

FOND DU LAC SENIOR CENTER

AMONG FRIENDS

NEWSLETTER

NOVEMBER 2023



HELLO

November

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.

CATHY'S CORNER

If you are getting this in the mail or via email, THANK YOU for being a Friend of The Center! The Friends of the Fond du Lac Senior Center, a 501(c)3 non-profit, works hard all year to support the many programs and activities that we offer. The Friends' main fundraisers each year are the Dine Out Books, the Brat Frys, the Raffle, the Gala, and the annual membership drive, and we appreciate the support of our many "Friends" as well as our community partners and the community at large!

November is the time of year that the Friends begins their membership drive for 2024, so you will notice that page 27 of the newsletter is the form to support the Friends for another year. If you are a current Friend, we hope you renew, and if you haven't been a "Friend" yet, we hope you will consider to support this worthwhile organization!

In addition to all of the other work the Friends do, new this year will be the Friends' Entertainment, Shop & Service Book! Much like the Dine Out Book that many of you are familiar with, the Entertainment, Shop & Service Book will have coupons for local shops, services (oil change, catering, etc.), and entertainment (bowling, roller skating, etc.). Each of the books will be \$10 this year, but if you purchase a Dine Out Book, there will be a coupon included for \$2 off a Entertainment Book.

I wanted to get this information out in November in case you are looking for great stocking stuffers or little treats for friends and family over the holiday season. The books should be available by the end of this month. Thanks for your support and hope to see you soon!

Cathy

2024 DINE OUT BOOK



\$10.00

Includes 50 coupons for over 35 local businesses!

Pick yours up at The Center

2024 ENTERTAINMENT, SHOP & SERVICE BOOK



\$10.00

Grab a new Entertainment, Shop & Service book to receive coupons for over 20 local businesses - plus your purchase supports the Friends of the Fond du Lac Senior Center!

New in 2024!

SPECIAL PROGRAM

FREEDOM IS SWEET, STOP IN FOR A TREAT

Friday, November 10

9:00-11:00 a.m.



Join us as we honor our Veterans with some sweet treats.
Everyone Welcome!

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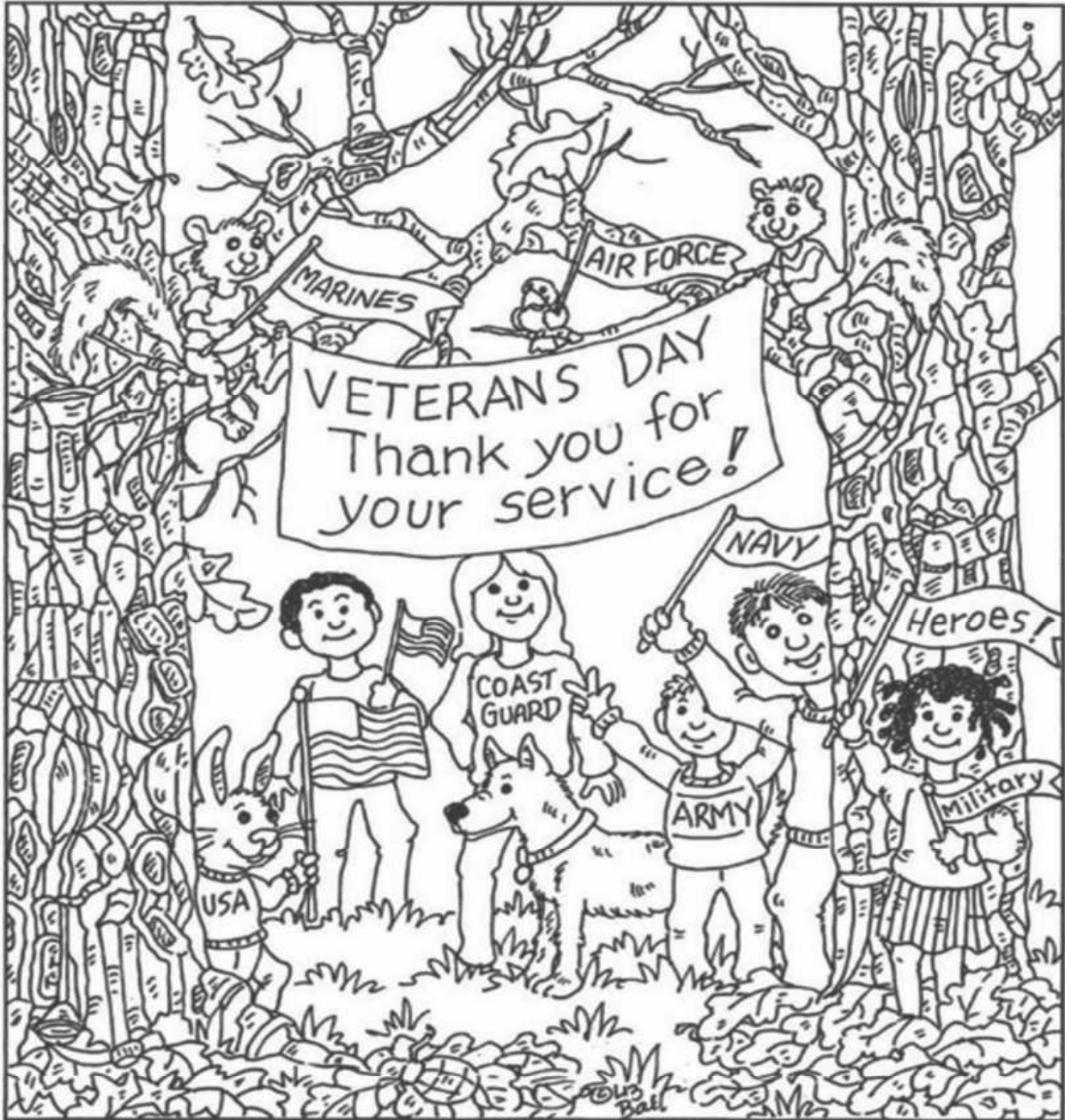
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Friends of Fond du Lac Sr. Center, Fond du Lac, WI

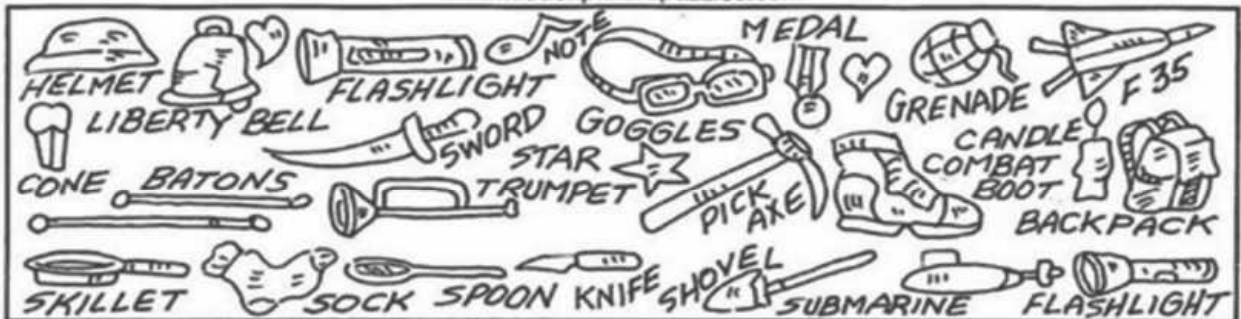
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HIDDEN PICTURE PUZZLE

Hidden Pictures Supports Our Veterans



www.hiddenpicturepuzzles.com



Can you find all of the hidden items?

www.hiddenpicturepuzzles.com

by Liz Ball

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:



PELVIC AND PROSTATE HEALTH

Thursday, November 30 at 1:00 p.m.

Speaker: Tiffany Fisher, DPT Physical Therapist



This presentation is for both men and women. Learn the proper techniques to build and maintain strength for optimal bowel and bladder control.

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



Sponsored by:



WALK TO WHERE??? SUMMER WALKING CHALLENGE RESULTS



Our Walk to Where??? participants kept track of their steps for three months and in the end they walked a total of 3,935 miles! Greenland, Iceland, The United Kingdom, Colombia, Venezuela, Panama, and Peru are just a few of the places we could have walked to!

Thank you to all who participated and Congratulations to Larry L for winning the Wellness Basket for participating.

Keep up the great work and join us for our next Walking Challenge - Walk to Santa's Workshop! Just in time for the holiday season!

WALK TO THE NORTH POLE WALKING CHALLENGE

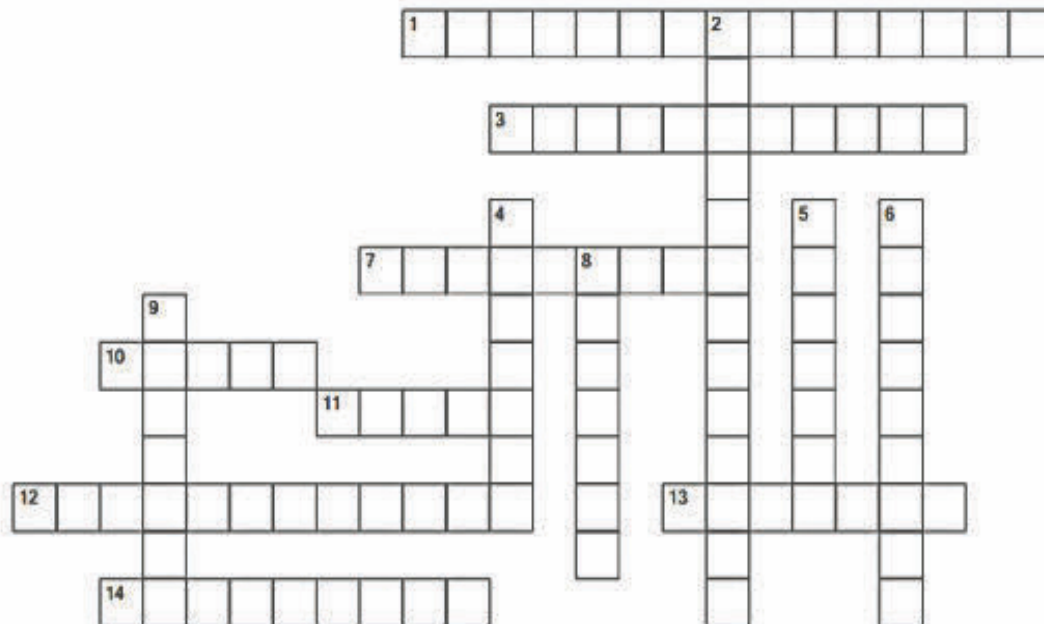


Let's walk to the North Pole! Not the real North Pole of Course, but rather a North Pole in Cascade Colorado (1,121 miles away) that claims to be the home of Santa's Workshop. To participate keep track of your steps from **November 1 –December 25**, drop in at the Center anytime between **December 26-29** to report your hours and pick up a special participation prize.

Call (920)322-3630 with any questions.

CROSSWORD PUZZLE

Veterans Day Crossword Puzzle



ACROSS

1. Observed at 11 a.m. on Veterans Day
3. National holiday observed on November 11
7. To suffer injury or loss for the sake of a cause
10. A small red-orange flower; a symbol of Veterans Day
11. The absence of war or other hostilities
12. Original name for Veterans Day
13. An individual who has served in the military
14. An agreement to temporarily suspend hostilities, a truce.

DOWN

2. Location of bloody battle in Belgium
4. Courageous; ability to face danger or pain without showing fear
5. A gift or speech given as a display of respect and appreciation
6. War to end all wars
8. The condition of being free; the power to act, speak or think without externally imposed restraints
9. A person serving in the military

HOW TO SHOP SAFELY ONLINE

Wednesday, November 15 at 1:00 p.m.



Learn how to stay safe while shopping online. You'll learn the basics of how to shop online and get top tips for how to keep your information and finances secure. You'll also learn what to watch out for online shopping scams. Moderate tech experience expected. 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: 

NICKEL



Tuesday, November 7 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

THELMA COMMUNITY ARTS OUTREACH PINECONE ZINNIA CENTERPIECES



Wednesday, November 8 at 3:00 p.m. at Thelma Sadoff
Center for the Arts

Join us as we paint pinecones to make a beautiful centerpiece.
Please bring your own pot or bowl to put your completed
pinecones in.

Class is free and all materials are supplied.

SPACE IS LIMITED, 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

WHAT IS VESTIBULAR REHABILITATION THERAPY?

Tuesday, November 21 at 1:00 p.m.



Vestibular rehabilitation therapy (VRT) is a specialized type of therapy intended to reduce problems caused by vestibular disorders, such as vertigo and dizziness, gaze instability, and/or imbalance and falls. Come and find out if you might benefit from VRT.

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



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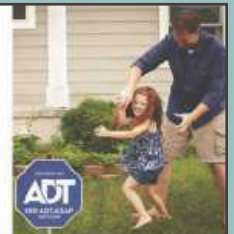
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Contact us for more information or to schedule an appointment.

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MEMORY WRITERS

Fridays at 1:00 p.m.



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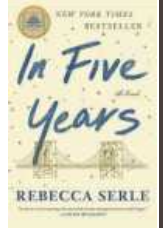
NEW MEMORIES AND MEMBERS WELCOME

BOOK CLUB

Thursday, November 9 at 10:00 a.m.

BOOK OF THE MONTH: In Five Years

By: Rebecca Serle



Dannie spends one hour exactly five years in the future before she wakes again in her own home on the brink of midnight—but it is one hour she cannot shake. In Five Years is an unforgettable love story, but it is not the one you're expecting.

All books are due back by November 9

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, November 8 & 22 at 1:00 p.m.



2nd & 4th Wednesdays

New members always welcome!

COLOR ME CALM

Tuesday, November 7

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

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

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, November 15 at 6:30 p.m.



3rd Wednesday of the month

New members welcome!

COIN COLLECTORS

Tuesday, November 14 at 6:00 p.m.



2nd Tuesday of the month

New members 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.

NOVEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>6</p> <p>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</p>	<p>7</p> <p>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 Color Me Calm 12:00 Crafters Corner 12:00 Mah Jongg 1:00 Cribbage 1:30 Nickel Bingo 5:30 Cardio Drumming</p>	<p>1</p> <p>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</p>	<p>2</p> <p>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 Flying Geese Quilters 1:00 Living With Loss Support 5:30 Parents of Angels 5:30 Beginning Line Dancing 6:30 Line Dancing</p> <p>Menominee Casino Trip</p>	<p>3</p> <p>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 Wii Bowling 1:00 Memory Writers</p> <p>4 Saturday 9:00 Beginning Line Dancing 10:00 Walking Group</p> <p>5 Sunday</p>
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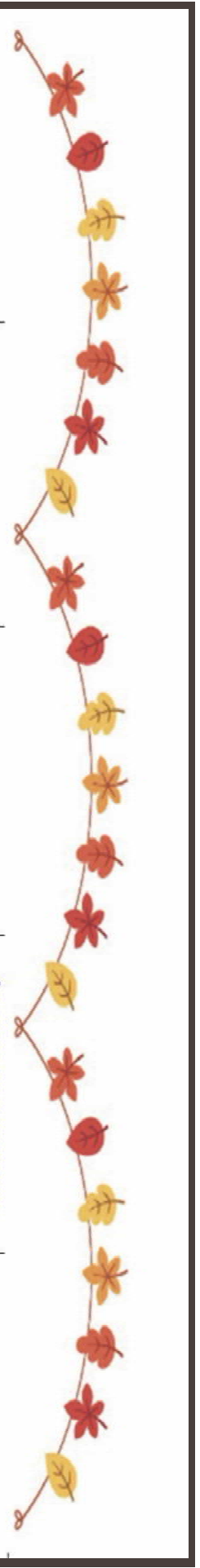
<p>8</p> <p>8:00 Take 5 For You 8:30 9 Ball Billiard League 10:00 Fondy Sunshine Strummers 10:00 Video Walk to Fitness 12:00 Billiard Room Open 12:00 Canasta 12:00 Hand & Foot 12:30 Rec Sheepshead 1:00 Electric Vehicle Presentation 1:00 Genealogy 3:00 Art at Thelma</p>	<p>9</p> <p>8:00 Billiard Room Open 8:00 Take 5 For You 10:00 Balance & Stretch 10:00 Book Club 10:00 Walking Group 12:00 Mah Jongg 12:30 Movie-You Hurt My Feelings 1:00 Cribbage 5:30 Beginning Line Dancing 6:00 Sunset Stitches 6:30 Line Dancing</p>	<p>10</p> <p>8:00 Billiard Room Open 8:00 Take 5 For You 8:30 Strong! 9:00 Freedom Is Sweet 9:45 Beginning Yoga 10:00 No Video Walk to Fitness 11:00 Chair Yoga 12:00 Game Day 12:00 Hand & Foot 12:30 Movie-Good Morning Vietnam 1:00 Memory Writers</p> <p>11 Saturday 9:00 Beginning Line Dancing 10:00 Walking Group</p> <p>12 Sunday</p>	<p>15</p> <p>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</p>	<p>16</p> <p>8:00 Billiard Room Open 8:00 Take 5 For You 10:00 Balance & Stretch 10:00 Walking Group 12:00 Mah Jongg 12:00 Medicare/Dhamacara</p>
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<p>13</p> <p>8:00 Billiard Room Open 8:00 Take 5 For You 9:00 Memory Screenings 9:00 Wood Carving 10:00 Blood Pressure Clinic 10:00 Video Walk to Fitness</p>	<p>14</p> <p>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</p>	<p>15</p> <p>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</p>	<p>16</p> <p>8:00 Billiard Room Open 8:00 Take 5 For You 10:00 Balance & Stretch 10:00 Walking Group 12:00 Mah Jongg 12:00 Medicare/Dhamacara</p>	<p>17</p> <p>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</p>
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<p>11:00 Intro to German</p> <p>12:30 Bunco</p> <p>1:00 Euchre</p> <p>1:00 German</p> <p>5:30 Zumba Gold</p>	<p>11:00 Cardio Drumming</p> <p>12:00 Billiard Room Open</p> <p>12:00 Crafters Corner</p> <p>12:00 Mah Jongg</p> <p>1:00 Cribbage</p> <p>1:00 Parkinson's Support Group</p> <p>2:00 Parkinson Movement & Music</p> <p>5:30 Cardio Drumming</p> <p>6:00 Coin Collectors</p>	<p>12:00 Hand & Foot</p> <p>12:30 Rec Sheephead</p> <p>1:00 How to Shop Safely Online</p> <p>6:30 Stamp Collectors</p>	<p>12:30 Movie-About My Father</p> <p>1:00 Cribbage</p> <p>5:30 Beginning Line Dancing</p> <p>6:30 Alzheimer's Support Group</p> <p>6:30 Line Dancing</p>	<p>12:00 Game Day</p> <p>12:00 Hand & Foot</p> <p>12:30 Recreational Wii Bowling</p> <p>1:00 Memory Writers</p>
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<p>20</p> <p>8:00 Billiard Room Open</p> <p>8:00 Take 5 For You</p> <p>9:00 Wood Carving</p> <p>10:00 Video Walk to Fitness</p> <p>11:00 Intro to German</p> <p>12:30 Bunco</p> <p>1:00 Euchre</p> <p>1:00 German</p> <p>1:30 Stock Box</p> <p>5:30 Zumba Gold</p>	<p>21</p> <p>8:00 Take 5 For You</p> <p>8:00 Thankful For You Double Ticket</p> <p>8:30 8 Ball Billiard League</p> <p>8:30 Strong!</p> <p>9:45 Intermediate Yoga</p> <p>10:00 Balance & Stretch</p> <p>10:00 Walking Group</p> <p>11:00 Cardio Drumming</p> <p>12:00 Billiard Room Open</p> <p>12:00 Crafters Corner</p> <p>12:00 Mah Jongg</p> <p>1:00 Cribbage</p> <p>1:00 What is VRT?</p> <p>5:30 Cardio Drumming</p>	<p>22</p> <p>8:00 Take 5 For You</p> <p>8:30 9 Ball Billiard League</p> <p>10:00 Fondy Sunshine Strummers</p> <p>10:00 Video Walk to Fitness</p> <p>12:00 Billiard Room Open</p> <p>12:00 Canasta</p> <p>12:00 Hand & Foot</p> <p>12:30 Movie-You Hurt My Feelings</p> <p>12:30 Rec Sheephead</p> <p>1:00 Genealogy</p>	<p>23</p> <div data-bbox="365 525 625 819" data-label="Image"> </div> <p style="text-align: center;">Closed</p>	<p>24</p> <p style="text-align: center;">Closed</p>
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<p>27</p> <p>8:00 Billiard Room Open</p> <p>8:00 Take 5 For You</p> <p>9:00 Wood Carving</p> <p>10:00 Video Walk to Fitness</p> <p>11:00 Intro to German</p> <p>12:30 Bunco</p> <p>1:00 Euchre</p> <p>1:00 German</p> <p>5:30 Zumba Gold</p>	<p>28</p> <p>8:00 Take 5 For You</p> <p>8:30 8 Ball Billiard League</p> <p>8:30 Strong!</p> <p>9:45 Intermediate Yoga</p> <p>10:00 Balance & Stretch</p> <p>10:00 Walking Group</p> <p>11:00 Cardio Drumming</p> <p>12:00 Billiard Room Open</p> <p>12:00 Crafters Corner</p> <p>12:00 Mah Jongg</p> <p>1:00 Cribbage</p> <p>2:00 Parkinson Movement & Music</p> <p>5:30 Cardio Drumming</p>	<p>29</p> <p>8:00 Take 5 For You</p> <p>8:30 9 Ball Billiard League</p> <p>10:00 Fondy Sunshine Strummers</p> <p>10:00 Video Walk to Fitness</p> <p>12:00 Billiard Room Open</p> <p>12:00 Canasta</p> <p>12:00 Feeding America</p> <p>12:00 Hand & Foot</p> <p>12:30 Movie-About My Father</p> <p>12:30 Rec Sheephead</p>	<p>30</p> <p>8:00 Billiard Room Open</p> <p>8:00 Take 5 For You</p> <p>10:00 Balance & Stretch</p> <p>10:00 Walking Group</p> <p>12:00 Mah Jongg</p> <p>1:00 Cribbage</p> <p>1:00 Pelvic & Prostate Health</p> <p>5:30 Beginning Line Dancing</p> <p>6:30 Line Dancing</p>
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For ad info. call 1-800-950-9952 • www.lpicommunities.com

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

C 4C 01-1122

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.



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!

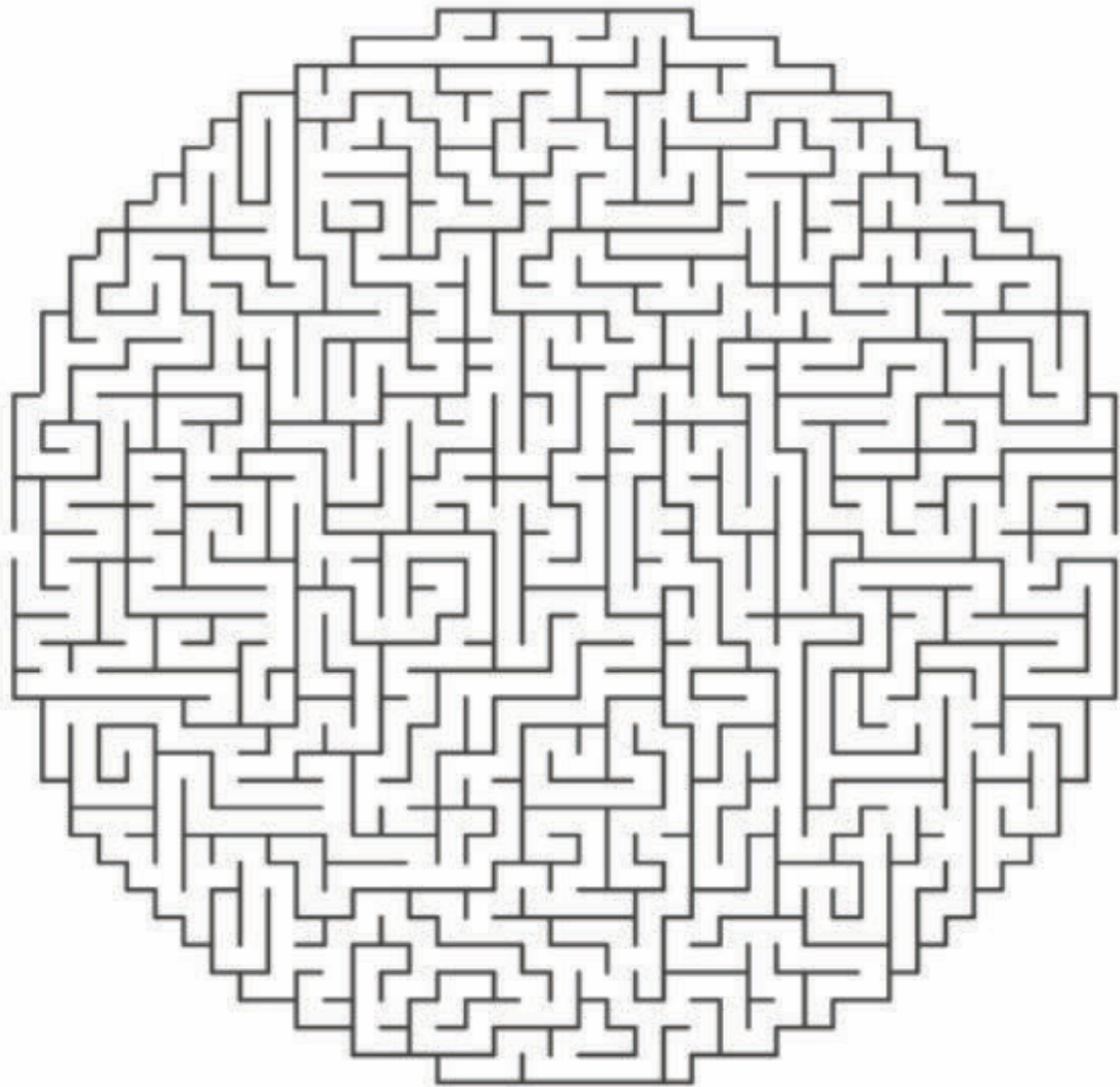
Thanks to Fond du Lac Cyclery & The Friends for making this possible

Friends of the
Fond du Lac Senior Center



MAZE PUZZLE

Happy Thanksgiving



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, November 2 at 1:00 p.m.



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

SUNSET STITCHERS QUILT GUILD

Thursday, November 9 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!

MOVIE: YOU HURT MY FEELINGS



Thursday, November 9 AND Wednesday, November 22

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

R · 2023 · Drama/Comedy · 1h 33m

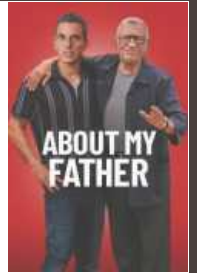
Starring: Julia Louis-Dreyfus, Tobias Menzies, Michaela Watkins, Amber Tamblyn, Owen Teague, Arian Moayed

Summary: A novelist's long-standing marriage suddenly turns upside down when she overhears her husband give his honest reaction to her latest book.

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

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

MOVIE: ABOUT MY FATHER



Thursday, November 16 AND Wednesday, November 29

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

PG-13 · 2023 · Comedy · 1h 29m

Starring: Sebastian Maniscalco, Robert De Niro, Kim Cattrall, Leslie Bibb, David Rasche, Anders Holm

Summary: A man's fiancée encourages him and his father to spend the weekend with her wealthy and exceedingly eccentric family. The gathering soon develops into a cultural clash, allowing father and son to discover the true meaning of family.

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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Some of the services we manage with you include:

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- 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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WORD SEARCH PUZZLE

Happy Thanksgiving

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

CORN
 CORNUCOPIA
 DINNER
 FAMILY
 FEAST
 GATHERING



NATIVE AMERICAN
 NOVEMBER
 PILGRIM
 THANKSGIVING
 TURKEY
 HOLIDAY

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)

RECREATIONAL WII BOWLING

Friday, November 3 AND 17

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

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!

MEDICARE/OBAMA CARE & MAXIMIZING SOCIAL SECURITY



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

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

Sponsored by:



THANKFUL FOR YOU DOUBLE TICKET DAY

Tuesday, November 21

8:00 a.m.-2:00 p.m.



Because we are thankful for you, turn in your puzzles on this day and receive double tickets!

SEWING

Unfortunately, the sewing class has been postponed. Stay tuned for updated class dates.



JOIN US



STOCK BOX

Monday, November 20 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 November 1 & 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.



MEMORY SCREENING

Monday, November 13
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

BLOOD PRESSURE CLINIC

Monday, November 13 10:00-11:30 a.m.
Monday, December 4 11:30 a.m. 1:00 p.m.



The nursing students from Moraine Park Technical College will be here taking blood pressures. Drop in and get yours checked!

Sponsored by:



2023 RAKE A DIFFERENCE

If you would like to have your leaves raked this year by local Volunteers from our community, Call (920) 322-3630 as soon as possible to sign up. Once you are signed up a United Way Volunteer will call you back to set up a date for you.



SAVE THE DATE

QUARTERBACK COFFEE CLUTCH

Monday, December 4 & 18
9:30-10:30 a.m.



Are you looking for someone to chat about the big game with? Brady will be here win or lose to talk about the good, the bad, and the ugly. Come and celebrate a win or drown your sorrow with coffee and donuts.

Call (920)322-3630 to register

Sponsored by:



CLASSES, SUPPORT GROUPS, & RESOURCES²⁵

PARKINSONS SUPPORT



Tuesday, November 14 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, November 14 & 28 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, November 2 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– November 2 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, November 16 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 CAFÉ

Fond du Lac Public Library–
Lower Level
32 Sheboygan Street



Thursday, November 16 1:00-2:30 p.m.

Memory Cafés are comfortable social gatherings designed for persons with memory loss, living with MCI or early stage dementia, and their care partners to connect, socialize, and build new support networks.

REGISTER: First time attendees please call 800.272.3900

Please note this is not a support group.



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

E 4C 01-1122

2024 Friends Membership Form

27

To join the FRIENDS of the FOND DU LAC SENIOR CENTER or to renew your membership, please complete this form and return it to the Fond du Lac Senior Center. Membership is for the 2024 calendar year. **THANK YOU FOR BEING A FRIEND!**

We do not share your information with any outside organization.

Please make check payable to: "FRIENDS, INC."

Fond du Lac Senior Center
151 E. 1st Street
Fond du Lac, WI 54935

PLEASE PRINT CLEARLY

NAME(s) (both, if couple)	
MAILING ADDRESS (with apt #)	
CITY, STATE, ZIP	
BIRTHDATE (optional)	
PHONE NUMBER	
E-MAIL	
<input type="checkbox"/> I'D LIKE TO GO GREEN! <i>RATHER THAN U.S. MAIL</i> , PLEASE E-MAIL MY MONTHLY NEWSLETTER TO ME	

LEVEL OF SUPPORT:

THANK YOU FOR SUPPORTING THE FRIENDS!

\$10.00 Single \$15.00 Couple (At the same address)

\$ _____ SPECIAL DONATION Thank you to all who include an additional donation with their membership. These funds help offset operational costs for the Friends organization. Your donation for 2024 is optional but *very much appreciated!*

\$50.00 FANTASTIC FRIENDS membership support – Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership supports the programs and activities at our Center and is much appreciated! Your Fantastic Friends membership includes one (1) 2024 Dine Out Book in appreciation of your support.

\$100.00 FABULOUS FRIENDS membership support – Thank you for your *generous* FABULOUS \$100 donation to the Friends. Your Fabulous Friends membership includes two (2) 2024 Dine Out Books in appreciation of your support. The FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help support the many programs and activities that we offer!

_____ TOTAL ENCLOSED (Special Donation and Friends Membership can be on the same check.)

Because the Friends is a 501(c)(3) nonprofit organization, your contribution is tax deductible.

FOR OFFICE USE ONLY

DATE PAID _____ CASH AMT _____ CHECK AMT _____ CHECK # _____ Receipt _____

NEW 2024 Member Renewal Receptionist Initials _____

FANTASTIC FRIENDS \$50 FABULOUS FRIENDS \$100

Dine Out Book—1 for Fantastic or 2 for Fabulous Memberships

November 2023 Newsletter

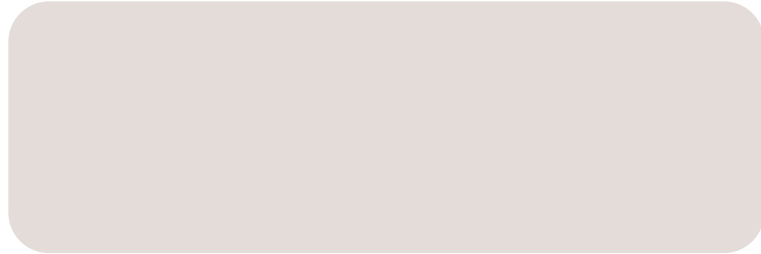
_____ Computer



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 151 E. First Street
 Fond du Lac, WI 54935

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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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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.