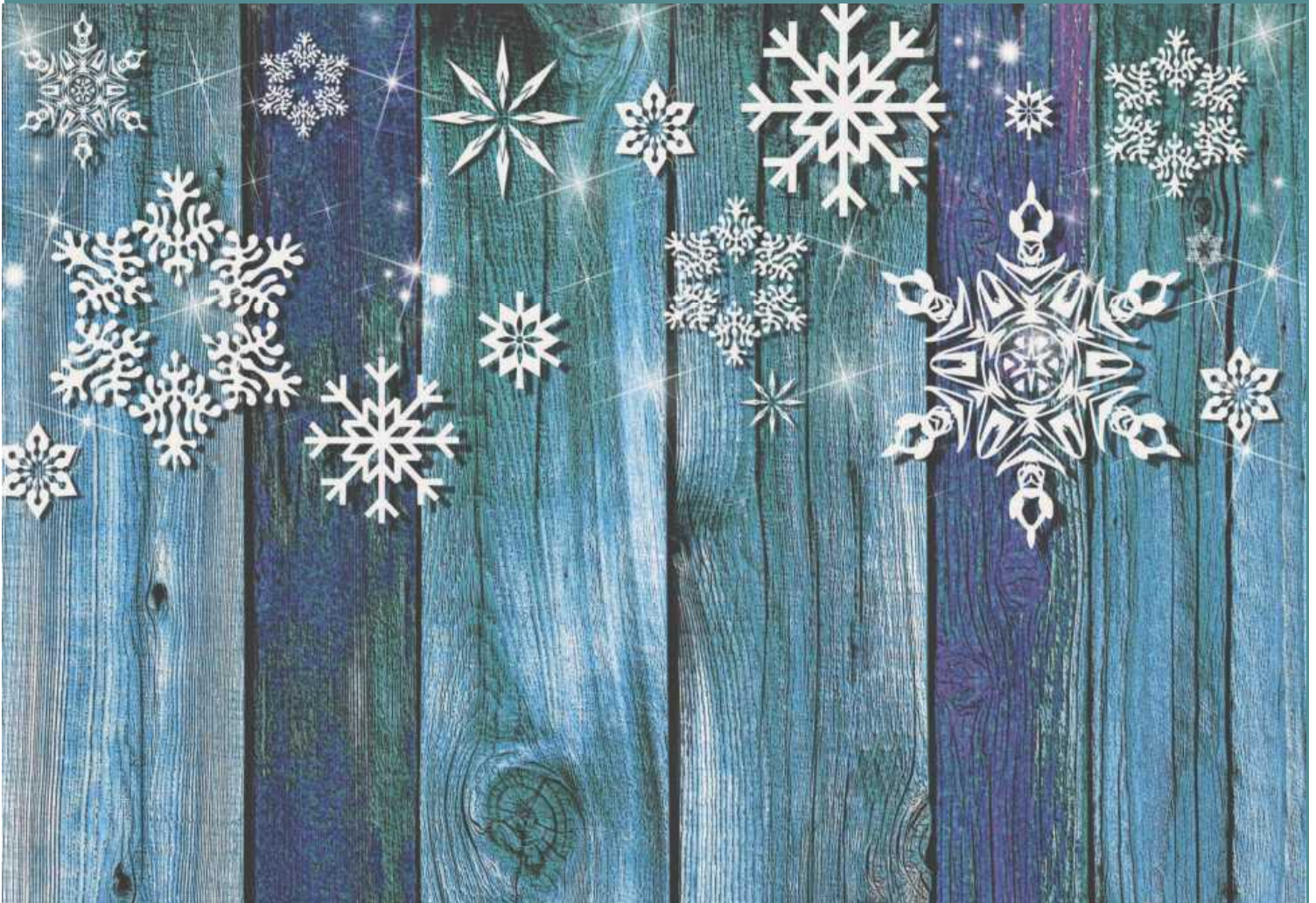


THE CENTER - FOND DU LAC'S HUB FOR ACTIVE OLDER ADULTS

# AMONG FRIENDS

NEWSLETTER

FEBRUARY 2024



## OUR MISSION

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

Pink Floyd sang "Time", Harry Chapin sang "Cat's in the Cradle", and Jim Croce sang "Time In a Bottle". Do you know what all of these songs have in common? They all have lyrics that talk about the value and passage of time.

A quick Google search of "songs with word time in the title" came up with a link to 200+ songs, and I'm sure there are dozens more. Another search of "most common words in song titles" gave me a list including words like "love", "never", "life", and "time", which makes me think that **time** is something that song writers can incorporate into a variety of thoughts, feelings, experiences, and lyrics.

Time. We talk about it often - how's its going so fast ("This month is flying by!") or too slow (Ugh! Winter lasts forever!). Some of us would love to go back in time, others are thankful their time on Earth has lasted as long as it has, and many are thankful for the present and live in this moment of time.

What would you do if you were given an extra day - like a "time coupon"? Visit an old friend? Take flowers to a neighbor? Grab custard with your favorite young person? There are so many choices! This month you get an extra day, and I hope you can use the 24 hours on February 29th to celebrate it as a "Gift of Time Day". Think of the coupon below as your challenge to do something different that day. How will you use your gift of time?



Speaking of the passage of time (how's that for a segue?), February 1st is the 57th Anniversary of our Center. The original senior center was located at 86 S. Macy Street in the former Macy's Furniture Store and it was opened on February 1, 1967. The Center also was housed at the Autumn House at the Retlaw Hotel and at a location on 2nd Street before being built at our current location, the former Bragg School site. You're invited to stop in and say hi on Thursday the 1st and celebrate with us!

I hope to see you soon!

*Cathy*

## LEAP IN FOR LATTES

Thursday, February 29

11:00 a.m.-1:00 p.m.

Leap in for a latte and celebrate the Leap Year with us!



Call (920) 322-3630 by Monday, February 26 to let us know you plan on leaping in.

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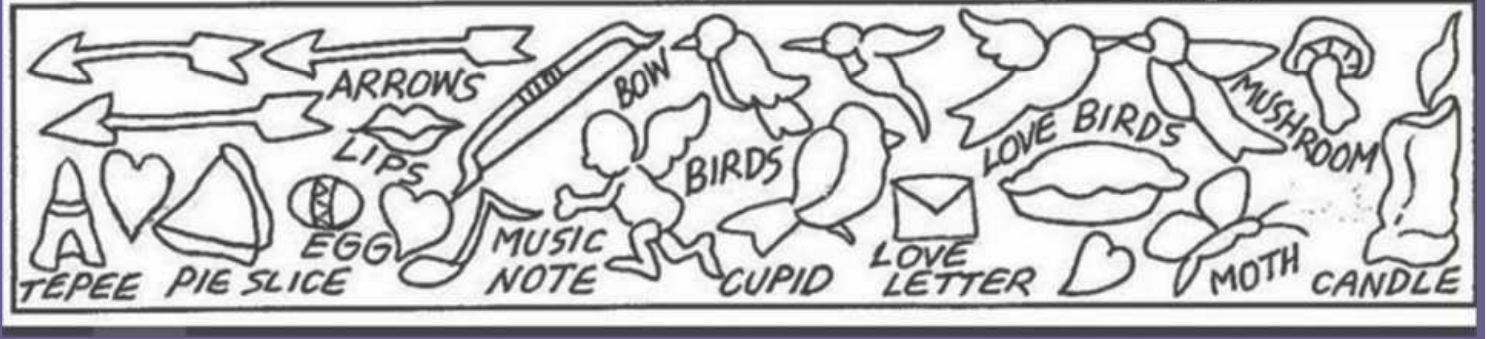
Phone: 1-844-CARE-PLS (1-844-227-3757)  
Email: info-request@careplus4you.com



# HIDDEN PICTURE PUZZLE



© H3 Ball



## HOW IS LAW ENFORCEMENT USING DRONES?

Wednesday, February 21 at 1:00 p.m.



Have you ever wondered how law enforcement uses drones? Here's your chance to find out! Join us and learn about the wide variety of ways that the Fond du Lac County Sheriff's Office uses drones in their line of work.

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

Sponsored by: FDL County Sheriff's Office

## HUMAN TRAFFICKING

Wednesday, February 28 at 1:00 p.m.



Despite increased attention the number of people falling victim to human trafficking continues to grow. What does human trafficking look in Fond du Lac County? Detective Flood will be here to educate us on human trafficking, and answer your questions regarding this horrible form of abuse.

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

Sponsored by: FDL County Sheriff's Office

## INSTANT POT CLASS

Thursday, February 8 at 12:30 p.m.

Cost: \$2.00



Join Julie, our Instant Pot enthusiast, learn some advanced tips and tricks, and some new yummy recipes too!

Must Register and pay in person. *Space is Limited*. Preregistration will assure you a spot if we reach capacity.

## NICKEL



Tuesday, February 20 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.



TLNE \_\_\_\_\_

SEBDA \_\_\_\_\_

EWN RENSLOA \_\_\_\_\_

UPRLEP \_\_\_\_\_

XABLEFUAM \_\_\_\_\_

LATFSO \_\_\_\_\_

ODGL \_\_\_\_\_

VIRACLNA \_\_\_\_\_

WEREK \_\_\_\_\_

EOTUCMS \_\_\_\_\_

TFA YSEDUAT \_\_\_\_\_

GNIK KECA \_\_\_\_\_

KSMA \_\_\_\_\_

ROTWH \_\_\_\_\_

LFREU ED SLI \_\_\_\_\_

YBBA \_\_\_\_\_

DRAPEA \_\_\_\_\_

RNEGE \_\_\_\_\_

## PREPARING YOUR TAXES ONLINE GUIDED TAX SOFTWARE



Monday, February 12 OR Monday, February 26  
1:00 p.m.

Learn about online tax preparation software programs available for filing federal and state taxes. This class is designed for technology users who are comfortable using the internet, smartphones, and computers. You'll learn about the many types of tax preparation services and their costs, features, and ease of use. You'll also learn about the convenience, accuracy, and cost savings that online tax preparation software programs have to offer. Moderate tech experience expected.

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: 

## 7 SURPRISING REASONS TO SEE A PHYSICAL THERAPIST

Thursday, February 15 at 1:00 p.m.



Most of us think Physical Therapy is for rehabbing after a surgery or for treating general muscle aches and pains, but there are many other reasons from jaw pain to dizziness. Join us and learn 7 surprising reasons to see a physical therapist.



Sponsored by: 

## THELMA COMMUNITY ARTS OUTREACH *STRING HEARTS*

Wednesday, February 14 at 3:00 p.m. at Thelma Sadoff  
Center for the Arts

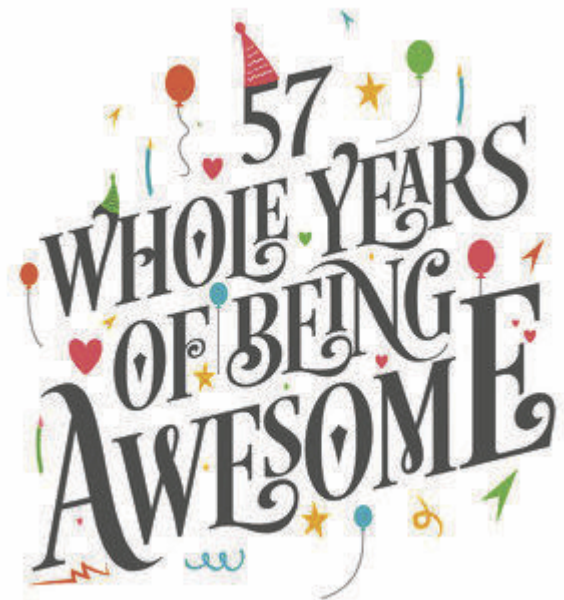


Celebrate Valentine's Day by making string hearts.

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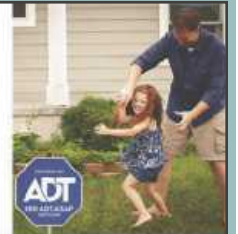
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*The former Senior Benefit Specialist for Fond du Lac County. Julie has been serving older adults for over 20 years. She continues to provide the same experience and expertise as she did with Fond du Lac County. Julie will specialize in Medicare, Individual/Group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

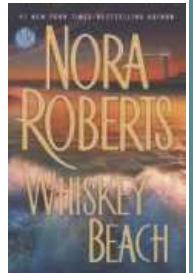
NEW MEMORIES AND MEMBERS WELCOME

## BOOK CLUB

Thursday, February 8 at 10:00 a.m.

BOOK OF THE MONTH: Whiskey Beach

By: Nora Roberts



A Boston lawyer, Eli has weathered an intense year of public scrutiny and police investigations after being accused of, but never arrested for the murder of his soon-to-be ex-wife. He finds sanctuary at Bluff House, even though his beloved grandmother is in Boston recuperating from a nasty fall.

All books are due back by February 8

## 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, February 14 & 28 at 1:00 p.m.



2nd & 4th Wednesdays

New members always welcome!

## SPREAD THE KINDNESS DAY

Friday, February 23

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, February 21 at 6:30 p.m.



3rd Wednesday of the month  
New members welcome!

## COIN COLLECTORS

Tuesday, February 13 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.*



# FEBRUARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**5**  
 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

**6**  
 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

**7**  
 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-Anatomy of a Fall  
 12:30 Rec Sheepshead

**1**  
 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  
 5:30 Beginning Line Dancing  
 5:30 Parents of Angels  
 6:30 Line Dancing

**HAPPY ANNIVERSARY TO US!**

**2**  
 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

**3 Saturday**  
 9:00 Beginning Line Dancing  
 10:00 Walking Group

**4 Sunday**

**5**  
 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

**6**  
 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

**7**  
 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-Anatomy of a Fall  
 12:30 Rec Sheepshead

**8**  
 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 Instant Pot Class  
 1:00 Cribbage  
 5:30 Beginning Line Dancing  
 6:00 Sunset Stitches  
 6:30 Line Dancing

**9**  
 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- Mama Mia!  
 1:00 Memory writers

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

**11 Sunday**

**12**  
 8:00 Billiard Room Open  
 8:00 Take 5 For You  
 9:00 Memory Screenings  
 9:00 Wood Carving

**13**  
 8:00 Take 5 For You  
 8:30 8 Ball Billiard League  
 8:30 Strong!  
 9:45 Intermediate Yoga

**14**  
 8:00 Double Ticket Day  
 8:00 Take 5 For You  
 8:30 9 Ball Billiard League  
 9:00 Feeding America

**15**  
 8:00 Billiard Room Open  
 8:00 Take 5 For You  
 10:00 Balance & Stretch  
 10:00 Walking Group

**16**  
 8:00 Billiard Room Open  
 8:00 Take 5 For You  
 8:30 Strong!  
 9:45 Beginning Yoga

<p>10:00 Video Walk to Fitness 11:00 Intro to German 12:30 Bunco 1:00 Euchre 1:00 German 1:00 Guided Tax Software 5:30 Zumba Gold</p>	<p>10:00 Balance &amp; Stretch 10:00 Hey, Aiy! 10:00 Walking Group 11:00 Cardio Drumming 12:00 Billiard Room Open 12:00 Crafters Corner 12:00 Mah Jongg 1:00 Cribbage 1:00 Parkinson's Support Group 2:00 Parkinson Movement &amp; Music 6:00 Coin Collectors</p>	<p>10:00 Fondy Sunshine Strummers 10:00 Video Walk to Fitness 12:00 Billiard Room Open 12:00 Canasta 12:00 Hand &amp; Foot 12:30 Movie-The Holdovers 12:30 Rec Sheepshead 1:00 Genealogy 3:00 Art At Theima</p>	<p>12:00 Mah Jongg 1:00 7 Reasons to See a P.T. 1:00 Cribbage 5:30 Beginning Line Dancing 6:30 Line Dancing</p>	<p>10:00 Video Walk to Fitness 11:00 Chair Yoga 11:30 Friends Annual Board Meeting 12:00 Game Day 12:00 Hand &amp; Foot 1:00 Memory Writers  <u>17 Saturday</u> 9:00 Beginning Line Dancing 10:00 Walking Group <u>18 Sunday</u></p>
<p><u>19</u> 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><u>20</u> 8:00 Take 5 For You 8:30 8 Ball Billiard League 8:30 Strong! 9:45 Intermediate Yoga 10:00 Balance &amp; 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 1:30 Nickel Bingo</p>	<p><u>21</u> 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 &amp; Foot 12:30 Rec Sheepshead 1:00 Drones 6:30 Stamp Collectors</p>	<p><u>22</u> 8:00 Billiard Room Open 8:00 Take 5 For You 10:00 Balance &amp; Stretch 10:00 Walking Group 12:00 Mah Jongg 12:30 Movie-Anatomy of a Fall 1:00 Cribbage 5:30 Beginning Line Dancing 6:30 Alzheimer's Support Group 6:30 Line Dancing</p>	<p><u>23</u> 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 &amp; Foot 12:30 Movie-Mama Mia! Here We Go 1:00 Memory Writers  <u>24 Saturday</u> 9:00 Beginning Line Dancing 10:00 Walking Group <u>25 Sunday</u></p>
<p><u>26</u> 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 1:00 Guided Tax Software 1:30 Stock Box 5:30 Zumba Gold</p>	<p><u>27</u> 8:00 Take 5 For You 8:30 8 Ball Billiard League 8:30 Strong! 9:45 Intermediate Yoga 10:00 Balance &amp; 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 &amp; Music</p>	<p><u>28</u> 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 &amp; Foot 12:30 Rec Sheepshead 1:00 Genealogy 1:00 Human Trafficking</p>	<p><u>29</u> 8:00 Billiard Room Open 8:00 Take 5 For You 10:00 Balance &amp; Stretch 10:00 Walking Group 11:00 Leap in for Lattes 12:00 Mah Jongg 12:30 Movie-The Holdovers 1:00 Cribbage 5:30 Beginning Line Dancing 6:30 Line Dancing  GIFT OF TIME DAY</p>	<p><u>29</u> 8:00 Billiard Room Open 8:00 Take 5 For You 10:00 Balance &amp; Stretch 10:00 Walking Group 11:00 Leap in for Lattes 12:00 Mah Jongg 12:30 Movie-The Holdovers 1:00 Cribbage 5:30 Beginning Line Dancing 6:30 Line Dancing  GIFT OF TIME DAY</p>

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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.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 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**



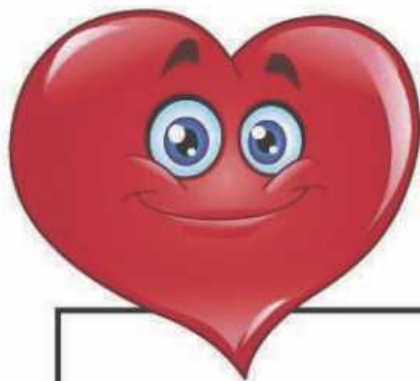
# CRYPTOGRAM

## Valentine Heart Cryptogram!

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

$\frac{N}{P}$   $\frac{F}{M}$   $\frac{N}{N}$   $\frac{Q}{P}$   $\frac{G}{G}$  ,  $\frac{R}{F}$   $\frac{Y}{G}$   $\frac{H}{P}$   $\frac{Z}{Z}$   $\frac{C}{A}$   $\frac{N}{H}$   $\frac{N}{P}$  '  $\frac{M}{M}$   $\frac{H}{H}$   $\frac{B}{B}$   $\frac{O}{O}$

What did one heart say to the other heart?



$\frac{Q}{M}$   $\frac{C}{A}$   $\frac{U}{F}$   $\frac{D}{C}$   $\frac{N}{B}$   $\frac{N}{W}$  '  $\frac{M}{P}$   $\frac{G}{G}$   $\frac{R}{R}$   $\frac{H}{H}$   $\frac{D}{W}$   $\frac{H}{H}$   $\frac{M}{M}$   $\frac{R}{R}$  !

Why did the Banana go out with the Prune?



## 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, February 1 at 1:00 p.m.



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

## SUNSET STITCHERS QUILT GUILD

Thursday, February 8 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!

## ANATOMY OF A FALL



Wednesday, February 7 AND Thursday, February 22

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

R · 2023 · Thriller/Crime · 2h 30m

**Starring:** Sandra Hüller, Swann Arlaud, Milo Michado, Samuel Theis, Antoine Reinartz, Arthur Harari

**Summary:** For the past year, Sandra, her husband Samuel, and their eleven-year-old son Daniel have lived a secluded life in a remote town in the French Alps. When Samuel is found dead in the snow below their chalet, the police question whether he was murdered or committed suicide. Samuel's suspicious death is presumed murder, and Sandra becomes the main suspect. What follows is not just an investigation into the circumstances of Samuel's death but an unsettling psychological journey into the depths of Sandra and Samuel's conflicted relationship.

Lawn Chairs Welcome

To register call (920) 322-3630

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

## THE HOLDOVERS



Wednesday, February 14 AND Thursday, February 29

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

R · 2023 · Comedy/Drama · 2h 13m

**Starring:** Paul Giamatti, Dominic Sessa, Da'Vine Joy Randolph, Carrie Preston, Brady Hepner, Gillian Vigman

**Summary:** A curmudgeonly instructor at a New England prep school remains on campus during Christmas break to babysit a handful of students with nowhere to go. He soon forms an unlikely bond with a brainy but damaged troublemaker, and with the school's head cook, a woman who just lost a son in the Vietnam War.

Lawn Chairs Welcome

To register call (920) 322-3630

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## MAMA MIA!



Friday, February 9

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

PG-13 · 2008 · Comedy/Musical · 1h 48m

**Starring:** Meryl Streep, Amanda Seyfried, Pierce Brosnan, Colin Firth, Christine Baranski, Julie Walters

**Summary:** Donna (Meryl Streep), an independent hotelier in the Greek islands, is preparing for her daughter's wedding with the help of two old friends. Meanwhile Sophie, the spirited bride, has a plan. She secretly invites three men from her mother's past in hope of meeting her real father and having him escort her down the aisle on her big day

Lawn Chairs Welcome

To register call (920) 322-3630

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

## MAMA MIA! HERE WE GO AGAIN



Friday, February 23

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

PG-13 · 2018 · Comedy/Musical · 1h 54m

**Starring:** Meryl Streep, Lily James, Amanda Seyfried, Pierce Brosnan, Colin Firth, Christine Baranski, Cher

**Summary:** 1979 young Donna, Tanya and Rosie graduate from Oxford University -- leaving Donna free to embark on a series of adventures throughout Europe. On her journeys, she makes the acquaintances of Harry, Bill and Sam -- the latter whom she falls in love with, but he's also the man who breaks her heart. In the present day, Donna's pregnant daughter, Sophie, dreams of renovating a taverna while reuniting with her mother's old friends and boyfriends on the Greek island of Kalokairi.

Lawn Chairs Welcome

To register call (920) 322-3630

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

# SUDOKU

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

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

# WORD SEARCH PUZZLE

## Valentine Word Search

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

- |           |            |
|-----------|------------|
| ADMIRER   | ENAMORED   |
| ADORE     | ENDEARMENT |
| AFFECTION | ENVELOPE   |
| AMOROUS   | FEBRUARY   |
| ANGEL     | FLAME      |
| BALLOONS  | FLIRT      |
| BELOVED   | FLOWERS    |
| BOUQUET   | FONDNESS   |
| CANDY     | FRIEND     |
| CARD      | GIFT       |
| CARNATION | HEART      |
| CHARMED   | HEARTTHROB |
| CHERISH   | HOLIDAY    |
| CHERUB    | HONEY      |
| CHOCOLATE | HUG        |
| COURTING  | KISS       |
| COURTSHIP | LIKE       |
| CRAZY     | LOVE       |
| CRUSH     | LOVEBIRDS  |
| CUPID     | PINK       |
| DARLING   | POEM       |
| DATE      | RED        |
| DEAR      | ROMANCE    |
| DECORATE  | SWEETHEART |
| DESIRE    | SWEETS     |
| DEVOTION  | TENDERNESS |
| DOVES     | VALENTINE  |
| EMBRACE   |            |



## 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!

## HAPPY VALENTINE'S DAY-DOUBLE TICKETS

Wednesday, February 14

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



Stop in and see us on Valentine's Day and get **double tickets** for every puzzle you hand in!

## FRIENDS OF THE FOND DU LAC SENIOR CENTER ANNUAL MEETING

Friday, February 16 at 11:30 a.m.



Join the Friends of the Fond du Lac Senior Center Board of Directors as they provide an overview of the 2022 fiscal year.



## STOCK BOX

Monday, February 26 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, February 14 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, February 12  
9:00 a.m.-3:00 p.m.

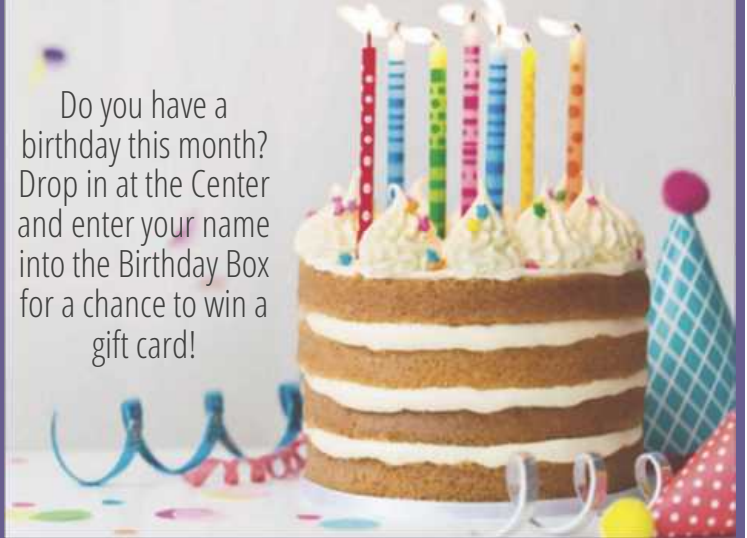


A memory screen is a 15 minute confidential wellness tool that helps identify possible changes in memory and cognition. It creates a baseline so that future changes can be monitored. Come in to the Center and get your FREE screening!

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!

**BE KIND**

## NORTH POLE WALKING CHALLENGE RESULTS

From November 1 –December 25, people were encouraged to take part in a walking challenge walking to a North Pole Amusement park in Cascade Colorado (1,121 miles away), that claims to be the home of Santa's Workshop. Eleven people participated walking a total of 902.41 miles. Although we fell a little short we want to give a huge shout out to the participants! We are extremely proud of you and think you are all amazing! Keep moving!





## PARKINSONS SUPPORT



Tuesday, February 13 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, February 13 & 27 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.

## HEY ALY!

Tuesday, February 13  
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:



## PARENTS OF ANGELS

1st Thursday– February 1 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, February 22 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, February 22 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.



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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 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

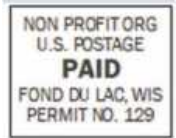
Dine Out Book—1 for Fantastic or 2 for Fabulous Memberships

February 2024 Newsletter

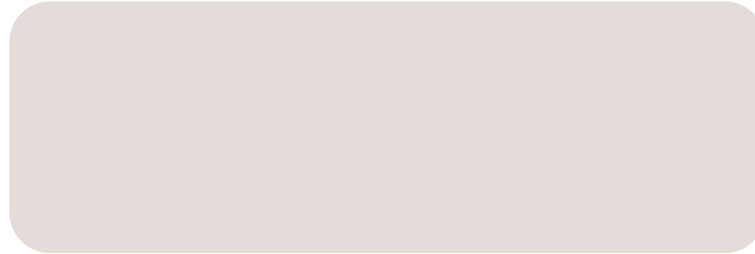
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**Fond du Lac Senior Center**  
 151 E. First Street  
 Fond du Lac, WI 54935



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 57 years!



@FondduLacSeniorCenter

Visit us online at  
[www.fdl seniorcenter.com](http://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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*The 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.*