

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

AMONG FRIENDS

NEWSLETTER

June 2025



OUR MISSION

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

I have a new phrase for you again this month - Social Prescribing. Have you heard of it?

The phrase is thought to have originated in the United Kingdom in about 2018 when they announced that they were appointing their first national Minister for Loneliness. I remember writing about this new initiative in my newsletter article back when it first was announced because it was quite an innovative idea, and the work surrounding social isolation and loneliness was really just beginning. Who knew that we would have a global pandemic to really bring these issues to the forefront across the world?

Just a little background - social and community connections are one of the identified "social determinants of health". These are non-medical factors that communities look at when identifying initiatives to improve the community's overall health.

There are so many things that significantly influence our well-being that are not related to our weight, blood pressure, or cholesterol (granted that all of these are important). The social determinants of health include things like economic stability which includes housing and food stability, access to education and healthcare, safe neighborhoods with access to green space, and social and community connectedness. All of the social determinants of health create the conditions of our unique daily lives.

So, what is social prescribing? It is when healthcare professionals refer patients to non-clinical programs, activities, support, and services that improve their well-being and overall health. Depending on someone's individual situation, it can mean connecting to social services, participating in the arts, connecting with nature, having the opportunity to volunteer, or being involved in community-building programs and activities - like the things we offer at The Center.

Over the last few years we have had more and more people come to The Center and tell us that their healthcare provider told them about The Center, suggested that they stop in and check out what we have going on, and find a few things to join. It's awesome that we can be one of the resources that provide the social and community connections that help people make the most of their gift of longevity.

We also recognize how difficult it can be to walk through our doors for the first time, so if you haven't been here yet, know that you will be welcome when you stop in. Our goal is to help everyone age well.

And speaking of aging well, we have another month full of programs and activities for you - we hope you will join us!

Cathy

THE CONNECTION OF THE BODY TO THE MIND

Wednesday, June 18 at 1:00 p.m.



Understanding the mind-body connection: How do your thoughts, feelings and emotions impact your physical health? And how does your physical well-being affect your mental state? Join us to learn how to strengthen your mind-body connection as another part of aging well.



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

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SUTIWMIS

IEC CEMAR

SINHUNES

SGLSAUNSSE

DEMENTIA FRIENDS-CHANGING THE WAY PEOPLE THINK, ACT, AND TALK ABOUT DEMENTIA

Wednesday, June 11 at 1:00 p.m.

Learn what dementia is, what it's like to live with the disease, and some tips for communicating with people who have dementia. Everyone who attends is asked to turn their new understanding of dementia into a practical action that can help someone living in your community. The action can be as big or as small as you choose - every action counts!



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



Sponsored by:



PELVIC AND PROSTATE HEALTH

Thursday, June 19 at 1:00 p.m.



This presentation is for both men and women. Learn the proper techniques to build and maintain strength for optimal bowel and bladder control.

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

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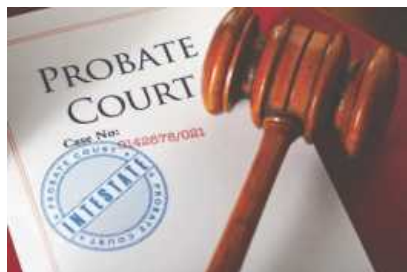


GROMOWSKI LAW SERIES HOW TO AVOID PROBATE—PROS AND CONS

Thursday, June 26 at 12:30 p.m.

Join us for this informative seminar designed to help you understand the probate process and discover strategies to avoid it.

Probate can be time-consuming, costly, and emotionally draining for your loved ones. You will learn how to avoid probate on financial assets, cars, real estate, and learn about what a affidavit of transfer is and when it is used.



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



Sponsored by: Gromowski Law Firm LLC

MAKE YOUR MONEY LAST IN RETIREMENT: ASK A FINANCIAL ADVISOR

Wednesday, June 25
11:30 a.m.-12:30 p.m.

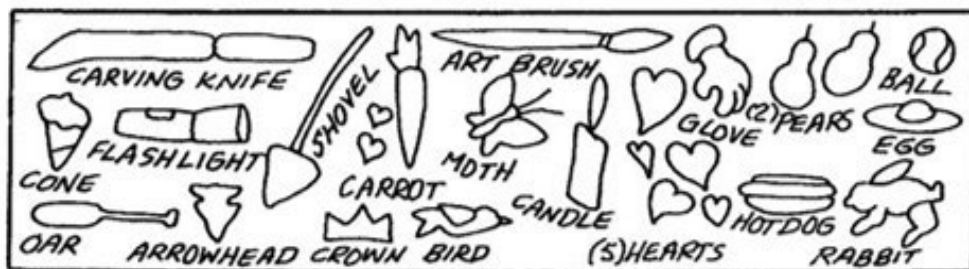


Do you have questions about your finances? If so, then this program is for you! Drop in anytime between 11:30 a.m.-12:30 p.m. for an opportunity to speak one-on-one with an Edward Jones Financial Advisor.

Sponsored by:

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HIDDEN PICTURE PUZZLE



PAINTING WITH BARB *FLORAL FLAG*

Monday, June 9 at 12:30 p.m.

Cost: \$5.00



Join us for this painting class where you will blend patriotic pride with floral beauty. Painted on an 11"x14" canvas.

All materials are included.

No phone in registrations accepted.

Must register and pay in person.

Space is limited.

PAINTING WITH BARB *TIC TAC TOE*

Monday, June 23 at 12:30 p.m.

Cost: \$5.00



Join us for a this painting class where creativity meets fun! In this class you'll paint your very own Tic Tac Toe game set. Perfect for display or play.

All materials are included.

No phone in registrations accepted.

Must register and pay in person.

Space is limited.

ART WITH TRISTA *PERSONALIZED FUSED GLASS GNOMES*

Monday, June 16 at 12:30 p.m.

Cost: \$7.00

Have fun with us as we make personalized gnomes using the "fused" glass technique. Learn a bit about glass art as you create these cute little guys. Participants can cut their own glass shapes and design their own gnome. Add a name or title on your gnome hat. It's an easy process, no experience necessary, all skill levels welcome. This project can be modified for individuals with arthritis or hand issues.



All materials are included.

No phone in registrations accepted.

Must register and pay in person.

Space is limited.

ART WITH TRISTA *POLYMER CLAY TRINKET TRAYS*

Thursday June 26 at 12:30 p.m.

Cost: \$7.00

Enjoy some smiles with friends as we create colorful polymer clay trinket trays. Participants will choose their own colors and design their little dish to hold coins or jewelry. Learn the basics of working with polymer clay as you bake it on site in a toaster oven. Projects will be ready to take home at the end of the workshop. Great for beginners; all skill levels welcome. This is the perfect project to learn so you can share it with grandkids!



All materials are included.

No phone in registrations accepted.

Must register and pay in person.

Space is limited.

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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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.

The Memory Writers will return to their regular schedule on Friday, September 5.

BOOK CLUB

Thursday, June 12 at 10:00 a.m.

BOOK OF THE MONTH: Push

By: Sapphire

Precious Jones, an illiterate sixteen-year-old, has up until now been invisible: invisible to the father who rapes her and the mother who batters her and to the authorities who dismiss her as just one more of Harlem's casualties. But when Precious, pregnant with a second child by her father, meets a determined and highly radical teacher, we follow her on a journey of education and enlightenment as Precious learns not only how to write about her life, but how to make it her own for the first time.

All books are due back on or before June 12



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, June 11 & 25 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, June 10 at 6:00 p.m.



2nd Tuesday of the month

Anyone welcome!

STAMP COLLECTORS

Wednesday, June 18 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, June 12 at 6:00 p.m.



Meeting the 2nd Thursday of the month.

New members welcome!

FLYING GEESE QUILTERS

Thursday, June 5 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!

JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Sunday	3	4	5	6
2 8:00 Billiard Room Open 8:00 Take 5 For You 8:30 Men's Golf League at R.M. 8:30 Ladies Golf League at R.M. 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 5:30 Zumba Gold	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! 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	8:00 Billiard Room Open 8:00 Take 5 For You 8:30 Men's Golf League at R.M. 9:30 LPGA 10:00 Fondy Sunshine Strummers 10:00 Video Walk to Fitness 12:00 Canasta 12:00 Hand & Foot 12:00 Rec Sheepshead Ho Chunk Whittenberg Trip	8:00 Billiard Room Open 8:00 Take 5 For You 8:30 Flying Geese Quilters Work Day 8:30 Ladies Golf at R.M. 8:30 Men's Golf League at R.M. 9:00 Walking Group 10:00 Balance & Stretch 12:00 Mah Jongg 12:30 Movie-Conclave 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	8:00 Billiard Room Open 8:00 Fun Shirt Friday 8:00 Take 5 For You 8:30 Strong! 9:45 Beginning Gentle Yoga 10:00 Video Walk to Fitness 11:00 Chair Yoga 12:00 Game Day 12:00 Hand & Foot 7 Saturday 9:00 Beginning Line Dancing 9:00 Walking Group 8 Sunday
9	10	11	12	13
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 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	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! 9:00 Walking Group 9:45 Intermediate Yoga 10:00 Balance & Stretch 11:00 Cardio Drumming 12:00 Gait Assessments 12:00 Mah Jongg 1:00 Crafters Corner 1:00 Cribbage 1:00 Parkinson's Support Group 6:00 Coin Club	8:00 Billiard Room Open 8:00 Take 5 For You 8:30 Men's Golf League at R.M. 9:30 LPGA 10:00 Fondy Sunshine Strummers 10:00 Video Walk to Fitness 12:00 Canasta 12:00 Hand & Foot 12:00 Rec Sheepshead 1:00 Dementia Friends 1:00 Genealogy	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 10:00 Balance & Stretch 10:00 Book Club 10:30 Guided Relaxation 12:00 Mah Jongg 12:30 Movie-A Complete Unknown 1:00 Cribbage 1:00 Dominoes 1:00 Firecracker Craft 5:30 Beginning Line Dancing 6:00 Sunset Stitches 6:30 Line Dancing	8:00 Billiard Room Open 8:00 Fun Shirt Friday 8:00 Take 5 For You 8:30 Strong! 9:45 Beginning Gentle Yoga 10:00 Video Walk to Fitness 11:00 Chair Yoga 12:00 Game Day 12:00 Hand & Foot 12:30 Movie- Man's Favorite Sport? 1:00 Chair Volleyball Info Meeting 14 Saturday 9:00 Beginning Line Dancing 9:00 Walking Group 15 Sunday
16	17	18	19	20
8:00 Billiard Room Open 8:00 Take 5 For You 8:30 Men's Golf League at R.M. 9:00 Tech Tyme 9:00 Wood Carving	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! 9:00 Wood Carving	8:00 Billiard Room Open 8:00 Take 5 For You 8:30 Men's Golf League at R.M. 9:30 LPGA 10:00 Fondy Sunshine Strummers	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	8:00 Billiard Room Open 8:00 Fun Shirt Friday 8:00 Take 5 For You 8:30 Strong! 9:45 Beginning Gentle Yoga

<p>9:30 LPGA</p> <p>10:00 Video Walk to Fitness</p> <p>11:00 German 2</p> <p>12:30 Art With Trista</p> <p>12:30 Bunco</p> <p>1:00 Euchre</p> <p>1:00 German 3</p> <p>5:30 Zumba Gold</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 Mah Jongg</p> <p>12:30 Movie-Conclave</p> <p>1:00 Crafters Corner</p> <p>1:00 Cribbage</p>	<p>10:00 Video Walk to Fitness</p> <p>11:00 Feeding America</p> <p>11:30 Blood Pressure Clinic</p> <p>12:00 Canasta</p> <p>12:00 Hand & Foot</p> <p>12:00 Rec Sheephead</p> <p>1:00 Connection Of Body To Mind</p> <p>6:30 Stamp Club</p>	<p>10:00 Balance & Stretch</p> <p>12:00 Mah Jongg</p> <p>1:00 Cribbage</p> <p>1:00 Dominoes</p> <p>1:00 Pelvic & Prostate Health</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>21 Saturday</p> <p>9:00 Beginning Line Dancing</p> <p>9:00 Walking Group</p> <p>22 Sunday</p>
<p>23</p> <p>8:00 Billiard Room Open</p> <p>8:00 Take 5 For You</p> <p>8:30 Men's Golf League at R.M.</p> <p>9:00 Wood Carving</p> <p>9:30 LPGA</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>5:00 Water Movement to Music</p> <p>5:30 Zumba Gold</p> <p>5:45 Water Yoga</p>	<p>24</p> <p>8:00 Billiard Room Open</p> <p>8:00 Take 5 For You</p> <p>8:30 Ladies Golf League at R.M.</p> <p>8:30 Men's Golf League 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 Mah Jongg</p> <p>12:30 Movie- A Complete Unknown</p> <p>1:00 Crafters Corner</p> <p>1:00 Cribbage</p> <p>North Star Casino Trip</p>	<p>25</p> <p>8:00 Billiard Room Open</p> <p>8:00 Take 5 For You</p> <p>8:30 Men's Golf League at R.M.</p> <p>9:30 LPGA</p> <p>10:00 Fondy Sunshine Strummers</p> <p>10:00 Video Walk to Fitness</p> <p>11:30 Ask A Financial Advisor</p> <p>12:00 Canasta</p> <p>12:00 Hand & Foot</p> <p>12:30 Tie Dye Towels</p> <p>1:00 Genealogy</p> <p>5:00 Water Movement to Music</p> <p>5:45 Water Aerobics</p>	<p>26</p> <p>8:00 Billiard Room Open</p> <p>8:00 Double Ticket Day</p> <p>8:00 Take 5 For You</p> <p>8:30 Ladies Golf League at R.M.</p> <p>8:30 Men's Golf League at R.M.</p> <p>9:00 Walking Group</p> <p>10:00 Balance & Stretch</p> <p>12:00 Mah Jongg</p> <p>12:30 Art With Trista</p> <p>12:30 Gromowski Law Series</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>27</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 Gentle Yoga</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>12:30 Movie- R.V.</p> <p>28 Saturday</p> <p>9:00 Beginning Line Dancing</p> <p>9:00 Walking Group</p> <p>29 Sunday</p> <p>Fireside Theater Trip</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 League at R.M.</p> <p>9:00 Wood Carving</p> <p>9:30 LPGA</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>5:00 Water Movement to Music</p> <p>5:30 Zumba Gold</p> <p>5:45 Water Yoga</p> <p>Bucket List Challenge Deadline</p>				



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

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CHAIR VOLLEYBALL INFO MEETING

Friday, June 13 at 1:00 p.m.



Chair volleyball is a fun, inclusive variation of traditional volleyball, adapted for people of all mobility levels. Despite its seated format, the game is lively, social, and promotes physical activity, coordination, and mental alertness. If you are interested in playing chair volleyball please join us for this informational meeting.

If you are unable to attend the meeting but are still interested in playing chair volleyball, let us know.

To register call (920) 322-3630.

BASIC SELF-DEFENSE CLASS

Friday, June 20 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.*

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

FIRECRACKER CRAFT

Thursday, June 12 at 1:00 p.m.

Cost: \$3.00



Get ready to spark creativity! In this class you will create your very own festive, non-explosive firecracker. A perfect decoration for your home or holiday celebration! All skill levels welcome.

All materials are included.

No phone in registrations accepted.

Must register and pay in person.

Space is limited.

TIE DYE TOWELS WITH DEE

Wednesday, June 25 at 12:30

Cost: \$5.00



Join us for this fun and easy tie dye towel craft that will be sure to add color and a groovy personality to a plain dish towel. All materials are provided— just bring your creativity! You'll leave with 2 custom dish towels and the skills to keep dyeing at home.

We recommend wearing clothes that you don't mind getting ruined if you should happen to get dye on them.

No phone in registrations accepted.

Must register and pay in person.

Space is limited.

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.

BEGINNING GENTLE 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!

CONCLAVE

Thursday, June 5 *AND* Tuesday, June 17

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

PG · 2024 · Thriller/Mystery · 2h

Starring: Ralph Fiennes, Isabella Rossellini, Stanley Tucci, John Lithgow, Carlos Diehz

Summary: Cardinal Lawrence has one of the world's most secretive and ancient events, participating in the selection of a new pope. Surrounded by powerful religious leaders in the halls of the Vatican, he soon uncovers a trail of deep secrets that could shake the very foundation of the Roman Catholic Church.

To register call (920) 322-3630.

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



A COMPLETE UNKNOWN

Thursday, June 12 *AND* Tuesday, June 24

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

R · 2024 · Drama · 2h 20m

Starring: Timothee Chalamet, Bob Dylan, Monica Barbaro, Pete Seeger, Edward Norton, Elle Fanning

Summary: In the early 1960s, 19-year-old Bob Dylan arrives in New York with his guitar and revolutionary talent, destined to change the course of American music. Forming his most intimate relationships during his rise to fame, he grows restless with the folk movement, making a controversial choice that reverberates worldwide.

To register call (920) 322-3630.

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



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Fond du Lac, WI 54935

illuminus.us/communities/lutheran-homes-and-health-services



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🌐 www.lakelandcareinc.com



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MAN'S FAVORITE SPORT?

Friday, June 13

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

NR · 1953 · Comedy/ Romance · 1h 36m

Starring: Rock Hudson, Paula Prentiss, John McGiver, Charlene Holt, Maria Perschy



Summary: Salesman Roger is revered for his ability to sell fishing supplies; he's even authored a book on the art of angling. So, when a fishing tournament comes up, his boss asks him to enter. Too bad he doesn't actually know the first thing about the sport, having never done it himself. Helping him with a crash course in rods and reels is the competition's publicist, Abby, and her friend "Easy", much to the consternation of Roger's fiancée.

To register call (920) 322-3630.

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

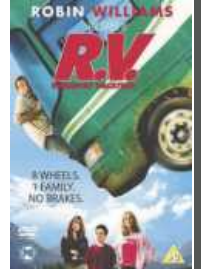
R.V.

Friday, June 27

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

PG · 2006 · Comedy · 1h 39m

Starring: Robin Williams, Chloe Sonnenfeld, Barry Sonnenfeld, Cheryl Hines, Josh Hutcherson, Kristin Chenoweth



Summary: The Munros are a typically American dysfunctional family, complete with rebellious, uncommunicative offspring and baffled parents. Patriarch Bob (Robin Williams) would like to remedy the situation before his son and daughter instant-message their parents out of their lives. Bob rents a motor home to take the clan on vacation but soon finds that camping and togetherness can be hazardous to one's health.

To register call (920) 322-3630.

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

SUDOKU

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Animal Word Search



Birds of a Feather

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N	J	L	U	S	S	B	L	U	E	B	I	R	D	N	W	X	O	Q	G

Word list:

BLUEBIRD
CHICKADEE
COWBIRD
CROW
DOVE
DUCK
EAGLE
EGRET

FINCH
GOLDFINCH
GOOSE
HAWK
HERON
KESTREL
LOON
MEADOWLARK

NIGHTHAWK
ORIOLE
OWL
PARTRIDGE
PELICAN
RAVEN
ROBIN
SANDPIPER

SPARROW
SWALLOW
SWAN
THRASHER
WARBLER
WOODPECKER
WREN



SUPPORT THE FRIENDS

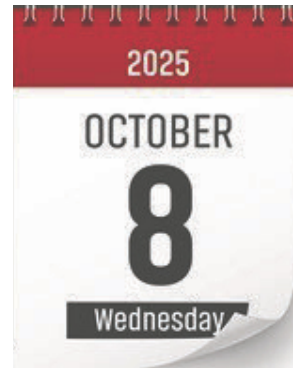
The Friends of the Fond du Lac Senior Center is a 501(c)3 non-profit that supports the programs and activities at The Center. There are many ways to support the Friends:

- ♦ 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, June 18
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: Lutheran Homes and Health Services



GAIT ASSESSMENTS

Tuesday, June 10 & 24
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, June 12
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.*

TECH TYME

Monday, June 16 9:00-10:30 a.m. at The Center



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

Sessions are limited if others are waiting.

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 Michele! Michele 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 Jan! Jan was the Birthday Club winner last month!

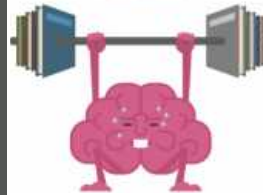
DO A JIGSAW PUZZLE!

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, June 26
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)

PARENTS OF ANGELS

1st Thursday –June 5 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, June 18
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.

MEMORY SCREENING

Monday, June 9
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, June, 10 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.

DISPOSABLE DRUG BAGS AVAILABLE

Do you have unused medication that you would like to get rid of? If so, drop in and pick up a free disposable drug bag and dispose of them in your own home. They are safe and very easy to use.



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.



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

Anna Carlson, CRPC™

Financial Advisor
101 S Pioneer Road, Suite A
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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920-907-9511

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Christopher Vitton, AAMS™

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920-375-5259

Jeff Wills, CRPC™

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Fond Du Lac, WI 54935
920-923-1679

Robert Bruce

Financial Advisor
58 N. Main Street
Fond du Lac, WI 54935
920-638-4182

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WATER CLASSES AT TAYLOR PARK



INSTRUCTOR LED, WATER MOVEMENT TO MUSIC – FUN FITNESS

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

Cost: \$2.00/class –payable at the door.

WATER YOGA – ALL LEVELS

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

Cost: \$3.00/class– payable at the door.

WATER AEROBICS

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

Cost: \$3.00/payable at the door.

SUMMER BUCKET LIST CHALLENGE

Hooray! It's summer! We challenge you to get outside and enjoy the summer weather! Take a picture of yourself doing the activities from the list below, stop in and show us, and we will enter you to win a prize! **Have fun!**

- Use the outdoor workout equipment at The Center
- Find a "hidden gem" in your city
- Attend a baseball game
- Lounge by the pool
- Make Strawberry shortcake
- Read a book outdoors
- Take a bike ride
- Go on a picnic
- Go Fishing
- Pick berries
- Eat ice cream
- Make S'mores



Bring in your pictures by Monday, June 30.

LADIES PLAYFUL GOLF CLUB

May 5 - August 27, 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.

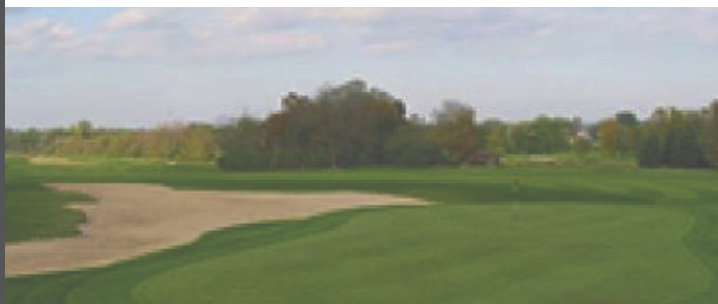
Must Call to Register (920) 322-3630

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

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
- ♦ Thursday Men's League

New subs welcome.

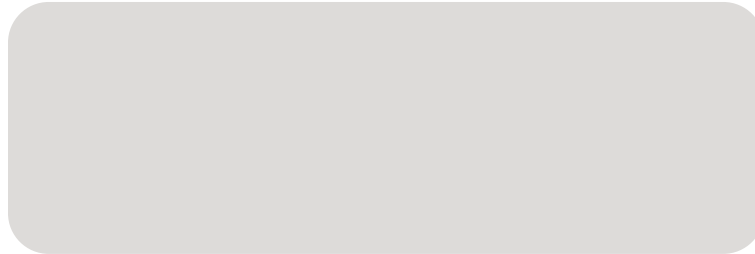
Call Rolling Meadows (920) 924-2425 with any questions.



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THE CENTER 920-322-3630

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 58 years!



@FondduLacSeniorCenter

Visit us online at
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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