

FOND DU LAC SENIOR CENTER

# AMONG FRIENDS

NEWSLETTER

DECEMBER 2023



## OUR MISSION

The Fond du Lac Senior Center is dedicated to enriching the physical, emotional, social, and intellectual well-being of older adults in the community.

Last Christmas I received one of those little framed message boards - the kind that comes with a lot of alphabetic pins so you can create your own message for inside the frame. Each month I try and find a cute, meaningful, or funny message to put on there, and I think it has become the mission of other members of my family to use the available letters to create their own (usually much more clever and typically very funny) message.

When the calendar turned to November, I was trying to find something about being thankful. It took me a bit to come up with something but then I found "Be Thankful in all Circumstances" and decided that would be the best Thanksgiving sentiment.

The message board sits in our kitchen, and every time I see it, those five words really ground me. I feel like it's easy to talk about being thankful when things are going smoothly – when everyone is healthy, there is food on the table and enough money to pay the bills. It's much more difficult to be thankful when times are hard, but this little sign helps me keep this in perspective.

Why am I talking about thankfulness in the December newsletter? Because I think this time of year can be really challenging for a lot of people. The holidays can be as stressful as they are joyful. It starts with Thanksgiving, and then we have the whirlwind of Black Friday, Small Business Saturday, Cyber Monday, and it goes on and on.

The commercialism and social media platforms seem to set unreachable standards of what the holidays should look like – a perfectly decorated house filled with handmade decorations, gourmet looking meals, piles of creatively wrapped gifts, and happy family members gathered – when in reality, life typically doesn't look like that.

My Grandparents often talked of their Christmas stockings, and how they were so excited to get an orange and some nuts to crack. My Grandma remembered very vividly when she received her own baby doll. As the 7<sup>th</sup> of 9 children, she didn't often get anything that wasn't a hand-me-down so that doll was truly a special gift. Even into their 80's they both remembered how thankful they were for those things – things that by today's standards may not seem like much.

During this busy, busy month, I wish you peace, and the opportunity to find reasons to be thankful. Whether it's the twinkle of lights, a neighborhood full of decorations, a Christmas cookie, a favorite old Christmas carol, or the sound of children laughing and excitedly talking, I hope you can take time to be thankful and appreciate the season.

Hope to see you soon. Merry Christmas!

*Cathy*



# SPECIAL PROGRAM



## HOLIDAY HOT COCOA BAR

Tuesday, December 19

12:00-2:00 p.m.

Come and enjoy a cup of hot cocoa and get into the Holiday Spirit.

Must Pre-Register by calling (920) 322-3630

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# HIDDEN PICTURE PUZZLE



www.hiddenpicturepuzzles.com



## WISCONSIN'S CAREGIVER SUPPORT PROGRAMS

Thursday, December 14 at 1:00 p.m.

Are you a caregiver to a family member? If so, did you know that there may be programs to provide you with information, resources and even respite care? Join us as Alyssa from the Aging and Disability Resource Center educates us on the programs that are available to family caregivers.



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

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## HOW TO VIDEO CHAT

Wednesday, December 20 at 1:00 p.m.



Learn the basic steps of how to video chat, including how to sign on to a video call, how to clearly see and hear yourself and others on a video call, how to mute yourself and turn off your camera, and how to comment and chat. You'll also learn tips on how to look and sound better while video chatting. Moderate tech experience expected.

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

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## PLANNED GIVING

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

Learn how to maximize tax savings up to 50% and create a tax-free wealth transfer. Discover how to leave money to a charitable organization, in addition to increasing your estate. Discuss the benefits of charitable remainder trusts and wealth transfer remainder trusts while accommodating for future tax law changes.

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

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Thursday, December 7 at 1:30 p.m.

Join us for a fun filled afternoon of Bingo with special holiday prizes.

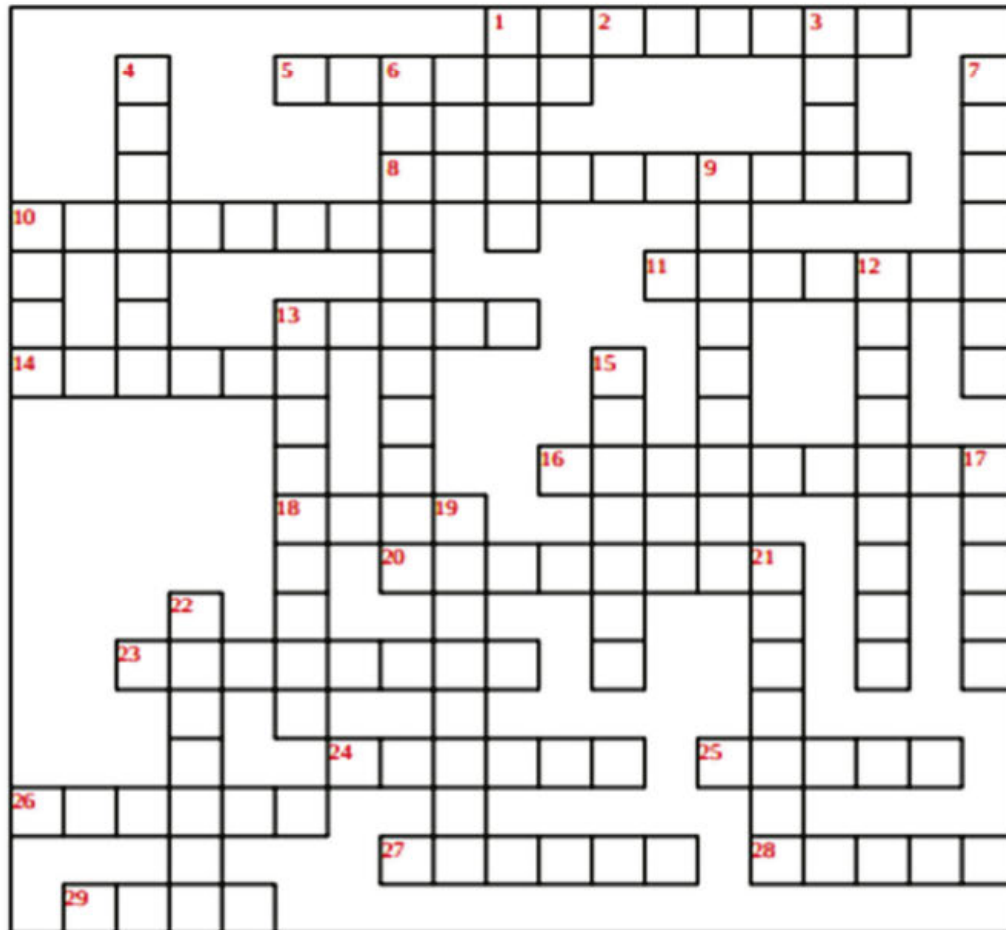
To register call (920) 322-3630 *Space is Limited*  
Preregistration will assure you a spot if we reach capacity

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# Christmas



## Across

- 2 Famous snowman  
 5 Traditional dairy drink  
 8 An opener or a famous ballet  
 10 Hung over the fireplace  
 11 Carrot-nosed figure  
 13 Christmas song  
 14 Circular decoration  
 16 Dance of the \_\_\_\_\_ Fairy  
 18 Tree topper  
 20 Christmas month  
 23 Tree decoration  
 24 Santa's ride  
 25 Santa's helpers  
 26 \_\_\_\_\_ Bells  
 27 Green Christmas thief  
 28 Plant with red berries  
 29 The First Christmas, "The First \_\_\_\_\_"

## Down

- 1 \_\_\_\_\_ Pole  
 3 Green Christmas decoration  
 4 Mean or miserly person  
 6 Treat used to build miniature houses  
 7 How Santa gets in  
 9 Striped sweet  
 10 Frozen rain  
 12 Christmas "kissing" plant  
 13 Gift giving holiday  
 15 Little \_\_\_\_\_ Boy  
 17 \_\_\_\_\_ Christmas; A season's greeting  
 19 Rudolph and friends  
 21 Lead reindeer  
 22 Kris \_\_\_\_\_

## ART WITH ARIANNA

11:00 a.m.-12:00 p.m.



We are excited to welcome Arianna to the Center! She looks forward to sharing her love of art with our participants - many of whom she met during classes at Thelma.

### Writing Home for the Holidays- Thursday, December 14 - \$5

What better way to share the Holiday Season than to pass along some art with your note! Watercolor, washi tape, and new mediums to try await.

### The Gift of Art-Thursday, December 21 - \$5

Spice up your gift giving with a personalized winter gift bag! Festive winter scenes make these bags perfect for any occasion.

### Watercolor Wonderland-Thursday, December 28 - \$5

Come and join us as we create snow-topped mountain evergreen scene.

Must register and pay in person before class. *Space is limited*

## CHRISTMAS MEAL IN A MUG

Tuesday, December 5 at 12:30 p.m.



Are you cooking for one this Christmas? If so, then this is the class for you. Join us and learn how to make an entire meal in a mug.

Must register and pay in person before class - \$2

*Space is Limited*

## GNOME ORNAMENTS

Tuesday, December 12 at 12:30 p.m.

Cost: \$3.00



Join us and learn how to make these charming gnome ornaments, just in time for Christmas! There will be kits available to purchase if you wish, so you can make some ornaments at home too.

Must Register and pay in person by Monday, December 11

*Space is Limited*

Call (920) 322-3630 with any questions

## THELMA COMMUNITY ARTS OUTREACH

### SLED ORNAMENTS

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



Join us as we make these adorable sled ornaments. Use them as stocking stuffers, to embellish gifts, or to put the finishing touch on your own Christmas tree.

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

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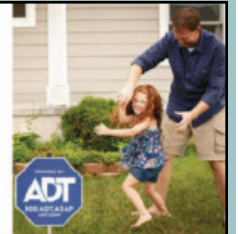
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*The former Senior Benefit Specialist for Fond du Lac County, Julie has been serving older adults for over 20 years. She continues to provide the same experience and expertise as she did with Fond du Lac County. Julie will specialize in Medicare, Individual/Group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



Contact us for more information or to schedule an appointment.

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## MEMORY WRITERS

Fridays at 1:00 p.m.



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

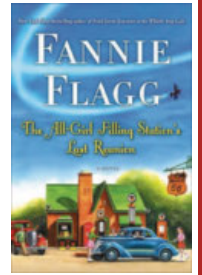
**NEW MEMORIES AND MEMBERS WELCOME**

## BOOK CLUB

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

BOOK OF THE MONTH: The All-Girl Filling Stations Last Reunion

By: Fannie Flagg



Sookie begins a search for answers that takes her to California, the Midwest, and back in time, to the 1940s, when an irrepressible woman named Fritzi takes on the job of running her family's filling station. Soon truck drivers are changing their routes to fill up at the All-Girl Filling Station.

All books are due back by December 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, December 13 & 27 at 1:00 p.m.



2nd & 4th Wednesdays

**New members always welcome!**

## QUARTERBACK COFFEE KLATSCH

Monday, December 4 & 18

9:30-10:30 a.m.



Are you looking for someone with which to chat about the big game? 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 sorrows with some coffee.

Call (920)322-3630 to Register

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## 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, December 20 at 6:30 p.m.



3rd Wednesday of the month

New members welcome!

## COIN COLLECTORS

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



2nd Tuesday of the month

New members welcome!

# WORD SCRAMBLE

## Christmas WORD SCRAMBLE

1. AWFNOEKSSL \_\_\_\_\_
2. LUPDHRO \_\_\_\_\_
3. LAENSCD \_\_\_\_\_
4. ILENJG LESBL \_\_\_\_\_
5. DOALYHI \_\_\_\_\_
6. ICTOGNSSK \_\_\_\_\_
7. DAYCN EACN \_\_\_\_\_
8. ETISOTEML \_\_\_\_\_
9. RTHEWA \_\_\_\_\_
10. TOHNR EOPL \_\_\_\_\_
11. ELSEV \_\_\_\_\_
12. TAASN \_\_\_\_\_
13. IEEENRRD \_\_\_\_\_
14. RTYOFS \_\_\_\_\_
15. TIHRAMSCS ERTE \_\_\_\_\_





## CARDIO DRUMMING

Tuesdays at 11:00 a.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.



# DECEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**4**

8:00 Billiard Room Open  
8:00 Take 5 For You  
9:00 Wood Carving  
9:30 Quarterback Coffee Klatsch  
10:00 Video Walk to Fitness  
11:00 Intro to German  
11:30 Blood Pressure Clinic  
12:30 Bunco  
1:00 Euchre  
1:00 German  
5:30 Zumba Gold

**5**

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  
12:30 Christmas Meal in a Mug  
1:00 Cribbage

**6**

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 Movie-Candy Cane Lane  
12:30 Rec Sheepshhead

**7**

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  
1:30 Holiday Bingo  
5:30 Beginning Line Dancing  
5:30 Parents of Angels  
6:30 Line Dancing

**8**

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  
11:30 Closed for Dept. In-Service

**9 Saturday**

9:00 Beginning Line Dancing  
10:00 Walking Group

**10 Sunday**

**11**

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

**12**

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 Hey Aiy!  
10:00 Walking Group  
11:00 Cardio Drumming  
12:00 Billiard Room Open  
12:00 Crafters Corner

**13**

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 Movie- Gringa  
12:30 Rec Sheepshhead

**14**

8:00 Billiard Room Open  
8:00 Take 5 For You  
10:00 Balance & Stretch  
10:00 Book Club  
10:00 Walking Group  
11:00 Art With Arianna  
12:00 Mah Jongg  
1:00 Cribbage  
1:00 Caregiver Support Programs  
5:30 Beginning Line Dancing

**15**

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  
1:00 Memory Writers

**1**


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  
1:00 Memory Writers

**2 Saturday**

9:00 Beginning Line Dancing  
10:00 Walking Group

**3 Sunday**



<p><b>12:00</b> Mah Jongg <b>12:30</b> Gnome Ornaments <b>1:00</b> Cribbage <b>1:00</b> Parkinson's Support Group <b>2:00</b> Parkinson Movement &amp; Music <b>6:00</b> Coin Collectors</p>	<p><b>1:00</b> Genealogy <b>3:00</b> Art At Thelma</p>	<p><b>6:00</b> Sunset Stitches <b>6:30</b> Line Dancing</p>	<p><b>16 Saturday</b> <b>9:00</b> Beginning Line Dancing <b>10:00</b> Walking Group <b>17 Sunday</b></p>
<p><b>18</b> <b>8:00</b> Billiard Room Open <b>8:00</b> Take 5 For You <b>9:00</b> Wood Carving <b>9:30</b> Quarterback Coffee Klatsch <b>10:00</b> Video Walk to Fitness <b>11:00</b> Intro to German <b>12:30</b> Bunco <b>1:00</b> Euchre <b>1:00</b> German <b>1:30</b> Stock Box <b>5:30</b> Zumba Gold</p>	<p><b>19</b> <b>8:00</b> Take 5 For You <b>8:30</b> 8 Ball Billiard League <b>8:30</b> Strong! <b>9:45</b> Intermediate Yoga <b>10:00</b> Balance &amp; Stretch <b>10:00</b> Walking Group <b>11:00</b> Cardio Drumming <b>12:00</b> Billiard Room Open <b>12:00</b> Crafters Corner <b>12:00</b> Hot Cocoa Bar <b>12:00</b> Mah Jongg <b>1:00</b> Cribbage</p>	<p><b>20</b> <b>8:00</b> Take 5 For You <b>8:30</b> 9 Ball Billiard League <b>10:00</b> Fondy Sunshine Strummers <b>10:00</b> Video Walk to Fitness <b>12:00</b> Billiard Room Open <b>12:00</b> Canasta <b>12:00</b> Hand &amp; Foot <b>12:30</b> Rec Sheepshead <b>1:00</b> How To Video Chat <b>6:30</b> Stamp Collectors</p>	<p><b>21</b> <b>8:00</b> Billiard Room Open <b>8:00</b> Double Ticket Day <b>8:00</b> Take 5 For You <b>10:00</b> Balance &amp; Stretch <b>10:00</b> Walking Group <b>11:00</b> Art With Arianna <b>12:00</b> Mah Jongg <b>12:30</b> Movie-Candy Cane Lane <b>1:00</b> Cribbage <b>5:30</b> Beginning Line Dancing <b>6:30</b> Alzheimer's Support Group <b>6:30</b> Line Dancing</p>
<p><b>25</b>  <b>Closed</b></p>	<p><b>26</b> <b>8:00</b> Take 5 For You <b>8:30</b> 8 Ball Billiard League <b>8:30</b> Strong! <b>9:45</b> Intermediate Yoga <b>10:00</b> Balance &amp; Stretch <b>10:00</b> Walking Group <b>11:00</b> Cardio Drumming <b>12:00</b> Billiard Room Open <b>12:00</b> Crafters Corner <b>12:00</b> Mah Jongg <b>1:00</b> Cribbage <b>2:00</b> No Parkinson's Move. &amp; Music</p>	<p><b>27</b> <b>8:00</b> Take 5 For You <b>8:30</b> 9 Ball Billiard League <b>10:00</b> Fondy Sunshine Strummers <b>10:00</b> Video Walk to Fitness <b>12:00</b> Billiard Room Open <b>12:00</b> Canasta <b>12:00</b> Feeding America <b>12:00</b> Hand &amp; Foot <b>12:30</b> Rec Sheepshead <b>1:00</b> Genealogy <b>1:00</b> Planned Giving</p>	<p><b>28</b> <b>8:00</b> Billiard Room Open <b>8:00</b> Take 5 For You <b>10:00</b> Balance &amp; Stretch <b>10:00</b> Walking Group <b>11:00</b> Art With Arianna <b>12:00</b> Mah Jongg <b>12:30</b> Movie-Gringa <b>1:00</b> Cribbage <b>5:30</b> Beginning Line Dancing <b>6:30</b> Line Dancing</p>
<p><b>29</b> <b>8:00</b> Billiard Room Open <b>8:00</b> Take 5 For You <b>8:30</b> Strong! <b>9:45</b> Beginning Yoga <b>10:00</b> Video Walk to Fitness <b>11:00</b> Chair Yoga <b>12:00</b> Game Day <b>12:00</b> Hand &amp; Foot <b>1:00</b> Memory Writers</p>	<p><b>30 Saturday</b> <b>9:00</b> Beginning Line Dancing <b>10:00</b> Walking Group <b>31 Sunday</b></p>	<p><b>30 Saturday</b> <b>9:00</b> Beginning Line Dancing <b>10:00</b> Walking Group <b>31 Sunday</b></p>	<p><b>31 Sunday</b></p>



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IRIS Consultant Agency (ICA)



To learn more about your long-term care options, please contact your Aging and Disability Resource Center: <https://www.dhs.wisconsin.gov/adrc/index.htm>

We support you to live your best life at home, in your community and at work.

**Call toll-free: 844-520-1712**

**Email: [connections@lsswis.org](mailto:connections@lsswis.org)**



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For more information, contact:  
Diann Roberts, Program Director  
(920) 933-8090 | [www.themeadowsfdl.com](http://www.themeadowsfdl.com)

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Advertise in our Newsletter!

**CONTACT ME**  
**Alex Nicholas**

[anicholas@lpicommunities.com](mailto:anicholas@lpicommunities.com)

**(800) 950-9952 x2538**

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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



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. 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**



ADULT COLORING PAGE





## 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, December 7 at 1:00 p.m.



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

## SUNSET STITCHERS QUILT GUILD

Thursday, December 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!



## CANDY CANE LANE

Wednesday, December 6 AND Thursday, December 21

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

PG · 2023 · Fantasy/Comedy · 1h 57m



**Starring:** Eddie Murphy, Jillian Bell, Tracee Ellis Ross, Thaddeus J. Mixson, Ken Marino, David Alan Grier

**Summary:** Eddie Murphy stars in this holiday comedy adventure about a man on a mission to win his neighborhood's annual Christmas home decoration contest and inadvertently makes a deal with a mischievous elf that brings the 12 Days of Christmas to life.

Lawn Chairs Welcome

To register call (920) 322-3630

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

## GRINGA

Wednesday, December 13 AND Thursday, December 28

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

NR · 2023 · Drama/Comedy · 1h 42m



**Starring:** Steve Zahn, Judy Greer, Jess Gabor, Roselyn Sanchez, Jorge Jimenez, Valentina Buzzurro

**Summary:** Unpopular Marge Bickford is having a tough time navigating the minefield that is high school. After her mother unexpectedly passes away, Marge decides to hunt down her estranged father, a faded athlete who's living in rural Mexico and coaching the local women's soccer team. Somehow, these two misfits learn to play the game of life, hoping that a family can be put back together.

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.



Assisted Living   Rehab   Skilled Nursing

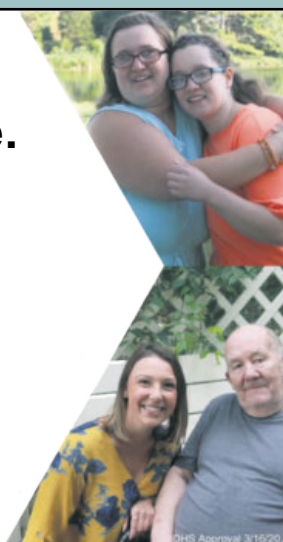


(920) 921-9520  
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illuminus.us/communities/  
lutheran-homes-and-health-services

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[www.lakelandcareinc.com](http://www.lakelandcareinc.com)



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## THE HOLIDAY

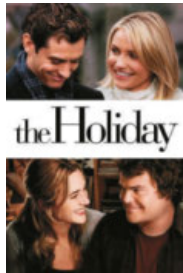
Friday, December 22

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

PG-13 · 2006 · Romance/Comedy · 2h 18m

**Starring:** Jude Law, Cameron Diaz, Kate Winslet, Jack Black, Eli Wallach, Rufus Sewell

**Summary:** Dumped and depressed, English rose Iris agrees to swap homes with similarly unlucky in love Californian Amanda for a much-needed break. Iris finds herself in a palatial Hollywood mansion while Amanda navigates the lanes of a picture-perfect English village. Soon enough, both lovelorn ladies bump into local lads perfect for a romantic pick-me-up.



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



## REMINDER

The Center will be closed on  
 Monday, December 25  
 Have a Very Merry Christmas!

# SUDOKU

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# Christmas

## WORD SEARCH



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



FAMILY

DECORATIONS

MERRY

JINGLEBELLS

PRESENTS

TREE

GINGERBREAD

ANGEL

CANDYCANES

SNOWFLAKE

SANTACL AUS

GRINCH

GIFTS

CRACKERS

FRIENDS







## 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)

## 2024 DINE OUT BOOK



\$10.00

Includes 50 coupons for over 35 local businesses!

Pick yours up at The Center

## 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!

## 2024 ENTERTAINMENT, SHOP SERVICE BOOK



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!

## NATIONAL CROSSWORD DOUBLE TICKET DAY

Thursday, December 21

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



Celebrate National Crossword Day with Double Tickets!

## 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.





## STOCK BOX

Monday, December 18  
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, December 13 & 27 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.



## MEMORY SCREENING

Monday, December 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

## BLOOD PRESSURE CLINIC

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:



## HEY ALY!

Tuesday, December 12  
10:00 – 11:00 a.m.

"Hey Aly!" is a resource hour for you to pick the brain of a local home care professional! Aly will answer your candid questions, whether you are planning for your own future care or that of a loved one. Don't have a home care question? Join us anyway for the company and or any question about resources available in the community. If she doesn't know the answer, she will help you find it.

Call (920)322-3630 to Register

Sponsored by:



## 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 them in your own home. They are safe and very easy to use.



# CLASSES, SUPPORT GROUPS, & RESOURCES<sup>25</sup>

## PARKINSONS SUPPORT



Tuesday, December 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](http://www.wiparkinson.org) or call 414.312.6990 for more information.

## PARKINSONS MOVEMENT & MUSIC



Tuesday, December 12 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, December 7 at 1:00 p.m.

*Topic: Tips for Coping With Grief During the Holidays*

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– December 7 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, December 21 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, December 21 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.





# NEVER MISS OUR NEWSLETTER!

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Have our  
newsletter  
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# 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

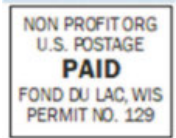
November 2023 Newsletter

\_\_\_\_\_ Computer

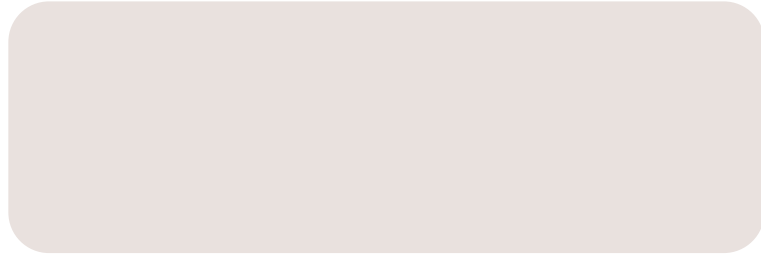


## Fond du Lac Senior Center

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](http://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



### FRIENDS BOARD OF DIRECTORS

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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.*