

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

# AMONG FRIENDS

NEWSLETTER

MARCH 2024



## OUR MISSION

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

I have some exciting news to share!

Thanks to our partnership with Moraine Park Technical College, we are going to be hosting an intern for this spring semester. As part of the Associate of Applied Science Degree/Health and Wellness Program, students are required to do 144 internship hours before graduation, and this year, Sandy B. selected our Center as her choice for internship locations.

The program guide from MPTC explains the Health and Wellness program like this:

“Upon completion of the Health and Wellness program, students will know how to plan, implement, and evaluate corporate, community, or individual wellness plans, assess personal fitness levels and prescribe exercise intervention plans, develop, deliver, and evaluate health and wellness educational sessions to small and large groups. Students will also learn to analyze key behaviors and implement social marketing campaigns designed to promote healthy lifestyles.

The program also prepares students with the knowledge they need to explain the known causes of chronic disease and how to prevent and manage chronic disease through lifestyle and behavior changes, assist in patient education and office operations, and administer therapeutic modalities and radiographic imaging.”

What a great opportunity for us because we are always trying to find new ways to help people age well!

How will this affect you? For the next several weeks, we will be offering additional opportunities to participate in health & wellness focused programs.

Our Balance & Strength classes will be doing screenings for both balance and grip strength and will be given additional “homework” exercises to help increase both of these. If you haven’t participated in the Balance & Strength class before, you are welcome to check these classes out anytime, and if the class time doesn’t work, there will be weekly “Open Hour with Sandy” where you can drop in and have a screening done, get exercises for home, or ask your personal health and wellness question.

Over the next few weeks, you will also notice a “Healthy Food of the Week” educational poster with recipes to incorporate these healthy foods into your diet, as well as some healthy cooking classes.

I encourage you to take advantage of these opportunities as well as the additional programs in the weeks to come. Keep an eye on next month’s newsletter to see what we add for April, and when you see Sandy around, introduce yourself and give her a warm welcome.

I hope to see you soon!

*Cathy*

## SENIORS AGAINST SCAMS



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

Do not become a victim of scams! Join us and learn: What puts you at risk of identity theft? What are warning signs of identity theft? Online risks to avoid. Phishing phone calls and emails. How to protect yourself at home and away from home. What to do if you fall victim.



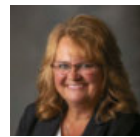
To register call (920) 322-3630 *Space is Limited.*  
Preregistration will assure you a spot if we reach capacity.

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# HIDDEN PICTURE PUZZLE



www.hiddenpicturepuzzles.com



## TRIVIA

Friday, March 22 at 1:00 p.m.



Join us for an afternoon of trivia and a whole lot of fun!

**Come alone or bring a team!**

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

## DO YOU KNOW WHAT YOU'RE REALLY PUTTING INTO YOUR BODY?

Thursday, March 21 at 1:00 p.m.



Master Gardener, Cindy Boudry will be here to teach us the difference between:

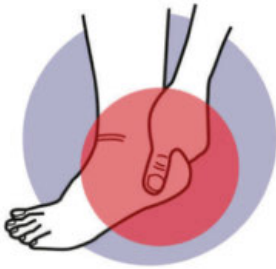
- Bioengineered food
- Heirloom food
- Apeel food
- Hybrid food
- GMO food
- Organic food

Cindy will further discuss healthy gardening on a budget.

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

## FOOT PAIN

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



Do you suffer from foot pain? Dr. Kress, fellowship-trained foot and ankle orthopedic surgeon, will discuss surgical and nonsurgical treatment options for plantar fasciitis, foot and ankle pain. Bring your questions!

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

## SOUP FOR STRENGTH

Tuesday, March 26 at 10:45 a.m.



Join us and learn how you can make healthy, delicious soup that helps keep you strong.

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

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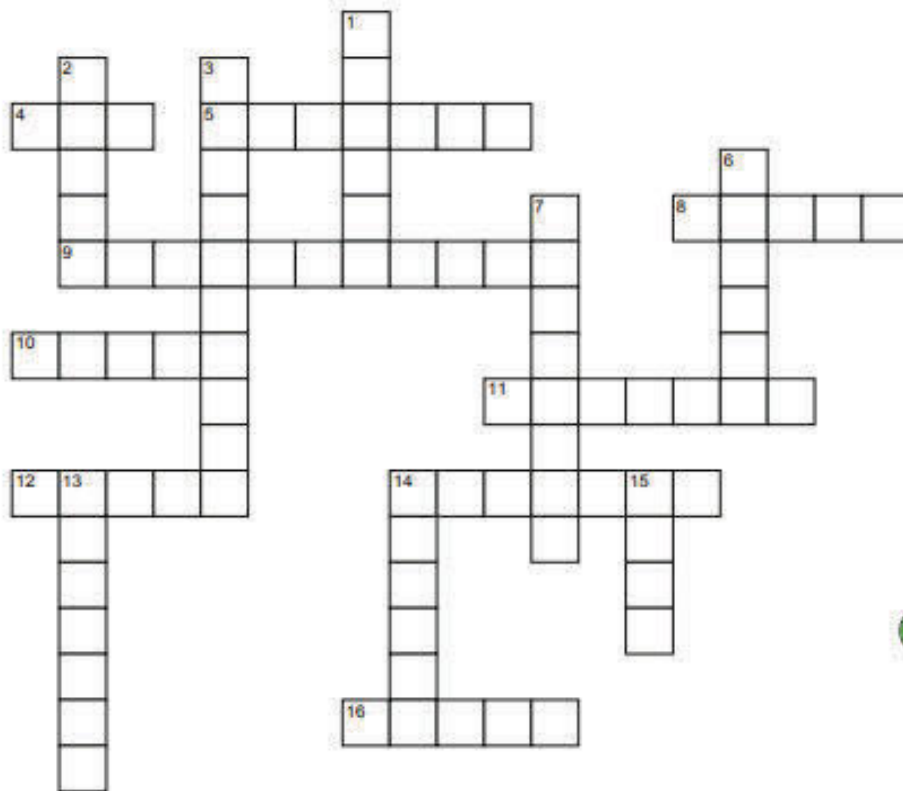




# St. Patrick's Day Crossword



Solve the following puzzle based on the clues given!



## Across

- [4] \_\_\_ of gold you find at the end of the rainbow  
 [5] The \_\_\_\_\_ Isle  
 [8] Having good luck  
 [9] Day of the month that St. Patrick's Day falls on  
 [10] Month that St. Patrick's Day is in  
 [11] Country where St. Patrick's Day started  
 [12] Color associated most with St. Patrick's Day  
 [14] Major US city that dyes river green for St. Patrick's Day  
 [16] The official language of Ireland

## Down

- [1] People marching at the street  
 [2] Round metal used as money  
 [3] Small, mischievous spirit  
 [6] Capital of Ireland  
 [7] 3 leaved green plant that is a national emblem of Ireland  
 [13] What you follow to get to the pot of gold  
 [14] Symbol of good luck  
 [15] Color of coins



## ART WITH ARIANNA

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



**Georgia O'Keeffe Watercolor**– Thursday, March 14- \$5  
Discover the natural beauty Georgia O'Keeffe was famous for in this watercolor class! We will learn watercolor techniques and create our own masterpieces. **No experience necessary.**

**Origami– To Have & To Fold**- Thursday, March 21- \$5  
Learn about the traditional Japanese paper art of Origami in this unique class. This step-by-step approach will have you making your own creations in no time. **No experience necessary!**

**Paint a Planting Pot**– Thursday, March 28- \$5  
Get a jump start on spring by decorating your own terracotta planting pot! Your unique touch will bring joy to your greenery. **No experience needed!**

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

## THELMA COMMUNITY ARTS OUTREACH

### ACRYLIC STILL LIFE PAINTING

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

Join Shannon the director/curator at Thelma and create your very own acrylic still life masterpiece. No experience needed! All materials

*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



## INTERNET SECURITY

Tuesday, March 26 at 1:00 p.m.



Learn steps and strategies you can take to protect your information and improve your safety while using the internet. This class is designed for basic technology users who want to become more proactive in protecting their safety. You'll learn about password safety, privacy, how to protect personal information, how to avoid scams, and more. Basis 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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## TAKE ME OUT TO THE BALL GAME

### TAILGATE

Tuesday, April 2  
12:00 –1:30 p.m.

Come and help us celebrate the start of baseball season!

Cost: \$2.00

Meal includes:  
Hot Dog  
Bag of Cracker Jacks  
Bag of Peanuts  
Apple Pie



Must Register and pay in person by Friday, March 29.

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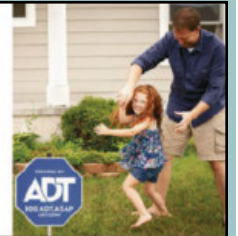
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*The former Senior Benefit Specialist for Fond du Lac County. Julie has been serving older adults for over 20 years. She continues to provide the same experience and expertise as she did with Fond du Lac County. Julie will specialize in Medicare, Individual/Group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

(920) 923-2626 • [juliehilbert@mtins.net](mailto:juliehilbert@mtins.net)

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## MEMORY WRITERS

Fridays at 1:00 p.m.



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

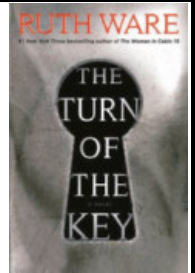
NEW MEMORIES AND MEMBERS WELCOME

## BOOK CLUB

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

BOOK OF THE MONTH: The Turn of the Key

By: Ruth Ware

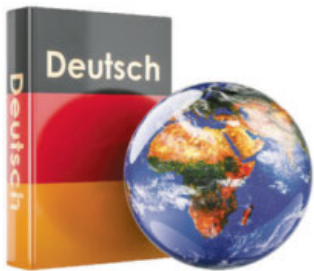


The Turn of the Key is a compulsive tale of a nanny sitting in jail awaiting trial for the murder of one of her charges. The entire book is told through letters from said nanny to a potential solicitor, recalling the events leading up to her incarceration, along with a few surprise notes at the end.

All books are due back by March 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

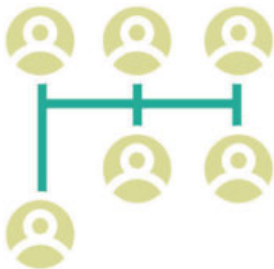
Mondays at 1:00 p.m.



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, March 13 & 27 at 1:00 p.m.



2nd & 4th Wednesdays

New members always welcome!

## SPREAD THE KINDNESS DAY

Friday, March 22

9:00 a.m.-2:30 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 &amp; 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 &amp; 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, March 20 at 6:30 p.m.



3rd Wednesday of the month  
New members welcome!

## COIN COLLECTORS

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



2nd Tuesday of the month  
New members welcome!

# ADULT COLORING PAGE



## 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 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.*

## CARDIO DRUMMING

Tuesdays at 11:00 a.m.

Equipment provided-please bring a water bottle.

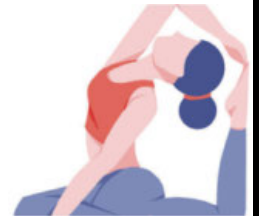
**\*\*Class size limited\*\***

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.*

## 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.*





**MONDAY**      **TUESDAY**      **WEDNESDAY**      **THURSDAY**      **FRIDAY**

<p><b>4</b></p> <p>8:00 Billiard Room Open            8:00 Take 5 For You            9:00 Wood Carving            10:00 Video Walk to Fitness            11:00 Intro to German            12:30 Bunco            1:00 Euchre            1:00 German            5:30 Zumba Gold</p>				
<p><b>5</b></p> <p>8:00 Take 5 For You            8:30 8 Ball Billiard League            8:30 Strong!            9:00 <b>New Food of the Week</b>            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</p>				
<p><b>6</b></p> <p>8:00 Take 5 For You            8:30 9 Ball Billiard League            10:00 Fondy Sunshine Strummers            10:00 Video Walk to Fitness            12:00 Billiard Room Open            12:00 Canasta            12:00 Hand &amp; Foot            12:30 Rec Sheephead</p>				
<p><b>7</b></p> <p>8:00 Take 5 For You            8:30 9 Ball Billiard League            10:00 Fondy Sunshine Strummers            10:00 Video Walk to Fitness            12:00 Billiard Room Open            12:00 Canasta            12:00 Hand &amp; Foot            12:30 Rec Sheephead</p>				
<p><b>8</b></p> <p>8:00 Billiard Room Open            8:00 Take 5 For You            8:30 Strong!            9:45 Beginning Yoga            10:00 Video Walk to Fitness            11:00 Chair Yoga            12:00 Game Day            12:00 Hand &amp; Foot            12:30 <b>Movie- Grumpy Old Men</b>            1:00 Memory writers</p>				
<p><b>9</b></p> <p>8:00 Billiard Room Open            8:00 Take 5 For You            8:30 Strong!            9:45 Beginning Yoga            10:00 Video Walk to Fitness            11:00 Chair Yoga            12:00 Game Day            12:00 Hand &amp; Foot            12:30 <b>Movie- Grumpy Old Men</b>            1:00 Memory writers</p>				
<p><b>10</b></p> <p>8:00 Billiard Room Open            8:00 Take 5 For You            8:30 Strong!            9:45 Beginning Yoga            10:00 Video Walk to Fitness            11:00 Chair Yoga            12:00 Game Day            12:00 Hand &amp; Foot            12:30 <b>Movie- Grumpy Old Men</b>            1:00 Memory writers</p>				
<p><b>11</b></p> <p>8:00 Billiard Room Open            8:00 Take 5 For You            9:00 <b>Memory Screenings</b>            9:00 Wood Carving</p>				

9:00 Tech Tyme  
10:00 Video Walk to Fitness  
11:00 Intro to German  
12:30 Bunco  
1:00 Euchre  
1:00 German  
5:30 Zumba Gold

9:00 New Food of the Week  
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  
6:00 Coin Collectors

12:00 Billiard Room Open  
12:00 Canasta  
12:00 Hand & Foot  
12:30 Movie-The Hill  
12:30 Rec Sheephead  
1:00 Genealogy  
3:00 Art At Thelma

11:00 Walking Group  
11:00 Art With Arianna  
11:30 Open Hour with Sandy  
12:00 Mah Jongg  
1:00 Cribbage  
1:00 Foot Pain Presentation  
5:30 Beginning Line Dancing  
6:00 Sunset Stitchers  
6:30 Line Dancing

9:00 Beginning Yoga  
10:00 Video Walk to Fitness  
11:00 Chair Yoga  
12:00 Game Day  
12:00 Hand & Foot  
12:30 Movie-Greatest Night In Pop  
1:00 Memory Writers

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

**17 Sunday**

**18**  
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

**19**  
8:00 Double Ticket Day  
8:00 Take 5 For You  
8:30 8 Ball Billiard League  
8:30 Strong!  
9:00 New Food of the Week  
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  
1:30 Nickel Bingo

**20**  
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-Queenpins  
12:30 Rec Sheephead  
1:00 Knit & Chat  
6:30 Stamp Collectors

**21**  
8:00 Billiard Room Open  
8:00 Take 5 For You  
10:00 Balance & Stretch  
10:00 Walking Group  
11:00 Art With Arianna  
11:30 Open Hour with Sandy  
12:00 Mah Jongg  
1:00 Cribbage  
1:00 Do You Know- Gardening  
5:30 Beginning Line Dancing  
6:30 Line Dancing

**22**  
8:00 Billiard Room Open  
8:00 Take 5 For You  
8:30 Strong!  
9:00 Spread the Kindness Day  
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  
1:00 Trivia

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

**24 Sunday**

**25**  
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

**26**  
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  
10:45 Soup for Strength  
11:00 Cardio Drumming  
12:00 Billiard Room Open  
12:00 Crafters Corner  
12:00 Mah Jongg  
1:00 Cribbage  
1:00 Internet Security

**27**  
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 Sheephead  
1:00 Genealogy  
1:00 Seniors Against Scams

**28**  
8:00 Billiard Room Open  
8:00 Take 5 For You  
10:00 Balance & Stretch  
10:00 Walking Group  
11:00 Art With Arianna  
11:30 Open Hour with Sandy  
11:30 Tech Tyme at MPTC  
12:00 Mah Jongg  
12:30 The Hill  
1:00 Cribbage  
5:30 Beginning Line Dancing  
6:30 Alzheimer's Support Group  
6:30 Line Dancing

**29**  
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

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

**31 Sunday**



Life is short, eat pie!



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ASSISTED LIVING

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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- ✓ 1 Bedrooms
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- ✓ Utilities Included\*
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Integrity (in teg'raté) n. the quality of being of sound moral principle, honesty, sincerity.

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for Nearly 40 Years!*



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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!

## 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 OUTDOOR EXERCISE EQUIPMENT



Take 5 minutes for yourself, drop in, and check out our outdoor exercise equipment!

## 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**



# WORD SCRAMBLE

## St Patrick's Day

### WORD SCRAMBLE

1. IADLNER \_\_\_\_\_
2. RPAH \_\_\_\_\_
3. NPLCUAHREE \_\_\_\_\_
4. HRCAM \_\_\_\_\_
5. RBWNOIA \_\_\_\_\_
6. CKUL \_\_\_\_\_
7. LDOG \_\_\_\_\_
8. CVEROL \_\_\_\_\_
9. TINAS \_\_\_\_\_
10. NEERG \_\_\_\_\_
11. PIKRCTA \_\_\_\_\_
12. HISRI \_\_\_\_\_
13. HDYIALO \_\_\_\_\_
14. LKCIRMEI \_\_\_\_\_
15. PADERA \_\_\_\_\_
16. SKCORAMH \_\_\_\_\_
17. EADRLEM \_\_\_\_\_
18. OTP FO LDOG \_\_\_\_\_
19. CTICLE \_\_\_\_\_
20. MARHC \_\_\_\_\_

## WOOD CARVING

Mondays at 9:00 a.m.



Never carved before? No problem-come and learn!  
New carvers welcome!

## CRAFTERS CORNER

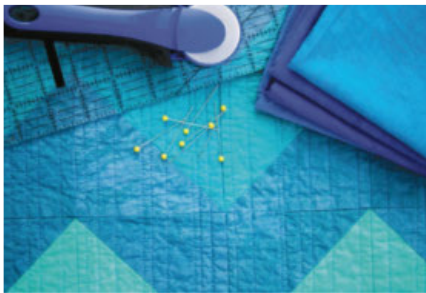
Tuesdays at 12:00 p.m.



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, March 7 at 1:00 p.m.



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

## SUNSET STITCHERS QUILT GUILD

Thursday, March 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 at (920) 322-3630.



Help keep Fond du Lac warm!

See page 24 for a new program designed for the Knit Wits!

## 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!

## QUEENPINS



Thursday, March 7 AND Wednesday, March 20

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

R · 2021 · Comedy/Detective fiction · 1h 50m

**Starring:** Kristen Bell, Bebe Rexha, Paul Walter Hauser, Kirby Howell-Baptiste, Vince Vaughn, Joel McHale

**Summary:** A frustrated suburban housewife and her best friend hatch an illegal coupon-club scheme that scams millions from corporations and delivers deals to legions of fellow coupon clippers. Hot on their trail is an unlikely duo -- a hapless loss-prevention officer and a determined U.S. postal inspector - both looking to end their criminal enterprise.

Lawn Chairs Welcome

To register call (920) 322-3630

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

## THE HILL



Wednesday, March 13 AND Thursday, March 28

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

PG · 2023 · Drama/Sport · 2h 6m

**Starring:** Dennis Quaid, Scott Glenn, Randy Houser, Bonnie Bedelia, Colin Ford, Siena Bjonnerud

**Summary:** The true story of Rickey Hill, the son of a travelling pastor who overcomes physical obstacles to pursue his dream of playing baseball in the major leagues.

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

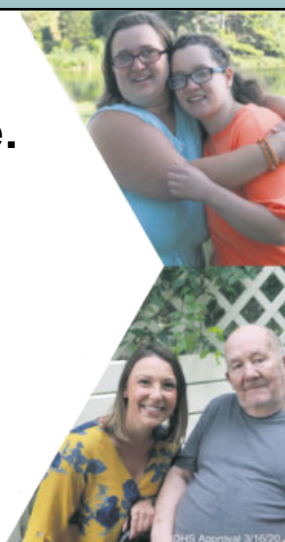


(920) 921-9520  
 244 N Macy St.  
 Fond du Lac, WI 54935  
[illuminus.us/communities/lutheran-homes-and-health-services](http://illuminus.us/communities/lutheran-homes-and-health-services)

**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](http://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](http://inclusa.org) | 877-376-6113

## GRUMPY OLD MEN



Friday, March 8

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.*

## THE GREATEST NIGHT IN POP



Friday, March 15

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

PG -13 · 2024 · Comedy/Sport · 2h 8m

**Starring:** Lionel Richie, Quincy Jones, Cyndi Lauper, Bruce Springsteen, Sheila E., Huey Lewis, Steve Perry, Kenny Loggins

**Summary:** On a January night in 1985, music's biggest stars gather to record "We Are the World." The team goes behind the scenes of the event to see how all of the artists came together to make history.

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

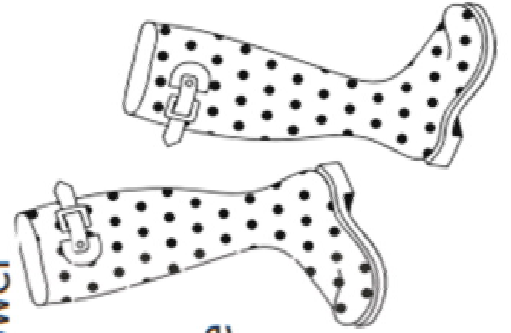
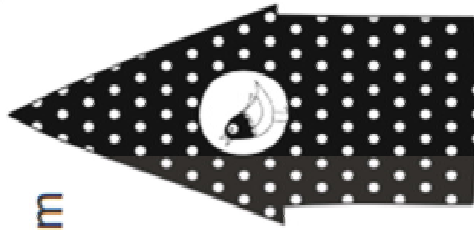
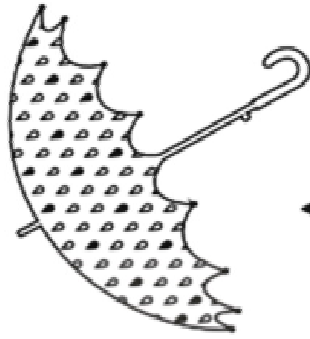
*Space is Limited Preregistration will assure you a spot if we reach capacity.*

# SUDOKU

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

# WORD SEARCH PUZZLE

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



- April
- Bunny
- Chicks
- Cloud
- Daffodil
- Earthworm
- Flowers
- Garden
- Grow
- June
- May
- Plant
- Puddle
- Rainbow
- Rain Shower
- Robin
- Seed
- Spring
- Sunshine
- Tulips



## 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



\$10.00

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

## HAPPY FIRST DAY OF SPRING! DOUBLE TICKET DAY

Tuesday, March 19



Celebrate the first day of Spring with double tickets!

## NEW TRIPS AVAILABLE FOR 2024!

If you are interested in traveling, stop in and pick up a 2024 travel flyer.



**NEW!**

## KNIT & CHAT

Wednesday, March 20

Calling all Knit Wits and perspective Knit Wits too! Bring your latest knitting project with you. Meet fellow Knit Wits, exchange knitting patterns/ideas, or just socialize.

**TECH TYME**

**Two Locations!**

Do you need tech help? Drop in and get one-on-one help with your questions.

Monday, March 11 9:00-10:30 a.m. at The Center  
OR  
Thursday, March 28 11:30 a.m.-12:30 p.m. at FDL MPTC Business/Technology Center 235 N. National Ave.  
Enter MPTC thru O-1 door and the Business/ Technology Center is on the left just inside the entrance

Drop in anytime during these sessions. Assistance will be provided on a first-come, first-served basis. Sessions are limited if other people are waiting.

## INTRODUCING THE HEALTHY FOOD OF THE WEEK!

**New!**

Beginning Tuesday, March 5

Stop in each week to learn about the healthy food of the week! There will be nutritional facts on the featured food, recipes to help incorporate it into your diet. These foods will be featured in the Soup for Strength program. (See page 5)

## 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!

## NICKEL

**BINGO!**

Tuesday, March 19 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.





## MEMORY SCREENING

Monday, March 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

## OPEN HOUR WITH SANDY

Thursdays

11:30 - 12:30

Have a question about your personal health and wellness journey? Would you like a baseline on your balance or grip strength? Are you interested in exercises to help maintain your well being? Stop in and meet with Sandy, our MPTC Health & Wellness Intern!



## PARKINSONS SUPPORT



Tuesday, March 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.

## PARENTS OF ANGELS

1st Thursday– March 7 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 association

## ALZHEIMER'S CAREGIVER SUPPORT GROUP

Thursday, March 23 at 6:30 p.m.

This support group is a safe place to learn, offer and receive tips, and meet others caring for someone with Alzheimer's disease or another form of dementia.

## MEMORY CAFÉ

Fond du Lac Public Library– Lower Level  
Thursday, March 23 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.

## STOCK BOX

Monday, March 25 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.

*New income limits for 2024- MUST BE 60 years old and provide proof of address to qualify.*

Household size 1 –Monthly income of \$1,632  
Household size 2 –Monthly income of \$2,215

For questions or to register stop in or call (920) 322-3630.

# NEVER MISS OUR NEWSLETTER!

**SUBSCRIBE**

Have our  
newsletter  
emailed  
to you.



VISIT [WWW.MYCOMMUNITYONLINE.COM](http://WWW.MYCOMMUNITYONLINE.COM)



# 2024 Friends Membership Form

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

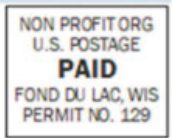
March 2024 Newsletter

\_\_\_\_\_ Computer

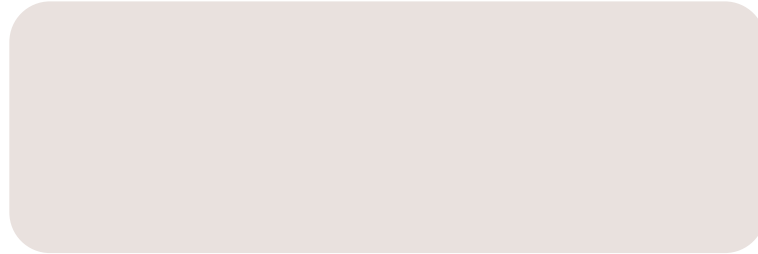


## Fond du Lac Senior Center

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 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



### FRIENDS BOARD OF DIRECTORS

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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.*