

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

# AMONG FRIENDS

NEWSLETTER

MAY 2024



## OUR MISSION

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

# CATHY'S CORNER

Full disclosure, I have always been a huge fan of Billy Joel's music, and not going to see his concert with Elton John is definitely one of my regrets. That being said, I'm curious if you happened to catch the Billy Joel 100th Concert at Madison Square Garden that was on tv recently? If so, did you notice what I noticed?

On top of the amazing music and musicianship (can he play!!), how many of you noticed that a great majority of the crowd was made up of "Boomers,, and "Gen Xers,, just absolutely rocking it out to the music - music being played by a musician in his mid 70,s along with his band members who are also in their 60,s and 70,s. In case that wasn,t enough, Sting (from the Police - and also in his 70s) dropped in for a cameo. And even cooler, I saw audience members of all ages singing, dancing, smiling, and sharing an incredible intergenerational experience.

At one point, Billy Joel joked with the crowd that our voices get lower as we age and that he didn,t know if he would be able to hit the high note on his "An Innocent Man,, song - but when he did, the crowd roared.

I took a couple of things away from watching that concert. First of all, music really unites us and can bring us right back to times and places in our past. Secondly, people that are 50+ are definitely breaking the mold of what it used to look like to age. The Boomers are blazing the trail for what LIVING looks like - and it,s exciting to see the energy that comes with that.

When is the last time you sang along to a song you love? Here,s your challenge for May - harness your own energy and when you hear a song you like on the radio, crank it up and sing along - I bet it makes you smile. (And maybe the person in the car next to you at the stop light will smile too!)

I hope to see you soon!

*Cathy*

WEDNESDAY, MAY 15TH  
6:00 - 7:00 PM  
THE HISTORIC HOTEL RETLAW

GROCERIES ~ MEATS

WELCOME

## What You Shop: Consumerism and the 1930s Storefront

PRESENTED BY:  
THE CITY OF FOND DU LAC HISTORIC  
PRESERVATION COMMISSION

Join Jim Draeger, co-author of *Bottoms Up: A Toast to Wisconsin's Historic Bars & Breweries* and *Fill 'er Up: The Glory Days of Wisconsin Gas Stations*, to celebrate the importance of ordinary buildings to our daily lives.

## OLDER AMERICAN'S MONTH: POWERED BY CONNECTION

Powered by Connection is this year's theme for Older Americans Month, and getting connected is exactly what we are encouraging people to do! If you know someone who has never been to The Center before, bring them along to one of our many programs in the month of May and you and your guest can enter for a chance to win a prize!

We are looking forward to seeing you all!

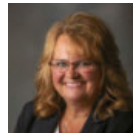
We encourage you to sign up both you and your guest when space is limited to assure there will be space.

Fees (when applicable) still apply to guests.

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# HIDDEN PICTURE PUZZLE



@Lisa Ball

www.hiddenpicturepuzzles.com





## FIRE SAFETY IN THE HOME: LUNCH & LEARN

Wednesday, May 15 at 12:00 p.m.

Join us to learn how fire science has changed through the years including today's emphasis on the need for quick actions when a fire occurs. Topics include:

- Fire prevention and education
- Smoke and carbon monoxide alarms
  - Close before You Doze
  - Fire extinguishers

Participants will have a chance to use a fire extinguisher and put out a "Fire," in a safe environment.

**Lunch will be provided!**

To register call (920) 322-3630

*Space is Limited*, must preregister by 12:00 p.m. on May 10



## CELEBRATE OLDER AMERICANS MONTH WITH A ROOT BEER FLOAT

Thursday, May 9

1:00-2:00 p.m.

Cost: \$1.00



Join us for a delicious root beer float and celebrate National Older Americans Month with us!

Must preregister by May 7

To register call (920) 322-3630

## SHOULDERS 101

Thursday, May 30

1:00 p.m.



Do you suffer from shoulder pain? Marina and Abby, Physical Therapists from Aurora Health Care will be here to talk about:

- Anatomy of the shoulder
- Common shoulder injuries
- Impingement
- Tendinitis
- Rotator cuff
- Rotator cuff surgeries
- Total and reverse total shoulder replacements
- General strengthening and stretches
- Lifting mechanics and posture



**Bring your questions!**

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

Preregistration will assure you a spot if we reach capacity.

Sponsored by:



## SEEKING VOLUNTEERS FOR NEW OUTREACH OPPORTUNITIES INFORMATIONAL MEETING

Thursday, May 16 at 1:00 p.m.

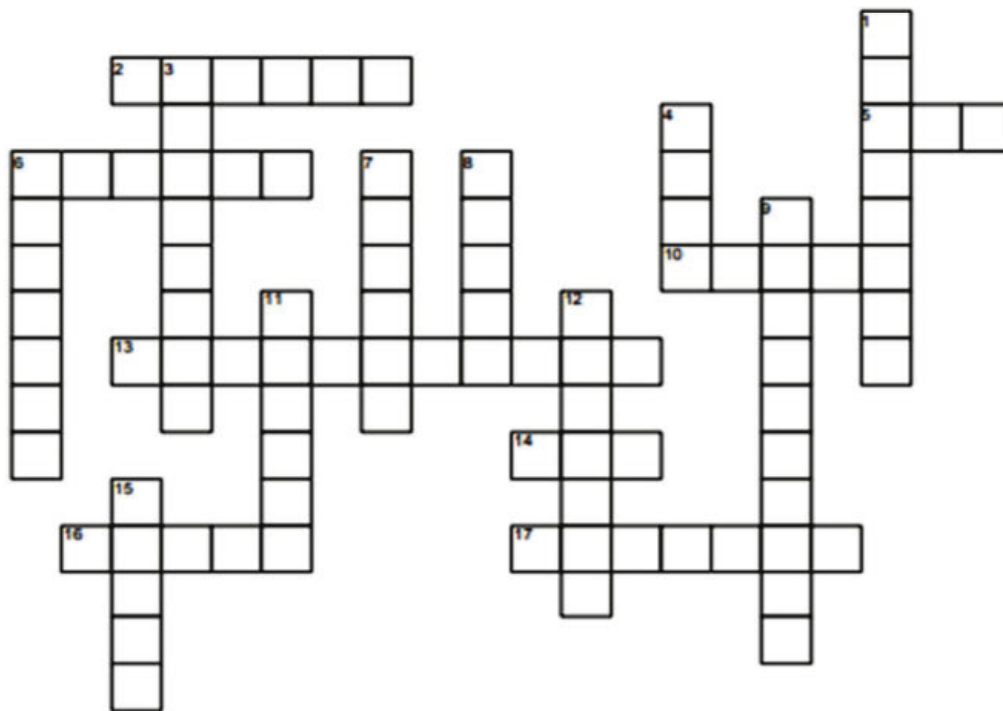
Join us at this informational meeting to find out about our **NEW** outreach opportunities and how you can get involved.

We hope to see you there!

To register call (920) 322-3630



# Memorial Day



## ACROSS

- 2 A ring of flowers.  
 5 Memorial Day is celebrated in this month.  
 6 Memorial Day is considered the start of this vacation season.  
 10 Where someone is buried.  
 13 A day for remembering those who have died in service to their country. (Two words.)  
 14 The opposite of peace.  
 16 A red flower sold on Memorial Day.  
 17 One who has served in the military.

## DOWN

- 1 A place filled with many graves.  
 3 The opposite of forget.  
 4 America's has 13 stripes and 50 stars.  
 6 A person who defends his or her country.  
 7 A meal eaten outside.  
 8 Memorial Day began after the \_\_\_\_\_ War.  
 9 Position of the flag when it is flown midway

up the pole. (Includes hyphen.)

- 11 Memorial Day is celebrated on this day of the week.  
 12 People march in them.  
 15 To show respect for.



## ART WITH ARIANNA

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



**Georgia O'Keefe Watercolor– Thursday, May 9- \$5** Discover the natural beauty Georgia O'Keefe was famous for in this watercolor class! We will learn watercolor techniques and create our own masterpieces.

**Origami– To Have & To Fold- Thursday, May 16- \$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.

**Paint a Planting Pot– Thursday, May 23 - \$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! All skill levels welcome!**

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

## THELMA COMMUNITY ARTS OUTREACH *FUSED GLASS WINDOW*

Wednesday, May 8 at 3:00 p.m. at Thelma Sadoffi Center for the Arts

"Paint" a picture with glass and explore the magical medium of "fused" glass in this fun & casual workshop at THELMA. Learn the fundamentals of kiln formed glass while creating a small window decoration. Learn all about how glass transforms when heated, and get all the information you ever wanted about using a kiln!

*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



## MINIATURE FAIRY GARDENS

Wednesday, May 22 at 1:00 p.m.  
Cost: \$7.00



Celebrate Miniature Garden month with us and learn how to make these whimsical miniature Fairy Gardens!

*All materials are supplied.*

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

## SMARTPHONE APPS

Tuesday, May 28 at 1:00 p.m.



Learn what smartphone apps are, how they work, and how to find, download, remove, and manage them on your phone. This class is for both iPhone and Android Smartphones. Have a smartphone? Bring it with you for hands-on-practice. Basic tech experience recommended.

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

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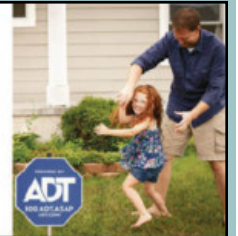
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*The former Senior Benefit Specialist for Fond du Lac County. Julie has been serving older adults for over 20 years. She continues to provide the same experience and expertise as she did with Fond du Lac County. Julie will specialize in Medicare, Individual/Group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

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

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  - Transportation



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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 Writers Welcome**

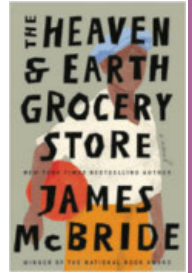
Writers will meet in May and then break for the summer.

## BOOK CLUB

Thursday, May 9 at 10:00 a.m.

BOOK OF THE MONTH: The Heaven & Earth Grocery Store

By: James McBride



The Heaven & Earth Grocery Store is a novel by writer James McBride, released in 2023, that tells the story of Black and Jewish residents of the Chicken Hill neighborhood of Pottstown, Pennsylvania, in the 1920s and '30s.

All books are due back by May 9

## GERMAN 2

Mondays at 11:00 a.m.



German 2 is for those who have previously learned some German and want to rekindle their German language skills. A basic knowledge of German pronunciation and grammar, while not required, is beneficial. The focus is on pronunciation and the grammar needed to construct sentences and engage in conversation, while building vocabulary.  
Call with any questions (920)322-3630

## GERMAN 3

Mondays at 1:00 p.m.

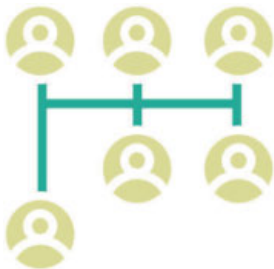


This class is designed for people that have an understanding of the spoken German language.

Call with any questions (920)322-3630

## GENEALOGY GROUP

Wednesday, May 8 & 22 at 1:00 p.m.



2nd & 4th Wednesdays

New participants always welcome!

## SPREAD THE KINDNESS DAY

Friday, May 31

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.

*Multiple cards available, but please, one stamp 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

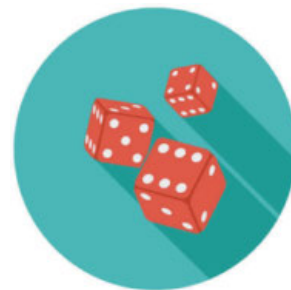
Wednesdays 12:00-3:00 p.m.



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!

## NICKEL

# BINGO

Tuesday, May 21 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.

## OPEN BILLIARDS

Monday through Friday

8:00 a.m.-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, May 15 at 6:30 p.m.



3rd Wednesday of the month

Anyone welcome!

## COIN COLLECTORS

Tuesday, May 14 at 6:00 p.m.



2nd Tuesday of the month

Anyone 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.



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

*No refunds for unused or partially used punch cards.*

## 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>6</b></p> <p>8:00 Billiard Room Open              8:00 Take 5 For You              9:00 Wood Carving              9:30 LPGA              10:00 Video Walk to Fitness              11:00 German 2              12:30 Bunco              1:00 Euchre              1:00 German 3              5:30 Zumba Gold</p>	<p><b>7</b></p> <p>8:00 Billiard Room Open              8:00 Take 5 For You              8:30 Strong!              9:00 Walking Group              9:45 Intermediate Yoga              10:00 Balance &amp; Stretch              11:00 Cardio Drumming              12:00 Mah Jongg              12:00 Sewing              1:00 Cribbage</p>	<p><b>1</b></p> <p>8:00 Billiard Room Open              8:00 Take 5 For You              10:00 Fondy Sunshine Strummers              10:00 Video Walk to Fitness              12:00 Canasta              12:00 Hand &amp; Foot              12:30 Rec Sheepshhead</p>	<p><b>2</b></p> <p>8:00 Billiard Room Open              8:00 Take 5 For You              9:00 Walking Group              10:00 Balance &amp; Stretch              11:30 Open Hour with Sandy              11:30 Tech Tyme at MPTC              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</p>	<p><b>3</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              1:00 Memory Writers    <b>4 Saturday</b>              9:00 Beginning Line Dancing              9:00 Walking Group  <b>5 Sunday</b></p>
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<p><b>8</b></p> <p>8:00 Billiard Room Open              8:00 Take 5 For You              9:30 LPGA              10:00 Fondy Sunshine Strummers              10:00 Video Walk to Fitness              11:30 Blood Pressure Clinic              12:00 Billiard Room Open              12:00 Canasta              12:00 Hand &amp; Foot              12:30 Movie- Ordinary Angels              12:30 Rec Sheepshhead              1:00 Genealogy              3:00 Art At Theima              6:00 Slow Roll Fondy</p>	<p><b>9</b></p> <p>8:00 Billiard Room Open              8:00 Take 5 For You              8:30 Men's Golf              9:00 Walking Group              10:00 Balance &amp; Stretch              10:00 Book Club              11:00 Art With Arianna              11:30 Tech Tyme at MPTC              12:00 Mah Jongg              1:00 Root Beer Floats              1:00 Cribbage              5:30 Beginning Line Dancing              6:00 Sunset Stitchers              6:30 Line Dancing</p>	<p><b>8</b></p> <p>8:00 Billiard Room Open              8:00 Take 5 For You              9:30 LPGA              10:00 Fondy Sunshine Strummers              10:00 Video Walk to Fitness              11:30 Blood Pressure Clinic              12:00 Billiard Room Open              12:00 Canasta              12:00 Hand &amp; Foot              12:30 Movie- Ordinary Angels              12:30 Rec Sheepshhead              1:00 Genealogy              3:00 Art At Theima              6:00 Slow Roll Fondy</p>	<p><b>9</b></p> <p>8:00 Billiard Room Open              8:00 Take 5 For You              8:30 Men's Golf              9:00 Walking Group              10:00 Balance &amp; Stretch              10:00 Book Club              11:00 Art With Arianna              11:30 Tech Tyme at MPTC              12:00 Mah Jongg              1:00 Root Beer Floats              1:00 Cribbage              5:30 Beginning Line Dancing              6:00 Sunset Stitchers              6:30 Line Dancing</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              1:00 Memory writers              1:00 Mocktail May    <b>11 Saturday</b>              9:00 Beginning Line Dancing              9:00 Walking Group  <b>12 Sunday</b></p>
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<p><b>13</b></p> <p>8:00 Billiard Room Open              8:00 Take 5 For You              9:00 Memory Screenings              9:00 Tech Tyme              9:00 Wood Carving              9:30 LPGA</p>	<p><b>14</b></p> <p>8:00 Billiard Room Open              8:00 Take 5 For You              8:30 Strong!              9:00 Walking Group              9:45 Intermediate Yoga              10:00 Balance &amp; Streth</p>	<p><b>15</b></p> <p>8:00 Billiard Room Open              8:00 Take 5 For You              9:30 LPGA              10:00 Fondy Sunshine Strummers              10:00 Video Walk to Fitness              12:00 Canasta</p>	<p><b>16</b></p> <p>8:00 Billiard Room Open              8:00 Take 5 For You              8:30 Men's Golf              9:00 Walking Group              10:00 Balance &amp; Stretch              11:00 Art With Arianna</p>	<p><b>17</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</p>
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10:00 Video Walk to Fitness  
 11:00 German 2  
 12:30 Bunco  
 1:00 Euchre  
 1:00 German 3  
 5:30 Zumba Gold

11:00 Cardio Drumming  
 11:00 Leap in for Lattes  
 12:00 Mah Jongg  
 12:00 Sewing  
 1:00 Cribbage  
 1:00 Parkinson's Support Group  
 6:00 Coin Collectors

12:00 Feeding America  
 12:00 Fire Safety in the Home  
 12:00 Hand & Foot  
 12:30 Rec Sheepshead  
 1:00 Knit & Chat  
 6:30 Stamp Collectors

11:30 Tech Tyme at MIPTC- Last Day  
 12:00 Mah Jongg  
 12:30 Movie- Ferris Bueller's Day Off  
 1:00 Memory Writers

18 Saturday  
 9:00 Beginning Line Dancing  
 9:00 Walking Group  
 19 Sunday

20  
 8:00 Billiard Room Open  
 8:00 Take 5 For You  
 9:00 Wood Carving  
 9:30 LPGC  
 10:00 Video Walk to Fitness  
 11:00 German 2  
 12:30 Bunco  
 1:00 Euchre  
 1:00 German 3  
 5:30 Zumba Gold

21  
 8:00 Billiard Room Open  
 8:00 Take 5 For You  
 8:30 Strong!  
 9:00 Walking Group  
 9:45 Intermediate Yoga  
 10:00 Balance & Stretch  
 11:00 Cardio Drumming  
 12:00 Mah Jongg  
 12:00 Sewing  
 1:00 Cribbage  
 1:30 Nickel Bingo

22  
 8:00 Billiard Room Open  
 8:00 Double Ticket Day  
 8:00 Take 5 For You  
 9:30 LPGC  
 10:00 Fondy Sunshine Strummers  
 10:00 Video Walk to Fitness  
 12:00 Canasta  
 12:00 Hand & Foot  
 12:30 Rec Sheepshead  
 1:00 Genealogy  
 1:00 Miniature Fairy Gardens

23  
 8:00 Billiard Room Open  
 8:00 Take 5 For You  
 8:30 Men's Golf  
 9:00 Walking Group  
 10:00 Balance & Stretch  
 11:00 Art With Arianna  
 11:00 Hearing Screenings  
 12:00 Mah Jongg  
 12:30 Movie-Ordinary Angels  
 1:00 Cribbage  
 5:30 Beginning Line Dancing  
 6:30 Alzheimer's Support Group  
 Line Dancing

24  
 8:00 Billiard Room Open  
 8:00 Take 5 For You  
 8:30 Strong!  
 9:45 Beginning Yoga  
 10:00 Video Walk to Fitness  
 11:00 Chair Yoga  
 12:00 Game Day  
 12:00 Hand & Foot  
 1:00 Memory Writers  
 1:30 Stock Box

27  
 Closed

28  
 8:00 Billiard Room Open  
 8:00 Take 5 For You  
 8:30 Strong!  
 9:00 Walking Group  
 9:45 Intermediate Yoga  
 10:00 Balance & Stretch  
 11:00 Cardio Drumming  
 12:00 Mah Jongg  
 12:00 Sewing  
 1:00 Cribbage  
 1:00 Smartphone Apps

29  
 8:00 Billiard Room Open  
 8:00 Take 5 For You  
 9:30 LPGC  
 10:00 Fondy Sunshine Strummers  
 10:00 Video Walk to Fitness  
 12:00 Canasta  
 12:00 Hand & Foot  
 12:30 Rec Sheepshead  
 12:30 Movie- The Boys in the Boat

30  
 8:00 Billiard Room Open  
 8:00 Take 5 For You  
 8:30 Men's Golf  
 9:00 Walking Group  
 10:00 Balance & Stretch  
 12:00 Mah Jongg  
 1:00 Cribbage  
 1:00 Shoulders 101  
 5:30 Beginning Line Dancing  
 6:30 Line Dancing

31  
 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  
 12:30 Movie- Tootsie



Closed

# Happy Older Americans Month!

**ADVERTISE HERE**  
to reach your community



**Call 800-950-9952**



**CONNECTIONS**

YOUR VISION. YOUR PATH. YOUR PARTNER.

IRIS Consultant Agency (ICA)



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

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

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

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

**THRIVE**  
LOCALLY



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Wallpaper Removal - Textures

[www.fonddulacdecorating.com](http://www.fonddulacdecorating.com)  
(920) 922-8051

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of Fond du Lac

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SEEN IT BEFORE

**goodlife**  
ASSISTED LIVING

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

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

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

**(800) 950-9952 x2538**

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- ✓ Utilities Included\*
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(\*some restrictions apply)

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*Health & Rehabilitation*

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For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

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

C 4C 01-1122



## WALKING/HIKING GROUP

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



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 works on strength and 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!

# WORD SCRAMBLE



## CINCO DE MAYO

### WORD SCRAMBLE

- APUBEL \_\_\_\_\_
- SRTBRUIO \_\_\_\_\_
- RAICHIMA \_\_\_\_\_
- LSSAA \_\_\_\_\_
- AAPERD \_\_\_\_\_
- AMY \_\_\_\_\_
- OICNC \_\_\_\_\_
- ICUSM \_\_\_\_\_
- ASMAACR \_\_\_\_\_
- OYVRCIT \_\_\_\_\_
- SAOCT \_\_\_\_\_
- CEXMANI \_\_\_\_\_
- RMOBESRO \_\_\_\_\_
- TNIAAP \_\_\_\_\_
- CFNRHE \_\_\_\_\_
- YOMA \_\_\_\_\_
- ASFIET \_\_\_\_\_
- BETLAT \_\_\_\_\_
- TSLFVIAE \_\_\_\_\_
- GMAOI \_\_\_\_\_

## 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. Space is limited.



## FLYING GEESE QUILTERS

Thursday, May 2 at 1:00 p.m.

Meeting the 1st Thursday of the month.



## SUNSET STITCHERS QUILT GUILD

Thursday, May 9 at 6:00 p.m.

Meeting the 2nd Thursday of the month.

New Members Welcome!

## 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, May 15

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.



## ORDINARY ANGELS

Wednesday, May 8 AND Thursday, May 23

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

R · 2023 · Drama · 1h 40m

**Starring:** Hilary Swank, Alan Ritchson, Nancy Travis, Skywalker Hughes, Amy Ackyer, Drew Powell



**Summary:** A struggling hairdresser finds a renewed sense of purpose when she meets a widowed father working hard to care for his two daughters. With his youngest critically ill and waiting for a liver transplant, the fierce woman single-handedly rallies an entire community to help.

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

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

## THE BOYS IN THE BOAT

Thursday, May 16 AND Wednesday, May 29

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

PG-13 · 2023 · Drama/Sport · 2h 4m

**Starring:** Callum Turner, Joel Edgerton, Jack Mulhem, Hadley Robinson, Luke Slattery



**Summary:** During the height of the Great Depression, members of the rowing team at the University of Washington get thrust into the spotlight as they compete for gold at the 1936 Olympics in Berlin.

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.

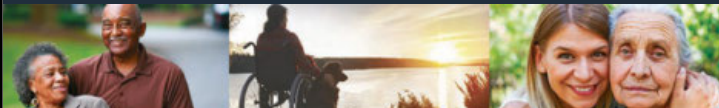


Assisted Living   Rehab   Skilled Nursing



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

### Your local Family Care option for personal care and support



Some of the services we manage with you include:

- Care Management
- Personal Care
- Medical Supplies & Equipment
- Outpatient Mental Health
- Residential Care
- 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)



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

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



inclusa.org | 877-376-6113

## FERRIS BUELLER'S DAY OFF



Friday, May 17

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

PG-13- 1986 · Comedy · 1h 43m

**Starring:** Matthew Broderick, Alan Ruck, Mia Sara, Jennifer Grey, Jeffrey Jones, Edie McClurg

**Summary:** Ferris Bueller (Matthew Broderick) has an uncanny skill at cutting classes and getting away with it. Intending to make one last duck-out before graduation, Ferris calls in sick, "borrows" a Ferrari, and embarks on a one-day journey through the streets of Chicago. On Ferris' trail is high school principal Rooney (Jeffrey Jones), determined to catch him in the act.

Lawn Chairs Welcome

To register call (920) 322-3630

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

## TOOTSIE



Friday, May 31

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

PG- 1982 · Comedy · 1h 51m

**Starring:** Dustin Hoffman, Jessica Lang, Teri Garr, Dabney Coleman, Charles Durning, Bill Murray

**Summary:** New York actor Michael Dorsey (Dustin Hoffman) is a talented perfectionist who is so hard on himself and others that his agent (Sydney Pollack) can no longer work for him. After a soap opera audition goes poorly, Michael reinvents himself as actress Dorothy Michaels and wins the part. What was supposed to be a short-lived role turns into a long-term contract, but when Michael falls for his castmate Julie (Jessica Lange), complications develop that could wreck everything.

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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	8				4	1	7
7							5 6
							9
	9				8		2
8	7	1	9				

## WORD SEARCH PUZZLE

Name \_\_\_\_\_


**CINCO DE MAYO**


MUSIC  
FESTIVAL  
PUEBLA  
MARIACHI  
BURRITOS

PINATA  
FIESTA  
MEXICO  
CELEBRATION  
PARADE

SOMBRERO  
AMIGO  
TACOS  
MAY  
MAYO

HOLIDAY  
VICTORY  
MARACAS  
PRIDE  
FOOD



## MOCKTAIL MAY

Friday, May 10 at 1:00 p.m.



Join us and learn how to make some healthy mocktails. A great, nonalcoholic, flavorful, low sugar alternative to your classic cocktails.

To register, call (920) 322-3630.

## LEAP IN FOR LATTES

Tuesday, May 14  
11:00 a.m.-12:00 p.m.



Your favorite baristas are back! We may not be the best baristas, but we do have the most fun! Leap in for a hot or cold Latte.

Must register by May 10.

To register, call (920) 322-3630.

## BLOOD PRESSURE CLINIC

Wednesday, May 8  
11:30 a.m.-12:30 p.m.



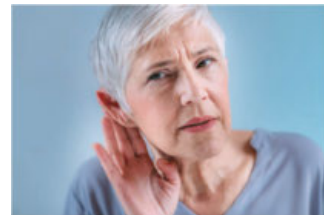
May is High Blood Pressure Education Month! Drop in and get your blood pressure checked so you know and can track your numbers.

Sponsored by:



## HEARING SCREENINGS AND HEARING AID CLEANINGS

Thursday, May 23  
11:00 a.m.-12:30 p.m.



Drop in for your free hearing screening/hearing aid cleaning.

Sponsored by:



## SEEKING INSTRUCTORS



Do you have a talent or a skill you'd be willing to share with our participants? Is there a class you'd like to teach?

We are interested in adding classes to our schedule with a special emphasis on exercise/wellness, art, or foreign language.

If you are interested, give Cathy a call at  
(920) 322-3630

**Two Locations!**

## TECH TYME

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

Monday, May 13 9:00-10:30 a.m. at The Center  
OR

Thursday, May 29, 16 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  
Ends Thursday, May 16 at MPTC for the summer.

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.



## 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!



## 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**  
Tuesday, May 22 8:00 a.m.-2:30 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 this month? 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!

## FRIENDS MEMBERSHIP

If you would like to support the friends and their amazing programs, please consider becoming a member of the Fond du Lac Senior Center. Membership forms are available at the front desk.



Single Membership: \$10. 00  
Couple Membership: \$15.00

*Memberships are good for this calendar year.*







## MEMORY SCREENING

Monday, May 13

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

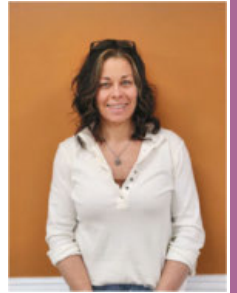
Thursdays

Last day May 2

11:30 a.m. - 12:30 p.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 and meet with Sandy, our MPTC Health & Wellness Intern!

We THANK Sandy for spending her internship with us!



## PARKINSONS SUPPORT



Tuesday, May 14 at 1:00 p.m.

The Parkinsons 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– May 2 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, May 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, May 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

Friday, May 24

1:30 –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.

Boxes must be picked up before 2:30 p.m.

# NEVER MISS OUR NEWSLETTER!

**SUBSCRIBE**

Have our  
newsletter  
emailed  
to you.



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





## 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.*

Must Call to Register (920) 322-3630

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

## MEMORIAL DAY



★ REMEMBER AND HONOR ★

We will be closed on Monday, May 27 in observance of Memorial Day



## MEN'S SENIOR CENTER GOLF LEAGUE

Thursdays beginning May 9

Whispering Springs Golf Course  
Tee Time: 8:30 a.m.

Call (920) 322-3630 to register

Questions? Call John Paluchniak  
at (920) 960-8688

## SAVE THE DATE 3 FUN WATER CLASSES COMING SOON!



### INSTRUCTOR LED, WATER MOVEMENT TO MUSIC— FUN FITNESS

Mondays & Wednesdays, June 17– August 14  
5:00-5:30 p.m.

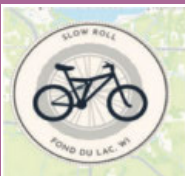
### WATER AEROBICS

Mondays, June 17– August 12  
5:45-6:30 p.m.

### WATER YOGA— ALL LEVELS

Wednesdays, June 19– August 14  
5:45-6:30 p.m.

*Watch the June newsletter for more info!*



## 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.  
May 8 · June · 12 · July 10 · August 14 · September 11  
October 9 from 5:00– 6:00 p.m.

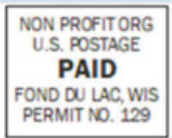
No registration needed!

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

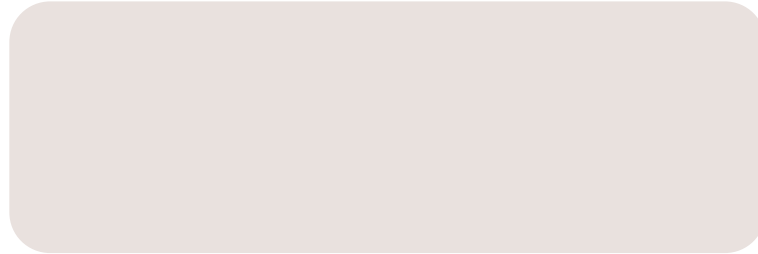


## Fond du Lac Senior Center

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 %owhere  
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



### FRJENDS BOARD OF DIRECTORS

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