not processing our feelings or trying to hold them in.

"Soul exhaustion" - what a powerful saying - is the combination of the other types of fatigue. If we get to the point of soul exhaustion, we really need to take stock of how thin we are spreading ourselves.

Healthy relationships, setting boundaries, taking time to do things we enjoy, and making our own health a priority are important steps to addressing fatigue. "Self care" isn't just an industry buzz word. It's an important tool to help with our overall health. And it's not just massages and manicures that encompass "self care". Next month I'll share a wide variety of things that can help us take care of ourselves. Until then, I hope you find something to join us for this month. There's a lot going on - take time to do something for YOU!

Hope to see you soon!

Cathy

DOCK SPIDERS GAME

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.



Humana helps take the mystery out of Medicare Advantage



A more human way to healthcare™



Call a licensed Humana sales agent

Sandra (Sandi) Stahl
262-234-2822 (TTY: 711)

Monday – Friday, 8 a.m. – 5 p.m.
sstahl@humana.com

Y0040_GHHJ4H8EN_23_StripAd_C

Moments by
Eloise
The Gift Shop at LHHS

Lovely seasonal décor,
name brand purses, jewelry,
prints, lamps, specialty chocolates
and much more.

ALL SALES BENEFIT
LUTHERAN HOME RESIDENTS.

Gift Shop Hours:
MONDAY-FRIDAY: 10-3pm

244 N. Macy Street
Fond du Lac, WI 54935

Zacherl
FUNERAL HOME, INC.

Our family serving your family
since 1857

875 E. Division St. • Fond du Lac
920.922.6860

www.zacherlfuneralhome.com

SUPPORT OUR
ADVERTISERS!

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



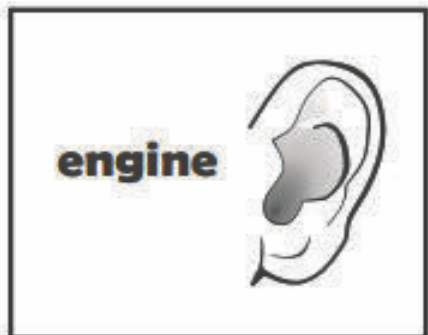
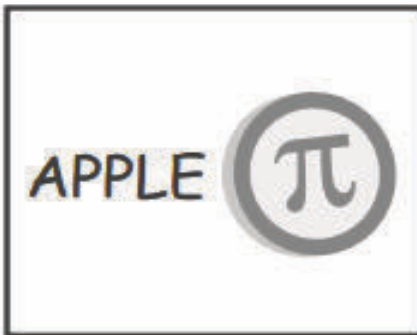
lpicomunities.com/adcreator



REBUS

Rebus puzzles 4

Can you guess the words and expressions?



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.

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, June 1
1:00 p.m.



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

SUNSET STITCHERS QUILT GUILD

Thursday, June 8
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.

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.

The 5:30 class will pause from June 13 - August 1 to accommodate our Water Aerobics Class. The 5:30 class will resume on August 8th. No changes to the 11:00 a.m. 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.



My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

Visit us today:
mychoicewi.org/LPI
1-800-963-0035

For more information on your long-term care options, contact your local ADRC.

DHS Approved 4/22/2021

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Alex Nicholas

anicholas@lpicommunities.com

(800) 950-9952 x2538

SUPPORT OUR ADVERTISERS!

ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?

To advertise here visit lpicommunities.com/adcreator

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



ADT Authorized Provider

SafeStreets

833-287-3502



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 • juliehillbert@mtins.net

Visit our website at: www.mtins.net | 201 Wisconsin American Drive • Fond du Lac, WI 54937



CONNIE'S CAREGIVING

SERVICES OFFERED:

- Rides To/From Appointment
- Shopping
- Light Cleaning
- Light Meal Prep

CONNIE STEINKE
 (920) 602-1659
clsteinke19@gmail.com

Comfort Keepers
Elevating the Human Spirit

A daily dose of joy

For over 35 years, our clients have entrusted us to help them live safe, happy, and independent lives in the comfort of their own homes. Interactive Caregiving™ is how our Comfort Keepers deliver high-quality care by keeping our clients mentally and physically engaged while focusing on their needs.

(920) 922-1779
 ComfortKeepers.com
 Serving the Fond du Lac area

St. Charles Cemetery

A Peaceful Country Place on the Ledge

W4287 Golf Course Drive
 Fond du Lac, WI 54937

921-4381 or 921-0580

Twohig Funeral Home

www.twohigfunerals.com

305 Fond du Lac Ave
 Fond du Lac
 920-921-0960

109 W. Main St.
 Campbellsport
 920-533-4422

Cost conscience funeral services from full services to cremation



LET'S TALK ABOUT BALANCE

Thursday, June 8 at 12:30 p.m.



Are you worried about your balance or about falling? If the answer is yes, then you won't want to miss this presentation!

Alex from Back In Action will discuss balance and how to stay safe in your own home. After the discussion free balance screenings will be provided for anyone interested.

To register call (920) 322-3630

Space is Limited

Preregistration will assure you a spot if we reach capacity

Sponsored by:



DAIRY MONTH CELEBRATION

Tuesday, June 20

1:00-2:00 p.m.



Look who's back! Just in time for the Dairy Month Celebration! Come and have a laugh with us, and get a dairy delicious treat too!

Must Register Before Tuesday, June 13 (920) 322-3630

Sponsored by The Friends of the FDL Senior Center

JAVA WITH JOHN

Wednesday, June 28

10-11a.m.



John will be here from Kurki Funeral Home with hot coffee, and ready to answer your questions about funeral pre-planning. Drop in, have a cup of java, and get your questions answered.

Sponsored by:



FUN WITH PHOTOS

Wednesday, June 28

1:00 p.m.



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

To register call (920) 322-3630

Space is Limited

Preregistration will assure you a spot if we reach capacity

Sponsored by:



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



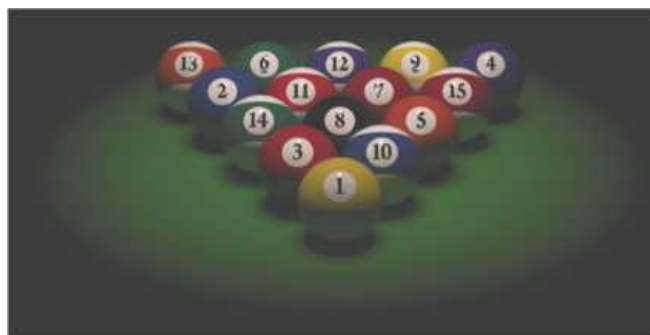
Tuesday, June 6 at 1:30 p.m.

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 COLLECTORS

Tuesday, June 13
6:00 p.m.



2nd Tuesday of the Month

New Members Welcome!

STAMP COLLECTORS

Wednesday, June 21
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!

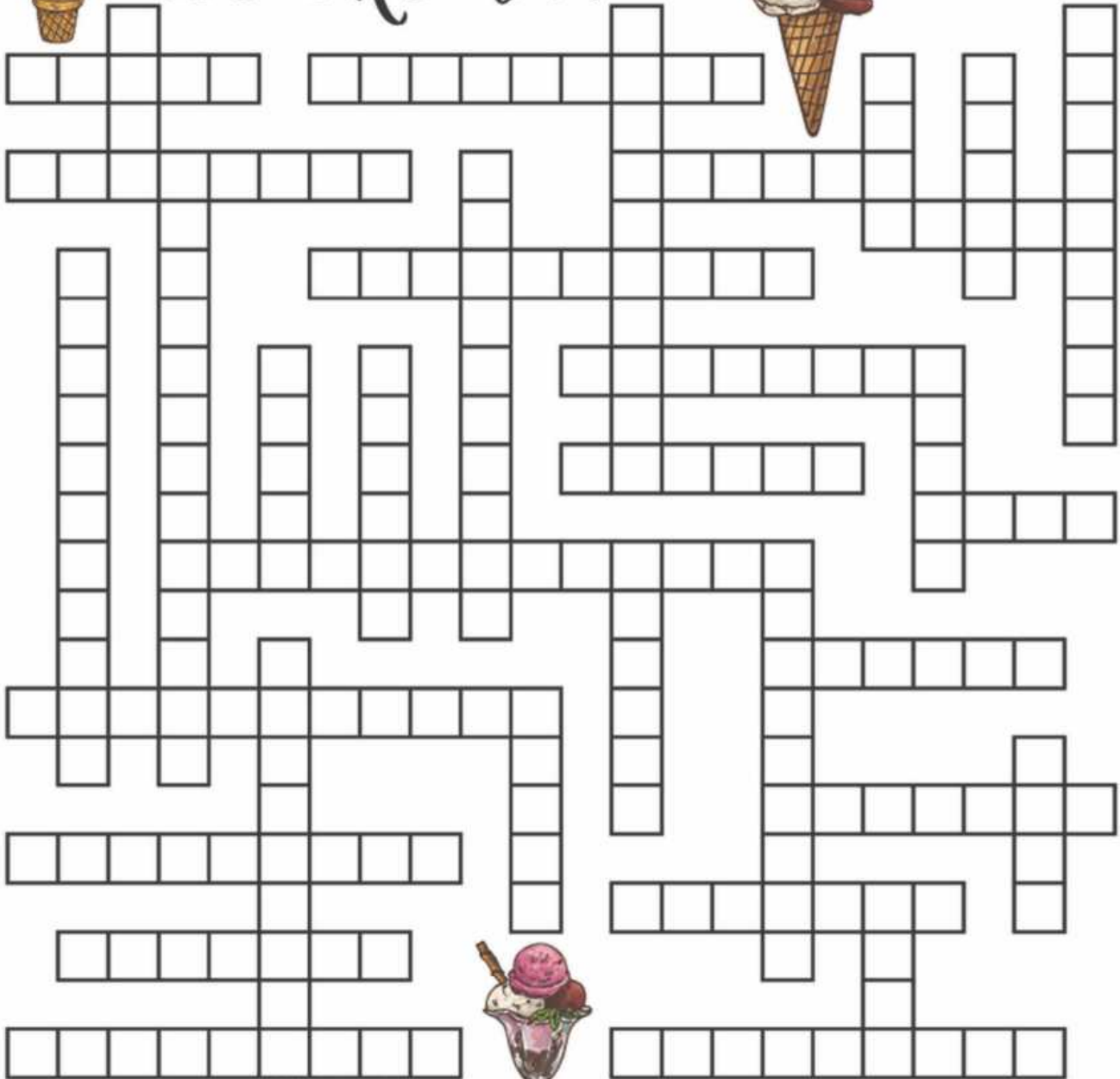
New Players Always Welcome!



CROSSWORD



ICE CREAM



© 2021 Tree Valley Academy



4 letter words

- cone
- lick
- melt
- Mint
- Oreo

5 letter words

- fudge
- Mango
- scoop
- spoon
- Tiger
- treat

6 letter words

- carton
- creamy
- frozen
- gelato
- sundae

7 letter words

- caramel
- flavors
- Vanilla



9 letter words

- Bubble Gum
- Chocolate
- Pistachio
- Rocky Road
- sprinkles
- sugar cone
- wafer cone

8 letter words

- ice cream
- toppings
- Neapolitan
- Strawberry
- waffle cone

11 letter words

- banana split
- Butter Pecan

10 letter words

- Chocolate Chip
- Cookies N Cream

13 letter words

- Chocolate Chip
- Cookies N Cream

THE WHALE



Wednesday, June 7 AND Thursday, June 22

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

R · 2022 · Drama/Narrative · 1h 57m

Starring: Brendan Fraser, Sadie Sink, Hong Chau, Ty Simpkins

Summary: In a town in Idaho, Charlie, a reclusive and unhealthy English teacher, hides out in his flat and eats his way to death. He is desperate to reconnect with his teenage daughter for a last chance at redemption.

Lawn Chairs Welcome!
To register call (920) 322-3630
Space is Limited

Preregistration will assure you a spot if we reach capacity

80 FOR BRADY



Wednesday, June 14 AND Thursday, June 29

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

PG-13 · 2023 · Comedy/Drama · 1h 38m

Starring: Jane Fonda, Rita Moreno, Sally Field, Lily Tomlin, Tom Brady, Harry Hamlin

Summary: Four best friends live life to the fullest when they embark on a wild trip to see their hero, Tom Brady, play in the 2017 Super Bowl.

Lawn Chairs Welcome!
To register call (920) 322-3630
Space is Limited

Preregistration will assure you a spot if we reach capacity

CREATE

THELMA COMMUNITY ARTS OUTREACH PLEIN AIR DRAWING SERIES

Registration Closed
Class Full



Discover the fun and fantastic world of Plein Air in this intro course to drawing! In this series we will explore the multiple techniques of perspective, scale, and texture. In some later classes we will travel outside for some sunshine too! No experience needed. All skill levels welcome!

Class is free and all materials are supplied.

SPACE IS LIMITED and only registered participants will be admitted
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.

COLOR ME CALM

Wednesday, June 21
12:00-2:00 p.m.



Coloring is just for kids! Says who?! Studies show that coloring may help ease anxiety and depression, relieve stress, improve focus and motor skills, and promote mindfulness. Drop in and spend the afternoon coloring and socializing with us!

All materials are supplied.

JUNE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>5</p> <p>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 5:30 Zumba Gold</p>	<p>6</p> <p>8:00 Open Pool 8:30 Strong! 9:00 Walking Group 9:45 Intermediate Yoga 10:00 Balance & Stretch 11:00 Cardio Drumming 12:00 Crafters Corner 1:00 Mah Jongg 1:30 Bingo 5:30 Cardio Drumming 6:00 Coin Club</p> <p style="text-align: center;">Island Casino Trip</p>	<p>7</p> <p>8:00 Open Pool 9:30 LPGC 10:00 Fondy Sunshine Strummers 10:00 Video Walk to Fitness 12:00 Canasta 12:00 Feeding America 12:30 Movie-The Whale 12:00 Hand & Foot 12:30 Rec Sheepshead 1:00 Family Tree Maker Group</p>	<p>8</p> <p>8:00 Open Pool 8:30 Men's Golf 9:00 Walking Group 10:00 Balance & Stretch 10:00 Book Club 12:00 Mah Jongg 12:30 Let's Talk About Balance 1:00 Cribbage 5:30 Beginning Line Dancing 6:30 Line Dancing 5:30 Parents of Angels 6:00 Pizza Ride 6:00 Sunset Stitches</p>	<p>9</p> <p>8:00 Open Pool 8:30 No Strong! Today 9:45 No Beginning Yoga 10:00 Video Walk to Fitness 11:00 No Chair Yoga 12:00 Game Day 12:00 Hand & Foot</p> <p>10 Saturday 9:00 Beginning Line Dancing 9:00 Walking Group 10:00 Friends Brat Fry</p> <p>11 Sunday</p>
<p>12</p> <p>8:00 Open Pool 9:00 Memory Screenings 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 5:30 German</p>	<p>13</p> <p>8:00 Open Pool 8:30 Strong! 9:00 Walking Group 9:45 Intermediate Yoga 10:00 Balance & Stretch 11:00 Cardio Drumming 12:00 Crafters Corner 12:00 Mah Jongg 1:00 Cribbage</p>	<p>14</p> <p>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 Movie- 80 For Brady 12:30 Rec Sheepshead 1:00 Genealogy</p>	<p>15</p> <p>8:00 Open Pool 8:30 Men's Golf 9:00 Walking Group 10:00 Balance & Stretch 12:00 Mah Jongg 12:30 How To Mah Jongg 1:00 Cribbage 5:30 Beginning Line Dancing 6:00 Pizza Ride</p>	<p>16</p> <p>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</p> <p>17 Saturday</p>

5:30 Zumba Gold	1:00 Parkinson's Support Group 2:00 Parkinson Movement & Music 5:30 Cardio Drumming	3:00 Art At Inelma - Plein Air Series 6:30 Stamp Club	9:00 Beginning Line Dancing 9:00 Walking Group <u>18 Sunday</u>
19 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 5:30 Zumba Gold	20 8:00 Open Pool 8:30 Strong! 9:00 Walking Group 9:45 Intermediate Yoga 10:00 Balance & Stretch 11:00 Cardio Drumming 12:00 Crafters Corner 12:00 Mah Jongg 1:00 Cribbage 1:00 Dairy Month Celebration 5:30 No Cardio Drumming 5:45 Water Aerobics at Taylor Park	21 8:00 Double Tickets 8:00 Open Pool 9:30 LPGC 10:00 Fondy Sunshine Strummers 10:00 Video Walk to Fitness 12:00 Canasta 12:00 Color Me Calm 12:00 Feeding America 12:00 Hand & Foot 12:30 Rec Sheepshead 1:00 Family Tree Maker Group 5:45 Water Yoga at Taylor Park 6:00 Slow Roll Bike Ride	22 8:00 Open Pool 8:30 Men's Golf 9:00 Walking Group 10:00 Balance & Stretch 12:00 Mah Jongg 12:30 Movie- The Whale 1:00 Cribbage 5:30 Beginning Line Dancing 6:00 Pizza Ride 6:30 Alzheimer's Support Group 6:30 Line Dancing
26 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	27 8:00 Open Pool 8:30 Strong! 9:00 Walking Group 9:45 Intermediate Yoga 10:00 Balance & Stretch 11:00 Cardio Drumming 12:00 Crafters Corner 12:00 Mah Jongg 1:00 Cribbage 1:00 Parkinson Movement & Music 5:30 No Cardio Drumming 5:45 Water Aerobics at Taylor Park	28 8:00 Open Pool 9:30 LPGC 10:00 Center Bike Ride 10:00 Java W/John 10:00 Fondy Sunshine Strummers 10:00 Video Walk to Fitness 12:00 Canasta 12:00 Hand & Foot 12:30 Rec Sheepshead 1:00 Fun W/Photos 1:00 Genealogy 5:45 Water Yoga at Taylor Park	29 8:00 Open Pool 8:30 Men's Golf 9:00 Walking Group 10:00 Balance & Stretch 12:00 Mah Jongg 12:30 Movie- 80 For Brady 1:00 Cribbage 5:30 Beginning Line Dancing 6:00 Pizza Ride 6:30 Line Dancing 6:35 Dock Spiders Game
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 <u>24 Saturday</u> 9:00 Beginning Line Dancing 9:00 Walking Group <u>25 Sunday</u>	23 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 <u>24 Saturday</u> 9:00 Beginning Line Dancing 9:00 Walking Group <u>25 Sunday</u>	30 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 <u>24 Saturday</u> 9:00 Beginning Line Dancing 9:00 Walking Group <u>25 Sunday</u>	



ADVERTISE HERE
to reach your community



Call 800-950-9952



CONNECTIONS

YOUR VISION. YOUR PATH. YOUR PARTNER.

IRIS Consultant Agency (ICA)



To learn more about your long-term care options, please contact your Aging and Disability Resource Center: <https://www.dhs.wisconsin.gov/adrc/index.htm>

We support you to live your best life at home, in your community and at work.

Call toll-free: 844-520-1712

Email: connections@lsswis.org



FREE
AD DESIGN
with purchase
of this space

CALL 800-950-9952

THRIVE
LOCALLY

the Meadows
of Fond du Lac

ASSISTED LIVING
LIKE YOU'VE NEVER
SEEN IT BEFORE

goodlife
ASSISTED LIVING

For more information, contact:
Diann Roberts, Program Director
(920) 933-8090 | www.themeadowsfdl.com

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Alex Nicholas

anicholas@lpicommunities.com

(800) 950-9952 x2538

NOW LEASING

~ 62 & Better ~

- ✓ 1 Bedrooms
- ✓ Rent based on income
- ✓ Utilities Included*
- ✓ Small pets welcome*
*(*some restrictions apply)*

Mabess Manor Apts.

(920) 533-6090

Campbellsport, WI



Integrity (in teg'raté) n. the quality of being of sound moral principle, honesty, sincerity.

www.jhcontrols.com
PERFORMANCE • INTEGRITY



Harbor Haven
Health & Rehabilitation

- Short-term Rehab Services • Medicare Certified
- Alzheimer's Care • Hospice Care
- Long-term Skilled Nursing Care

459 E. 1st Street, Fond du Lac • 920-906-4785

Serving the Community for Nearly 40 Years!



For ad info. call 1-800-950-9952 • www.lpicommunities.com

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

C 4C 01-1122

INTRO TO GERMAN

Mondays at 11:00 a.m.



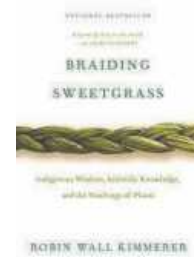
Are you interested in learning German but maybe feel too intimidated to come to the existing German Class? If so, this class is for you! In this class you will be introduced to and taught how to speak basic German.

BOOK CLUB

Thursday, June 8
10:00 a.m.

BOOK OF THE MONTH: *"Braiding Sweetgrass"*

By: Robin Wall Kimmerer



Drawing on her life as an indigenous scientist, and as a woman, Kimmerer shows how other living beings--asters and goldenrod, strawberries and squash, salamanders, algae, and sweetgrass--offer us gifts and lessons, even if we've forgotten how to hear their voices.

All books are due back by June 8

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.

GENEALOGY GROUP

Wednesday, June 14 & 28 at 1:00 p.m.



2nd and 4th Wednesdays

New members always welcome!

MEMORY WRITERS

Off for the summer, returning September 8



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

New Memories and Members Welcome.

FAMILY TREE MAKER USER GROUP

Wednesday June 7 & 21 1:00 p.m.

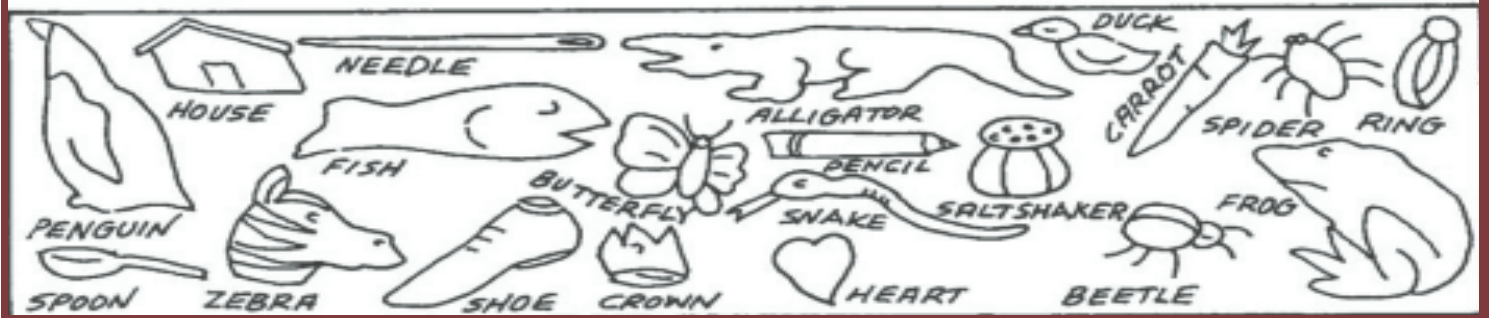


If you use Family Tree Maker Software and would like an opportunity to meet and share ideas with other users, this is the group for you!

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



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 9:00 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.

CHECK THIS OUT

HOW TO MAH JONGG

Thursday, June 15 at at 12:30



Dots & Bams & Cracks, Oh My!
Have you ever wanted to come and play Mah Jongg but haven't because you don't know how? Join us for this informational Mah Jongg presentation that will have you Mah Jongging in no time!

Call to Register (920) 322-3630

FONDY FLICKS ON THE FIELD

A ballpark movie series at Herr Baker Field in partnership with the City of Fond du Lac , Fond du Lac School District and the Fond du Lac Dock Spiders



Friday, June 23 , Friday, July 14 , & Friday, August 3
at dusk

Movie titles to be announced - please call for details (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 for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

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



"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



For ad info. call 1-800-950-9952 • www.lpicommunities.com

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

D 4C 01-1122

SENIOR CENTER BIKE RIDES

Wednesday, June 28 at 10:00 a.m.
Join us for a bike ride!



All levels welcome!

Meet in the Wild Goose parking lot off of Rolling Meadows Drive, across from Wells .

COMMUNITY BIKE RIDES

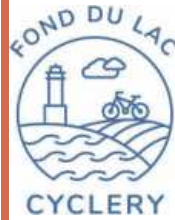
(Family friendly and at a conversational pace)

“SLOW ROLLS”

Wednesday, June 21 from 6-7 p.m.
Call us or check the Fondy Slow Roll Facebook page for details.



“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



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

May 15-August 30
Mondays and/or Wednesdays
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.

ADULT LAP SWIM/WATER WALKING



10:00-11:50 a.m. Daily
4:45—5:45 p.m. Daily

Taylor Park Pool

\$3.50/session—payable at pool

WATER AEROBICS AT TAYLOR PARK

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



\$2.00/class payable at the door

WATER YOGA AT TAYLOR PARK

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

Dairy

J C R E A M C H E E S E H G Y T B P L M 2 E O W
 D B A E S S 2 W I A B M M J S N Z B Z Z 2 D E O
 Z A D N A J P G L Y J I C I U D I E W K S D L P
 J 2 U C Y E D L H O K O T P A 2 G U G J G Y O E
 A H O Z L D E E O S T P S S D I P O K D 2 N H W
 H W G D K R A W M T E O 2 W A 2 N C B R G B W W
 2 H W M A H I H A G C W H N N A A S I G Z O U H
 N K Z Z H H I G E U E W W 2 W J O G A R A W O B
 R Y Z W T C E K R T B G R M Y W U W E L W T C O
 A O Y U M C H 2 C J 2 L N B R D B G N C R Y L P
 M T U P H O Z G D H C J L R R I A A L U Z L P W
 M D H E O G E C E T A O S I T H I 2 G D D B D K
 G A E T Y T M W P G C Y E K O C R U J E J Z J N
 R S E E H H K M P H M O S S E Y O S B P L H B 2
 E Z Z R B G R C I L U Y S C H Y R K R P N O B T
 E 2 2 I C U M 2 H D B G R B D G U T J T E B L 2
 K G U P I R T O W G N E S N Y J D U M G G N J 2
 Y S R K E P U T Y Y A J E S H H S N E C E O N T
 O W H G L S R O E M W T E C H E D D A R T B A Z
 U S K R A E D Z S R E C H O C O L A T E M I L K
 G U Y S Z W E W L E K Y E U G K O M C U W T M E
 U W U W A M C L W W C 2 2 P A R M E S A N I G K
 R M B R G U C S D K R P Y U O Z G U P Z L W P B
 T Z 2 L M P M W J K D I K W K D 2 D P K C B I 2

Ice Cream
 Skim
 Butter
 Greek Yougurt
 Cream Cheese
 Cheddar

Whipped Cream
 Whole
 Chocolate Milk
 Cottage Cheese
 Colby Jack
 Parmesan

Sweetend Yougurt
 2%
 Milk
 Sour Cream
 Mozzarella
 Gouda

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!



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)

DOUBLE TICKET DAY

Wednesday, June 21 8:00 a.m.-2:30 p.m.



Did someone say DOUBLE TICKETS?! Yes, we did! To celebrate the first day of summer we will be giving away double tickets for every puzzle that you turn in.

		4	1	6		8	5	
	1		5	8				
	8			2	4		7	
							9	
	5			4		2	1	6
4					1			
		8		1	9		7	4
				6	2	9	5	

2023 DINE OUT BOOKS



Over 50 Coupons to 40+ Local Businesses

Get yours today for only \$7.00!

			4					
	2	6		5	7		3	
9		5			6	7		8
				6				2
	9		3		4		7	
	8	2		7				
		7					8	
5								
8	3		5			4		

CLASSES, SUPPORT GROUPS AND RESOURCES

FEELING THE PINCH?

Wednesday, June 7 & 21
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, June 26
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, June 12
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.



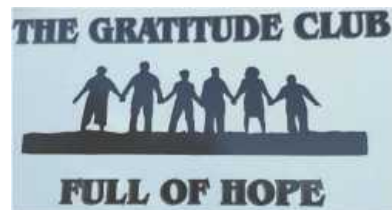
NAMI FOND DU LAC



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, June 13
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 June 13 & 27
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, June 1
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 - June 1
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, June 22
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!

SUBSCRIBE

Have our
newsletter
emailed
to you.



VISIT WWW.MYCOMMUNITYONLINE.COM



Summer Word Scramble

NEOSSA

□ □ □ ○ □ □

MUHDI

□ ○ □ □ □

IGKIHN

□ □ □ □ ○ □

NADLAS

□ □ □ ○ □ □

AONEC

□ □ □ ○ □

SCISTEN

□ □ □ ○ □ □ □

EBSE

□ □ □ □

ISUDOTE

□ □ □ ○ □ □ □

CICPNI

□ □ □ □ □ ○

TPHA

□ □ □ ○

TEAGCTO

□ ○ □ □ □ □ □

RESRWIKFO

□ □ □ □ □ ○ □ □ □

ARLIT

□ □ □ □ ○



Where do you learn to make ice cream?

○ ○ ○ ○ ○ ○

○ ○ ○ ○ ○ ○



Fond du Lac Senior Center

151 E. First Street
Fond du Lac, WI 54935

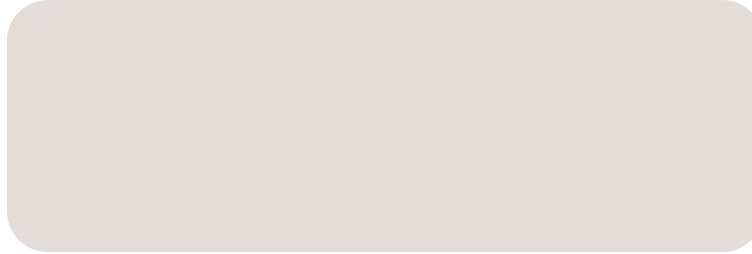


Join us at
the
ballpark!

Details
inside.

NON PROFIT ORG
U.S. POSTAGE
PAID
FOND DU LAC, WIS
PERMIT NO. 129

OR CURRENT RESIDENT



FOND DU LAC SENIOR CENTER 920-322-3630

DIRECTOR
Cathy Loomans
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**



@FondduLacSeniorCenter

Fond du Lac Senior Center
is a member of **WASC**

**Wisconsin
Association of
Senior
Centers**



FRIENDS BOARD OF DIRECTORS

- Kevin Dickie*
- Cindy Laubenstein*
- Debbie Osborn*
- Kirsten Quam*
- Terri Resop*
- Laurie Schlosser*
- Everett Werth*
- Cathy Loomans, Center Director*

The Fond du Lac Senior Center assumes no responsibility for advertising content, mistakes or omissions. Programs and events are subject to change or cancellation without notice. No partial sessions or refunds on classes.