

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

AMONG FRIENDS

NEWSLETTER

APRIL 2025



OUR MISSION

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

Happy Volunteer Appreciation Month! As the saying goes, volunteers give from the heart, and that's certainly true here at The Center. Here's some fun facts about volunteerism.

- ♦ Did you know that there are two types of volunteerism - formal and informal? Formal volunteerism occurs when an individual donates time to a specific organization where informal volunteerism happens when someone helps a friend, neighbor, or family member.
- ♦ Did you know that in 2023, more than 75.7 million people – or 28.3 percent of Americans – formally volunteered through an organization, giving more than 4.99 billion hours of service with \$167.2 billion of economic value?
- ♦ Did you know that in 2024, The Center had 105 volunteers that donated 3,317 hours of their time? What a gift!!
- ♦ Did you know that in 2024, the economic value of one hour of volunteerism was \$33.49? Using that number, our amazing volunteers donated \$111,086.33 of time to our Center!!
- ♦ Did you know that our volunteers write and deliver over 1,000 greeting cards to senior living communities each month? That they knit several hundred hats, mittens and scarves for donation to our community partners each year? That they led over 100 regular and special programs for our participants last year? That they work on fundraisers to support programs and activities? Decorate for holidays? Help with the newsletter mailings? Organize greeting cards, magazines, books, puzzles, and bulletin boards?
- ♦ Did you know that OUR VOLUNTEERS ARE AMAZING!!!? We certainly couldn't accomplish nearly what we do without our wonderful volunteers and we appreciate them!

If you are a volunteer - formal or informal - here or anywhere else - THANK YOU for sharing your time! Have a great month and hope to see you soon.

Cathy

WE 
Our Volunteers



GROMOWSKI LAW SERIES: 7 ADVANCED DIRECTIVES

Thursday, April 24 at 12:30 p.m.



Do you know that there are seven advance directives? Join us for this first presentation in a six part series, and learn if you need all seven, what each directive does, who should have copies, when you need to update them, and much more.

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



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RX DRUG TAKE BACK

3 POP-UP DATES & LOCATIONS!

Do your part to keep unused and expired medications out of unlocked cabinets, the trash, and our water supply.
Safe disposal is easy and saves lives!

**TUES.
APRIL 22**

EAGLE'S CLUB
515 N PARK AVE, FOND DU LAC, WI 54935

**10:30AM
TO
11:30AM**

**WED.
APRIL 23**

NORTHGATE APARTMENTS
350 WINNEBAGO ST, NORTH FOND DU LAC, WI 54937

**FRI.
APRIL 25**

THE CENTER
A PLACE FOR ACTIVE OLDER ADULTS
151 E 1ST ST, FOND DU LAC, WI 54935

Prescription and over-the-counter medications accepted, including:

- ✓ Creams, ointments
- ✓ Pills, capsules, patches
- ✓ Inhalers, non-aerosol sprays
- ✓ Pet medications accepted. Liquids must be in original container.
- ✓ Vape pens/e-cigarette devices (batteries removed)



Stop by and drop your items into a bin - that's it!

Scan the QR code for a list of accepted & unaccepted items.



Fond du Lac County Health Department



DRUG FREE COMMUNITIES
of Fond du Lac



SENIORS AGAINST SCAMS: FINANCIAL EXPLOITATION

Wednesday, April 23 at 1:00 p.m.



Protect yourself from financial exploitation. Kendell from FVS Bank will be here speaking about what to do if you are a victim of financial exploitation, warning signs, what to do if you suspect someone is falling victim to financial exploitation.

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



Sponsored by:



HEALTHCARE DECISIONS DAY- PLAN AHEAD: YOUR HEALTHCARE DECISIONS

Wednesday, April 16 at 1:00 p.m.



Making healthcare decisions in advance ensures your wishes are known and respected. Join us for an informative session on advance directive planning, where we'll walk you through

the process of completing the necessary paperwork. Learn how to designate a healthcare proxy, outline your medical preferences, and gain peace of mind knowing your future care is in your hands. This session is designed to simplify the process and answer any questions you may have. Take control of your healthcare decisions today!

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



Sponsored by:
Lutheran Homes and Health Services



AGING ADVOCACY DAY MEET AND GREET

Friday, April 11 at 11:00 a.m.



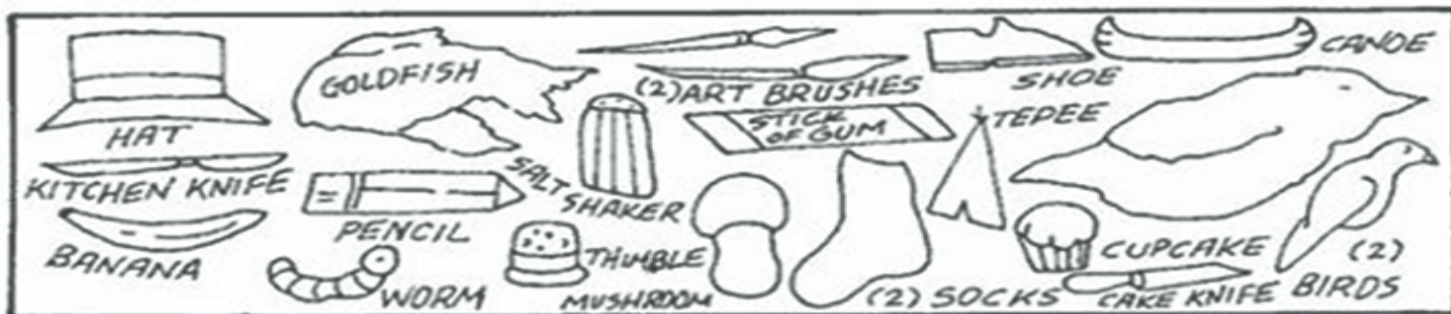
Aging Advocacy Day connects advocates with legislators to discuss state policy solutions that support the health and well-being of Wisconsin's older adults.

Join us if you would like to learn more about Aging Advocacy Day or request transportation.

To register call (920) 322-3630.



HIDDEN PICTURE PUZZLE



PAINTING WITH BARB *LILACS*

Monday, April 14 at 12:30 p.m.
Cost: \$5.00



Join Barb and make these beautiful lilacs that will be sure to brighten your home for Spring.

All materials are included.

No phone in registrations accepted. Must register and pay in person.

Space is limited.

PAINTING WITH BARB *CHERRY BLOSSOMS BY MOONLIGHT*

Monday, April 28 at 12:30 p.m.
Cost: \$5.00



Come and learn how to paint this Cherry Blossoms By Moonlight painting on an 8"x10" canvas.

All materials are included.

No phone in registrations accepted. Must register and pay in person.

Space is limited.

CELEBRATE NATIONAL BANANA DAY

Thursday, April 17
Serving 1:00 - 1:30 p.m.
Although we are only serving until 1:30 p.m., you are welcome to stay and visit.



Come and help us celebrate National Banana Day with a banana split!

Although we are only serving until 1:30 p.m. you are welcome to stay and socialize.

Must register by April 11. Call (920) 322-3630 to register.

Sponsored by:



THELMA COMMUNITY ARTS OUTREACH *BOHEMIAN EGG DECORATING*

Wednesday, April 9 at 1:00 p.m.
at the Thelma Sadoff Center for the Arts

Humpty Dumpty ain't got nothin' on these eggs!! Join us for a fun & colorful workshop as we decorate seemingly intricate designs on genuine egg shells. Learn how to create unique and vibrant designs in layers that appear complex, but are really easy to do. Work with real eggs, cracked open & used for cooking, then put back together again. Learn how the cracks are repaired using UV resin, then design your own beautiful Easter or spring decoration. No experience needed, all skill levels welcome.



Allergy Warning: Real Chicken Eggs Used In This Class

Class is free and all materials are supplied.

SPACE IS LIMITED.

Call (920) 322-3630 to register.

McNAMARA & THIEL

Insurance Agency

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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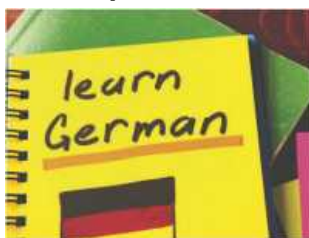
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B 4C 01-1122

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 is required. The focus is on pronunciation and the grammar needed to construct sentences and engage in conversation, while building vocabulary.

GERMAN 3

Mondays at 1:00 p.m.



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

MEMORY WRITERS

Fridays at 1:00 p.m.



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

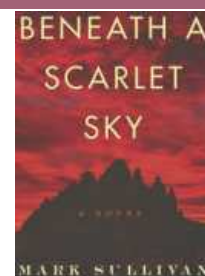
New memories and writers always welcome.

BOOK CLUB

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

BOOK OF THE MONTH: Beneath The Scarlet Sky

By: Mark Sullivan



Pino Lella wants nothing to do with the war or the Nazis. He's a normal Italian teenager-obsessed with music, food, and girls-but his days of innocence are numbered. When his family home in Milan is destroyed by Allied bombs, Pino joins an underground railroad helping Jews escape over the Alps, and falls for Anna, a beautiful widow six years his senior.

All books are due back on or before April 10

SPREAD THE KINDNESS DAY

Friday, April 4 · Thursday, April 10 · Wednesday, April 16 · Tuesday, April 22

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



We challenge you to spread some kindness and brighten the day of someone you know! Come to The Center and fill out a card to send them. We will supply the cards if you supply the kindness.

You may take multiple cards, but please, one stamp per person.

Stamps only available on designated kindness days.

GENEALOGY GROUP

Wednesday, April 9 & 23 at 1:00 p.m.



2nd & 4th Wednesdays

New participants always welcome!

CANASTA

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



Come and meld with us!

We ask that everyone be here **prior to 12:00** and ready to start at noon. Thank you.

New players welcome!

RECREATIONAL SHEEPSHEAD

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



JACK OF DIAMONDS— 5-10-15

Drop ins welcome!

NOTE: This group is just for FUN. It is not tournament style.

New players welcome!

EUCHRE

Mondays 1:00-3:00 p.m.



Come join us!

New players welcome!

CRIBBAGE

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



Come and join the Cribbage Crew!

New players welcome!

HAND & FOOT

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



In order to complete two games, tables are drawn promptly at 12:00. We ask that everyone be here **prior to 12:00** and ready to start at noon. Thank you.

New players welcome!

DOMINOES

Thursdays at 1:00-3:00 p.m.



So many different games to play, so little time!
Drop in and play some dominoes!

New players always welcome!

OPEN BILLIARDS

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



Drop in and shoot a game or two!

BUNCO

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



Come and shake it up with 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!

GAME DAY

Fridays 12:00 –3:00 p.m.



Join us to play an old favorite or learn something new!

New players always welcome!

COIN COLLECTORS

Tuesday, April 8 at 6:00 p.m.



2nd Tuesday of the month

Anyone welcome!

STAMP COLLECTORS

Wednesday, April 16 at 6:30 p.m.



3rd Wednesday of the month

Anyone welcome!



WOOD CARVING

Mondays at 9:00 a.m.



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

CRAFTERS CORNER

Tuesdays at 1:00-3:00 p.m.



Knit? Stitch? Craft? Create? Bring your project and join us for a time to socialize and work on your latest creation.

No paint or alcohol ink allowed.

New crafters always welcome!

SUNSET STITCHERS QUILT GUILD

Thursday, April 10 at 6:00 p.m.



Meeting the 2nd Thursday of the month.

New members welcome!

FLYING GEESE QUILTERS

Thursday, April 3 at 1:00 p.m.



Meeting the 1st Thursday of every 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 (920) 322-3630. Help keep Fond du Lac warm!

FONDY SUNSHINE STRUMMERS

Wednesdays at 10:00 a.m.



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

New strummers always welcome!

APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 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 No Cardio Drumming 12:00 Mah Jongg 1:00 Crafters Corner 1:00 Cribbage	2 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 & Foot 12:00 Rec Sheephead 6:00 Intro To Square Dancing	3 8:00 Billiard Room Open 8:00 Take 5 For You 8:30 Flying Geese Quilters Work Day 9:00 Walking Group 10:00 Balance & Stretch 11:30 Tech Connect at MIPTC 12:00 Mah Jongg 12:30 Movie-Here 1:00 Cribbage 1:00 Dominoes 1:00 Flying Geese Quilters 5:30 Beginning Line Dancing 5:30 Parents of Angels 6:30 Line Dancing	4 8:00 Billiard Room Open 8:00 Fun Shirt Friday 8:00 Spread The Kindness Day 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 5 Saturday 9:00 Beginning Line Dancing 9:00 Walking Group 6 Sunday	11 8:00 Billiard Room Open 8:00 Fun Shirt Friday 8:00 Take 5 For You 8:30 Strong! 9:45 Beginning Yoga 10:00 Video Walk to Fitness 11:00 Aging Advocacy-Meet & Greet 11:00 Chair Yoga 12:00 Game Day 12:00 Hand & Foot 12:30 Movie- Yours, Mine, Ours 1:00 Memory Writers 12 Saturday 9:00 Beginning Line Dancing 9:00 Walking Group 13 Sunday
7 8:00 Billiard Room Open 8:00 Take 5 For You 9:00 Wood Carving 10:00 Video Walk to Fitness 11:00 German 2 12:30 Bunco 1:00 Euchre 1:00 German 3 5:30 Zumba Gold	8 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 1:00 Crafters Corner 1:00 Cribbage 1:00 Parkinson's Support Group 6:00 Coin Collectors	9 8:00 Billiard Room Open 8:00 Take 5 For You 10:00 Fondy Sunshine Strummers 10:00 No Video Walk to Fitness 11:30 Blood Pressure Clinic 12:00 Canasta 12:00 Hand & Foot 12:00 Rec Sheephead 1:00 Art At Thelma 1:00 Genealogy 6:00 Intro To Square Dancing	10 8:00 Billiard Room Open 8:00 Spread The Kindness Day 8:00 Take 5 For You 9:00 Walking Group 10:00 Balance & Stretch 10:00 Book Club 11:30 Tech Connect at MIPTC 12:00 Mah Jongg 1:00 Cribbage 1:00 Dominoes 1:00 Optimal Health 5:30 Beginning Line Dancing 6:00 Sunset Stitches 6:30 Line Dancing	18 8:00 Billiard Room Open 8:00 Fun Shirt Friday 8:00 Take 5 For You 8:30 Strong! 9:45 Beginning Yoga
14 8:00 Billiard Room Open 8:00 Take 5 For You 9:00 Memory Screening 9:00 Wood Carving 10:00 Video Walk to Fitness	15 8:00 Billiard Room Open 8:00 Take 5 For You 8:30 Strong! 9:00 Walking Group 9:45 Intermediate Yoga	16 8:00 Billiard Room Open 8:00 Spread The Kindness Day 8:00 Take 5 For You 10:00 Fondy Sunshine Strummers 10:00 Video Walk to Fitness	17 8:00 Billiard Room Open 8:00 Take 5 For You 9:00 Men's Golf Meeting at R.M. 9:00 Walking Group 9:00 Balance & Stretch	18 8:00 Billiard Room Open 8:00 Fun Shirt Friday 8:00 Take 5 For You 8:30 Strong! 9:45 Beginning Yoga

<p>11:00 German 2</p> <p>12:30 Bunco</p> <p>12:30 Painting With Barb</p> <p>1:00 Euchre</p> <p>1:00 German 3</p> <p>5:30 Zumba Gold</p>	<p>10:00 Balance & Stretch</p> <p>11:00 Cardio Drumming</p> <p>12:00 Gait assessments</p> <p>12:00 Mah Jongg</p> <p>12:00 Sewing</p> <p>12:30 Movie- Nickel Boys</p> <p>1:00 Crafters Corner</p> <p>1:00 Cribbage</p>	<p>11:00 Feeding America</p> <p>12:00 Canasta</p> <p>12:00 Hand & Foot</p> <p>12:00 Rec Sheephead</p> <p>1:00 Plan Ahead</p> <p>6:00 Intro to Square Dancing</p> <p>6:30 Stamp Collectors</p>	<p>11:30 Tech Connect at MIPTC</p> <p>12:00 Mah Jongg</p> <p>1:00 Celebrate National Banana Day</p> <p>1:00 Cribbage</p> <p>1:00 Dominoes</p> <p>5:30 Beginning Line Dancing</p> <p>6:30 Line Dancing</p>	<p>10:00 Video Walk to Fitness</p> <p>11:00 Chair Yoga</p> <p>12:00 Game Day</p> <p>12:00 Hand & Foot</p> <p>1:00 Basic Self-Defense Class</p> <p>1:00 Memory Writers</p> <p>19 Saturday</p> <p>9:00 Beginning Line Dancing</p> <p>9:00 Walking Group</p> <p>20 Sunday</p>
<p>21</p> <p>8:00 Billiard Room Open</p> <p>8:00 Take 5 For You</p> <p>9:00 Tech Tyne</p> <p>9:00 Wood Carving</p> <p>10:00 Video Walk to Fitness</p> <p>11:00 German 2</p> <p>12:30 Bunco</p> <p>1:00 Euchre</p> <p>1:00 German 3</p> <p>5:30 Zumba Gold</p>	<p>22</p> <p>8:00 Billiard Room Open</p> <p>8:00 Spread The Kindness Day</p> <p>8:00 Take 5 For You</p> <p>8:30 Strong!</p> <p>9:00 Walking Group</p> <p>9:45 Intermediate Yoga</p> <p>10:00 Balance & Stretch</p> <p>10:30 RX Drug Take Back at Eagles</p> <p>11:00 Cardio Drumming</p> <p>12:00 Mah Jongg</p> <p>12:00 Sewing</p> <p>12:30 Movie-Here</p> <p>1:00 Crafters Corner</p> <p>1:00 Cribbage</p>	<p>23</p> <p>8:00 Billiard Room Open</p> <p>8:00 Take 5 For You</p> <p>10:00 Fondy Sunshine Strummers</p> <p>10:00 Video Walk to Fitness</p> <p>10:30 RX Drug Take Back at N.G.</p> <p>11:30 Ask a Financial Advisor</p> <p>11:30 LPGA Luncheon at Red Cabin</p> <p>12:00 Canasta</p> <p>12:00 Hand & Foot</p> <p>12:00 Rec Sheephead</p> <p>1:00 Genealogy</p> <p>1:00 Seniors Against Scams</p> <p>6:00 Intro to Square Dancing</p>	<p>24</p> <p>8:00 Billiard Room Open</p> <p>8:00 Double Ticket Day</p> <p>8:00 Take 5 For You</p> <p>9:00 Walking Group</p> <p>10:00 Balance & Stretch</p> <p>11:30 Tech Connect at MIPTC</p> <p>12:00 Mah Jongg</p> <p>12:30 7 Advanced Directives</p> <p>1:00 Cribbage</p> <p>1:00 Dominoes</p> <p>5:30 Beginning Line Dancing</p> <p>6:30 Line Dancing</p>	<p>25</p> <p>8:00 Billiard Room Open</p> <p>8:00 Fun Shirt Friday</p> <p>8:00 Take 5 For You</p> <p>8:30 Strong!</p> <p>9:45 Beginning Yoga</p> <p>10:00 Video Walk to Fitness</p> <p>10:30 RX Drug Take Back</p> <p>11:00 Chair Yoga</p> <p>12:00 Game Day</p> <p>12:00 Hand & Foot</p> <p>12:30 Movie-Liar Liar</p> <p>1:00 Memory Writers</p> <p>26 Saturday</p> <p>9:00 Beginning Line Dancing</p> <p>9:00 Shred Day at FVS Bank</p> <p>9:00 Walking Group</p> <p>27 Sunday</p>
<p>28</p> <p>8:00 Billiard Room Open</p> <p>8:00 Take 5 For You</p> <p>9:00 Wood Carving</p> <p>10:00 Video Walk to Fitness</p> <p>11:00 German 2</p> <p>12:30 Bunco</p> <p>12:30 Painting With Barb</p> <p>1:00 Euchre</p> <p>1:00 German 3</p> <p>5:30 Zumba Gold</p>	<p>29</p> <p>8:00 Billiard Room Open</p> <p>8:00 Take 5 For You</p> <p>8:00 Ladies Golf Meeting at R.M.</p> <p>8:30 Strong!</p> <p>9:00 Walking Group</p> <p>9:45 Intermediate Yoga</p> <p>10:00 Balance & Stretch</p> <p>11:00 Cardio Drumming</p> <p>12:00 Gait assessments</p> <p>12:00 Mah Jongg</p> <p>12:00 Sewing</p> <p>1:00 Crafters Corner</p> <p>1:00 Cribbage</p>	<p>30</p> <p>8:00 Billiard Room Open</p> <p>8:00 Take 5 For You</p> <p>8:30 Men's Golf Meeting at R.M.</p> <p>8:45 Men's Golf Meeting at R.M.</p> <p>9:00 Men's Golf Meeting at R.M.</p> <p>10:00 Fondy Sunshine Strummers</p> <p>10:00 Video Walk to Fitness</p> <p>12:00 Canasta</p> <p>12:00 Hand & Foot</p> <p>12:00 Rec Sheephead</p> <p>12:30 Movie- Nickel Boys</p> <p>6:00 Intro to Square Dancing</p>		

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

C 4C 01-1122

OPTIMAL HEALTH

Thursday, April 10 at 1:00 p.m.



Our health is the most important part of living a great life. As we age so does our health. Join Cindy and take a look at steps you can take to create optimal health through food and gardening to turn back the clock.

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

MAKE YOUR MONEY LAST IN RETIREMENT: ASK A FINANCIAL ADVISOR

Wednesday, April 23
11:30 a.m.-12:30 p.m.



Do you have questions about your finances? If so, then this program is for you! Drop in anytime between 11:30 a.m.-12:30 p.m. for an opportunity to speak one-on-one with an Edward Jones Financial Advisor.

Sponsored by:

Edward Jones

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

TECH TYME

Monday, April 21 9:00-10:30 a.m. at The Center



TECH CONNECT

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 provided on a first-come, first-served basis.
Sessions are limited if others are waiting.

BASIC SELF-DEFENSE CLASS

Friday, April 18 at 1:00 p.m.

Senior self-defense classes are specifically designed to address the unique needs of older adults, focusing on techniques that are easy to learn, gentle on the body, and effective in real-life situations. Taking basic self-



defense classes can greatly benefit older adults by boosting confidence, enhancing physical strength, and providing essential skills for staying safe in unpredictable situations. These classes teach simple yet effective techniques to protect yourself, improve balance and coordination, and increase awareness of your surroundings.

This class is designed for both men and women.

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

Sponsored by: Downtown Mixed Martial Arts and Knockouts Women's Kickboxing

STAY STRONG - PREVENT FALLS

STRONG

Tuesdays & Fridays at 8:30 a.m.
\$35/month



Bring your yoga mat and weights and join us for this 60 minute strength training class.

****Class size limited****

No refunds, no partial months.

CHAIR YOGA

Fridays at 11:00 a.m.
\$25/month



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****

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.

There will be no Cardio Drumming on Tuesday, April 1.

INTRODUCTION TO YOGA

Fridays at 9:45 a.m.
\$25/month

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****



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

INTERMEDIATE YOGA

Tuesdays at 9:45 a.m.
\$25/month

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****



No refunds, no partial months.

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 (920) 322-3630 to register.

5 Class punch cards for \$10 available at the door.

INTRO TO SQUARE DANCING

Wednesdays 6:00– 7:30 p.m.

Come and exercise your body and mind while having fun! Grab a pair of comfy tennis shoes and get ready to learn some new calls and formations.



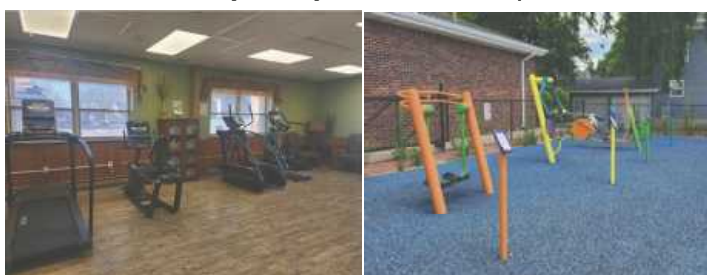
No experience or special clothing necessary.

(920) 322-3630 to register.

5 class punch cards for \$10 available at the door.

TAKE 5 FOR YOU

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



Take 5 minutes for yourself, drop in, and check out our indoor and outdoor exercise equipment available for everyone to use. **Stop in and try it out!**

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!

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!**

There will be no Video Walk To Fitness on Wednesday, April 9.

WALKING/HIKING GROUP

Tuesdays, Thursdays, & Saturdays at 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!

HERE

Thursday, April 3 *AND* Tuesday, April 22

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

R • 2024 • Drama/Romance • 1h 48m

Starring: Tom Hanks, Robin Wright, Paul Bettany, Kelly Reilly, Michelle Dockery

Summary: Reuniting the director, writer and stars of *Forrest Gump*, *Here* is an original film about multiple families and a special place they inhabit. The story travels through generations, capturing the most relatable of human experiences. Zemeckis (*Forrest Gump*, *Castaway*, *Who Framed Roger Rabbit*, *Contact*, *Back to the Future*) directs from a screenplay by Eric Roth (*Forrest Gump*, *Killers of the Flower Moon*, *Dune*, *A Star is Born*) and him. Told much in the style of the acclaimed graphic novel by Richard McGuire on which it is based, Tom Hanks and Robin Wright star in a tale of love, loss, laughter and life, all of which happen right Here.

To register call (920) 322-3630.

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

NICKEL BOYS

Tuesday, April 15 *AND* Wednesday, April 30

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

PG • 2024 • Musical/Fantasy • 2h 40m

Starring: Brandon Wilson, Ethan Herisse, Daveed Diggs, Luke Tennie, Fred Hechinger

Summary: Elwood Curtis' college dreams are shattered when he's sentenced to Nickel Academy, a brutal reformatory in the Jim Crow South. Clinging to his optimistic worldview, Elwood strikes up a friendship with Turner, a fellow Black teen who dispenses fundamental tips for survival.

To register call (920) 322-3630.

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

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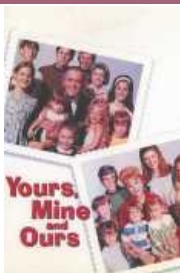
YOURS, MINE OURS

Friday, April 11

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

NR · 1968 · Comedy · 1h 51m

Starring: Lucille Ball, Henry Fonda, Van Johnson,



Summary: Navy officer Frank Beardsley (Henry Fonda) is struggling to raise his 10 children in the wake of his wife's death. Frank soon begins dating Helen North (Lucille Ball), a widowed nurse with eight children of her own. After learning of their similar situations, the two are reluctant to pursue a relationship. But with the help of a mutual friend, Darrel Harrison (Van Johnson), the two eventually fall in love and must decide about forming one big, unconventional family.

To register call (920) 322-3630.

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

LIAR LIAR

Friday, April 25

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

PG-13 · 1997 · Comedy/Drama · 1h 27m

Starring: Jim Carrey, Jennifer Tilly, Justin Cooper, Maura Tierney, Krista Allen, Amanda Donohoe



Summary: Conniving attorney Fletcher Reede is an ace in the courtroom, but his dishonesty and devotion to work ruin his relationships. His wife, Audrey, has left him for a more dependable man, and Fletcher often breaks the commitments he makes to his beloved son, Max. When Max wishes his dad would stop lying for 24 hours, Fletcher suddenly finds that he can only speak the truth, on the day his career-deciding court case has to be won.

To register call (920) 322-3630.

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

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**WORD LIST**

APRIL
 BASEBALL
 BIRDS
 BLOSSOMS
 BUMBLEBEE
 BUTTERFLIES
 CHICK
 CLEANING
 CLOVER
 CROCUS
 DAFFODIL
 DAYLIGHT
 EQUINOX
 FLOWERS
 FORSYTHIA
 GARDEN
 JACKET
 LADYBUG
 MARCH
 MAY
 PICNIC
 PUDDLES
 RAINBOW
 ROBIN
 SEEDS
 SHOWERS
 SPRING
 UMBRELLA

SPRING

WORD SEARCH

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LADIES PLAYFUL GOLF CLUB

May 5 - August 27, Mondays and/or Wednesdays
Oakgreen Golf Course
May Tee Time: 10:00 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 Social/Orientation Luncheon will be on Wednesday, April 23 at 11:30 a.m. at Red Cabin.

Must Call to Register (920) 322-3630

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

ROLLING MEADOWS GOLF LEAGUES



May - August or Early September

- Monday Les Weitor Men's League – Meeting Wednesday April 30 at 8:30 a.m.
- Tuesday Senior Slammers Men's League – Meeting Wednesday April 30 at 8:45 a.m.
- Tuesday Golden Girls Ladies League – Meeting Tuesday April 29 at 8:00 a.m.
- Wednesday Classic Men's League – Meeting Wednesday April 30 at 9:00 a.m.
- Thursday Ladies League-Meeting Thursday May 1 at 9:00 a.m.
- Thursday Men's League - Meeting Thursday April 17 at 9:00 a.m.

Call Rolling Meadows (920) 924-2425 with any questions.

BLOOD PRESSURE CLINIC

Wednesday, April 9
11:30– 12:30



Did you know that low and high blood pressure can affect your balance and cause falls? Drop in, get your blood pressure taken, and prevent falls.

Sponsored by: **ALMOSTfamily**

GAIT ASSESSMENTS

Tuesday, April 15 & 29
12:00– 1:00 p.m.



Your gait is the manner in which you walk. Your gait can tell a lot about your fall risk. Come in and get your gait assessed and some tips and tricks from a physical therapist to help reduce your risk of falling.

This is not a drop-in program. You must call (920) 322-3630 for an appointment.

Sponsored by: **ATI**
PHYSICAL THERAPY

GUIDED RELAXATION

Thursday, April 17
10:30-11:30 a.m.



Do you have a hard time unwinding? This is a challenge for many individuals. Take time for you and come explore gentle guided relaxation to release stress and cultivate calmness.

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

SEWING

Tuesdays- April 15, 22, 29, May 6 & 13
12:00-3:00 p.m.



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!



Congratulations to Gary! Gary was the kindness winner last month. Thank you for being so kind!

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!

Congratulations and Happy Birthday to Kathy! Kathy was the Birthday Club winner last month!

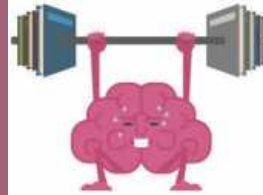
DO A JIGSAW PUZZLE!

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

**Thursday, April 24
8:00 a.m.-2:30 p.m.**



2025 DINE OUT BOOK

Includes over 50 coupons for over 40 local businesses!



ENTERTAINMENT, SHOP SERVICE BOOK

Grab a Shop & Service & Entertainment Book to receive coupons for over 30 local businesses.

\$10.00 each. Pick yours up at The Center today!

FUN SHIRT FRIDAYS

Join us on Fridays!



Do you have a shirt with a funny saying or picture on it? Wear it to the Center for Fun Shirt Friday because we all need a little more happy in our lives.

(Please nothing controversial or obscene - keep it FUN)



PARKINSONS SUPPORT



WISCONSIN
PARKINSON
ASSOCIATION

Tuesday, April 8 at 1:00 p.m.

The Parkinson's support group meets the 2nd Tuesday of the month. Please visit their website at www.wiparkinson.org or call **414.312.6990** for more information.

Join the FDL Parkinsons Support Group on Facebook
<https://www.facebook.com/groups/517116270698862>.

You are welcome to bring a lunch and socialize at 12:00 p.m.

MEMORY SCREENING

Monday, April 14
9:00 a.m.-12:00 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.

PARENTS OF ANGELS

1st Thursday –April 3 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!

FEELING THE PINCH?

Wednesday, April 16
11:00 a.m.-1:00 p.m.



Drop in and visit with Janna, the FoodShare Outreach Specialist for Feeding America. She will be here to visit one-on-one, answer questions, and share information about Wisconsin's Health, Nutrition and other programs that are available to help stretch your food budget. Janna can also teach you how to navigate your FoodShare benefits, apply for benefits with the Access website, or through the MyACCESS phone app. No computer? No problem! We have one, or you can bring your mobile phone/tablet and Janna will help you download the app and sign up. Learn how to manage your State of Wisconsin benefits and programs all in one place, at any time.

SHRED DAY

Saturday, April 26
9:00 a.m.-12:00 p.m.

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Schedule your retirement review today. Multiple convenient locations around Fond du Lac.

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Fond Du Lac, WI 54935
920-923-4401

Robert Cox

Financial Advisor
101 Wisconsin American Dr
Suite 100
Fond Du Lac, WI 54937
920-952-5576

Rebecca Dahlke

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Fond Du Lac, WI 54935
920-907-9511

Patrick Ellestad, CRPC™

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Jennifer A Foster

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Matt Moses, CRPC™

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920-923-0970

Christal Mulder, CRPC™

Financial Advisor
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Fond Du Lac, WI 54937
920-933-2393

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920-907-9511

Pam Tolefson, CRPC™

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Fond Du Lac, WI 54937
920-921-6095

Christopher Vitton, AAMS™

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920-375-5259

Jeff Wills, CRPC™

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920-923-1679

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We do not share your information with any outside organization.

Checks can be made payable to: "FRIENDS, INC." and can be mailed to:

The Center
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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	

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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 special donation. These funds support programs and activities at the Center and your special donation for 2025 is optional but **very much appreciated!**

☐ \$50.00 **FANTASTIC FRIENDS** – Thank you for your **fantastic** \$50 donation to the Friends of the Fond du Lac Senior Center. Your Fantastic Friends level of support includes one (1) 2025 Dine Out Book in appreciation.

☐ \$100.00 **FABULOUS FRIENDS** – Thank you for your **fabulous** \$100 donation to the Friends of the Fond du Lac Senior Center. Your Fabulous Friends level of support includes two (2) 2025 Dine Out Books or one (1) 2025 Dine Out Book and one (1) Shop, Service & Entertainment Book in appreciation of your support.

_____ **TOTAL ENCLOSED** (All donations 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 2025 Friend ☐ Renewal Receptionist Initials _____

☐ FANTASTIC FRIENDS \$50 ☐ Date Dine Out Book Received _____

☐ FABULOUS FRIENDS \$100 ☐ Date Dine Out/Service Books Received _____

Qty Dine _____ Qty Service _____

Additional items on check ☐ Dine Out Book Purchase - Qty _____ ☐ Service Book Purchase - Qty _____

☐ Class Fee - Class(es) _____

April 2025

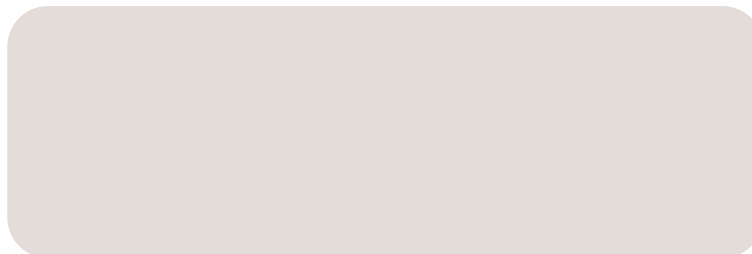
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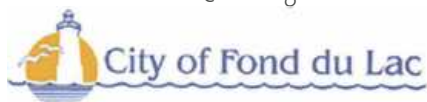
STAFF

DIRECTOR

Cathy Loomans
cloomans@fdl.wi.gov

PROGRAM/OUTREACH COORDINATOR

Sarah Docter
sdocter@fdl.wi.gov



The Center

Fond du Lac's Hub for Active Older Adults
151 E. 1st St.

Fond du Lac, WI 54935

Phone (920)322-3630

Email senior@fdl.wi.gov

Hours M-F 8:00 am– 3:00 pm

The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those with disabilities. Participants must be independent of activities of daily living in order to attend, or if they are not independent, a caregiver must accompany them.

Proudly serving the
Fond du Lac Community
for over 55 years!



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www.fdlseiorcenter.com

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The Center ... where
friends meet!

VISION

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



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