

THE CENTER - FOND DU LAC'S HUB FOR ACTIVE OLDER ADULTS

AMONG FRIENDS

NEWSLETTER

JANUARY 2024



OUR MISSION

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

Many years ago, I was a "Call Staff" instructor for Moraine Park Technical College. At that time, a "Call Staff" instructor was a person who was certified to teach because they had a combination of education and work experience in the subject area. One of my favorite classes to teach was called "Introduction to Computers for Older Adults", and I really enjoyed it because they didn't identify what "older" meant, so I had students that ranged in age from 40 to 80.

I didn't think about it then, but now I realize how important the word "older" was in welcoming people of any age to that class.

We feel the same way about our Center. Our focus is on creating programs for people 50+ and at one point were serving people from 50 to 103 years of age! What is interesting are the comments we receive from people we encounter - everything from the 80-year-old saying that they aren't "old enough to go to a Senior Center", to the 60-year-old who said her friends tease her about taking classes at the "Senior Center".

Across the country, there is pushback against the word "senior". The same thing happened about twenty years ago with the word "elderly". For many people, these words seem to promote a stereotype and generate a negative perception of aging and the gift of longevity. Many industries that serve people in the 50+ demographic have started using the word "older" to be more inclusive and to more accurately represent the people being served.

When it comes right down to it, there are an awful lot of people who don't think of themselves as a "Senior Citizen". One of the lighter comments I have seen in regards to this topic, was asking why do we call people 50+ "Senior Citizens" if we aren't calling people under 50 years old "Junior Citizens". Food for thought!

With all that being said, if you have been to The Center in the last few weeks, or if you noticed the cover of this newsletter, our new sign has been installed! While we will always be the "City of Fond du Lac Senior Center" and the Friends will be the "Friends of the Fond du Lac Senior Center", we thought the time was right for our sign to be more welcoming. We feel that The Center - A Place For Active Older Adults reflects what happens here - we are a place where active older adults come to learn, play, work on their health and wellness, connect to resources, volunteer, and make friends. Thank you for making our Center what it is!

Happy New Year! I hope 2024 is good to you and those you love, and I hope to see you soon!

Cathy



HAPPY NATIONAL POPCORN DAY!

Friday, January 19

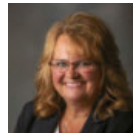
12:00 –2:00 p.m.

Pop in for a bag of popcorn, and celebrate this yummy day with us!

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DATING FOR THE 50+ CROWD

Thursday, January 18 at 1:00 p.m.



Jeanne is a past Matchmaker and has been actively dating using online dating apps for the past 3 ½ years. She will show her dating profile(s), talk about her experiences, and is most inspired to answer your questions! Bring it On!

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

Sponsored by: Jeanne Tondryk, Selective Shows and Marketing

THE DREADED DOWNSIZE

Wednesday, January 31 at 1:00 p.m.



Are you ready to start downsizing? We'll delve into understanding how downsizing is reshaping the way we view and interact with real estate.

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

Sponsored by:



INSTANT POT 101

Thursday, January 11 at 12:30 p.m.



Are you trying to decide if you would like to purchase an Instant Pot or do you have one but are still intimidated to use it?

YOU'RE Not Alone!

Join us as Julie, an Instant Pot enthusiast, teaches us how to get started with our Instant Pots, cleaning tips, safety, and a new recipe or two!

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

NICKEL



Tuesday, January 16 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.



New Year Word Scramble

Unscramble the letters to solve the puzzle!

1. MUCSI _____
2. EINRDFS _____
3. FIALYM _____
4. NNGBIEGIN _____
5. NWE REASY DAY _____
6. CNDIANG _____
7. MDINITGH _____
8. AALERDNC _____
9. ORRFKSWIE _____
10. RUSLOOTINE _____
11. ENW EYRAS EEV _____
12. NISGING _____
13. CAHPEMNAG _____
14. HUGERLAT _____
15. NDCNWOUTO _____
16. LRBIANCEOTE _____
17. ARAJNYU _____
18. SSIK _____
19. BSLLE _____
20. SEIPORMS _____

PREPARING YOUR TAXES ONLINE THE BASICS OF ONLINE TAX SOFTWARE



Wednesday, January 24 OR Tuesday, January 30
1:00 p.m.

Join us and learn how online tax filing works. Please be aware that **this is NOT a class where you will prepare your taxes, or receive free tax help or advice.**

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

Sponsored by:



SENIOR TO SENIOR TECH TYME

January 8 & 12 1:30-2:30 p.m.

January 9 & 11 1:00-2:30 p.m.

January 15 1:15-2:30 p.m.

January 16 & 18 9:00 a.m.-12:00 p.m. AND 1:00-2:30 p.m.

January 17 & 19 9:00 a.m.-12:00 p.m. AND 1:15-2:30 p.m.

Do you have some tech questions? If so, join us for this special Senior to Senior Tech Tyme. Senior students from St. Mary's Springs Academy will be here during the listed dates and times to help with your questions about computers, internet, emails, 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 anytime during the sessions. Assistance will be provided on a first-come, first-served basis.



Sessions are limited if other people are waiting.

THELMA COMMUNITY ARTS OUTREACH *SCRAPBOOK PAGE*

Wednesday, January 10 at 3:00 p.m. at Thelma Sadoff Center for the Arts

Start the new year off by compiling memories from years past. Join us at Thelma and create a scrapbooking page! Please feel free to bring photos or mementos from home to incorporate into your scrapbook creations. All other supplies will be provided. Let's get excited about the year ahead as we look back fondly over our years past.

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



ART WITH ARIANNA *BEGINNER ART BUFF*

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

Beginner Art Buff is for everyone! In these classes you will learn some of the elements and principles of art and how to use them. Whether you are looking to tune your artistic talents or try it for the first time, this class is for you!

All skill levels welcome!



Principles of Art: Line –Thursday, January 11 - \$5

Principles of Art: Color/Value– Thursday, January 19 - \$5

Principles of Art: Shape-Thursday, January 25 -\$5

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

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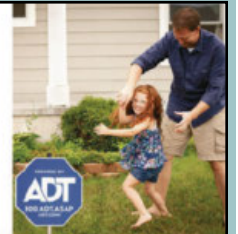
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The former Senior Benefit Specialist for Fond du Lac County. Julie has been serving older adults for over 20 years. She continues to provide the same experience and expertise as she did with Fond du Lac County. Julie will specialize in Medicare, Individual/Group 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, January 11 at 10:00 a.m.

BOOK OF THE MONTH:
Reader's Choice

Read any book of your choice this month, come to Book Club, and tell us all about it.

This is a great way to find new books to read!



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, January 10 & 24 at 1:00 p.m.



2nd & 4th Wednesdays

New members always welcome!

SPREAD THE KINDNESS DAY

Friday, January 26

10:00 a.m.-2:00 p.m.

In an effort to encourage people to spread kindness we invite you to come to the Center and write a card to a person of your choice. We will supply the card and stamp, all you need to bring is the address of the individual to whom you want to send a card.

One card per person.



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 a.m.
9 Ball Wednesdays at 8:30 a.m.



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, January 17 at 6:30 p.m.



3rd Wednesday of the month
New members welcome!

COIN COLLECTORS

Tuesday, January 9 at 6:00 p.m.



2nd Tuesday of the month
New members welcome!

ADULT COLORING PAGE



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.



INTRODUCTION TO YOGA

Fridays at 9:45 a.m.

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.



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.

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.

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.



JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  Closed	2 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	3 8:00 Take 5 For You 8:30 9 Ball Billiard League 10:00 Fondy Sunshine Strimmers 10:00 Video Walk to Fitness 12:00 Billiard Room Open 12:00 Canasta 12:00 Hand & Foot 12:30 Rec Sheepshead	4 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- Barbie 1:00 Cribbage 1:00 Flying Geese Quilters 1:00 Living With Loss Support 5:30 Beginning Line Dancing 5:30 Parents of Angels 6:30 Line Dancing	5 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 6 Saturday 9:00 Beginning Line Dancing 10:00 Walking Group 7 Sunday
8 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 1:30 Tech Tyme 5:30 Zumba Gold	9 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 1:00 Tech Tyme 2:00 Parkinson Movement & Music 6:00 Coin Collectors	10 8:00 Take 5 For You 8:30 9 Ball Billiard League 9:00 Feeding America 10:00 Fondy Sunshine Strimmers 10:00 Video Walk to Fitness 12:00 Billiard Room Open 12:00 Canasta 12:00 Hand & Foot 12:30 Movie- My Sailor my Love 12:30 Rec Sheepshead 1:00 Genealogy 3:00 Art At Theima	11 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 12:30 Instant Pot 101 1:00 Cribbage 1:00 Tech Tyme 5:30 Beginning Line Dancing 5:30 Parents of Angels 6:00 Sunset Stitchers 6:30 Line Dancing	12 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 Movie- Grumpy Old Men 1:00 Memory writers 1:30 Tech Tyme 13 Saturday 9:00 Beginning Line Dancing 10:00 Walking Group 14 Sunday
15 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	16 8:00 Take 5 For You 8:30 8 Ball Billiard League 8:30 Strong! 9:00 Tech Tyme 9:45 Intermediate Yoga 10:00 Balance & Stretch	17 8:00 Take 5 For You 8:30 9 Ball Billiard League 9:00 Tech Tyme 10:00 Fondy Sunshine Strimmers 10:00 Video Walk to Fitness 12:00 Billiard Room Open	18 8:00 Billiard Room Open 8:00 Take 5 For You 9:00 Tech Tyme 10:00 Balance & Stretch 10:00 Walking Group 11:00 Art With Arianna	19 8:00 Billiard Room Open 8:00 Take 5 For You 8:30 Strong! 9:00 Tech Tyme 9:45 Beginning Yoga 10:00 Video Walk to Fitness

<p>12:30 Bunco 1:00 Euchre 1:00 German 1:15 Tech Tyme 5:30 Zumba Gold</p>	<p>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 Tech Tyme 1:30 Nickel Bingo</p>	<p>12:00 Canasta 12:00 Hand & Foot 12:30 Movie - Barbie 12:30 Rec Sheepshead 1:15 Tech Tyme 6:30 Stamp Collectors</p>	<p>12:00 Mah Jongg 1:00 Cribbage 1:00 Dating for the 50+ Crowd 1:00 Tech Tyme 5:30 Beginning Line Dancing 6:30 Line Dancing</p>	<p>11:00 Chair Yoga 12:00 Game Day 12:00 Hand & Foot 12:00 National Popcorn Day 1:00 Memory Writers 1:15 Tech Tyme</p> <p>20 Saturday 9:00 Beginning Line Dancing 10:00 Walking Group</p> <p>21 Sunday</p>
<p>22 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</p>	<p>23 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 2:00 Parkinson Movement & Music</p>	<p>24 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 Online Tax Basics</p>	<p>25 8:00 Billiard Room Open 8:00 Take 5 For You 10:00 Balance & Stretch 10:00 Walking Group 11:00 Art With Arianna 12:00 Mah Jongg 12:30 Movie - My Sailor My Love 1:00 Cribbage 5:30 Beginning Line Dancing 6:30 Alzheimer's Support Group 6:30 Line Dancing</p>	<p>26 8:00 Billiard Room Open 8:00 Take 5 For You 8:30 Strong! 9:45 Beginning Yoga 10:00 Spread the Kindness Day 10:00 Video Walk to Fitness 11:00 Chair Yoga 12:00 Game Day 12:00 Hand & Foot 12:30 Movie - Grumpier Old Men 1:00 Memory Writers</p> <p>27 Saturday 9:00 Beginning Line Dancing 10:00 Walking Group</p> <p>28 Sunday</p>
<p>29 8:00 Billiard Room Open 8:00 Double Ticket Day 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 12:30 Bunco 1:00 Euchre 1:00 German 5:30 Zumba Gold</p>	<p>30 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 Online Tax Basics</p>	<p>31 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 The Dreaded Downsize</p>		

Happy 2024! Wishing you a year full of love & Joy!

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

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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/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 p.m. AND
Saturdays 9:00-10:00 a.m.
Intermediate-Thursdays 6:30-7:30 p.m.



Call to register (920)322-3630

5 class punch 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.

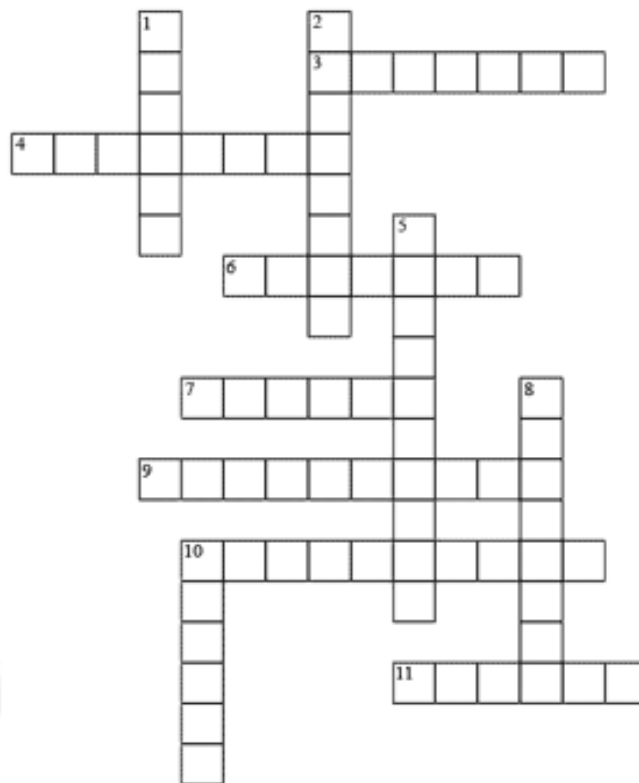
Stop in and try it out!
Thanks to Fond du Lac Cyclery & The Friends for making this possible.

Friends of the
Fond du Lac Senior Center



CROSSWORD PUZZLE

New Year Crossword



Across

3. A "good luck" vegetable that is consumed on New Year's Day
4. Twelve 'o clock at night, the highest point of New Year's celebrations
6. The month that follows December 31st is
7. A ceremonial procession including people marching with bands
9. A promise to do something in the new year
10. A horn or rattle used to make noise at a party
11. People born on New Year's Day are commonly called New Year _____

Down

1. Polar Bear _____, a New Year's activity that requires you to enter into water, mainly for charity
2. The famous song, "Auld Lang Syne, commonly sung to bring in the new year originated in
5. He is the personification of time
8. Small pieces of coloured paper or streamers
10. The Iranian new year holiday is called this

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

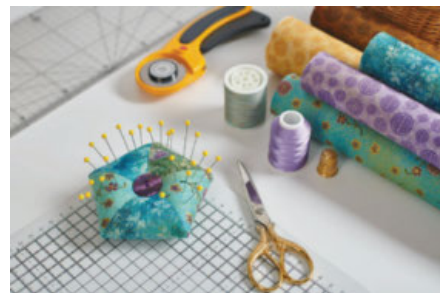
Thursday, January 4 at 1:00 p.m.



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

SUNSET STITCHERS QUILT GUILD

Thursday, January 11 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 at (920) 322-3630.



Help keep Fond du Lac warm!

FONDY SUNSHINE STRUMMERS

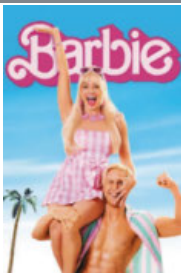
Wednesdays at 10:00 a.m.

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



New strummers always welcome!

BARBIE



Thursday, January 4 AND Wednesday, January 17

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

PG-13 · 2023 · Romance/Drama · 1h 43m

Starring: Margot Robbie, Ryan Gosling, Will Ferrell, Emma Mackey, Simu Liu, Hari Nef

Summary: Barbie and Ken are having the time of their lives in the colorful and seemingly perfect world of Barbie Land. However, when they get a chance to go to the real world, they soon discover the joys and perils of living among humans.

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

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

MY SAILOR MY LOVE



Wednesday, January 10 AND Thursday, January 25

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

PG-13 · 2022 · Comedy · 1h 43m

Starring: James Cosmo, Brid Brennan, Catherine Walker, Finbar Furey, Nora Jane Noone, Aidan O'Hare

Summary: A retired sea captain embarks on a new romantic relationship with a widowed housekeeper, leading his daughter to reevaluate their tense relationship.

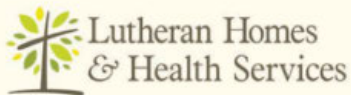
Lawn Chairs Welcome
To register call (920) 322-3630

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

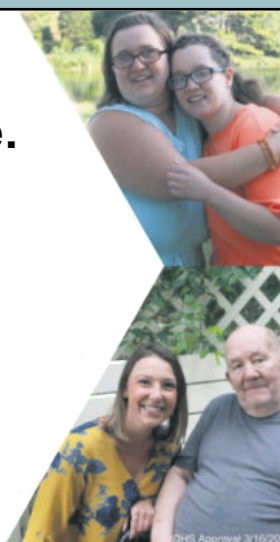


(920) 921-9520
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Fond du Lac, WI 54935
illuminus.us/communities/
lutheran-homes-and-health-services

Your Needs. Your Independence. Your Best Life.

Lakeland Care is your local option for Family Care Program services. Contact your local Aging and Disability Resource Center (ADRC) for more information.

www.lakelandcareinc.com



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

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



inclusa.org | 877-376-6113

GRUMPY OLD MEN



Friday, January 12

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

PG-13 · 1993 · Comedy/Romance · 1h 44m

Starring: Jack Lemmon, Walter Mathau, Ann Margaret, Burgess Meredith, Daryl Hannah, Buck Henry, Kevin Pollak

Summary: A lifelong feud between two neighbors since childhood only gets worse when a new female neighbor moves across the street.

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

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

GRUMPIER OLD MEN



Friday, January 26

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

PG-13 · 1995 · Comedy/Romance · 1h 41m

Starring: Jack Lemmon, Walter Mathau, Sophia Loren, Ann Margaret, Burgess Meredith, Daryl Hannah, Kevin Pollak

Summary: Elderly, angling and contentious friends Max (Walter Matthau) and John (Jack Lemmon) back-burner their bickering when their kids (Kevin Pollak, Daryl Hannah) get engaged, but fishing season opens a can of romantic worms as newcomer Maria (Sophia Loren) plans to turn their beloved bait shop into a restaurant. Botched matchmaking leads to some major romantic mix-ups, until an unexpected death in the family helps everyone realize that the most important thing in life is love.

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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	5							
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		3	4			8			

Happy New Year!



AULD LANG SYNE

BABY

BALL

BALLOONS

CALENDAR

CELEBRATION

CHAMPAGNE

CLOCK

CONFETTI

COUNTDOWN

DANCING

DECEMBER

EVE

FATHER TIME

FIRECRACKER

FIRST

FLUTE

GAMES

GOWN

HAPPY

HAT

HOURGLASS

INVITATION

JANUARY

KISS

MIDNIGHT

MUSIC

NOISE MAKER

PARTY

RESOLUTION

SPARKLER

STREAMER

TIMES SQUARE

TOAST

TRADITION

TUXEDO

VOW

YEAR



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?

Remember 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 PUZZLE DAY- DOUBLE TICKETS

Monday, January 29

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



In Honor of National Puzzle Day, we will be giving out **double tickets** for all of the puzzles turned in on this day.

REMINDER

We will be closed on Monday, January 1.

Happy 2024!

JOIN US



STOCK BOX

Monday, January 22 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, January 10 9:00 a.m.-12:00 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, January 8
9:00 a.m.-3:00 p.m.

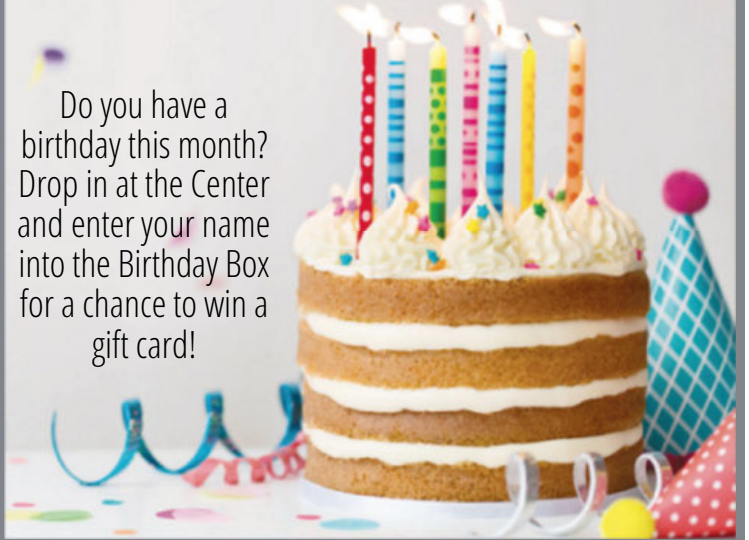


A memory screen is a 15 minute confidential wellness tool that helps identify possible changes in memory and cognition. It creates a baseline so that future changes can be monitored. Come in to the Center and get your FREE screening!

Drop ins welcome, Appointments can be scheduled by calling (920) 322-3630.

BIRTHDAY CLUB

Do you have a birthday this month? Drop in at the Center and enter your name into the Birthday Box for a chance to win a gift card!



KINDNESS BOX

Has someone recently done something kind for you? Drop in and put their name in our kindness box and they will have a chance to win a prize when we draw at the end of the month. Keep being kind, and who knows, maybe your name will be drawn!

B E K I N D

SAVE THE DATE

QUARTERBACK COFFEE KLATSCH

Monday, January 15 & 29
9:30-10:30 a.m.

Are you looking for someone with whom 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 sorrow with coffee and donuts.



Call (920)322-3630 to register

Sponsored by:

HomeHelpers[®]

PARKINSONS SUPPORT



Tuesday, January 9 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, January 9 & 23 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, January 4 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-January 4 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, January 25 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, January 25 from 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!

SUBSCRIBE

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 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

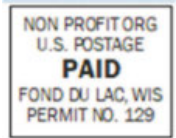
January 2024 Newsletter

_____ Computer

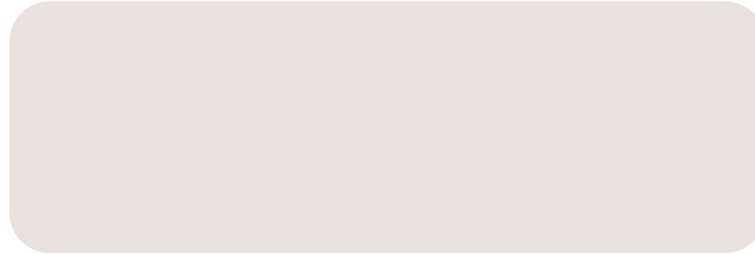


Fond du Lac Senior Center

151 E. First Street
Fond du Lac, WI 54935



OR CURRENT RESIDENT



THE CENTER 920-322-3630

STAFF

DIRECTOR

Cathy Loomans
cloomans@fdl.wi.gov

PROGRAM/OUTREACH COORDINATOR

Sarah Docter
sdocter@fdl.wi.gov



The Center

Fond du Lac's Hub for Active Older Adults

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 Center ... where
friends meet!

VISION

TO ENHANCE THE QUALITY OF LIFE
FOR ACTIVE OLDER ADULTS IN OUR
COMMUNITY

The Center - Fond du Lac's Hub for Active
Older Adults is a member of WASC
Wisconsin Association of Senior Centers



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