

FOND DU LAC SENIOR CENTER

AMONG FRIENDS

NEWSLETTER

OCTOBER 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.

Downtime - "time during which a machine, especially a computer, is out of action or unavailable for use". The informal definition is "time when you relax and do not do very much". Our bodies and our brains are complex "machines", and we definitely need downtime - it's an important part of self care!

What do you do with your downtime? I enjoy surfing social media and checking out all of the memes. What's a meme? According to Merriam-Webster, a meme is "an image, video, piece of text, etc., typically humorous in nature, that is copied and spread rapidly by internet users, often with slight variations". Oh, and it's pronounced mēm, like the word "me" with an m at the end. If you are on social media at all, I'm sure you have seen one (or many!) I appreciate the creativity of the people that come up with these memes and if you'd check my camera roll, a good chunk of the images are memes that I have saved to share with family and friends.

Some, like the one that was a photo of the Miss America pageant swim suit contest from the 1950's with the caption "Who knew that the swimsuits of the 50's would be today's homecoming dresses", make me nod in agreement, while others, like the one that says "My school taught square dancing in 4th grade because you never know when a Hoedown will break out", just make me chuckle - because I learned square dancing in 4th grade!

If you ever need a laugh, google "funny memes" and you should find something to make you smile.

Back to the concept of downtime. Why am I talking to you about downtime when we are always encouraging you to stay healthy, engaged, active and involved in programs and activities here at The Center?

Because downtime is essential to brain health, and brain health is essential to mood, performance and overall health. There is a lot of research that shows that after a mental rest, you are more creative, more content, and more likely to come up solutions to a problem you may have. Have you ever gotten stuck when working on a puzzle, and after walking a way and coming back, you find the solution right away? That's the perfect example of how giving your brain a little downtime has a positive impact.

There are some differing opinions of whether or not "screen time" is considered downtime, because our brains are still working and processing while we are scrolling. Because of this, some research encourages both downtime and "leisure activities". The main point is that it's ok to build some time into your day just for YOU. Take a break, disconnect, do something you enjoy, rejuvenate.

Happy October and we hope to see you soon!

Cathy

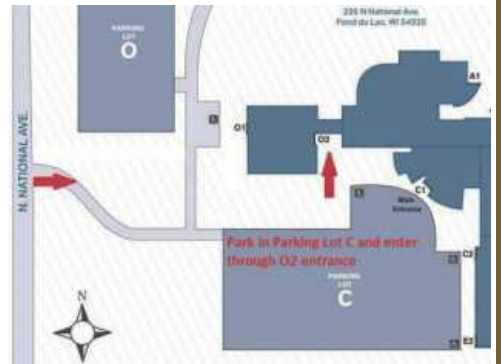
DON'T MISS AN EVENING WITH ERIC DIAMOND³



Wednesday, October 11
Doors Open 4:00
Dinner by Beans & Bites at 4:30
Show begins at 5:30
Stop in and get your ticket!
\$20 includes dinner and show

MPTC Convention Center - 235 N National Ave
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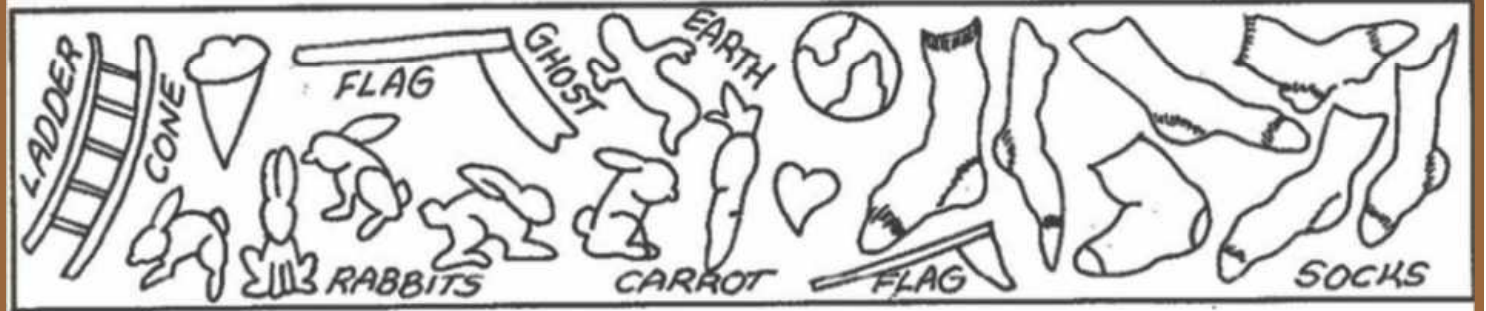
Friends of Fond du Lac Sr. Center, Fond du Lac, WI

A 4C 01-1122

HIDDEN PICTURE PUZZLE



www.hiddenpicturepuzzles.com



POWER OF ATTORNEY PRESENTATION

Tuesday, October 17 at 1:00 p.m.



Health Care Power of Attorney and Financial Power of Attorney are legal documents that empowers an appointed individual to make health care and/or financial decisions on your behalf. Join us as social workers from the Aging and Disability Resource Center (ADRC) of Fond du Lac County give an overview and talk about the importance of having Health Care and Financial Power of Attorneys in place.

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



Sponsored by:



BLOOD DRIVE

Thursday, October 12
10:00 a.m.-2:00 p.m.



Stop in, donate blood, and save a life!

Open to everyone-No age limit
No appointments needed

Sponsored by:



WHAT IS A DIGITAL WALLET

Thursday, October 19 at 1:00 p.m.



Join us and learn what a digital wallet is. During this presentation you will explore the top 10 digital payment apps: the pros and cons of each app along with the applications for each app.

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

Sponsored by:



NATIONAL FEDERATION OF THE BLIND

Thursday, October 26 at 1:00 p.m.



Members of the National Federation of the Blind of Wisconsin will be visiting the center to give a fun, engaging presentation about the organization and share useful resources with those experiencing vision loss and other interested individuals.

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



Sponsored by:



Fall Word Scramble

Unscramble the words and write the letters in the boxes. Use the letters in the shaded boxes to form a new word that answers the riddle.

ULQIT

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LAVEES

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BEESTRMP

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SVRTAEH



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TECTHUNS

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AUMUTN

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ATOLFLOB

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Q. What do you get when you drop a pumpkin?



--	--	--	--	--	--

HOW TO OUTSMART YOUR PHONE

Wednesday, October 25 at 1:00 p.m.



Learn the basic steps of how to use a smartphone, including how to make calls, send messages, take photos, and use apps. For both iPhones and Android phones. Bring your smartphone and Google or Apple account login info with you for hands-on practice. No tech experience needed.

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 *PUMPKIN PAINTING*

Wednesday October 11 at 3:00 p.m. at Thelma Sadoff
Center for the Arts

Come and join us and get into the spirit of the season with a little pumpkin painting. 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

NICKEL



Wednesday, October 11 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

COLOR ME CALM

Monday, October 16

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

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*



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Contact us for more information or to schedule an appointment.

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BILLIARD LEAGUES

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, October 18 at 6:30 p.m.



3rd Wednesday of the month

New members welcome!

COIN COLLECTORS

Tuesday, October 10 at 6:00 p.m.



2nd Tuesday of the month

New members 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!

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!

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.

FIND THE DIFFERENCES



Find SEVEN (7) Differences



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, October 5 at 1:00 p.m.



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

SUNSET STITCHERS QUILT GUILD

Thursday, October 12 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!

OCTOBER

MONDAY

1 Sunday

2
8:00 Billiard Room Open
8:00 Take 5 For You
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

Lake of the Torches Casino Trip

TUESDAY

3

8:00 Take 5 For You
8:30 8 Ball Billiard League
8:30 Strong!
9:45 Intermediate Yoga
10:00 Balance & Stretch
10:00 Walking Group
11:00 Cardio Drumming
12:00 Billiard Room Open
12:00 Crafters Corner
12:00 Mah Jongg
1:00 Cribbage
5:30 Cardio Drumming

WEDNESDAY

4

8:00 Take 5 For You
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 Feeding America
12:00 Hand & Foot
12:30 Rec Sheepshead

THURSDAY

5

8:00 Billiard Room Open
8:00 Take 5 For You
10:00 Balance & Stretch
10:00 Walking Group
12:00 Mah Jongg
12:30 Movie-Love Again
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

FRIDAY

6

8:00 Billiard Room Open
8:00 Take 5 For You
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
12:30 Recreational Wil Bowling
1:00 Memory Writers

7 Saturday

9:00 No Line Dancing Today
10:00 Walking Group

8 Sunday

MONDAY

9

8:00 Billiard Room Open
8:00 Take 5 For You
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

TUESDAY

10

8:00 Take 5 For You
8:30 8 Ball Billiard League
8:30 Strong!
9:45 Intermediate Yoga
10:00 Balance & Stretch
10:00 Walking Group
11:00 Cardio Drumming
12:00 Billiard Room Open
12:00 Crafters Corner
12:00 Mah Jongg
1:00 Cribbage
1:00 Parkinson's Support Group
2:00 Parkinson Movement & Music
5:30 Cardio Drumming
6:00 Coin Collectors

WEDNESDAY

11

8:00 Take 5 For You
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 Rec Sheepshead
1:00 Genealogy
1:30 Nickel Bingo
3:00 Pumpkin Painting at Thelma
4:00 Annual Friends Gala

THURSDAY

12

8:00 Billiard Room Open
8:00 Take 5 For You
10:00 Balance & Stretch
10:00 Blood Drive
10:00 Book Club
10:00 Walking Group
12:00 Mah Jongg
12:30 Movie-Blackberry
1:00 Cribbage
5:30 Beginning Line Dancing
6:00 Sunset Stitchers
6:30 Line Dancing

FRIDAY

13

8:00 Billiard Room Open
8:00 Take 5 For You
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
12:30 Friday Flick - City Slickers
1:00 Memory Writers

14 Saturday

9:00 Beginning Line Dancing
10:00 Walking Group

15 Sunday

MONDAY

16

8:00 Billiard Room Open
8:00 Take 5 For You
9:00 Wood Carving
10:00 Video Walk to Fitness
11:00 Intro to German
12:00 Color Me Calm

TUESDAY

17

8:00 Take 5 For You
8:30 8 Ball Billiard League
8:30 Strong!
9:45 Intermediate Yoga
10:00 Balance & Stretch
10:00 Walking Group

WEDNESDAY

18

8:00 Take 5 For You
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

THURSDAY

19

8:00 Billiard Room Open
8:00 Take 5 For You
9:30 Medicare, Obama Care
10:00 Balance & Stretch
10:00 Walking Group
12:00 Mah Jongg

FRIDAY

20

8:00 Billiard Room Open
8:00 Take 5 For You
8:30 Strong!
9:45 Beginning Yoga
10:00 Video Walk to Fitness
11:00 Chair Yoga

12:00 BUNCO
 1:00 Euchre
 1:00 German
 5:30 Zumba Gold

11:00 Cardio Drumming
 12:00 Billiard Room Open
 12:00 Crafters Corner
 12:00 Mah Jongg
 1:00 Cribbage
 1:00 Power of Attorney Presentation
 5:30 Cardio Drumming

12:00 Feeding America
 12:00 Hand & Foot
 12:30 Movie-Love Again
 12:30 Rec Sheepshead
 6:30 Stamp Collectors

1:00 Cribbage
 1:00 Digital Wallet Presentation
 5:30 Beginning Line Dancing
 6:30 Line Dancing

12:00 Game Day
 12:00 Hand & Foot
 12:30 Recreational Wii Bowling
 1:00 Memory Writers

23
 8:00 Billiard Room Open
 8:00 Take 5 For You
 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

24
 8:00 Take 5 For You
 8:30 8 Ball Billiard League
 8:30 Strong!
 9:45 Intermediate Yoga
 10:00 Balance & Stretch
 10:00 Walking Group
 11:00 Cardio Drumming
 12:00 Billiard Room Open
 12:00 Crafters Corner
 12:00 Mah Jongg
 12:00 Sewing
 1:00 Cribbage
 1:00 Tech Tyme
 2:00 Parkinson Movement & Music
 5:30 Cardio Drumming

25
 8:00 Take 5 For You
 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 Rec Sheepshead
 1:00 Genealogy
 1:00 How to Outsmart Your Phone

26
 8:00 Billiard Room Open
 8:00 Take 5 For You
 10:00 Balance & Stretch
 10:00 Walking Group
 12:00 Mah Jongg
 1:00 Cribbage
 1:00 National Fed. of the Blind
 5:30 Beginning Line Dancing
 6:30 Line Dancing

27
 8:00 Billiard Room Open
 8:00 Take 5 For You
 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
 12:30 Friday Flick- Ghostbusters
 1:00 Memory Writers

30
 8:00 Billiard Room Open
 8:00 Take 5 For You
 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



31
 8:00 Take 5 For You
 8:30 8 Ball Billiard League
 8:30 Strong!
 9:45 Intermediate Yoga
 10:00 Balance & Stretch
 10:00 Walking Group
 11:00 Cardio Drumming
 12:00 Billiard Room Open
 12:00 Crafters Corner
 12:00 Mah Jongg
 12:00 Sewing
 12:30 Movie-Blackberry
 1:00 Cribbage
 5:30 Cardio Drumming

28 Saturday
 9:00 Beginning Line Dancing
 10:00 Walking Group

29 Sunday



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MEMORY WRITERS

Fridays at 1:00 p.m.



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

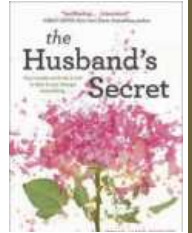
NEW MEMORIES AND MEMBERS WELCOME

BOOK CLUB

Thursday, October 12 at 10:00 a.m.

BOOK OF THE MONTH: The Husband's Secret

By: Liane Moriarty



Cecilia Fitzpatrick has achieved it all—she's an incredibly successful businesswoman, a pillar of her small community, and a devoted wife and mother. Her life is as orderly and spotless as her home. But that letter is about to change everything, and not just for her: Rachel and Tess barely know Cecilia—or each other—but they too are about to feel the earth-shattering repercussions of her husband's secret.

All books are due back by October 12

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, October 11 & 25 at 1:00 p.m.



2nd & 4th Wednesdays

New members always welcome!

TECH TYME

Tuesday, October 24

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.

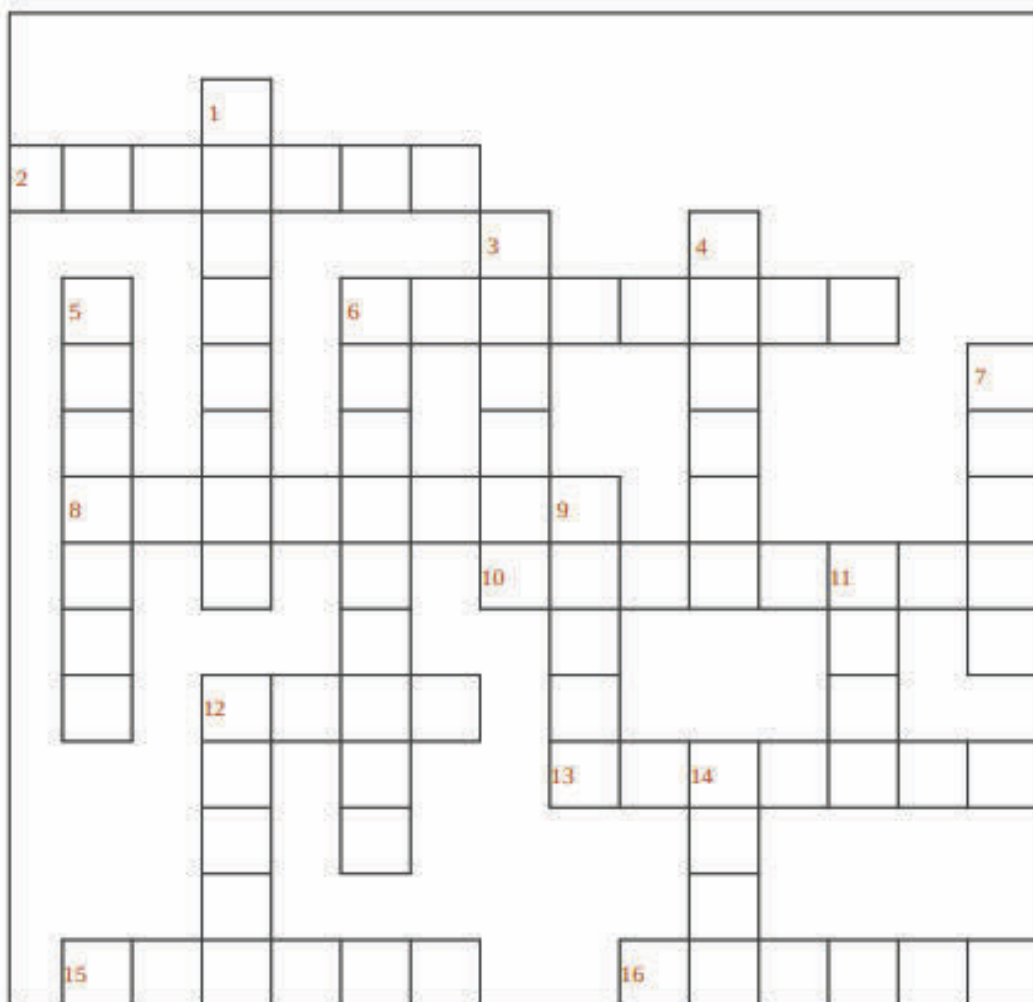
Sessions are limited if other people are waiting.

Sponsored by:



CROSSWORD PUZZLE

Fall



Across

- 2 Halloween month
 6 Rodent that hordes nuts
 8 People at the first Thanksgiving
 10 Thanksgiving month
 12 Yellow vegetable that grows on stalks
 13 To gather farm crops
 15 Thanksgiving main dish
 16 Falls from trees

Down

- 1 Sport played with a brown ball
 3 Another name for Fall
 4 a color and a fruit
 5 Great for pies or for carving
 6 Keeps birds away from fields
 7 Nut from an oak tree
 9 Birds fly _____ for the winter
 11 Bundles of hay
 12 Drink made from apples
 14 Tool to clean up leaves





WALKING/HIKING GROUP

Tuesdays, Thursdays, & Saturdays at 10:00 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!

TAKE 5 FOR YOU OUTDOOR EXERCISE EQUIPMENT



Autumn is the perfect time to workout outside! Take 5 minutes for yourself, drop in, and check out our outdoor exercise equipment!

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.

TAKE 5 FOR YOU INDOOR EXERCISE EQUIPMENT

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



Don't forget that the Center now has exercise equipment available for everyone to use. Take 5 minutes for yourself, 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



LOVE AGAIN

Thursday, October 5 AND Wednesday, October 18

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

PG-13 · 2023 · Romance/Rom-Com · 1h 44m

Starring: Priyanka Chopra, Sam Heughan, Nick Jonas, Celine Dion

Summary: Coping with the loss of her fiancé, Mira Ray sends a series of romantic texts to his old cellphone number, not realizing it was reassigned to journalist Rob Burns. Rob becomes captivated by the honesty of her words in the beautifully constructed texts. When he's assigned to write a profile of superstar Celine Dion, he enlists her help to figure out how to meet Mira in person -- and win her heart.



Lawn Chairs Welcome

To register call (920) 322-3630

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

BLACKBERRY

Thursday, October 12 AND Tuesday, October 31

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

R · 2023 · Drama/Comedy · 1h 59m

Starring: Glen Howerton, Matthew Johnson, Jay Baruchel, SungWon Cho, Micheal Ironside, Cary Elwes

Summary: Explores the incredible growth and tragic collapse of the world's first smartphone and how it smashed huge enterprises before surrendering to Silicon Valley's fiercely competitive companies.



Lawn Chairs Welcome

To register call (920) 322-3630

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

We provide a Christian-based, innovative approach to aging through comprehensive services and programs.



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 Fond du Lac, WI 54935
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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



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CITY SLICKERS



Friday, October 13

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

PG-13 · 1991 · Comedy · 1h 52m

Starring: Billy Crystal, Daniel Stern, Bruno Kirby, Patricia Wettig, Helen Slater, Jack Palance

Summary: Every year, three friends take a vacation away from their wives. This year, henpecked Phil (Daniel Stern), newly married Ed (Bruno Kirby), and Mitch (Billy Crystal) -- terrified of his midlife crisis -- decide to reignite their masculinity by taking a supervised cattle drive across the Southwest. Under the supervision of gruff cowboy Curly (Jack Palance), the men set out on a journey that turns unexpectedly dangerous. The three men bond along the way to conquering their fear of aging.

Lawn Chairs Welcome
To register call (920) 322-3630

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

GHOSTBUSTERS



Friday, October 27

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

PG · 1984 · Comedy/Fantasy · 1h 47m

Starring: Bill Murray, Dan Aykroyd, Harold Ramis, Sigourney Weaver, Rick Moranis, Annie Potts

Summary: After the members of a team of scientists (Harold Ramis, Dan Aykroyd, Bill Murray) lose their cushy positions at a university in New York City, they decide to become "ghostbusters" to wage a high-tech battle with the supernatural for money. They stumble upon a gateway to another dimension, a doorway that will release evil upon the city. The Ghostbusters must now save New York from complete destruction.

Lawn Chairs Welcome
To register call (920) 322-3630

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

SUDOKU

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

WORD SEARCH PUZZLE



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

ACORN
 APPLE
 AUTUMN
 BROWN
 BROWN
 CHILLY
 CIDER
 CORN
 FALL
 FOOTBALL
 HALLOWEEN
 HARVEST
 HAY
 JACKET
 LEAVES
 NOVEMBER
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 ORANGE
 PIE
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 RAKE
 SCARECROW
 SCARF
 SEPTEMBER
 SPIDER
 SQUASH
 SUNFLOWER
 SWEATER
 THANKSGIVING
 TURKEY
 YELLOW



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)

MEDICARE, OBAMA CARE & MAXIMIZING SOCIAL SECURITY

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 your Social Security benefits · What Medicare parts A,B,C, & D are · Differences between Medicare Advantage Plans & Medicare Supplements · Obamacare Premiums

Space is Limited



To register call (920) 322-3630

Sponsored by:



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!

RECREATIONAL WII BOWLING

Friday, October 6 AND 20

12:30-2:30 p.m.



Sign up alone or with some friends and spend the afternoon bowling for fun.

Pre-registration is mandatory, call (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.



ELECTRIC VEHICLE PRESENTATION

Wednesday, November 8 at 1:00 p.m.

Ready or not, here they come! Join us and learn the pros, cons, facts, and myths of Electric Vehicles.

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

Preregistration will assure you a spot if we reach capacity.

Sponsored by:





FEELING THE PINCH?

Wednesday October 4 & 18 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.



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



STOCK BOX

Monday, October 23 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.

HEALTHY LIVING WITH DIABETES

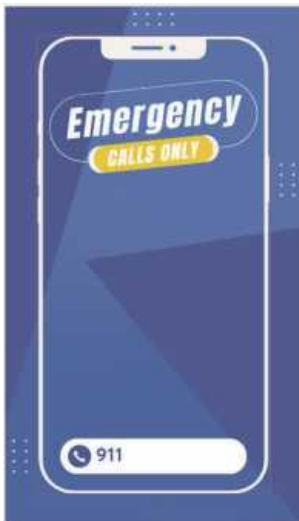
Wednesdays, October 11-November 15

9:00-11:00 a.m.



For more information, or to register call the FDL County Health Department at (920) 906-5547

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.

POWERFUL TOOLS FOR CAREGIVERS AT RIPON PUBLIC LIBRARY

Wednesdays, October 4 –November 8

9:30 a.m.-12:00 p.m.



For more information, or to register call the ADRC of FDL County at (920) 929-3466

CLASSES, SUPPORT GROUPS, & RESOURCES²⁵

PARKINSONS SUPPORT



Tuesday, October 10 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.

October's Group Features

Tiffany Fisher, DPT Physical Therapist—
Pelvic & Prostate Health



Learn the proper techniques to build and maintain strength for optimal bowel and bladder control.

PARKINSONS MOVEMENT & MUSIC



Tuesday, October 10 & 24 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, October 5 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.

Sponsored by:



PARENTS OF ANGELS

1st Thursday— October 5 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, October 26 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.

MEMORY SCREENING

Monday, October 9

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

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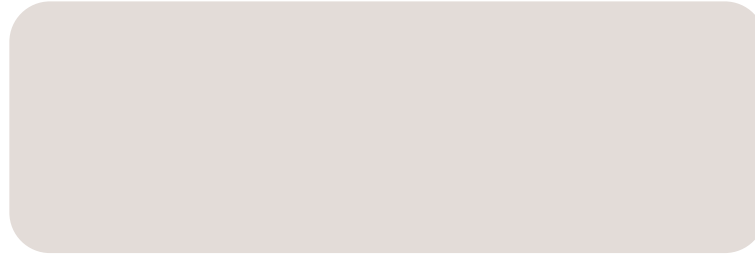
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FOND DU LAC SENIOR CENTER 920-322-3630

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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