

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

# AMONG FRIENDS

NEWSLETTER

APRIL 2024



## OUR MISSION

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

Have you ever been at a playground and watched how easily young children make friends? It typically involves two children being in close proximity, one asking, "Do you want to be my friend?", the other responding, "Yes!", and the two run off to play together.

So what happens between being 5 and being 50 that makes it so much more difficult to make friends? I ask this because I read a recent report that said that 8% of Americans have **no** close friends, and that 53% of adults have between 1-4 close friends.

Researchers tried to quantify the time associated with going from strangers to close friends, and one study found that it takes about 50 hours of shared contact to become a casual friend from being an acquaintance, and more than 200 hours to go from being a casual friend to being a close friend. Best Friends? 737 hours. And those have to be "quality" hours - not just time where you are in the same vicinity.

That being said, it's easy to understand why people may not have as many "close friends" as they did 30 years ago - it's a huge investment, and we have many conflicting priorities. Many of us belong to the "sandwich generation" - we are helping with our kids and grandkids and are also helping with aging parents. Sometimes health issues become a priority and take up a lot of our time and energy. Just those things can limit the amount of time we have to invest in our friendships.

Are friendships part of self care? Absolutely! We often encourage our participants to make themselves a priority - self care is an important part of maintaining our overall health and wellness. And, yes, there is a lot of research out there that talks about the importance of friends and those connections to our mental and physical health.

Organizations like the National Institutes of Health and the World Health Organization have identified several negative effects of not having friends. These include elevated risk of heart disease, higher cognitive decline and risk of dementia, more long-term illness, and vulnerability to abuse and scams. Pretty serious stuff.

So how do we make friends as older adults? Here's a few things you can try.

- Connect with groups for an activity that you enjoy (hint hint—we have a LOT of them).
- Take classes that interest you (we have those too! But there are a ton of other options in the community: art, cooking, fitness, the choices are plentiful!).
- Extend social invitations - one of our favorite things is when we see participants in one of our activities grow their friendships into things outside of The Center - going on walks together, going to "happy hour", attending community concerts, etc.
- Strike up a conversation - and truly listen.
- Avoid being pushy - building a true friendship takes time and TRUST!
- Join a support group - if you have something going on in life, support groups are comprised of people that will understand and can help support you.

It was way easier when we could just run up and shout, "Want to be friends?" but hopefully the investment in building friendships makes it worthwhile.

I hope to see you soon!

*Cathy*

# WE ♥ OUR VOLUNTEERS

3

April is Volunteer Appreciation Month, so we would like to shout out a huge

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YOU

to all of our volunteers!  
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Friends of Fond du Lac Sr. Center, Fond du Lac, WI

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# HIDDEN PICTURE PUZZLE



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





## BROWN BAG MEDICATION REVIEW

Tuesday, April 16  
9:00 a.m.-12:00 p.m.



Bring your prescription and over the counter medications to be reviewed by Kevin, a Pharmacist with SSM Health.

- Review what medications you are taking
- Make sure you are taking your medications correctly
- Get your questions about your medications answered
- Appointments are 45 minutes long

Must call ahead for an appointment  
(920) 322-3630

*Appointments are limited*

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## DOSE OF REALITY: DRUG TAKE BACK DAY

Friday, April 26  
10:30 a.m. –12:30 p.m.



Too often, unused and expired medications find their way into the wrong hands. That's dangerous and often tragic. Bring unused and expired medications in to the Center for our Drug Take Back Day. This protects you, your family, and your community.

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**DRUG FREE  
COMMUNITIES**  
of Fond du Lac



## MONITORING YOUR CREDIT SCORE

Thursday, April 11 at 1:00 p.m.



Join us and learn more about your credit score, how to give yourself a credit check, and some ways to monitor your credit score so you can stay clear of suspicious activity.

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



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## SO, YOU'RE THINKING ABOUT SELLING?

Thursday, April 25 at 1:00 p.m.



Join us as Jeanne Lasher, a local realtor uses her professional and personal experiences to educate us on:

- Downsizing –Where to start
- Timing– When to move
- Options– Where to move
- How to prepare your house for market
- Homes for Heroes Program

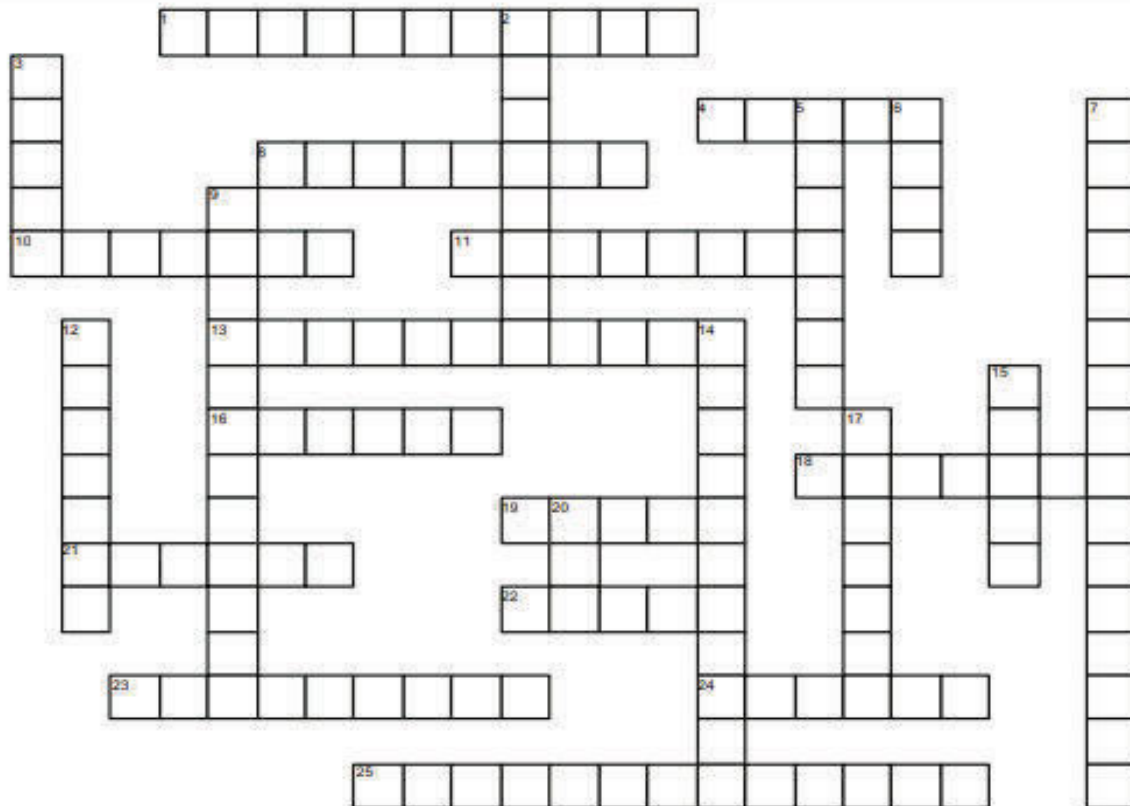


To register call (920) 322-3630 *Space is Limited.*  
Preregistration will assure you a spot if we reach capacity.

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# Earth Day



## ACROSS

- 1 A place where garbage is hauled and burned.
- 4 Many people plant these on Earth Day.
- 8 April 22. (Two words.)
- 10 Turns fruit and vegetable waste into rich soil for gardening.
- 11 A place where garbage is hauled and buried.
- 13 Using a resource in such a way that it is not depleted or damaged.
- 16 To use less.
- 18 To contaminate the environment with man-made waste.
- 19 Chemicals, industrial waste, and sewage are often allowed streams, rivers, or oceans, polluting this.
- 21 Please put your trash in the trash can. Don't \_\_\_\_\_.
- 22 A popular color on Earth Day.
- 23 Resources that can be replenished or replaced through careful management.
- 24 Turning off lights helps conserve \_\_\_\_\_.
- 25 The destruction of earth's trees.

## DOWN

- 2 Polluted precipitation that can damage the environment. (Two words.)
- 3 Poisonous; capable of causing serious harm or death.
- 5 The study of the relationship between organisms and their environment.
- 6 \_\_\_\_\_ pollution is a build-up in the earth's surface of toxins, chemicals, salt, and other substances that adversely affect plant life.
- 7 Raw materials supplied by nature. (Two words.)
- 9 Planned management of natural resources to prevent waste, exploitation, or destruction.
- 12 To process waste in such a way as to reclaim raw material for future use.
- 14 The physical conditions that surround and create a home for all living things.
- 15 To use again.
- 17 Gaylord Nelson, a U.S. Senator from Wisconsin, is considered the \_\_\_\_\_ of Earth Day.
- 20 Polluted by smoke and exhaust fumes.

## ART WITH ARIANNA

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



**Painting Petals– Paper Flowers– Thursday, April 11- \$5**  
Come get in on the sunshine spirit with this Spring inspired art! Using watercolor and some surprising materials, we will create gorgeous paper flowers that will last well past summer.

**Watercolor Collage - Thursday, April 18- \$5**  
Explore new techniques and daring designs in this one-of-a-kind class. This class is for those willing to try something new with no expectations! It is impossible to do it wrong!

**Painted Garden Stones– Thursday, April 25 - \$5**  
Your garden needs art too! Add some pizzazz to your flower beds or embellish your veggie garden.

No Experience necessary, all skill levels welcome!  
Must Register and pay in person before the class.  
*Space is limited.*

## EMERGING TECHNOLOGIES

Wednesday, April 17 at 1:00 p.m.



Come and hear about what the college students are learning in their Emerging Technologies class! Jeff teaches a course on Emerging Technologies at Moraine Park Technical College and is eager to share with you some of the technologies that are on the cutting edge.

To register call (920) 322-3630 *Space is limited.*

Preregistration will assure you a spot if we reach capacity.



## THELMA COMMUNITY ARTS OUTREACH *WATERCOLOR BIRDS*

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

This basic watercolor class will use mixing primary colors to create delightful birds. A variety of watercolor techniques will be introduced. No watercolor experience required.

**No experience needed!**

*Class is free and all materials are supplied.*

**SPACE IS LIMITED, only registered participants will be admitted.**

Call (920) 322-3630 to register.

If you are registered but are unable to attend, please let us know so we can contact people on the waiting list. Thank you.



## COMPUTER BASICS

Tuesday, April 30 at 1:00 p.m.



Learn how to use a computer in this class designed for technology beginners. You'll learn what the basic parts of a computer are, how to use a mouse and keyboard, and how to navigate a computer screen. Have a laptop? Bring it with you! Computers will not be provided and are not required for this class. No tech experience needed.

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

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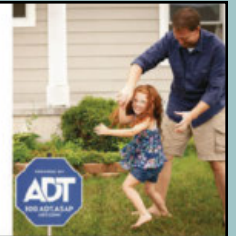
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*The former Senior Benefit Specialist for Fond du Lac County. Julie has been serving older adults for over 20 years. She continues to provide the same experience and expertise as she did with Fond du Lac County. Julie will specialize in Medicare, Individual/Group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

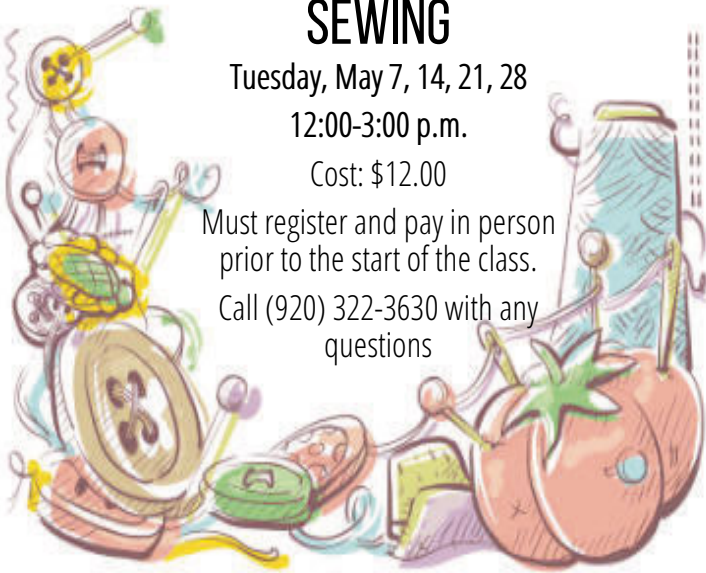
Tuesday, May 7, 14, 21, 28

12:00-3:00 p.m.

Cost: \$12.00

Must register and pay in person prior to the start of the class.

Call (920) 322-3630 with any questions



## FLYING GEESE QUILTERS

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

The Flying Geese Quilters will be meeting at The First Presbyterian Church of Fond du Lac at 1225 4th Street Road this month.



New Members Welcome!

## SUNSET STITCHERS QUILT GUILD

Thursday, April 11 at 6:00 p.m.

Meeting the 2nd Thursday of the month.

## 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!

## WOOD CARVING

Mondays at 9:00 a.m.



Never carved before? No problem-come and learn!

New carvers 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!

## KNIT & CHAT

Wednesday, April 17

1:00-3:00 p.m.

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.



## 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, April 17 at 6:30 p.m.



3rd Wednesday of the month  
New members welcome!

## COIN COLLECTORS

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



2nd Tuesday of the month  
New members welcome!



## 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!  
Don't forget to order your 2024 Rule Book!

## CRIBBAGE

Tuesdays & Thursdays 1:00-3:00 p.m.



Come and join the Cribbage Crew!  
New players welcome!

## CANASTA

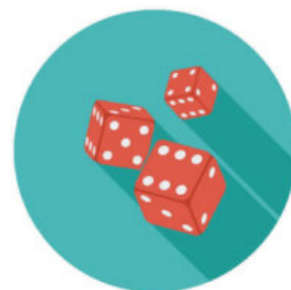
Wednesdays 12:00-3:00 p.m.



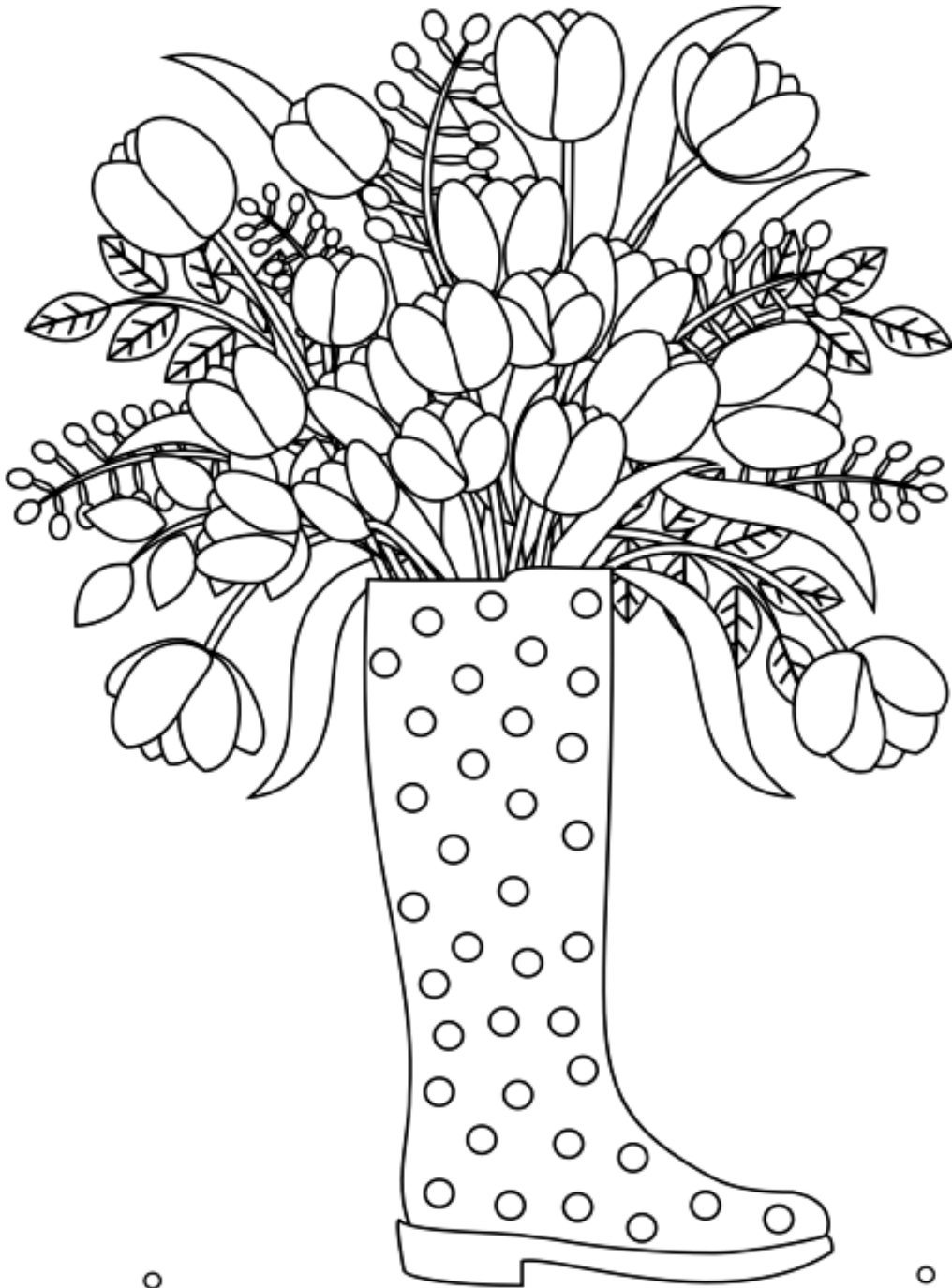
Come and meld with us!  
New players welcome!

## BUNCO

Mondays 12:30-3:00 p.m.



Come and shake it up with us!  
New players welcome!



*♥ Hello Spring! ♥*

*Homemade*  
GIFTS MADE EASY



## 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.

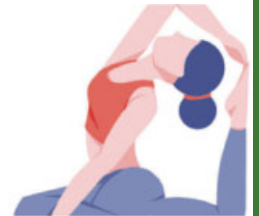
**\*\*Class size limited\*\***

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.*



# APRIL

## MONDAY

**1**  
 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

## TUESDAY

**2**  
 8:00 Take 5 For You  
 8:30 8 Ball Billiard League  
**8:30 No Strong! Today**  
 9:00 Men's Strength & Stability  
**9:00 New Healthy Food of the Week**  
 9:00 Walking Group  
**9:45 No Intermediate Yoga**  
 10:00 Balance & Stretch  
**11:00 No Cardio Drumming Today**  
 12:00 Billiard Room Open  
 12:00 Mah Jongg  
**12:00 Ball Game Tailgate**  
 1:00 Cribbage

## WEDNESDAY

**3**  
 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

## THURSDAY

**4**  
 8:00 Billiard Room Open  
 8:00 Take 5 For You  
 9:00 Men's Stretch & Stability  
 9:00 Walking Group  
 10:00 Balance & Stretch  
**11:30 Open Hour with Sandy**  
**11:30 Tech Tyme at MPTC**  
 12:00 Mah Jongg  
**12:30 Movie-Next Goal Wins**  
 1:00 Cribbage  
 1:00 Flying Geese Quilters  
 5:30 Beginning Line Dancing  
 5:30 Parents of Angels  
 6:30 Line Dancing

## FRIDAY

**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**  
**8:00 Shred Day at NEBAT**  
 9:00 Beginning Line Dancing  
 9:00 Walking Group  
**7 Sunday**

## MONDAY

**8**  
 8:00 Billiard Room Open  
 8:00 Take 5 For You  
 9:00 Memory Screenings  
 9:00 Tech Tyme  
 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

## TUESDAY

**9**  
 8:00 Take 5 For You  
 8:30 8 Ball Billiard League  
 8:30 Strong!  
**9:00 Brown Bag Medication Review**  
 9:00 Men's Strength & Stability  
**9:00 New Healthy Food of the Week**  
 9:00 Walking Group  
 9:45 Intermediate Yoga  
 10:00 Balance & Stretch  
 11:00 Cardio Drumming  
 12:00 Billiard Room Open  
 12:00 Mah Jongg  
 1:00 Cribbage  
**1:00 Parkinson's Support Group**  
 6:00 Coin Collectors

## WEDNESDAY

**10**  
 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-Next Goal Wins**  
 12:30 Rec Sheepshead  
 1:00 Genealogy  
**3:00 Art At TheIMA**  
**6:00 Slow Roll Fondy Bike Ride**

## THURSDAY

**11**  
 8:00 Billiard Room Open  
 8:00 Take 5 For You  
 9:00 Men's Stretch & Stability  
 9:00 Walking Group  
 10:00 Balance & Stretch  
**10:00 Book Club**  
**11:00 Art With Arianna**  
**11:30 Open Hour with Sandy**  
**11:30 Tech Tyme at MPTC**  
 12:00 Mah Jongg  
 1:00 Cribbage  
 1:00 Flying Geese Quilters  
**1:00 Monitoring Your Credit Score**  
 5:30 Beginning Line Dancing  
 6:00 Sunset Stitchers  
 6:30 Line Dancing

## FRIDAY

**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- A League of Their Own**  
 1:00 Memory writers  
**13 Saturday**  
 9:00 Beginning Line Dancing  
 9:00 Walking Group  
**14 Sunday**

## MONDAY

**15**  
 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

## TUESDAY

**16**  
 8:00 Take 5 For You  
 8:30 8 Ball Billiard League  
 8:30 Strong!  
**9:00 Brown Bag Medication Review**

## WEDNESDAY

**17**  
 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

## THURSDAY

**18**  
 8:00 Billiard Room Open  
**8:00 Double Ticket Day**  
 8:00 Take 5 For You  
 9:00 Men's Stretch & Stability  
 9:00 Walking Group

## FRIDAY

**19**  
 8:00 Billiard Room Open  
 8:00 Take 5 For You  
 8:30 Strong!  
 9:45 Beginning Yoga  
 10:00 Video Walk to Fitness



<p>12:30 Bunco 1:00 Euchre 1:00 German 5:30 Zumba Gold</p>	<p>9:00 Men's Strength &amp; Stability 9:00 <b>New Healthy Food of the Week</b> 9:00 Walking Group 9:45 Intermediate Yoga 10:00 Balance &amp; Stretch 11:00 Cardio Drumming 12:00 Billiard Room Open 12:00 Mah Jongg 1:00 Cribbage 1:00 <b>Indoor Exercise Meeting</b> 1:30 <b>Nickel Bingo</b></p>	<p>12:00 Canasta 12:00 Hand &amp; Foot 12:30 Rec Sheepshhead 1:00 <b>Emerging Technologies</b> 1:00 Knit &amp; Chat 6:30 Stamp Collectors</p>	<p>10:00 Balance &amp; Stretch 10:00 Men's Golf Meeting at W.S 11:00 Art With Arianna 11:30 Open Hour with Sandy 11:30 Tech Tyme at MPTC 12:00 Mah Jongg 12:30 Movie-Wonka 1:00 Cribbage 1:00 Foot Pain Presentation 1:00 <b>Indoor Exercise Meeting</b> 5:30 <b>Beginning Line Dancing</b> 6:30 <b>Line Dancing</b></p>	<p>11:00 Chair Yoga 12:00 Game Day 12:00 Hand &amp; Foot 1:00 Memory Writers</p> <p><b>20 Saturday</b> 9:00 <b>Beginning Line Dancing</b> 9:00 <b>Shred Day at FVSBank</b> 9:00 <b>Walking Group</b></p> <p><b>21 Sunday</b></p>
<p><b>22</b> 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 <b>Stock Box</b> 5:30 Zumba Gold</p>	<p><b>23</b> 8:00 Take 5 For You 8:30 8 Ball Billiard League 8:30 Strong! 9:00 Men's Strength &amp; Stability 9:00 <b>New Healthy Food of the Week</b> 9:00 Walking Group 9:45 Intermediate Yoga 10:00 Balance &amp; Stretch 11:00 Cardio Drumming 12:00 Billiard Room Open 12:00 Mah Jongg 1:00 Cribbage</p>	<p><b>24</b> 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 12:00 <b>LPGC Luncheon at Sunset</b> 12:30 <b>Movie-Wonka</b> 12:30 Rec Sheepshhead 1:00 Genealogy</p>	<p><b>25</b> 8:00 Billiard Room Open 8:00 Take 5 For You 9:00 Men's Stretch &amp; Stability 9:00 Walking Group 10:00 Balance &amp; Stretch 11:00 Art With Arianna 11:30 Open Hour with Sandy 11:30 Tech Tyme at MPTC 12:00 Mah Jongg 1:00 Cribbage 1:00 <b>Outdoor Exercise Meeting</b> 1:00 <b>Thinking About Selling?</b> 5:30 <b>Beginning Line Dancing</b> 6:30 <b>Alzheimer's Support Group</b> 6:30 <b>Line Dancing</b></p>	<p><b>26</b> 8:00 Billiard Room Open 8:00 Take 5 For You 8:30 Strong! 9:00 <b>Spread the Kindness Day</b> 9:45 <b>Beginning Yoga</b> 10:00 Video Walk to Fitness 10:30 <b>Drug Take Back Day</b> 11:00 Chair Yoga 12:00 Game Day 12:00 Hand &amp; Foot 12:30 <b>Movie- Little Miss Sunshine</b> 1:00 Memory Writers</p> <p><b>27 Saturday</b> 9:00 <b>Beginning Line Dancing</b> 9:00 <b>Walking Group</b></p> <p><b>28 Sunday</b></p>
<p><b>29</b> 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>Lake of the Torches Trip</p>	<p><b>30</b> 8:00 Take 5 For You 8:30 8 Ball Billiard League 8:30 Strong! 9:00 Men's Strength &amp; Stability 9:00 Walking Group 9:45 Intermediate Yoga 10:00 Balance &amp; Stretch 10:45 <b>Fit, Fresh, Fruity, Smoothie</b> 11:00 Cardio Drumming 12:00 Billiard Room Open 12:00 Mah Jongg 1:00 Computer Basics 1:00 <b>Outdoor Exercise Meeting</b> 1:00 Cribbage</p>			



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C 4C 01-1122

## WALKING/HIKING GROUP

Tuesdays, Thursdays, & Saturdays 9:00 a.m.

Note time change for Spring & Summer



To find the location of the next walk, 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!

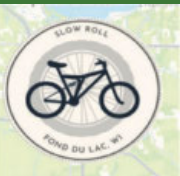
## MEN'S STRETCH & STABILITY

Tuesdays & Thursdays at 9:00 a.m.



New Program!

**Calling all men!** This class is just for you! Join us for this 30 minute, men's only class that may help you improve your strength and stability. No need to bring anything. **All skill levels welcome!**  
Drop in and give it a try!



## SLOW ROLL FONDY BIKE RIDES

Slow rolls are group bike rides for individuals of all levels and abilities. Rides are about 5 miles long, at a conversational pace, and volunteer led.

Wednesdays from 6:00-7:00 p.m.  
April 10 · May 8 · June 12 · July 10 · August 14 · September 11  
October 9 from 5:00- 6:00 p.m.

No registration needed!

Watch the Slow Roll Fondy facebook page <https://www.facebook.com/SlowRollFondy> for information about where to meet.

## 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.



## WORD SCRAMBLE



**WORD SCRAMBLE  
DIRECTIONS:**  
Unscramble each set  
of letters to discover  
a vocabulary word  
relating to the lovely  
month of April.

OFLO \_\_\_\_\_

BTFURTYLE \_\_\_\_\_

ARSSG \_\_\_\_\_

TPAEILRLACR \_\_\_\_\_

ERTDYAHA \_\_\_\_\_

ADRGNE \_\_\_\_\_

ANIR \_\_\_\_\_

LAGUH \_\_\_\_\_

LUIPT \_\_\_\_\_

RENGE \_\_\_\_\_

RECYCEL \_\_\_\_\_

RTSEAE \_\_\_\_\_

LLAMUBER \_\_\_\_\_

LNAPT \_\_\_\_\_

UBNYN \_\_\_\_\_

UORPTS \_\_\_\_\_

ATNREU \_\_\_\_\_

PALRI \_\_\_\_\_

OEKJ \_\_\_\_\_

OLFERW \_\_\_\_\_

SEBLAABL \_\_\_\_\_

NSPRGI \_\_\_\_\_

OLMBO \_\_\_\_\_

NIOBR \_\_\_\_\_

## MEMORY WRITERS

Fridays at 1:00 p.m.



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

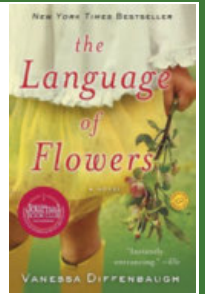
**NEW MEMORIES AND MEMBERS WELCOME**

## BOOK CLUB

Thursday, April 11 at 10:00 a.m.

BOOK OF THE MONTH: *The Language of Flowers*

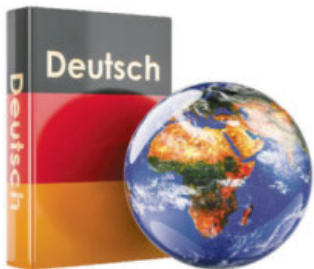
By: Vanessa Diffenbaugh



After a childhood spent in the foster-care system, Victoria Jones is unable to get close to anybody, and her only connection to the world is through flowers and their meanings. Now eighteen and emancipated from the system with nowhere to go, she realizes she has a gift for helping others through the flowers she chooses for them. But an unexpected encounter with a mysterious stranger has her questioning what's been missing in her life. And when she's forced to confront a painful secret from her past, she must decide whether it's worth risking everything for a second chance at happiness. **Books are due back by April 11**

## 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

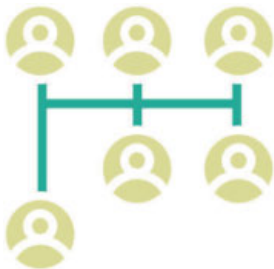
Mondays at 1:00 p.m.



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



2nd & 4th Wednesdays

**New members always welcome!**

## SPREAD THE KINDNESS DAY

Friday, April 26

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.*

## NEXT GOAL WINS



Thursday, April 4 AND Wednesday, April 10

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

PG-13 · 2023 · Comedy/Sport · 1h 44m

**Starring:** Michael Fassbender, Oscar Kightly, Kaimana, David Fane, Rachel House, Beulah Koale

**Summary:** NEXT GOAL WINS follows the American Samoa soccer team, infamous for their brutal 31-0 FIFA loss in 2001. With the World Cup Qualifiers approaching, the team hires down-on-his-luck, maverick coach Thomas Rongen (Michael Fassbender) hoping he will turn the world's worst soccer team around in this heartfelt underdog comedy.

Lawn Chairs Welcome

To register call (920) 322-3630

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

## WONKA



Thursday, April 18 AND Wednesday, April 24

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

PG · 2023 · Fantasy/Musical · 1h 56m

**Starring:** Timothee Chalamet, Hugh Grant, Calah Lane, Keegan-Michael Key, Paterson Joseph

**Summary:** Based on the extraordinary character at the center of Charlie and the Chocolate Factory, Roald Dahl's most iconic children's book and one of the best-selling children's books of all time, "Wonka" tells the wondrous story of how the world's greatest inventor, magician and chocolate-maker became the beloved Willy Wonka we know today.

Lawn Chairs Welcome

To register call (920) 322-3630

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

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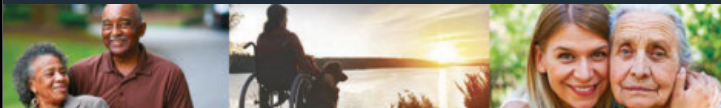
Assisted Living    Rehab    Skilled Nursing



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Some of the services we manage with you include:

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- In-Home Supportive Care

For more information about the Family Care Program, contact your local Aging and Disability Resource Center (ADRC).

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



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## A LEAGUE OF THEIR OWN



Friday, April 12

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

PG- 1992 · Comedy/Sport · 2h 8m

**Starring:** Geena Davis, Tom Hanks, Lori Petty, Rosie O'Donnell, Madonna, Megan Cavanagh

**Summary:** As America's stock of athletic young men is depleted during World War II, a professional all-female baseball league springs up in the Midwest, funded by publicity-hungry candy maker Walter Harvey (Garry Marshall). Competitive sisters Dottie Hinson (Geena Davis) and Kit Keller (Lori Petty) spar with each other, scout Ernie Capadino (Jon Lovitz) and grumpy has-been coach Jimmy Dugan (Tom Hanks) on their way to fame. Madonna and Rosie O'Donnell co-star as two of the sisters' teammates.

Lawn Chairs Welcome

To register call (920) 322-3630

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

## LITTLE MISS SUNSHINE



Friday, April 26

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

R- 2006 · Comedy/Drama · 1h 40m

**Starring:** Abigail Breslin, Paul Dano, Alan Arkin, Toni Collette, Steve Carell

**Summary:** The Hoover family -- a man (Greg Kinnear), his wife (Toni Collette), an uncle (Steve Carell), a brother (Paul Dano) and a grandfather (Alan Arkin) -- puts the fun back in dysfunctional by piling into a VW bus and heading to California to support a daughter (Abigail Breslin) in her bid to win the Little Miss Sunshine Contest. The sanity of everyone involved is stretched to the limit as the group's quirks cause epic problems as they travel along their interstate route.

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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# WORD SEARCH PUZZLE



## SPRING ACTIVITIES



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

### WORD LIST

BASEBALL	EGG HUNT	HIKING	ROAD TRIP
BIKE RIDING	FISHING	KAYAKING	SOCCER
CAMPING	FUN	PICNIC	SWIMMING
CLEANING	GARDENING	PLANTING	TENNIS
EASTER	GOLF	RELAXING	VACATION



## HEALTHY FOOD OF THE WEEK!

New Food Every Tuesday

Stop in each week to learn about the healthy food of the week! There will be nutritional facts on the featured food and recipes to help incorporate it into your diet. These foods will be featured in the Fit, Fresh, Fruity Smoothie that will be made at the end of the month.

### FIT, FRESH, FRUITY, SMOOTHIE

Tuesday, April 30 at 10:45 a.m.

Learn how to make a fit, fresh, fruity smoothie using this month's healthy foods of the week.

Must pre-register by calling (920) 322-3630



## TECH TYME

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

Monday, April 8 9:00-10:30 a.m. at The Center

OR

Thursdays 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.



## TAKE 5 FOR YOU OUTDOOR EXERCISE EQUIPMENT

Monday-Friday 8:00 a.m.-3:00 p.m.

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

### INFORMATIONAL/DEMONSTRATION MEETING

Thursday, April 25 & Tuesday, April 30 at 1:00 p.m.

Come and learn how to use our outdoor exercise equipment!

## TAKE 5 FOR YOU INDOOR EXERCISE EQUIPMENT

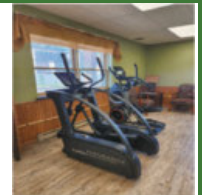
Monday-Friday 8:00 a.m.-3:00 p.m.

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

### INFORMATIONAL/DEMONSTRATION MEETING

Tuesday, April 16 & Thursday, April 18 at 1:00 p.m.

Come and learn how to use our indoor exercise equipment!



## LADIES PLAYFUL GOLF CLUB

May 6 - August 28, Mondays and/or Wednesdays  
Oakgreen Golf Course  
Tee Time: 9:30 a.m.

The Ladies Playful Golf Club (LPGC) is not a league, but rather an informal way to get together and socialize with other ladies who like golf. It's all about making new friends. This club is open to any lady golfer with a basic knowledge of Golf. *Partners are randomly chosen each time. Greens fees can be paid at the golf course each time you play.*

A pre-season Lunch Social/Orientation will be on Wednesday, April 24 at 12:00 p.m. at Sunset on the Water

Must Call to Register (920) 322-3630

Call Connie Anderson (920) 251-2582 with any questions



## MEN'S SENIOR CENTER GOLF LEAGUE

Thursdays beginning May 9  
Whispering Springs Golf Course  
Tee Time: 8:30 a.m.

This year's golf league meeting will take place on Thursday, April 18 at 10:00 a.m. at Whispering Springs Golf Course. Please join us for more information!

Call (920) 322-3630 to register or call John Paluchniak (920) 960-8688 with any questions



# JOIN US



## 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)

## DOUBLE TICKET DAY

Thursday, April 18 8:00 a.m.-2:30 p.m.

## SHRED DAYS

A free and secure way to destroy old documents.



National Exchange Bank & Trust 130 S. Main Street

Saturday, April 6 8:00 - 11:00 a.m.

Fox Valley Savings Bank 51 E. 1st Street

Saturday, April 20 9:00 a.m - 12:00 p.m.

## 2024 DINE OUT BOOK

Includes 50 coupons for over 35 local businesses!



## ENTERTAINMENT, SHOP SERVICE BOOK

Grab a new Entertainment, Shop & Service book to receive coupons for over 20 local businesses.

\$10.00 Each, pick yours up at The Center today!

## BIRTHDAY CLUB

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

When you enter your name in the Birthday Box, stop in at the front desk for a yummy birthday treat!



## 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



Tuesday, April 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.

# CLASSES, SUPPORT GROUPS, & RESOURCES<sup>5</sup>



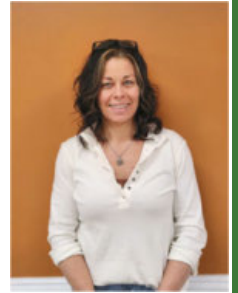
## MEMORY SCREENING

Monday, April 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

## OPEN HOUR WITH SANDY

Thursdays  
11:30 a.m.



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 or schedule a 30 minute appointment to meet with Sandy, our MPTC Health & Wellness Intern!  
(920) 322-3630

## PARKINSONS SUPPORT



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

## PARENTS OF ANGELS

1st Thursday– April 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, April 25 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, April 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.

## STOCK BOX

Monday, April 22 at  
1:30 p.m. - 2:30 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.

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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

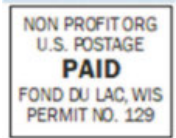
Dine Out Book—1 for Fantastic or 2 for Fabulous Memberships

April 2024 Newsletter

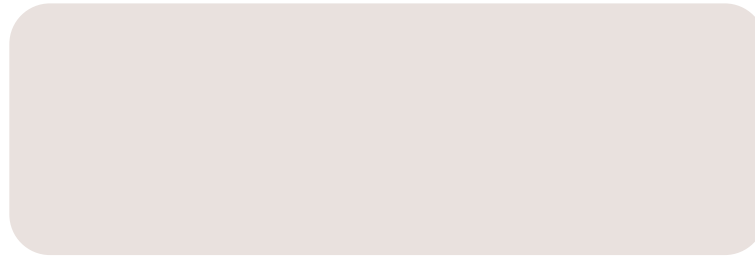
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**Fond du Lac Senior Center**  
 151 E. First Street  
 Fond du Lac, WI 54935



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



**FRIENDS BOARD OF DIRECTORS**

- Cindy Laubenstein*
- Debbie Osborn*
- Kirsten Quam*
- Terri Resop*
- Laurie Schlosser*
- Everett Werth*
- Barb Wirkus*
- Cathy Loomans, Center Director*

*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.*