

FOND DU LAC SENIOR CENTER

AMONG FRIENDS

NEWSLETTER

JULY 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.

Last month I wrote about being “tired” and promised that I would share things that we can do when our mind, body and soul are tired. “Self care” means taking an active role in preserving our health, happiness, and well-being, especially during times of stress; but just like the concepts of eating healthy and getting daily exercise, we probably already know how to take care of ourselves. The bigger question is, why don't we do it? Psychology Today lists five things that cause people to not take care of themselves:

- ◆ It is selfish to care for myself
- ◆ Strong people sacrifice their needs to meet the needs of others
- ◆ I don't deserve self-care because I have not earned it
- ◆ I don't have time to focus on myself
- ◆ I am controlled by my circumstances

If we are being completely honest with ourselves, how many of these ring true? Why do so many people struggle with taking a little time each day to focus on themselves? Self care doesn't have to mean getting a massage or a manicure. It doesn't have to cost a penny. There are many things we can do to help calm our mind and refresh our spirit.

- ◆ Clear some clutter. Organize a closet or the garage. Research shows a link between cluttered environments and stress - is your environment calming or stressful?
- ◆ If you have a “to do” list, try and accomplish one thing each day. Your “to do” list could be causing stress and anxiety each time you think of it.
- ◆ Plan out your meals for the week so you don't have to think about it every day
- ◆ Sit outside and be mindful. Listen to the birds and notice the smells around you. If the weather is bad, listen to the rain on the roof or the wind in the leaves. Being present in the moment is good for our soul, and the more we do it, the more it helps us decrease stress in our day-to-day interactions.
- ◆ Take a nap. It doesn't have to be a long one - research suggests that 20 minutes is a good length. Babies, toddlers and children are expected to nap and we as adults see that it is beneficial for them. At what point does this change? Napping can help improve alertness, mood and performance, can reduce fatigue and encourages relaxation.
- ◆ Carry a water bottle and drink and refill it frequently throughout the day.
- ◆ Focus on your breathing - inhale through the nose for 4 seconds. Hold your breath for 7 seconds, and exhale through the mouth for 8 seconds. Repeat up to four times. If 4-7-8 is too difficult to begin with, start with 2-3.5-4 and work your way up.
- ◆ Before you go to sleep, write down something good that happened that day. It's so easy to focus on the negative things so it's important to be mindful of all the good in our lives.
- ◆ Find an “accountability partner” - a person that will help you make the commitment to yourself.

Make this the month you commit to taking care of YOU! I hope to see you soon.

Cathy

FRIENDS OF THE FOND DU LAC SENIOR CENTER 2023 RAFFLE FUNDRAISER GRAND PRIZE \$500 CASH

Plus many more great prizes including gift baskets, event tickets, gift certificates and more!!



All proceeds support programs and activities at the Fond du Lac Senior Center

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Drawing held on August 15th, 2023
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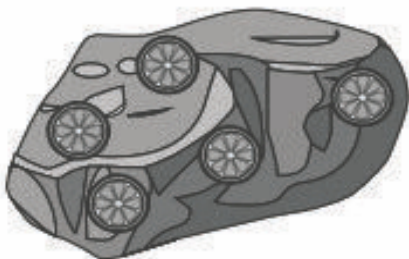
1-
2-
3 - call
4 - call



CCCCCC
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a w a k e



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, July 6
1:00 p.m.



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

SUNSET STITCHERS QUILT GUILD

Thursday, July 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.

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.

ZUMBA GOLD

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.



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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.

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INTERGENERATIONAL JUNK FOOD

BINGO

Tuesday, July 18 at 1:30 p.m.



Bring your kids, grandkids, great-grandkids, or a special little person in your life, and spend the afternoon socializing, playing Bingo, and winning junk food. YUM!

To register call (920) 322-3630

Space is Limited
Preregistration will assure you a spot if we reach capacity
Sponsored by:



OUTDOOR GAME DAY

Wednesday, July 26 1:00 –2:30 p.m.



Come and spend the afternoon with us socializing, laughing, and playing outdoor yard games. We will also be demoing and giving everyone the opportunity to try out the new outdoor exercise equipment. We hope to see you here!

To register call (920) 322-3630

Sponsored by:



WHAT THE HECK IS A PODCAST?

Thursday, July 13 at 1:00 p.m.



Do you like listening to the radio? Do you have a favorite program you tune into every week? Podcasts are like radio programs on-demand! Learn how to choose topics and radio hosts that interest you. In this class you will learn how to access podcasts on your laptop, tablet, and phone.

Bring your smartphone, tablet, or laptop with you for hands-on practice!

To register call (920) 322-3630

Space is Limited
Preregistration will assure you a spot if we reach capacity



TECH TYME

Tuesday, July 25 9:00-10:30 a.m.



Have a tech questions? Get one-on-one help with your questions about computers, internet, email, social media, your device, or other technology. If you have a question about a device such as a smartphone, tablet, or laptop, bring it with you (and the charging cable too).

Drop in any time during the session. Assistance will be provided on a first-come, first-served basis.

Sessions are limited if other people are waiting.



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!

OPEN POOL

Drop in and shoot a game or two!



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



Reminder:
The Center will be
closed on
July 3 AND 4.
Have a very happy
and safe
Independence Day!

COIN COLLECTORS

Tuesday, July 11
6:00 p.m.



2nd Tuesday of the Month

New Members Welcome!

STAMP COLLECTORS

Wednesday, July 19
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! Drop ins welcome!

EUCHRE

Mondays
1:00 –3:00 p.m.



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

GAME DAY

Fridays
12:00– 3:00 p.m.

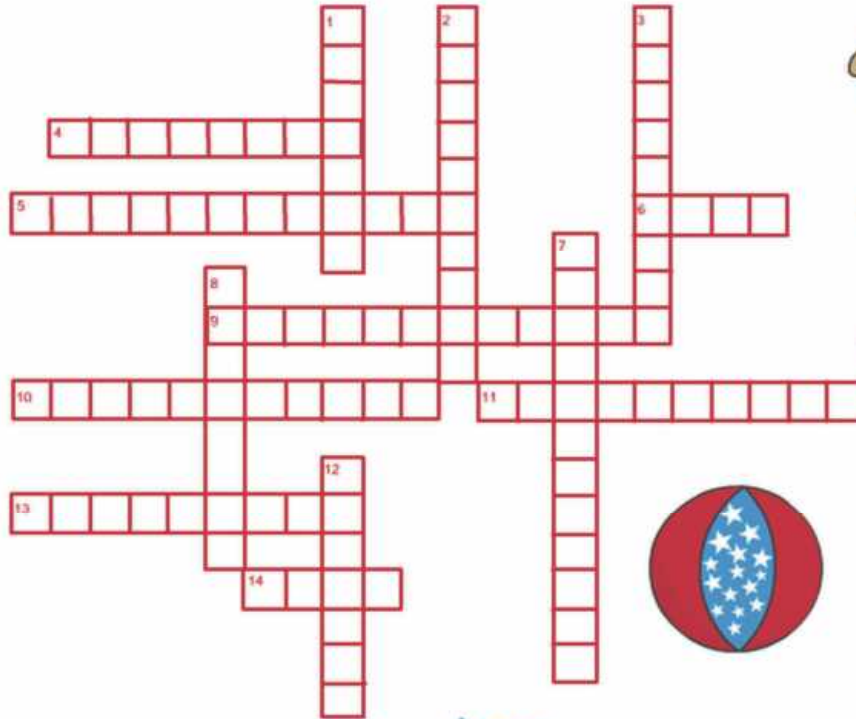


Join us to play an old favorite or learn something new!

New Players Always Welcome!



INDEPENDENCE DAY CROSSWORD PUZZLE



Down:

1. the state of being free within society
2. the group of people with the authority to govern a country or state; a particular ministry in office
3. a loss entailed by giving up something
7. law determining the fundamental principles of a government
8. a device containing gunpowder which causes spectacular effects and explosions used for display or in celebrations.
12. marked by active interest and enthusiasm

Across:

4. practices that are handed down from the past by tradition
5. a formal public statement
6. a piece of cloth used as the symbol or emblem of a country or institution
9. the fact or state of being independent.
10. the date on which an event occurred in some previous year
11. love of country and willingness to sacrifice for it
13. behave as expected during of holidays or rites
14. The seventh month of the year



MOVING ON

Wednesday, July 5 AND Thursday, July 20

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

R · 2022 · Comedy · 1h 25m



Starring: Jane Fonda, Lily Tomlin, Malcom McDowell, Richard Roundtree, Catherine Dent, Nancy De Mayo

Summary: Two estranged women reunite to seek revenge against the husband of their recently deceased best friend. Along the way, they learn to make peace with the past and each other.

Lawn Chairs Welcome!

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

JESUS REVOLUTION

Wednesday, July 12 AND Thursday, July 27

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

PG-13 · 2023 · Drama/History · 2h



Starring: Kelsey Grammer, Jonathan Raunie, Joel Courtney, Anna Grace Barlow, Kimberly Williams, Nicholas Cirilo

Summary: In the 1970s, Greg Laurie and a sea of young people descend on sunny Southern California to redefine truth through all means of liberation. Inadvertently, Laurie meets a charismatic street preacher and a pastor who open the doors to a church to a stream of wandering youth. What unfolds is a counterculture movement that becomes the greatest spiritual awakening in American history.

Lawn Chairs Welcome!

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

CREATE

THELMA SUPPLY DRIVE

Thelma Sadoff Center for the Arts has been giving free, amazing art classes to seniors for over a year, and have depleted many of their art supplies. If you would like to help rebuild their supply please see the list of needed supplies below.



- Colored Construction Paper
- Drawing Pads or Paper 8x10 or larger
- Water color Paper 8x10 or larger
- Elmers Glue
- Hot glue sticks (small and large)
- Double sided tape
- Stickers
- Adult Scissors
- Paint brushes
- Acrylic Paint
- Canvases (any sort)
- Crayons
- Colored Markers
- Sharpies
- Beads (any sort)
- Wet wipes
- Small disposable cups for brushes
- Paper plates
- Poster Board

All donations may be dropped off at the Center.

COLOR ME CALM

Wednesday, July 19
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.

JULY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Saturday

9:00 Beginning Line Dancing
9:00 Walking Group

2 Sunday

3 Closed



Closed



Closed

4

5

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
12:00 Hand & Foot
12:30 Movie-Moving On
12:30 Rec Sheepshead
1:00 Family Tree Maker Group
5:45 Water Yoga at Taylor Park

6

8:00 Open Pool
8:30 Men's Golf
9:00 Walking Group
10:00 Balance & Stretch
12:00 Mah Jongg
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

7

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
8 Saturday
9:00 Beginning Line Dancing
9:00 Walking Group
9 Sunday

10

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
1:00 Euchre
1:00 German
5:30 Zumba Gold

Lake of the Torches Casino Trip

17

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
1:00 Euchre
1:00 German
5:30 Zumba Gold

12

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- Jesus Revolution
12:30 Rec Sheepshead
1:00 Genealogy
3:00 Art At Theima - Plain Air Series
5:45 Water Yoga at Taylor Park

13

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
1:00 Cribbage
1:00 What the Heck is a Podcast
5:30 Beginning Line Dancing
6:30 Line Dancing
5:30 Parents of Angels
6:00 Pizza Ride
6:00 Sunset Stitchers

14

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
Fondy Flicks on the Field
15 Saturday
9:00 Beginning Line Dancing
9:00 Walking Group
16 Sunday

19

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
6:30 Stamp Club

20

8:00 Open Pool
8:30 Men's Golf
9:00 Walking Group
10:00 Balance & Stretch
12:00 Mah Jongg
12:30 Movie- Moving On
1:00 Cribbage
5:30 Beginning Line Dancing
6:00 Pizza Ride
6:30 Line Dancing

21

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

22 Saturday

9:00 Beginning Line Dancing
9:00 Walking Group
10:00 Brat Fry

<p>23 Sunday</p> <p>28</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>29 Saturday</p> <p>9:00 Beginning Line Dancing 9:00 Walking Group 30 Sunday</p>	<p>27</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 Movie - Jesus Revolution 1:00 Cribbage 5:30 Beginning Line Dancing 6:00 Pizza Ride 6:30 Alzheimer's Support Group 6:30 Line Dancing</p>	<p>26</p> <p>6:00 Slow Roll Bike Ride</p> <p>8:00 Open Pool 9:30 LPGC 10:00 Center Bike Ride 10:00 Fondy Sunshine Strummers 10:00 Video Walk to Fitness 12:00 Canasta 12:00 Hand & Foot 12:30 Rec Sheepshead 1:00 Genealogy 1:00 Outdoor Game Day 5:45 Water Yoga at Taylor Park</p>	<p>25</p> <p>8:00 Open Pool 8:30 Strong! 9:00 Tech Tyme 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 2:00 Parkinson Movement & Music 5:45 Water Aerobics at Taylor Park</p>
<p>24</p> <p>8:00 Double Ticket Day 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 1:00 Euchre 1:00 German 1:30 Stock Box Pickup 5:30 Zumba Gold</p>	<p>26</p> <p>8:00 Open Pool 9:30 LPGC 10:00 Center Bike Ride 10:00 Fondy Sunshine Strummers 10:00 Video Walk to Fitness 12:00 Canasta 12:00 Hand & Foot 12:30 Rec Sheepshead 1:00 Genealogy 1:00 Outdoor Game Day 5:45 Water Yoga at Taylor Park</p>	<p>25</p> <p>8:00 Open Pool 8:30 Strong! 9:00 Tech Tyme 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 2:00 Parkinson Movement & Music 5:45 Water Aerobics at Taylor Park</p>	<p>31</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 1:00 Euchre 1:00 German 5:30 Zumba Gold</p>



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INTRO TO GERMAN

Mondays at 11:00 a.m.



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

BOOK CLUB

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

BOOK OF THE MONTH: "Miss Cecily's Recipes for Exceptional Ladies"

By: Vicky Zimmerman



When her life falls apart on the eve of her 40th birthday, Kate Parker finds herself volunteering at the Lauderdale House for Exceptional Ladies. There she meets 97-year-old Cecily Finn. Cecily's tongue is as sharp as her mind, but she's fed up with pretty much everything. Having no patience for Kate's choices in life or love, Cecily prescribes her a self-help book...of sorts. She asks her to read *Thought for Food*: an unintentionally funny 1950s cookbook high on enthusiasm, featuring menus for anything life can throw at the "easily dismayed," So begins an unlikely friendship between two lonely and stubborn souls-one at the end of her life, one stuck in the middle-who discover one big life lesson: never be ashamed to ask for more.

All books are due back by July 13

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

FAMILY TREE MAKER USER GROUP

Wednesday, July 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!

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.

GENEALOGY GROUP

Wednesday, July 12 & 26 at 1:00 p.m.



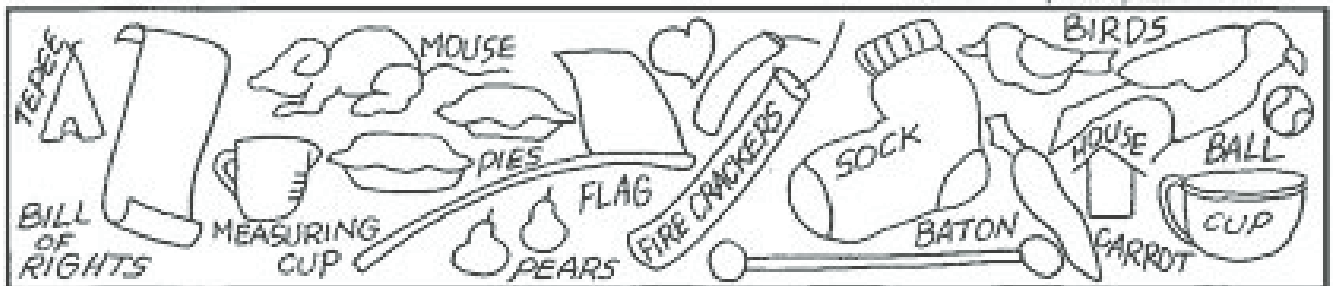
2nd and 4th Wednesdays

New members always welcome!

HIDDEN PICTURE PUZZLE



www.hiddenpicturepuzzles.com



<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 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.

Don't Forget to call in your June Steps!



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

BRAT FRY TIME



Come out and grab a yummy brat or hamburger, and help support the Friends! FDL Festival Foods 10 a.m. to 4 p.m. July 22 · August 12



SEEKING BRAT FRY VOLUNTEERS

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.

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, July 14 - DC League of Super-Pets
Thursday, August 3 - Top Gun Maverick
Gates open at 7:30, movie at dusk (approx. 9p.m.)
Call with questions (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...

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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.



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SENIOR CENTER BIKE RIDES

Wednesday, July 26 at 10:00 a.m.
Join us for a bike ride!



All levels welcome!

Meet at the Mascoutin Trail in the parking lot off of Rolling Meadows Drive, north of Rogan's Shoes

COMMUNITY BIKE RIDES

(Family friendly and at a conversational pace)

"SLOW ROLLS"

Wednesday, July 19 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.
Food 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.



WATER YOGA AT TAYLOR PARK

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

WORD SEARCH



4th of July Word Search

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

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COLONY
COOKOUT
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SPARKLERS
THIRTEEN
WASHINGTON

DOUBLE TICKET DAY!

Monday, July 24 8:00 a.m.-1:00 p.m.



July 24 is International Self Care Day! Self care is not selfish! It's important to take some time for yourself doing the things that make you feel relaxed and happy. If you take time to do the puzzles in the newsletter or the extra puzzles we have available at the Center, and turn them in on this day we will give you double the tickets!



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)

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!

				2				
				1			8	
					9		2	
				7	5	3	1	
	2		6					
		1	8			6	2	7
2		4		7				5
	7	6	9		5			
1	8			2	4			6

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Over 50 Coupons to 40+ Local Businesses

Get yours today for only \$7.00!

2	9		3	1			4	
4	5		7			9		
	1		6					
				2				
	2		1			4		
6		5	4		7		2	3
1		4	9		3			7
			2					
		2						6



FEELING THE PINCH?

Wednesday, July 5 & 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.



STOCK BOX PICKUP

Monday, July 24
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, July 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, 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, July 11
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 July 11 & 25
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, July 6
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 - July 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!

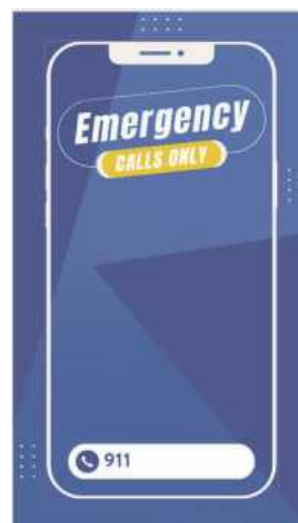
ALZHEIMER'S CAREGIVER SUPPORT GROUP



Thursday, July 27
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.

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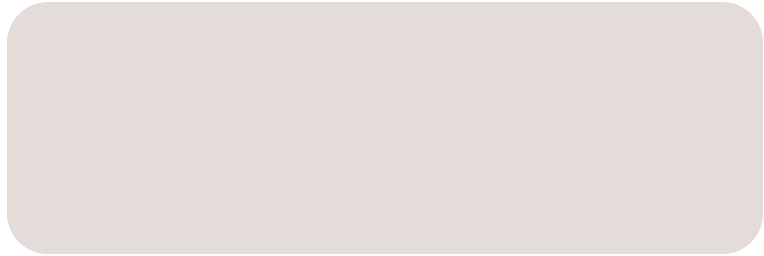


Fond du Lac Senior Center

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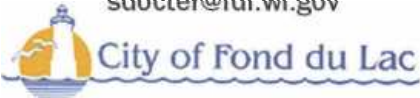
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Fond du Lac Senior Center

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**

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