

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

# AMONG FRIENDS

NEWSLETTER

May 2025



## OUR MISSION

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

## DOOM SCROLLING

Now read it in the voice of James Earl Jones or Morgan Freeman. You know what I mean ... “Dooooooooom Scrollllllllllllnnnnnnnnnnng”. (You did it in your head didn’t you?)

What is it? Doomscrolling is compulsively consuming negative news or online content. Who does this? 1 in 3 US adults and up to 46% of millennials and 53% of Gen Zs. And it’s affecting our mental health.

Just to be clear, there is a big difference between “Staying up to date” and “Doom Scrolling”, and while staying up to date is important, there are many studies that are determining the mental and physical health outcomes of doomscrolling. These include increased anxiety and depression, increased psychological distress along with surges in stress hormones, lower mental well-being, increased heart rate and feeling on edge, and a decline in sleep quality. All things that negatively impact aging well.

If you are finding that doomscrolling is affecting your well-being, here’s a few things to try:

- Don’t keep your phone right next to your bed - you’re less likely to grab it first thing when you wake up or if you can’t sleep at night.
- Opt out of notifications and alerts that bring you non-stop negative information.
- Focus on community news and happenings - there are so many good news stories in our communities, take time to find them.
- Get outside - take a drive, a walk or just sit and focus on the sights, sounds and smells of nature.
- Set boundaries for yourself - many phone apps allow you to set a timer to limit how long you use it each day - and use the time you aren’t scrolling to get outside and move.
- Focus on the good - and yes, there is ALWAYS good.
- And one of my favorites—surround yourself with people that feel like sunshine.

It’s so easy to get caught up in the negative and it can take real determination to put down the phone and break away from the “doom”. Your challenge this month - find the people that feel like sunshine! Hope to see you soon,

*Cathy*



## FDL SHERIFF'S OFFICE K-9 UNIT

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



The Fond du Lac County Sheriff's Office K-9 program currently consists of 5 patrol K-9 teams. All of the 5 K-9s are certified in narcotics detection, article search, search/tracking, and handler protection/apprehension. Join us, meet one of these 5 amazing K-9s and see them in action!

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

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# MEMORIAL DAY



## WORD SCRAMBLE

Unscramble the following words

AEAIMCR

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ETENRASV

---

ARW

---

UEATLS

---

LLENFA

---

RTTIOCAIP

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IRCESFACI

---

SCVIEER

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ECEYEMRT

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OHONR

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IOREMMAL

---

ISDLESOR

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GFA SL

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YRTMALII

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## GROMOWSKI LAW SERIES WHAT IS PROBATE-START TO FINISH

Thursday, May 22 at 12:30 p.m.



Join us and learn:

- What are the duties of a personal representative?
- Is probate as bad as everyone says?
- How much does it cost?
- How long is the process?
- Are there ways to avoid probate?

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

Preregistration will assure you a spot if we reach capacity.



Sponsored by: Gromowski Law Firm LLC

## THE MARKETS TODAY

Thursday, May 15 at 1:00 p.m



Market volatility has emerged in the early part of 2025, we'll discuss recent performance trends along with some of our key macro and market views.

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

Preregistration will assure you a spot if we reach capacity.



Sponsored by:

**Edward Jones**

## CIVILIAN RESPONSE TO ACTIVE SHOOTER

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



If you missed this program in March, here's your chance to attend.

Civilian Response to Active Shooting Events (C.R.A.S.E.) was developed by Advanced Law Enforcement Rapid Response Training (A.L.E.R.R.T) in

conjunction with Texas Tech to teach civilians how to survive active threat events. This presentation will go over the psychology of how we as humans behave in high-stress events, and how we can teach our brains to prepare for such events. We will discuss different Active Threat situations and give you the best options to survive such events.

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

Preregistration will assure you a spot if we reach capacity.



Sponsored by:



## FOSTER CARE TODAY

Wednesday, May 7 at 1:00 p.m.



Fond du Lac county has over 170 children in out of home care, spread throughout Wisconsin. Come and learn about Out of Home Care, and what it looks like for the Foster Care team in 2025.

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

Preregistration will assure you a spot if we reach capacity.

Sponsored by: FDL County Department of Human Services



# HIDDEN PICTURE PUZZLE

## Behind the farmer's back

Can you find these things in the big picture?



apple core



spoon



toothbrush



teacup



artist's  
brush



Illustrated by Maggie Swanson



pencil



open book



heart



baseball glove



slice of pizza



gingerbread man



sock



fish



banana



## PAINTING WITH BARB *SPRING BIKE RIDE*

Monday, May 12 at 12:30 p.m.

Cost: \$5.00



Join Barb and paint this cheery picture of a Spring Bike Ride.

*All materials are included.*

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

*Space is limited.*

## PAINTING WITH BARB *PAINTED STAINED GLASS BOTTLE*

Monday, May 19 at 12:30 p.m.

Cost: \$5.00



Paint with Barb and learn how to paint this beautiful, painted, stained glass looking bottle.

*All materials are included.*

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

*Space is limited.*

## ART WITH TRISTA *BEADED BRACELETS*

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

Cost: \$7.00



Beginner & intermediate jewelry techniques will be taught in this fun & casual workshop. Choose from a large variety of beads, and learn how to design a bracelet on a beading board. You will learn the proper way to "crimp" and finish jewelry as you create a beautiful beaded bracelet. For the ambitious beader, explore wire wrapped loop techniques that create dangly charms. Have fun and learn some easy new skills. All skill levels welcomed; no previous experience necessary.

*All materials are included.*

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

*Space is limited.*

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

## TECH TYME

Monday, May 19 9:00-10:30 a.m. at The Center



## TECH CONNECT

Thursday, May 1, 8, & 15 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.*

# 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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matters  
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## 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, May 8 at 10:00 a.m.

BOOK OF THE MONTH: Reader's Choice



Read a book of your choice to share with the group. This is a great way to find new reading material!



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

*You may take multiple cards.*

## GENEALOGY GROUP

Wednesday, May 14 & 28 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 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, May 13 at 6:00 p.m.



2nd Tuesday of the month

Anyone welcome!

## STAMP COLLECTORS

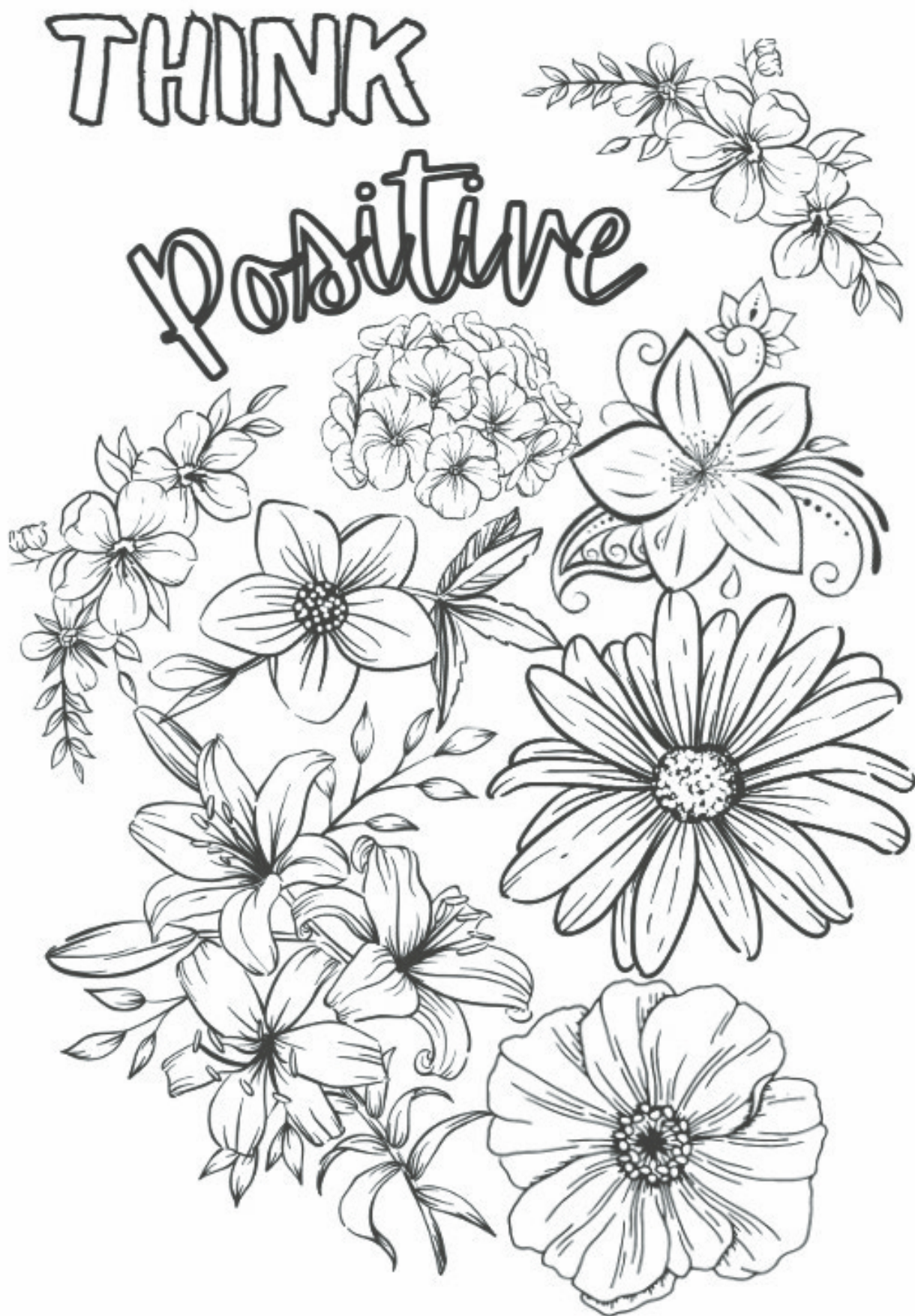
Wednesday, May 21 at 6:30 p.m.



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 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, May 8 at 6:00 p.m.



Meeting the 2nd Thursday of the month.

**New members welcome!**

## FLYING GEESE QUILTERS

Thursday, May 1 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!**



# MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>5</b> 8:00 Billiard Room Open 8:00 National Pet Week Pictures 8:00 Take 5 For You 8:30 Men's Golf League at R.M. 9:00 Wood Carving 10:00 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	<b>6</b> 8:00 Billiard Room Open 8:00 National Pet Week Pictures 8:00 Take 5 For You 8:30 Ladies Golf League at R.M. 8:30 Men's Golf League at R.M. 8:30 Strong! 9:00 Walking Group 9:45 Intermediate Yoga 10:00 Balance & Stretch 11:00 Cardio Drumming 11:00 Leap In For Lattes 12:00 Gait Assessments 12:00 Mah Jongg 12:00 Sewing 1:00 Crafters Corner 1:00 Cribbage	<b>7</b> 8:00 Billiard Room Open 8:00 National Pet Week Pictures 8:00 Take 5 For You 8:30 Men's Golf League at R.M. 10:00 Fondy Sunshine Strummers 10:00 LPGA 10:00 Video Walk to Fitness 12:00 Canasta 12:00 Hand & Foot 12:00 Rec Sheephead 1:00 Foster Care Today	<b>8</b> 8:00 Billiard Room Open 8:00 National Pet Week Pictures 8:00 Take 5 For You 8:30 Ladies Golf League at R.M. 8:30 Men's Golf League at R.M. 9:00 Walking Group 10:00 Balance & Stretch 10:00 Book Club 10:30 Guided Relaxation 11:30 Tech Connect at MPTC 12:00 Mah Jongg 12:30 Movie- Sing Sing 12:30 Art With Trista 1:00 Cribbage 1:00 Dominoes 5:30 Beginning Line Dancing 6:00 Sunset Stitchers 6:30 Line Dancing	<b>9</b> 8:00 Billiard Room Open 8:00 Fun Shirt Friday 8:00 National Pet Week Pictures 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- Mother's Day 1:00 Memory Writers <b>10 Saturday</b> 9:00 Beginning Line Dancing 9:00 Walking Group <b>11 Sunday</b>
<b>12</b> 8:00 Billiard Room Open 8:00 Take 5 For You 8:30 Men's Golf League at R.M. 9:00 Memory Screening 9:00 Wood Carving	<b>13</b> 8:00 Billiard Room Open 8:00 Take 5 For You 8:30 Ladies Golf League at R.M. 8:30 Men's Golf League at R.M. 8:30 Strong! 	<b>14</b> 8:00 Billiard Room Open 8:00 Take 5 For You 8:30 Men's Golf League at R.M. 10:00 Fondy Sunshine Strummers 10:00 LPGA	<b>15</b> 8:00 Billiard Room Open 8:00 Take 5 For You 8:30 Ladies Golf League at R.M. 8:30 Men's Golf League at R.M. 9:00 Walking Group	<b>16</b> 8:00 Billiard Room Open 8:00 Fun Shirt Friday 8:00 Take 5 For You 8:30 Strong! 9:45 Beginning Yoga
<b>1</b> 8:00 Billiard Room Open 8:00 Take 5 For You 8:30 Flying Geese Quilters Work Day 8:30 Men's Golf League at R.M. 9:00 Ladies Golf Meeting at R.M. 9:00 Walking Group 10:00 Balance & Stretch 11:30 Tech Connect at MPTC 12:00 Mah Jongg 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	<b>2</b> 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 Chair Yoga 12:00 Game Day 12:00 Hand & Foot 1:00 Memory Writers <b>3 Saturday</b> 9:00 Beginning Line Dancing 9:00 Walking Group <b>4 Sunday</b>	<b>1</b> 8:00 Billiard Room Open 8:00 Take 5 For You 8:30 Flying Geese Quilters Work Day 8:30 Men's Golf League at R.M. 9:00 Ladies Golf Meeting at R.M. 9:00 Walking Group 10:00 Balance & Stretch 11:30 Tech Connect at MPTC 12:00 Mah Jongg 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	<b>2</b> 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 Chair Yoga 12:00 Game Day 12:00 Hand & Foot 1:00 Memory Writers <b>3 Saturday</b> 9:00 Beginning Line Dancing 9:00 Walking Group <b>4 Sunday</b>	<b>9</b> 8:00 Billiard Room Open 8:00 Fun Shirt Friday 8:00 National Pet Week Pictures 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- Mother's Day 1:00 Memory Writers <b>10 Saturday</b> 9:00 Beginning Line Dancing 9:00 Walking Group <b>11 Sunday</b>



<b>10:00</b> LPGC <b>10:00</b> Video Walk to Fitness <b>11:00</b> German 2 <b>12:30</b> Bunco <b>12:30</b> Painting With Barb <b>1:00</b> Euchre <b>1:00</b> German 3 <b>5:30</b> Zumba Gold	<b>9:00</b> Walking Group <b>9:45</b> Intermediate Yoga <b>10:00</b> Balance & Stretch <b>11:00</b> Cardio Drumming <b>12:00</b> Mah Jongg <b>12:00</b> Sewing <b>1:00</b> Parkinson's Support Group <b>1:00</b> Crafters Corner <b>1:00</b> Cribbage <b>6:00</b> Coin Collectors	<b>10:00</b> Video Walk to Fitness <b>11:30</b> Blood Pressure Clinic <b>12:00</b> Canasta <b>12:00</b> Hand & Foot <b>12:00</b> Rec Sheephead <b>12:30</b> Movie- A Real Pain <b>1:00</b> Genealogy	<b>10:00</b> Balance & Stretch <b>11:30</b> Tech Connect at MPTC <b>12:00</b> Mah Jongg <b>1:00</b> Cribbage <b>1:00</b> Dominoes <b>1:00</b> The Markets Today <b>5:30</b> Beginning Line Dancing <b>6:30</b> Line Dancing	<b>10:00</b> Video Walk to Fitness <b>11:00</b> Chair Yoga <b>12:00</b> Game Day <b>12:00</b> Hand & Foot <b>1:00</b> Basic Self-Defense Class <b>1:00</b> Memory Writers <b>17 Saturday</b> <b>9:00</b> Beginning Line Dancing <b>9:00</b> Walking Group <b>18 Sunday</b>
<b>19</b> <b>8:00</b> Billiard Room Open <b>8:00</b> Take 5 For You <b>8:30</b> Men's Golf League at R.M. <b>9:00</b> Tech Tyme <b>9:00</b> Wood Carving <b>10:00</b> LPGC <b>10:00</b> Video Walk to Fitness <b>11:00</b> German 2 <b>12:30</b> Bunco <b>12:30</b> Painting With Barb <b>1:00</b> Euchre <b>1:00</b> German 3 <b>5:30</b> Zumba Gold	<b>20</b> <b>8:00</b> Billiard Room Open <b>8:00</b> Double Ticket Day <b>8:00</b> Take 5 For You <b>8:30</b> Ladies Golf League at R.M. <b>8:30</b> Men's Golf League at R.M. <b>8:30</b> Strong! <b>9:00</b> Walking Group <b>9:45</b> Intermediate Yoga <b>10:00</b> Balance & Stretch <b>11:00</b> Cardio Drumming <b>12:00</b> Gait Assessments <b>12:00</b> Mah Jongg <b>12:00</b> Sewing <b>12:30</b> Movie- Sing Sing <b>1:00</b> Crafters Corner <b>1:00</b> Cribbage	<b>21</b> <b>8:00</b> Billiard Room Open <b>8:00</b> Take 5 For You <b>8:30</b> Men's Golf League at R.M. <b>10:00</b> Fondy Sunshine Strummers <b>10:00</b> LPGC <b>10:00</b> Video Walk to Fitness <b>11:00</b> Feeding America <b>12:00</b> Canasta <b>12:00</b> Hand & Foot <b>12:00</b> Rec Sheephead <b>1:00</b> FDL Sheriff's Office K-9 Unit <b>6:30</b> Stamp Collectors	<b>22</b> <b>8:00</b> Billiard Room Open <b>8:00</b> Take 5 For You <b>8:30</b> Ladies Golf League at R.M. <b>8:30</b> Men's Golf League at R.M. <b>9:00</b> Walking Group <b>10:00</b> Balance & Stretch <b>12:00</b> Mah Jongg <b>12:30</b> Gromowski Law Series <b>1:00</b> Cribbage <b>1:00</b> Dominoes <b>5:30</b> Beginning Line Dancing <b>6:30</b> Line Dancing	<b>23</b> <b>8:00</b> Billiard Room Open <b>8:00</b> Fun Shirt Friday <b>8:00</b> Take 5 For You <b>8:30</b> Strong! <b>9:45</b> Beginning Yoga <b>10:00</b> Video Walk to Fitness <b>11:00</b> Chair Yoga <b>12:00</b> Game Day <b>12:00</b> Hand & Foot <b>12:30</b> Movie-The Long, Long Trailer <b>1:00</b> Memory Writers <b>24 Saturday</b> <b>9:00</b> Beginning Line Dancing <b>9:00</b> Walking Group <b>25 Sunday</b>
<b>26</b> 	<b>27</b> <b>8:00</b> Billiard Room Open <b>8:00</b> Take 5 For You <b>8:30</b> Ladies Golf League at R.M. <b>8:30</b> Men's Golf League at R.M. <b>8:30</b> Strong! <b>9:00</b> Walking Group <b>9:45</b> Intermediate Yoga <b>10:00</b> Balance & Stretch <b>11:00</b> Cardio Drumming <b>12:00</b> Mah Jongg <b>12:30</b> Movie- A Real Pain <b>1:00</b> Crafters Corner <b>1:00</b> Cribbage	<b>28</b> <b>8:00</b> Billiard Room Open <b>8:00</b> Take 5 For You <b>8:30</b> Men's Golf League at R.M. <b>10:00</b> Fondy Sunshine Strummers <b>10:00</b> LPGC <b>10:00</b> Video Walk to Fitness <b>12:00</b> Canasta <b>12:00</b> Hand & Foot <b>12:00</b> Rec Sheephead <b>1:00</b> C.R.A.S.E. <b>1:00</b> Genealogy	<b>29</b> <b>8:00</b> Billiard Room Open <b>8:00</b> Take 5 For You <b>8:30</b> Ladies Golf League at R.M. <b>8:30</b> Men's Golf League at R.M. <b>9:00</b> Walking Group <b>10:00</b> Balance & Stretch <b>12:00</b> Mah Jongg <b>1:00</b> Cribbage <b>1:00</b> Dominoes <b>1:00</b> Root Beer Floats <b>5:30</b> Beginning Line Dancing <b>6:30</b> Line Dancing	<b>30</b> <b>8:00</b> Billiard Room Open <b>8:00</b> Fun Shirt Friday <b>8:00</b> Take 5 For You <b>8:30</b> Strong! <b>9:45</b> Beginning Yoga <b>10:00</b> Video Walk to Fitness <b>11:00</b> Chair Yoga <b>12:00</b> Game Day <b>12:00</b> Hand & Foot <b>1:00</b> Memory Writers <b>3:00</b> Bucket List Deadline <b>Oneida Casino Trip</b> <b>31 Saturday</b> <b>9:00</b> Beginning Line Dancing <b>9:00</b> Walking Group



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## NATIONAL PET WEEK

May 5-9  
8:00 a.m.-2:30 p.m.



National Pet Week is May 5-9, and we want to see those **pictures** of your fur babies! Drop in and let us take a peek. We can't wait to see you and your pictures!

(Photos only please!)

## LEAP IN FOR LATTES

Tuesday, May 6  
Serving: 11:00 – 11:30 a.m.  
Although we are only serving from 11:00-11:30 a.m. you are welcome to stay and visit.



Your friendly Center baristas are at it again! Leap in for a latte and stay for some socializing.

Sponsored by:



## OLDER AMERICANS MONTH *ROOT BEER FLOATS*

Thursday, May 29  
Serving from 1:00-1:30 p.m.  
Although we are only serving from 1:00-1:30 p.m. you are welcome to stay and visit.



Come and Celebrate Older Americans Month with a delicious root beer float!

To Register call (920) 322-3630. Must register by May 23.  
Space is limited.

Sponsored by:



## BASIC SELF-DEFENSE CLASS

Friday, May 16 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.*

## 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.

## 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!

## TAKE 5 FOR YOU INDOORS

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



Did you know that we now have 4 pieces of indoor workout equipment? The equipment is for anyone to use.

Take 5 minutes for yourself, drop in, and try it out!

## TAKE 5 FOR YOU OUTDOORS

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



Have you tried our outdoor workout equipment? It's fun and easy to use with the directions located on a post in front of the equipment.

Take 5 minutes for yourself, 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!**

## 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/FondduLacSeniorCenter>

**New Walkers Always Welcome!**

## SING SING

Thursday, May 8 *AND* Tuesday, May 20

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

R · 2023 · Drama · 1h 47m

**Starring:** Colman Domingo, Clarence Maclin, Divine G, Pail Raci, Sean San Jose, Jon- Adrian Velazquez

**Summary:** Based on the true story of a man imprisoned at Sing Sing for a crime he didn't commit. When joined by a wary outsider, he finds purpose staging an original comedy with a theater group of other incarcerated men.

To register call (920) 322-3630.

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



## A REAL PAIN

Wednesday, May 14 *AND* Tuesday, May 27

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

R · 2024 · Comedy/Drama · 1h 29m

**Starring:** Kieran Culkin, Jesse Eisenberg, Jennifer Grey, Will Sharpe, Ellora Torchia

**Summary:** Mismatched cousins David and Benji tour Poland to honor their grandmother. Their adventure becomes complicated as old tensions resurface while exploring their family history.

To register call (920) 322-3630.

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



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## WORD SEARCH



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NURSES DAY  
 FIRE DAY  
 ANTI BULLYING DAY  
 PASSWORD DAY  
 BEE DAY  
 WAITSTAFF DAY  
 MAY DAY

MIMOSA DAY  
 COSMOPOLITAN DAY  
 LEMONADE DAY  
 LAW DAY  
 TUNA DAY  
 CINCO DE MAYO  
 MOTHERS DAY

ASTHMA DAY  
 HERB DAY  
 RESCUE DOG DAY  
 BABY DAY  
 TRUFFLE DAY  
 BEVERAGE DAY  
 SHRIMP DAY

## SUPPORT THE FRIENDS

The Friends of the Fond du Lac Senior Center is a 501(c)3 non-profit that supports the programs and activities at The Center. There are many ways to support the Friends:

- ♦ Annual Friendship Drive
- ♦ Purchase Dine Out Book or Books
- ♦ Purchase Service/Entertainment Book or Books
  - ♦ Support the Raffle Fundraiser
  - ♦ Attend the Annual Gala
- ♦ Include the Friends as part of your estate plan
- ♦ Choose the Friends for your Thrivent Choice dollars
  - ♦ Include the Friends for any "match" dollars

The Friends appreciate your support!

## SAVE THE DATE

Don't miss the Friends Annual Gala!



Food • Music by Fork In the Road Band • Socializing • Fun

## BLOOD PRESSURE CLINIC

Wednesday, May 14  
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, May 6 & 20  
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.

Call (920) 322-3630 to reserve a time.

Sponsored by:  **ATI**  
PHYSICAL THERAPY

## GUIDED RELAXATION

Thursday, May 8  
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- May 6, 13, & 20  
12:00-3:00 p.m.  
Registration Closed





## 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 John! John 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 Debbie! Debbie 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

Tuesday, May 20  
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)



The Center will be closed  
on Monday, May 26 for  
Memorial Day.

## PARENTS OF ANGELS

1st Thursday – May 1 from 5:30-7:30 p.m.



The Local Parents of Angels is a support group for parents who have lost a child at any stage of life. The loss can be recent or a long term loss.

Everyone is welcome!

## MEMORY SCREENING

Monday, May 12  
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.

## PARKINSONS SUPPORT



WISCONSIN  
PARKINSON  
ASSOCIATION

Tuesday, May 13 at 1:00 p.m.

The Parkinson's support group meets the 2nd Tuesday of the month. Please visit their website at [www.wiparkinson.org](http://www.wiparkinson.org) or call 414.312.6990 for more information.

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.

## FEELING THE PINCH?

Wednesday, May 21  
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.

## FREE 911 CELL PHONES

Do you want to carry a cell phone in case of an emergency but don't want the monthly cost of a cellular plan?

These cell phones can give you peace of mind. They only call 911 and are free of charge. Stop in and pick one up.

We also collect old, unused cell phones for this program. If you have some lying around, please consider donating them.





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Financial Advisor  
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Fond du Lac, WI 54935  
920-638-4182

# NEVER MISS OUR NEWSLETTER!

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Have our newsletter  
emailed to you.



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

## WATER CLASSES COMING SOON!



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

Mondays & Wednesdays, June 23 – August 13  
5:00-5:30 p.m.

### WATER YOGA – ALL LEVELS

Mondays, June 23 – August 11  
5:45-6:30 p.m.

### WATER AEROBICS

Wednesdays, June 25 - August 13  
5:45-6:30 p.m.

*Watch the June newsletter for more info!*

## 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.*

**Must Call to Register (920) 322-3630**

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

## SPRING BUCKET LIST CHALLENGE

Spring is here! We challenge you to try some of the spring activities on this list! Take a picture of yourself doing the activities, bring them in to show us, and you will have a chance to win a prize! **Have fun!**

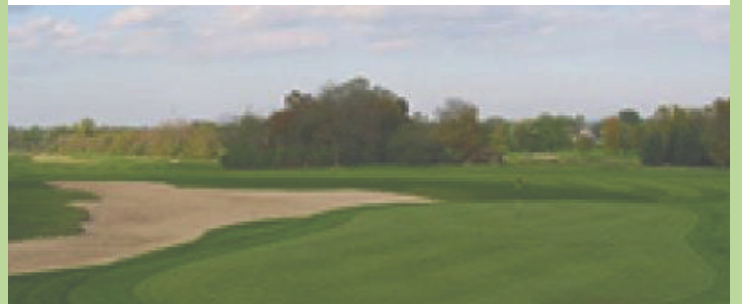
- Use the outdoor workout equipment at The Center
- Jump in a mud puddle
- Find a rainbow
- Celebrate Older Americans Month at The Center
- Plant something
- Make a dandelion crown
- Explore nature
- Soak up the sunshine
- Leap in for lattes at The Center
- Spring clean/declutter your house
- Go golfing (mini golf counts)
- Get a bouquet of flowers

**Bring your pictures in by Friday, May 30.**



## ROLLING MEADOWS GOLF LEAGUES

May - August or Early September  
Tee times beginning at 8:30 a.m.



- ♦ Monday Les Weitor Men's League
- ♦ Tuesday Senior Slammers Men's League
- ♦ Tuesday Golden Girls Ladies League
- ♦ Wednesday Classic Men's League
- ♦ Thursday Senior Ladies League-Meeting Thursday May 1 at 9:00 a.m. with golf to follow
- ♦ Thursday Men's League

New subs welcome.

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

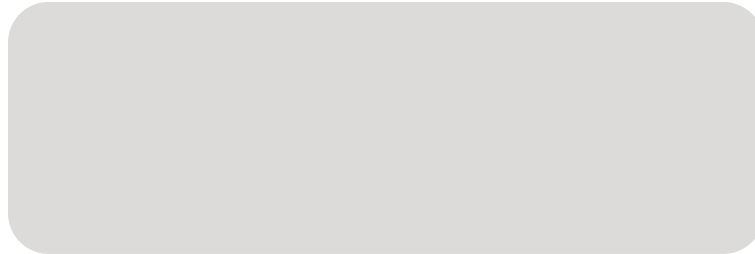




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## THE CENTER 920-322-3630

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### 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 58 years!



@FondduLacSeniorCenter

Visit us online at  
[www.fdlseiorcenter.com](http://www.fdlseiorcenter.com)

(920) 322-3630

The Center ... where  
friends meet!

### VISION

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



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