

FOND DU LAC SENIOR CENTER

AMONG FRIENDS

NEWSLETTER

SEPTEMBER 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.

Happy National Senior Center Month!

The National Council on Aging (NCOA) has declared that the 2023 theme for National Senior Center Month is “Discover Yours”, and we encourage you to do just that. Last month I talked a bit about all of the programs that we will be offering under the “KBYNTK” (Know Before You Need To Know) umbrella, so it was interesting to read some of the information that NCOA put out ahead of National Senior Center Month. The one statement that really struck a chord was this, “Senior centers have evolved since their beginning in the 1940s, through their inclusion in the Older American’s Act in 1973, and up to today. But the mission has remained: to be the local, trusted place in the community that connects people to the programs, services, and opportunities they need to age well. “

This is **exactly** what we strive for—to be the local, trusted place in the community that connects people to the programs, services and opportunities that you need to age well!

It is always interesting to us when we get a visit or a phone call from a community member, asking us a question that is unrelated to our programs and activities, but related to aging (or sometimes not even related to aging!) in the Fond du Lac area. We love being able to answer those random questions and provide people with information and resources that will help with whatever question they had.

Sometimes after an interaction like that, we look at each other and ask, “How did they think to ask us?”; and we have decided that the answer is that people **trust** us enough to ask the question, they **know** we will do our best to help and provide answers, and they **believe** that we are here to support them. What an awesome feeling to be the resource that people look to!

Speaking of resources, this month is jam packed with great programs, in addition to all of the other fun things we do. Please take National Senior Center month as your personal invitation to “Discover Yours” and join us!

Instead of doing a big “Senior Center Month” event, we decided that we are going to do a few “pop up” events instead. These events are not included on our monthly calendar, but will be surprises that take place as part of our regular programming - so if you are here when we are passing out a special treat, that’s our way of saying “Thank You!” for discovering and supporting our Center, and wishing you a Happy National Senior Center Month.

Speaking of big events, the Friends of the Fond du Lac Senior Center are having their 2nd Annual Gala on Wednesday, October 11th, once again featuring Eric Diamond. More details are on page 3 and we hope you can join us. It promises to be a fun event!

I hope you have a great month and hope to see you soon!

Cathy

Friends of the Fond du Lac Senior Center Annual Gala Featuring Eric Diamond

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Wednesday, October 11th MPTC Convention Center

Doors Open 4:00 Dinner 4:30 Show at 5:30

Tickets \$20 includes Dinner and Show Available for purchase at the Center

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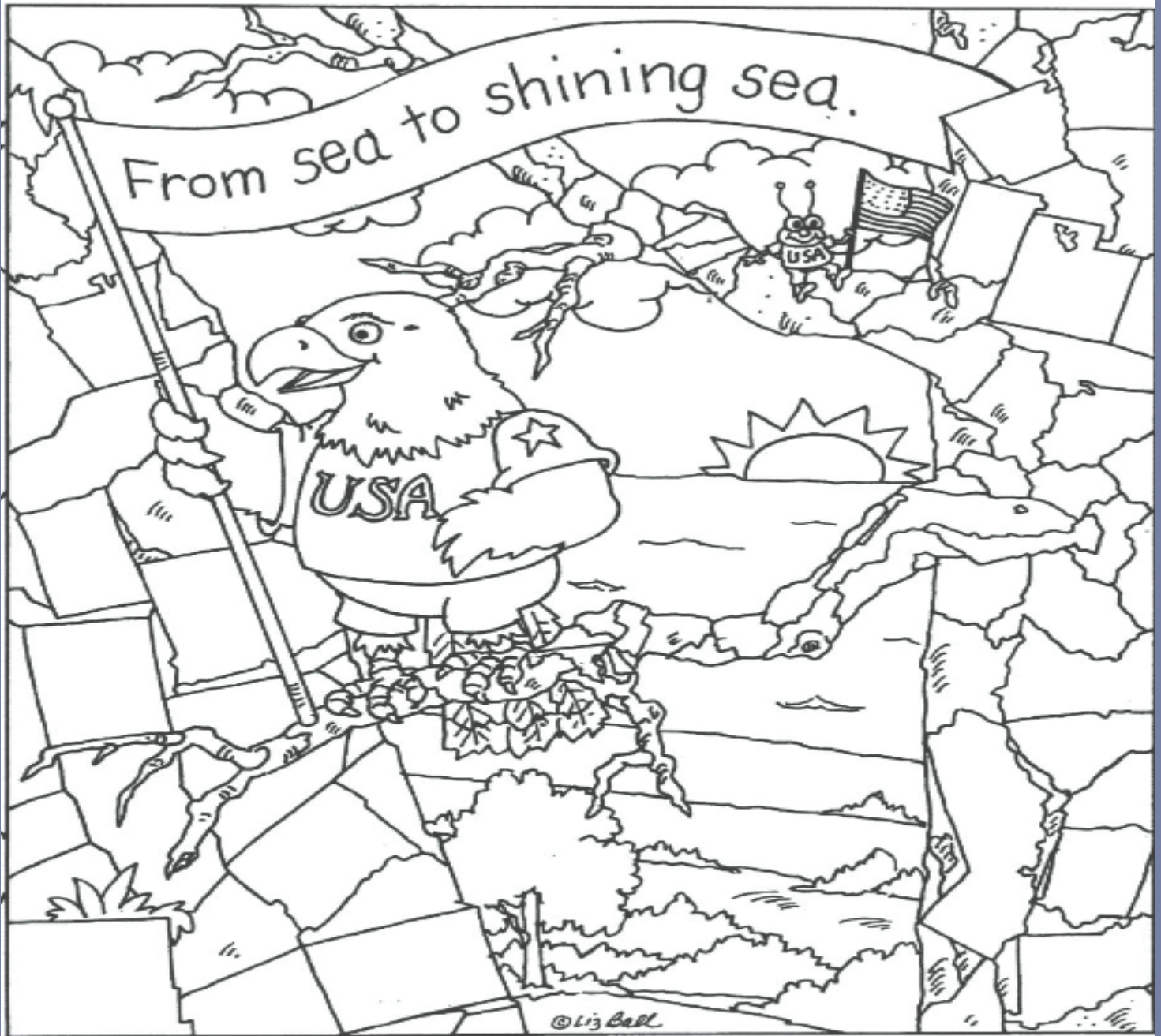
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Friends of Fond du Lac Sr. Center, Fond du Lac, WI

A 4C 01-1122

HIDDEN PICTURE PUZZLE

CONSTITUTION DAY IS SEPTEMBER 17TH!
 Can you find the state where the Constitution was signed?



www.hiddenpicturepuzzles.com



From the book, "50 States of Fun" by Liz Ball

WOOD CARVING

Mondays at 9:00 a.m.



Never carved before? No problem-come and learn!
New carvers welcome!

CRAFTERS CORNER

Tuesdays at 12:00 p.m.



Knit? Stitch? Craft? Create? Bring your project and join us for
a time to socialize and work on your latest creation.

FLYING GEESE QUILTERS

Thursday, September 7 at 1:00 p.m.



Meeting the 1st Thursday of every month.
New members welcome!

SUNSET STITCHERS QUILT GUILD

Thursday, September 14 at 6:00 p.m.



Meeting the 2nd Thursday of the month.
New members welcome!

KNIT WITS

Do you love to knit?
Do you enjoy making a difference?



Our Knit Wits work behind the scenes creating hats, gloves, mittens, and scarves 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 at 10:00 a.m.

Grab your ukulele, guitar, banjo, or other stringed instrument and come and play with us!



New strummers always welcome!



Labor Day

Word Scramble

Labor Day is celebrated in the United States on the first Monday of September. The jumbles here include both historically significant words and ways people celebrate today.

MVNEMEOT

MANPLUL

AYPTR

EBESRMTEP

EWEKEDN

SWEAG

TSRGIH

AYONDM

DRAET

TKEIRS

ABUEERCB

TFAFIRC

IOTAVACN

ILOYAH

IRZEAOGN

CUYTISRE

LRAYL

CPCIIN

RCEGMIU

BARLO

ARDPEA

NNUIO

RTPI

OJB

CARDIO DRUMMING

Tuesdays at 11:00 a.m. AND 5:30 p.m.



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

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, no partial months.

INTRODUCTION TO YOGA

Fridays at 9:45



This is a beginners class where you will learn the fundamentals of Yoga. Please bring your yoga mat, towel, and water bottle to class.

****Class size limited****

\$25/month

No refunds, no partial months.

ZUMBA GOLD

Mondays at 5:30 p.m.



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

Available at class

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.

****Space is limited****

\$25/month

No refunds, no partial months.

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Contact us for more information or to schedule an appointment.

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STREAM ON

Wednesday, September 27 at 1:00 p.m.



Learn the basic features of how to watch movies and TV shows on most streaming services, including how to find movies and shows, how to play and pause movies or episodes, and how to save movies or episodes for later. You'll also learn about the types of streaming services you can choose from so you can pick the right one for you.

To register call (920) 322-3630 *Space is Limited*
Preregistration will assure you a spot if we reach capacity

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Thursday September 21 at 9:30 a.m.

Thursday, October 19 at 9:30 a.m.

Thursday, November 16 at 12:00 p.m.

You will learn: What you need to know if you are planning on retiring soon · When and how to take your Social Security · How to increase you Social Security benefits · What Medicare parts A,B,C, & D are · Differences between Medicare Advantage Plans & Medicare Supplements · Obamacare Premiums · Whether or not to stay on your group health plan or switch to Medicare · If you qualify for an Obamacare Tax Credit and how much it would be

To register call (920) 322-3630 *Space is Limited*
Preregistration will assure you a spot if we reach capacity

Sponsored by: 

THELMA COMMUNITY ARTS OUTREACH *ORIGAMI*

Wednesday September 13 at 3:00 p.m. at Thelma Sadoff Center for the Arts

Come and learn the Japanese art of folding paper into decorative shapes and figures. 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.

Call (920) 322-3630 to register.

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 are unable to attend, please let us know so we can contact people on the waiting list. Thank you



SEWING

Tuesdays. October 24, 31

November 7, 14, & 21

12:00-3:00 p.m.

Cost: \$15.00

Don't miss out! Sign up now!

Payment must be received to reserve a spot in this class.

Space is limited

GAME DAY

Fridays 12:00 –3:00 p.m.



Join us to play an old favorite or learn something new!
New players always welcome!

EUCHRE

Mondays 1:00-2:30 p.m.



Come join us!
New players welcome!

MAH JONGG

Tuesdays & Thursdays 12:00-3:00 p.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!

CRIBBAGE

Tuesdays & Thursdays 1:00-3:00 p.m.



Come and join the Cribbage Crew!
New players welcome!

CANASTA

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



Come and meld with us!
New players welcome!

BUNCO

Mondays 12:30-3:00 p.m.



Come and shake it up with us!
New players welcome!

BILLIARD LEAGUES

Beginning September 12 & 13

8 Ball Tuesdays at 8:30

9 Ball Wednesdays at 8:30



OPEN BILLIARDS

Monday, Thursday, Friday 8:00 a.m.-3:00 p.m.

Tuesday & Wednesday 12:00-3:00 p.m.



Drop in and shoot a game or two!

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

STAMP COLLECTORS

Wednesday, September 20 at 6:30 p.m.



3rd Wednesday of the month

New members welcome!

COIN COLLECTORS

Tuesday, September 12 at 6:00 p.m.



2nd Tuesday of the month

New members welcome!



LUNCH & LEARN: ABCS OF LONG-TERM CARE

Thursday, September 7 - 11:00 a.m. to 2:30 p.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.

11:00 a.m. Home Care • 11:30 a.m. RCAC • 12:00 p.m. CBRF

12:30 p.m. Lunch • 1:00 p.m. SNF • 1:30 p.m. Hospice

Space is Limited, must preregister by 12:00 p.m. on September 5
To register call (920) 322-3630

Sponsored by: The Friends of the FDL Senior Center



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 will detail what you should be working on now to avoid potential issues down the road. Lunch will be provided.

Space is Limited, must preregister by 12:00 p.m. on September 7
To register call (920) 322-3630

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TRANSIT: LEARN TO RIDE

Wednesday, September 20 at 11:00 a.m.



If you have never ridden the City Bus, and the thought of having to learn it on your own makes you feel anxious then this is the program for you! We will meet at the Center at 11:00 a.m., catch a bus route from the stop right out in front of the building, and then return to learn more about transit.

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

Preregistration will assure you a spot if we reach capacity



FINDING BALANCE, PREVENTING FALLS

Thursday, September 21 at 1:00 p.m.

Falls are a common but **not normal** part of aging. Have you ever fallen? Do you have a fear of falling? Are you getting older?

This presentation is meant for YOU!



Topics covered:

Starting the conversation & having a plan

Simple exercises to build strength and improve balance

How to get up from a fall

To register call (920) 322-3630 *Space is Limited*
Preregistration will assure you a spot if we reach capacity



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SEPTEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

4



Closed for Labor Day

Island Resort & Casino Trip

11

8:00 Billiard Room Open
 9:00 Memory Screenings
 9:00 Wood Carving
 10:00 Video Walk to Fitness
 11:00 Intro to German
 12:30 Bunco
 1:00 Euchre
 1:00 German
 5:30 Zumba Gold

5

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
 1:30 Nickel Bingo
 5:30 Cardio Drumming

12

8:30 8 Ball Billiard League
 8:30 Strong!
 9:00 Walking Group
 9:45 Intermediate Yoga
 10:00 Balance & Stretch
 11:00 Cardio Drumming
 12:00 Billiard Room Open
 12:00 Crafters Corner
 12:00 Mah Jongg
 1:00 Cribbage

6

8:00 Billiard Room Open
 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-Book Club: Next Chap.
 12:30 Rec Sheephead
 1:00 Family Tree Maker User Group

13

8:30 9 Ball Billiard League
 10:00 Fondy Sunshine Strummers
 10:00 Video Walk to Fitness
 12:00 Billiard Room Open
 12:00 Canasta
 12:00 Hand & Foot
 12:30 Movie-Missing
 12:30 Rec Sheephead
 1:00 Genealogy
 3:00 Origami at Theima

7

8:00 Billiard Room Open
 9:00 Walking Group
 10:00 Balance & Stretch
 10:00 Book Club
 11:00 ABCs of Long-Term Care
 12:00 Mah Jongg
 1:00 Cribbage
 1:00 Flying Geese Quilters
 1:00 Living W/Loss Support Group
 5:30 Parents of Angels
 5:30 Beginning Line Dancing
 6:30 Line Dancing
 6:00 Pizza Ride

14

8:00 Billiard Room Open
 9:00 Walking Group
 10:00 Balance & Stretch
 12:00 Mah Jongg
 12:30 Preparing for Senior Living
 1:00 Cribbage
 5:30 Beginning Line Dancing
 6:00 Pizza Ride
 6:00 Sunset Stitchers
 6:30 Line Dancing

1

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

2 Saturday

9:00 Beginning Line Dancing
 9:00 Walking Group

3 Sunday

8

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
 1:00 Memory Writers

9 Saturday

9:00 Beginning Line Dancing
 9:00 Walking Group

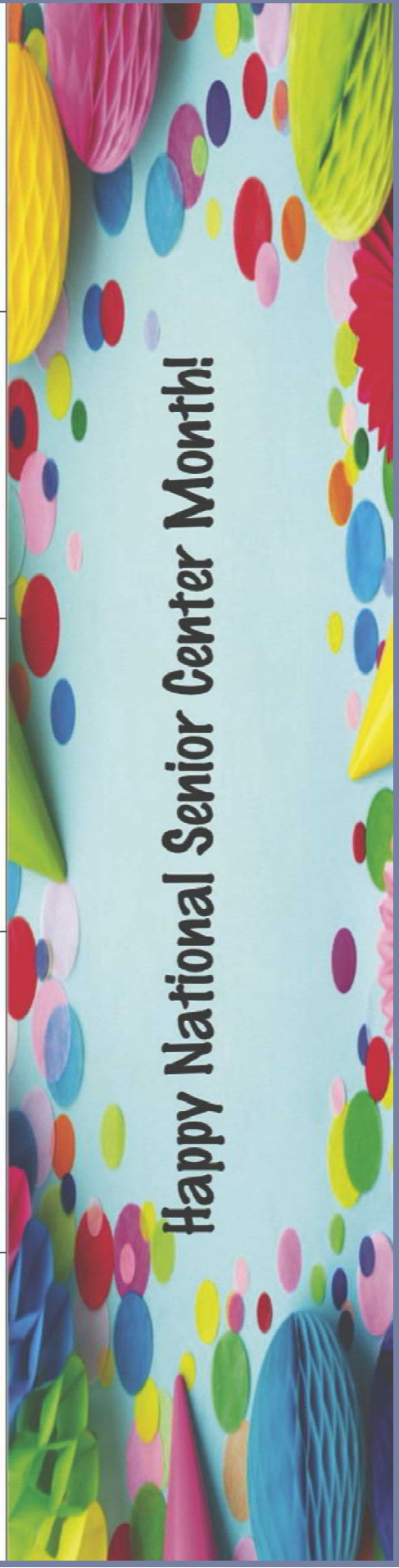
10 Sunday

15

8:00 Billiard Room Open
 8:30 **No Strong! Today**
 9:45 **No Beginning Yoga Today**
 10:00 Video Walk to Fitness
 11:00 **No Chair Yoga Today**
 12:00 Game Day
 12:00 Hand & Foot
 1:00 Memory Writers

16 Saturday

<p>1:00 Parkinson's Support Group 2:00 Parkinson Movement & Music 5:30 Cardio Drumming 6:00 Coin Collectors</p>	<p>19 8:30 8 Ball Billiard League 8:30 Strong! 9:00 Walking Group 9:45 Intermediate Yoga 10:00 Balance & Stretch 11:00 Cardio Drumming 12:00 Billiard Room Open 12:00 Crafters Corner 12:00 Mah Jongg 12:30 Movie-Book Club: Next Chap. 1:00 Cribbage 5:30 Cardio Drumming</p>	<p>20 8:30 9 Ball Billiard League 10:00 Fondy Sunshine Strummers 10:00 Video Walk to Fitness 11:00 Transit: Learn to Ride 12:00 Billiard Room Open 12:00 Canasta 12:00 Hand & Foot 12:30 Rec Sheephead 1:00 Family Tree Maker User Group 6:00 Slow Roll 6:30 Stamp Collectors</p>	<p>21 8:00 Billiard Room Open 9:00 Walking Group 9:30 Medicare, Obama Care 10:00 Balance & Stretch 12:00 Mah Jongg 1:00 Cribbage 1:00 Finding Balance 5:30 Beginning Line Dancing 6:00 Pizza Ride 6:30 Line Dancing</p>	<p>22 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 1:00 Memory Writers 23 Saturday 9:00 Beginning Line Dancing 9:00 Walking Group 24 Sunday</p>	<p>9:00 Beginning Line Dancing 9:00 Walking Group Titanic The Musical Trip 17 Sunday</p>
<p>18 8:00 Billiard Room Open 9:00 Wood Carving 10:00 Video Walk to Fitness 11:00 Intro to German 12:00 Color Me Calm 12:30 Bunco 1:00 Euchre 1:00 German 5:30 Zumba Gold</p>	<p>25 8:00 Billiard Room Open 9:00 Wood Carving 10:00 Video Walk to Fitness 11:00 Intro to German 12:30 Bunco 1:00 Euchre 1:00 German 1:30 Stock Box 5:30 Zumba Gold</p>	<p>26 8:30 8 Ball Billiard League 8:30 Strong! 9:00 Walking Group 9:45 Intermediate Yoga 10:00 Balance & Stretch 11:00 Cardio Drumming 12:00 Billiard Room Open 12:00 Crafters Corner 12:00 Mah Jongg 1:00 Cribbage 1:00 Tech Tyme 2:00 Parkinson Movement & Music 5:30 Cardio Drumming</p>	<p>27 8:00 9 Ball Billiard League 10:00 Fondy Sunshine Strummers 10:00 Video Walk to Fitness 12:00 Billiard Room Open 12:00 Canasta 12:00 Hand & Foot 12:30 Rec Sheephead 1:00 Genealogy 1:00 Stream On</p>	<p>28 8:00 Billiard Room Open 9:00 Walking Group 10:00 Balance & Stretch 12:00 Mah Jongg 12:30 Movie-Missing 1:00 Cribbage 5:30 Beginning Line Dancing 6:00 Pizza Ride 6:30 Alzheimer's Support Group 6:30 Line Dancing</p>	<p>29 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 1:00 Memory Writers 30 Saturday 9:00 Beginning Line Dancing 9:00 Walking Group</p>



Happy National Senior Center Month!

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

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MEMORY WRITERS

Fridays at 1:00 p.m. Returning September 8



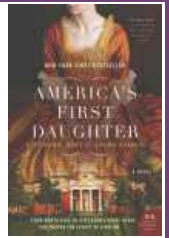
Join us to share and preserve life experiences and family history.

NEW MEMORIES AND MEMBERS WELCOME

BOOK CLUB

Thursday, September 14 at 10:00 a.m.

BOOK OF THE MONTH: America's First Daughter



By: Stephanie Dray & Laura Kamoie

In this richly researched novel that draws from thousands of letters and original sources, bestselling authors Stephanie Dray and Laura Kamoie tell the fascinating, untold story of Thomas Jefferson's eldest daughter, Martha "Patsy" Jefferson Randolph—a woman who kept the secrets of our most enigmatic founding father and shaped an American legacy.

All books are due back by September 14

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.

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 September 13 & 27 at 1:00 p.m.



2nd & 4th Wednesdays

New members always welcome!

FAMILY TREE MAKER USER GROUP



Wednesday, September 6 & 20 at 1:00 p.m.

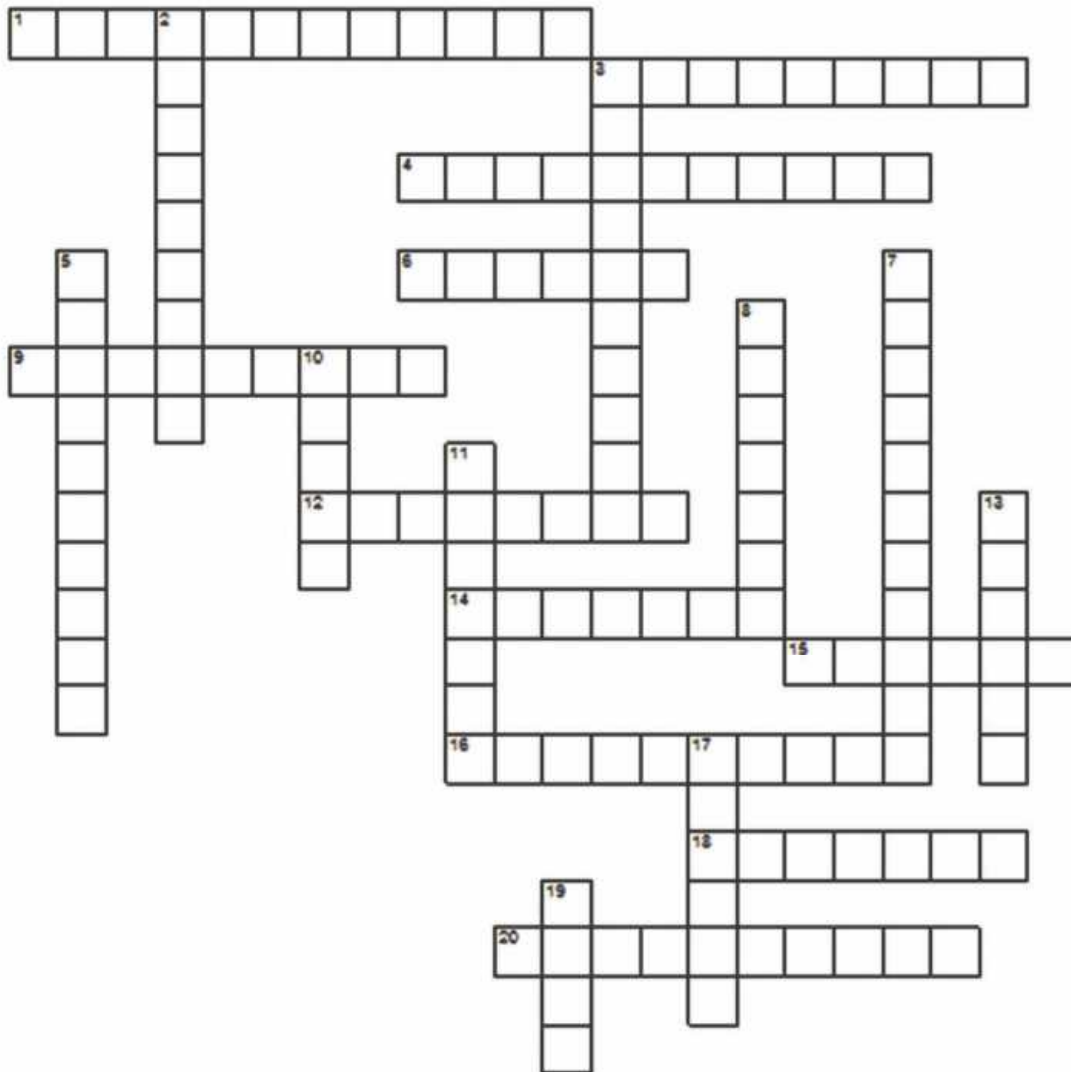
If you use Family Tree Maker Software and would like an opportunity to meet and share ideas with other users, this is the group for you!

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!

Sports Crossword



ACROSS

1. Long, wide board attached to feet, snow.
3. Racquets, net, birdie.
4. Sail, board, wind, water.
6. Stick, puck.
9. Cue, table, chalk.
12. Bases, home plate, bat.
14. Bike, helmet.
15. Rackets, greenball, net.
16. Acrobatics, tumbling.
18. Ball, bat, teams of 11, not baseball.
20. Team of 6, high net, spiking, serving.

DOWN

2. Pool, ball, nets.
3. 10 foot high hoop.
5. Swimming, biking, and running back to back.
7. Table, paddles, ping pong ball.
8. Rod, reel, bait.
10. Scrum, knock on, oval ball.
11. Sword, mask.
13. Ring, gloves, mouthguard.
17. Use only your feet.
19. Clubs, ball, greens, 18 holes.

WALKING/HIKING GROUP

Tuesdays, Thursdays, & Saturdays at 9:00 a.m.



To find the location of the next walk call us at (920) 322-3630, or check out our Facebook Page at <https://www.facebook.com/FondduLacSeniorCenter/>

New Walkers Always Welcome!

VIDEO WALK TO FITNESS

Mondays, Wednesdays, and Fridays at 10:00 a.m.

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!

COMMUNITY BIKE RIDES

(Family friendly and at a conversational pace)

SLOW ROLLS

Wednesday, September 20 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.

COUNTRY LINE DANCING

Beginning –Thursdays 5:30-6:30 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 cards for \$10 available at the door.

CHECK OUT OUR NEW EXERCISE EQUIPMENT

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



As summer draws to an end, don’t forget that the Center now has exercise equipment available for everyone to use.
Stop in and try it out!

Thanks to Fond du Lac Cyclery & The Friends for making this possible

Friends of the
Fond du Lac Senior Center



MOVIE-BOOK CLUB: THE NEXT CHAPTER



Wednesday, September 6 AND Tuesday, September 19

12:20 p.m. Doors open at 12:15 p.m.

PG-13 · Comedy · 1h 47m

Starring: Diane Keaton, Jane Fonda, Mary Steenburgen, Candice Bergen

Summary: Four best friends take their book club to Italy for the fun girls trip they never had. When things go off the rails and secrets are revealed, their relaxing vacation turns into a once-in-a-lifetime cross-country adventure.

Lawn Chairs Welcome

To register call (920) 322-3630

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

MOVIE: MISSING



Wednesday, September 13 AND Thursday, September 28

12:20 p.m. Doors open at 12:15 p.m.

PG-13 · Thriller/Mystery · 1h 51m

Starring: Storm Reid, Nia Long, Ken Leung, Megan Suri

Summary: When her mother disappears while on vacation in Colombia with her new boyfriend, June's search for answers is hindered by international red tape. Stuck thousands of miles away in Los Angeles, June creatively uses all the latest technology at her fingertips to try and find her before it's too late. However, as she digs ever deeper, her digital sleuthing soon raises more questions than answers.

Lawn Chairs Welcome

To register call (920) 322-3630

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

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



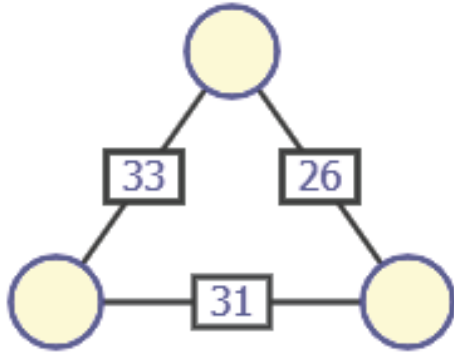
"It's my life and they respect that."

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



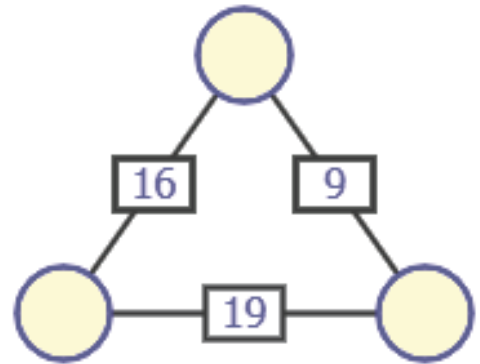
inclusa.org | 877-376-6113

The number in each square is the sum of the connecting circles. Your job is to find the missing numbers.



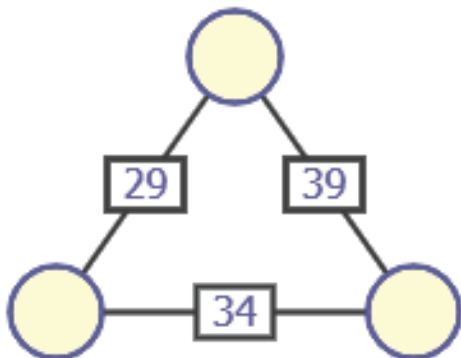
		2							
		9		8	7				
	8	1	5	4				9	
	2	8					5	1	
					2		9		
						7			
	6	7					1	2	4
									8
8	4	5						7	

The number in each square is the sum of the connecting circles. Your job is to find the missing numbers.



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

The number in each square is the sum of the connecting circles. Your job is to find the missing numbers.



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

September Word Search



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



SEPTEMBER
SCHOOL
ACORN
SUNFLOWER
CLASSROOM

LABOR DAY
FALL
AUTUMN
HARVEST
SAPPHIRE

MORNING GLORY
EQUINOX
PATRIOT DAY
CONSTITUTION DAY
ASTER



HAPPY LABOR DAY



The Center will be closed on Monday September 4th in observance of Labor Day.



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)



FDL SCHOOL DISTRICT TICKETS

Thanks to the Fond du Lac School District, the Senior Center has complimentary tickets to district events. These tickets can be checked out by the user and then **must be returned within 2 days.**

These tickets can be used for free admission to:

- * regular season sporting events
- * music department musicals and plays

Call for more information (920) 322-3630

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!

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.

Over 50 Coupons to 40+ Local Businesses



Get yours today for only \$7.00!



STOCK BOX

Monday, September 25 at
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.



FEELING THE PINCH?

Wednesday September 6 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.



MEMORY SCREENING

Monday, September 11
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

NICKEL



Tuesday, September 5 at 1:30 p.m.

Get your nickels ready and join us for an afternoon of fun!

To register call (920) 322-3630 *Space is Limited*
Preregistration will assure you a spot if we reach capacity

TECH TYME

Tuesday, September 26
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:



COLOR ME CALM

Monday, September 18
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 supplied

CLASSES, SUPPORT GROUPS, & RESOURCES²⁵

PARKINSONS SUPPORT



Tuesday, September 12 at 1:00 p.m.

The Parkinson's support group meets the 2nd Tuesday of the month. Please visit their website at www.wiparkinson.org or call 414.312.6990 for more information.

PARKINSONS MOVEMENT & MUSIC



Tuesday, September 12 & 26 at 2:00 p.m.

Free class which includes chair and standing movements to music in a group setting for fun, fitness, and socialization.
Meets the 2nd & 4th Tuesdays of the month.

LIVING WITH LOSS SUPPORT GROUP

Thursday, September 7 at 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– September 7 from 5:30-7:30 p.m.



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, September 28 at 6:30 p.m.

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

FOND DU LAC COUNTY CARE GIVING CONFERENCE

Monday, September 18

12:00-2:00 p.m.

A day of education and support for those who care.

For questions and more information call Alyssa at (920) 929-3419



NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



VISIT WWW.MYCOMMUNITYONLINE.COM





Brain Teasers 1

1



Move 1 match to make this sum correct

2

Snug	Live
Dam	Grid
Pans	Trap
Keep	Rats

Which word is the odd one out?

3

8 7 3 5 ?

What is the missing number?

4



How many holes does this t-shirt have?

5

If John's son is my son's father, who am I?

Who am I?

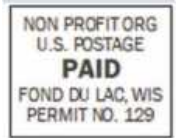
6



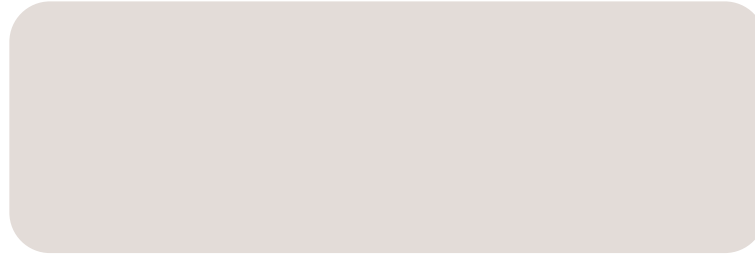
What is wrong with this room?



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



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



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!



@FondduLacSeniorCenter

Visit us online at
www.fdl seniorcenter.com

The Fond du Lac Senior
Center ... where friends
meet!

VISION

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

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



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