

FOND DU LAC SENIOR CENTER

AMONG FRIENDS

NEWSLETTER

AUGUST 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.

We're heading into a time of the year that recognizes the work that Senior Centers do and the people that we serve. August 21st is National Senior Citizen Day, the month of September is National Senior Center month, and October celebrates the International Day of Older Persons. As Sarah and I were talking about the types of special programs that we wanted to offer over the next weeks and months to recognize these days, we decided that our focus was going to be **"Know Before You Need To Know"**.

What does that mean? It means there are a LOT of nuances to aging, many of which we don't necessarily understand until we or a family member has to navigate "the process". Aging can include dealing with physical changes, living arrangements and/or driving changes, changing levels of independence, health challenges, financial changes and challenges, supporting aging parents, changes in cognition, staying safe in your home, navigating the death of a spouse or a family member, falls and fall prevention, and more. Oftentimes, we seek out information about these topics because of a life changing event, and these times can be emotionally charged and very stressful. We hope that if you **Know Before You Need to Know**, you will be prepared for the situations that aging can throw your way.

While each person's or family's situation is unique, we definitely hear common threads and get some questions very frequently. Our **Know Before You Need To Know** topics will provide information and resources based on some of the most frequent questions we hear at the Center. These topics include:

ABC's of Long Term Care - SNF, RCAC, CBRF, and more - what do these mean and what do I need?

Finding Balance & Preventing Falls

Veterans Benefits

FDL Transit - Learn to Ride

Preparing for Senior Living - tips on what you can do now to make a transition into Senior Living easier

Investing During Uncertain Times

Funeral Preplanning

POA - Healthcare and Finance, DNR & Advanced Directives

What is the ADRC (Aging & Disability Resource Center)?

What is Probate?

Bowel, Bladder & Prostate Health

Using CBD for Sleep & Pain

Some of these programs are this month, with many more in September and through the rest of the year. I wanted to mention them all in a group so when you see them in the newsletter, you can recognize that they are part of our **KBYNTK** initiative. We will mark them with this special logo, too.



Hope to see you soon!

Cathy

INVESTING DURING UNCERTAIN TIMES

Wednesday, August 23 at 1:00 p.m.



Join us as Logan from Feucht Financial talks about how perspective and asset allocation strategies can guide investors through bouts of volatility.

To register call (920) 322-3630
Space is Limited

Preregistration will assure you a spot if we reach capacity



VETERAN BENEFITS

Tuesday, August 29 at 1:00 p.m.



If you're a Veteran or a family member of a Veteran, then you won't want to miss this presentation. Join us as Dave Tellefsen, Director of Veteran Services (CVSO) educates us on Veteran Benefits.

To register call (920) 322-3630 *Space is Limited*

Preregistration will assure you a spot if we reach capacity



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Summer Cryptograms!

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



_ S E _ E M
 L O L J R O L W W K R L G

Hint: what has eighteen legs and catches flies?



E _ S E I _ M _ E S I _ E N I _ E
 O R F L H J R P K G L E R J P F R S P F R

Hint: why is the season of summer like the letter N?



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 any questions.



WOOD CARVING

Mondays
9:00 a.m.



Never carved before? No problem— Come and learn!
New Carvers Welcome!

FLYING GEESE QUILTERS

Thursday, August 3
1:00 p.m.



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

SUNSET STITCHERS QUILT GUILD

Thursday, August 10
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.

Tuesday Evening at 5:30 resuming on August 22



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

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



Contact us for more information or to schedule an appointment.

(920) 923-2626 • juliehilbert@mtins.net

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STOP READING CRAAP: HOW TO SPOT UNRELIABLE INFORMATION ONLINE

Thursday, August 17 at 1:00 p.m.



Learn how to spot false information and what questions to ask yourself when evaluating a source.

To register call (920) 322-3630
Space is Limited

Preregistration will assure you a spot if we reach capacity

Sponsored by:



INTERGENERATIONAL CANDY BAR BINGO

Tuesday, August 15 at 1:30 p.m.



Who wants some candy bars?! Come and spend the afternoon playing socializing, playing Bingo and winning CANDY BARS! Kids, grandchildren, and great-grandchildren welcome!

To register call (920) 322-3630
Space is Limited

Preregistration will assure you a spot if we reach capacity

Sponsored by:



JAVA WITH JOHN

Wednesday, August 23

Drop in 10:00-10:30 a.m.

Private appointments 10:30 a.m.-12:00 p.m.

Drop in from 10:00-10:30 a.m. enjoy a bagel, cup of java and ask John from Kurki Funeral home your questions about funeral pre-planning, or call and make a reservation for a 30 minute private appointment.



Must have a reservation for a private appointment.
Call (920) 322-3630

Sponsored by:



TECH TYME

Tuesday, August 22 1:00-2:30 p.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.

Sponsored by:



SIGN UP NOW FOR BILLIARDS LEAGUE

8 Ball beginning September 11
9 Ball beginning September 12



Call (920) 322-3630 to sign up

HAND & FOOT

Wednesdays & Fridays
12:00- 3:00 p.m.



New Players Welcome - just drop in!

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

OPEN BILLIARDS

Drop in and shoot a game or two!



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

COIN COLLECTORS

Tuesday, August 8
6:00 p.m.



2nd Tuesday of the Month

New Members Welcome!

STAMP COLLECTORS

Wednesday, August 16
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!

CANASTA

Wednesdays
12:00 – 3:00 p.m.



New Players Welcome!

CRIBBAGE

Tuesdays & Thursdays
1:00 – 3:00 p.m.



Come and join the Cribbage Crew!
New Players 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!

EUCHRE

Mondays
12:30 –2:30 p.m.



Come join us! New Players 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!

LOGIC PUZZLE & SUDOKUS

Four students (Amy, Cathy, Frank, and James) were the leaders of four teams (Red, Black, Green, and Purple). Each team competed in field day games. Use the clues below to determine who was the team captain and which team won first, second, third, and fourth place.

1. Amy was the captain of the red team and did not finish last.
2. The team that placed first wore black jerseys.
3. The purple team placed third with James as captain.
4. Cathy's team did not place 4th.

	Red Captain	Black Captain	Green Captain	Purple Captain	1 st	2 nd	3 rd	4 th
Amy								
Cathy								
Frank								
James								

1 st				
2 nd				
3 rd				
4 th				

Use the provided clues to finish the puzzle. Put an O in the squares you know are correct, and an X in the squares you know are false. Use deduction logic to figure out the rest.



				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

							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

A GOOD PERSON

Wednesday, August 9 AND Thursday, August 24

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

R · 2023 · Drama · 2h 5m



Starring: Florence Pugh, Morgan Freeman, Zoe Lister-Jones, Molly Shannon, Celeste O'Connor, Chinaza Uche

Summary: Allison is a young woman with a wonderful fiancé, a blossoming career, and supportive family and friends. However, her world crumbles in the blink of an eye when she survives an unimaginable tragedy, emerging from recovery with an opioid addiction and unresolved grief. In the following years, she forms an unlikely friendship with her would-be father-in-law that gives her a fighting chance to put her life back together and move forward.

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

Preregistration will assure you a spot if we reach capacity

AIR

Wednesday, August 16 AND Thursday, August 31

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

R · 2023 · Drama · 1h 52m



Starring: Ben Affleck, Matt Damon, Phil Knight, Chris Tucker, Jason Bateman, Viola Davis

Summary: Sonny Vaccaro and Nike pursue basketball rookie Michael Jordan, creating a partnership that revolutionizes the world of sports and contemporary culture.

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

Preregistration will assure you a spot if we reach capacity

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

Thursday, August 10
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.

AUGUST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

8:00 Billiard Room Open
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
5:45 Water Aerobics at Taylor Park

2

8:00 Billiard Room Open
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 Family Tree Maker Group
5:45 Water Yoga at Taylor Park

3

8:00 Billiard Room Open
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
5:30 Beginning Line Dancing
6:30 Line Dancing
5:30 Parents of Angels
6:00 Pizza Ride
Fondy Flicks on the Field

4

8:00 Billiard Room Open
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
5 Saturday
9:00 Beginning Line Dancing
9:00 Walking Group
6 Sunday

7

8:00 Billiard Room Open
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

8

8:00 Billiard Room Open
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's Support Group
2:00 Parkinson Movement & Music
6:00 Coin Club

10

8:00 Billiard Room Open
8:30 Men's Golf
9:00 Walking Group
10:00 Balance & Stretch
10:00 Book Club
12:00 Color Me Calm
12:00 Mah Jongg
1:00 Cribbage
5:30 Beginning Line Dancing
6:30 Line Dancing
6:00 Pizza Ride
6:00 Sunset Stitchers

11

8:00 Billiard Room Open
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 Saturday
9:00 Beginning Line Dancing
9:00 Walking Group
10:00 Brat Fry
13 Sunday

15

8:00 Billiard Room Open
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

16

8:00 Billiard Room Open
9:30 LPGC
10:00 Fondy Sunshine Strummers
10:00 Video Walk to Fitness
12:00 Big Brothers Big Sisters
12:00 Canasta
12:00 Hand & Foot
12:30 Movie-Air
12:30 Rec Sheephead

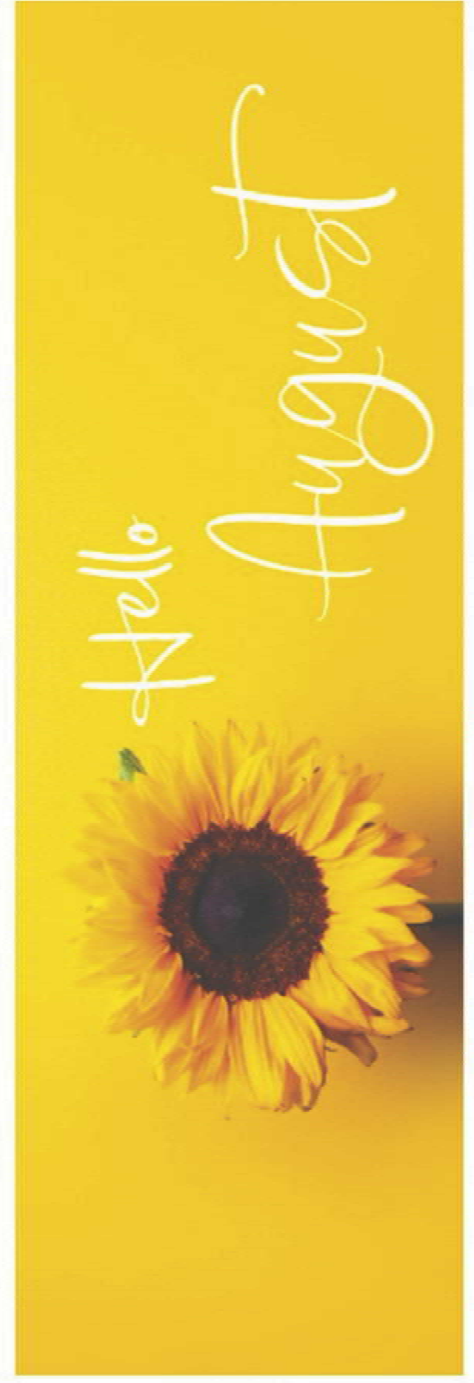
17

8:00 Billiard Room Open
8:30 Men's Golf
9:00 Walking Group
10:00 Balance & Stretch
10:00 Free Swim at Taylor Pool
12:00 Mah Jongg
1:00 Cribbage
1:00 Stop Reading CRAAP
5:30 Beginning Line Dancing

18

8:00 Billiard Room Open
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
19 Saturday

5:30 Zumba Gold	1:30 Candy Bar Bingo 2:00 Friends Annual Raffle Drawing	1:00 Family Tree Maker Group 6:30 Stamp Club 6:00 Slow Roll Bike Ride	6:00 Pizza Ride 6:30 Line Dancing	9:00 Beginning Line Dancing 9:00 Walking Group <u>20 Sunday</u> A Day in Galena Trip
21 8:00 Billiard Room Open 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 National Senior Citizen Day	22 8:00 Billiard Room Open 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 Tech Tyme 2:00 Parkinson Movement & Music 5:30 Cardio Drumming	23 8:00 Billiard Room Open 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 Genealogy 1:00 Investing Presentation	24 8:00 Billiard Room Open 8:30 Men's Golf 9:00 Walking Group 10:00 Balance & Stretch 12:00 Mah Jongg 12:30 Movie - A Good Person 1:00 Cribbage 5:30 Beginning Line Dancing 6:00 Pizza Ride 6:30 Alzheimer's Support Group 6:30 Line Dancing	25 8:00 Billiard Room Open 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>26 Saturday</u> 9:00 Beginning Line Dancing 9:00 Walking Group <u>27 Sunday</u>
28 8:00 Billiard Room Open 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	29 8:00 Billiard Room Open 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 Feeding America 12:00 Mah Jongg 1:00 Cribbage 1:00 Veteran Benefits Presentation 5:30 Cardio Drumming	30 8:00 Billiard Room Open 9:30 LPGC 10:00 Fondy Sunshine Strummers 10:00 Video Walk to Fitness 12:00 Canasta 12:00 Hand & Foot 12:30 Rec Sheepshead	31 8:00 Billiard Room Open 8:30 Men's Golf 9:00 Walking Group 10:00 Balance & Stretch 12:00 Mah Jongg 12:30 Movie-Air 1:00 Cribbage 5:30 Beginning Line Dancing 6:00 Pizza Ride 6:30 Alzheimer's Support Group 6:30 Line Dancing	



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

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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, August 10 at 10:00 a.m.

BOOK OF THE MONTH: Reader's Choice



Read a book of your choice, come to the book club meeting, and tell the group about it. This is a great way to find new books to read!

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, August 2 & 16 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

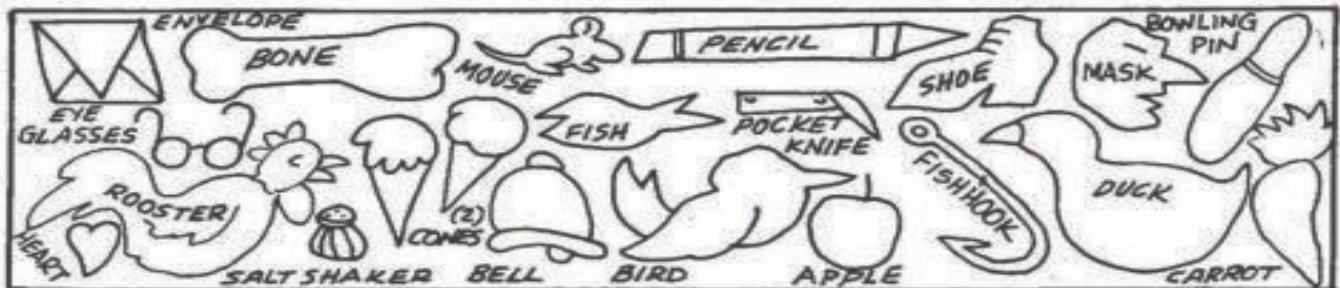
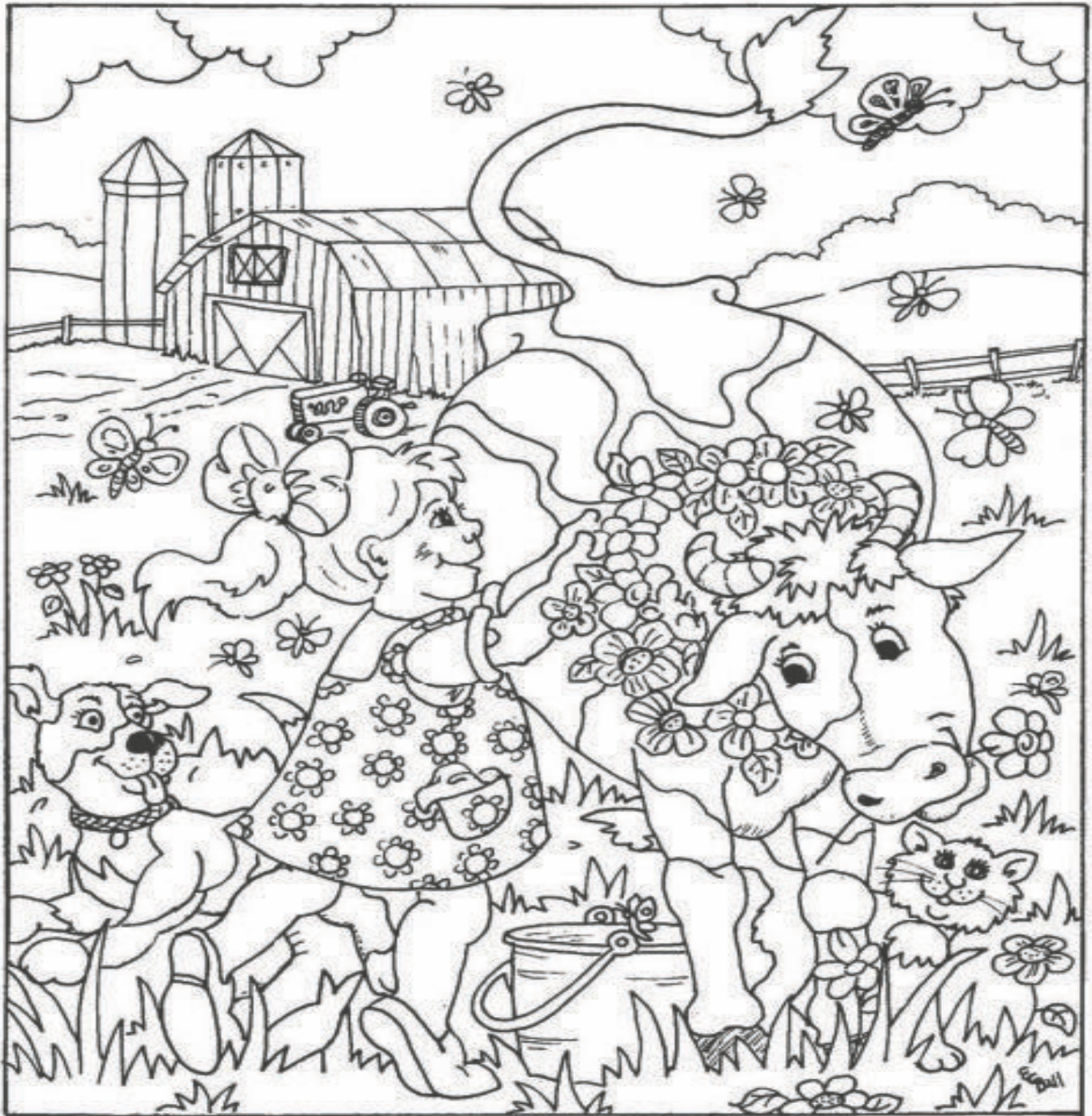
Wednesday, August 9 & 23 at 1:00 p.m.



2nd and 4th Wednesdays

New members always welcome!

HIDDEN PICTURE PUZZLE



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
10:00 AM

Participate at your own pace. Whether you are looking to start your fitness journey with a 5 minute walk, or you are looking for a higher intensity 30+ minute workout, this is the program for you!

Drop in and try it - **YOU** are worth it!
And we are here to support you.



BALANCE & STRETCH

Tuesdays & Thursdays at 10:00 a.m.



Invest in your health! Join us for this 30 minute class that can help improve your balance.

All skill levels welcome! Drop in and try it out!

COUNTRY LINE DANCING

Beginning - Thursdays 5:30-6:30 p.m. AND
Saturdays 9:00- 10:00 a.m.

Intermediate - Thursdays 6:30-7:30 p.m.



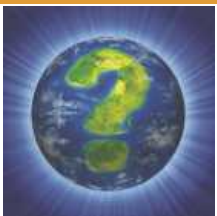
Call to register (920) 322-3630
5 class punch card for \$10.00 available at the door

WALKING/HIKING GROUP

This group meets to walk on Tuesday, Thursday and Saturday mornings at 10:00 a.m.



To find the location for the next walk, give us a call at (920) 322-3630, or check out our Facebook Page at <https://www.facebook.com/FondduLacSeniorCenter/>
New Walkers Always Welcome!



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 July 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.
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.



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

Your local Family Care option for personal care and support



Some of the services we manage with you include:

- Care Management
- Personal Care
- Medical Supplies & Equipment
- Outpatient Mental Health
- Residential Care
- In-Home Supportive Care

For more information about the Family Care Program, contact your local Aging and Disability Resource Center (ADRC).

www.lakelandcareinc.com



THRIVE
LOCALLY



"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

SENIOR CENTER BIKE RIDES

Wednesday, August 23 at 10:00 a.m.
Join us for a bike ride!



All levels welcome!

We will be biking the Prairie Trail Meet by the water
Tower off of Martin Road.

COMMUNITY BIKE RIDES

(Family friendly and at a conversational pace)

“SLOW ROLLS”

Wednesday, August 16 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 or John Paluchniak at (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
Season ends August 20th

\$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.

Name: _____

Date: _____



AUGUST

Word Search Puzzle



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

Find these words related to the month of August

BOAT
 GARDEN
 CAMPFIRE
 BIKING
 FLOATIE
 FISHING
 RIVER
 AUGUST

KAYAK
 BARBECUE
 OCEAN
 CANOE
 PICNIC
 BEACH
 ICE (as in ice cream)



SUN
 SHADE
 VACATION
 SWIMSUIT
 SWIMMING
 POPSICLES
 READING

WARM
 LAKE
 TOWEL
 POOL
 PARK
 CAMPING
 SUNSET



The words may be hidden vertically, horizontally or diagonally.

BIG BROTHERS BIG SISTERS

Wednesday, August 16 12:00 –2:00 p.m.

Are you looking for a way to make a difference in the life of a child? Consider becoming a big brother or sister. Big Brothers Big Sisters is a non-profit agency that matches children with adults who help by simply being a special friend. The staff from Big Brothers Big Sisters will be here answering questions. Stop in!



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!

2023 DINE OUT BOOKS



Over 50 Coupons to 40+ Local Businesses

Get yours today for only \$7.00!

SAVE THE DATE

LUNCH & LEARN: ABCS OF LONG-TERM CARE

Thursday, September 7 at 11:00 a.m.



What is Home care, RCAC, CBRF, SNF, Hospice? Navigating long term care can be very confusing. Join us and learn all about the care you may need as you age. Lunch will be provided. Watch the September newsletter for more details.



SAVE THE DATE

LUNCH & LEARN: PREPARING FOR SENIOR LIVING

Thursday, September 14 at 12:30 p.m.

What can you do now to make sure you can transition into senior living as easily as possible? Attorney Joe McCleer from McCleer Law Office and Collette Lutes from Eden Senior Care and will detail what you should be working on now to avoid potential issues down the road. Lunch will be provided.



RAFFLE DRAWING



August 15th at 2:00

Be sure to get your tickets in or buy some at the Center
6 tickets for \$5

Need not be present to win - winners will be called

FREE SWIM SESSIONS TAYLOR PARK POOL



Join us for a free adult lap swim/water walking
session

August 9 AND 17

10:00am—11:50 am

Sponsored by Friends of the Taylor Park Pool



FEELING THE PINCH?

Tuesday, August 29
12:00-2:30 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, August 21
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, August 14
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.



PARKINSONS SUPPORT



Tuesday, August 8
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 August 8 & 22
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

This group will not meet this month



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 - August 3
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, August 24
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



Positive Affirmations Word Scramble

Unscramble the letters to solve the puzzle!

1. IRYITNGTE _____
2. UGENNIE _____
3. LESF EESMTE _____
4. CIHERYHR FO ENSED _____
5. IEARSSETV _____
6. FSLE ANCATEECCP _____
7. INENGTLSI _____
8. ELSF AVLPOPAR _____
9. TCOSI _____
10. FSEL RNWEASESA _____
11. EEVOSL-LF _____
12. LEFS ACER _____
13. LNRSLTSEEE _____
14. PCRESTE _____
15. MYPTAEH _____
16. ESLF ATKL _____

POSITIVE



Fond du Lac Senior Center

151 E. First Street
Fond du Lac, WI 54935

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OR CURRENT RESIDENT



FOND DU LAC SENIOR CENTER 920-322-3630

STAFF

DIRECTOR

Cathy Loomans
cloomans@fdl.wi.gov

**PROGRAM/OUTREACH
COORDINATOR**

Sarah Docter
sdocter@fdl.wi.gov



City of Fond du Lac

Fond du Lac Senior Center

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

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

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

Visit us online at
www.fdl seniorcenter.com

Like Us On 
facebook

@FondduLacSeniorCenter

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

**Wisconsin
Association of
Senior
Centers**



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VISION

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

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.