

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

# AMONG FRIENDS

NEWSLETTER

July 2025



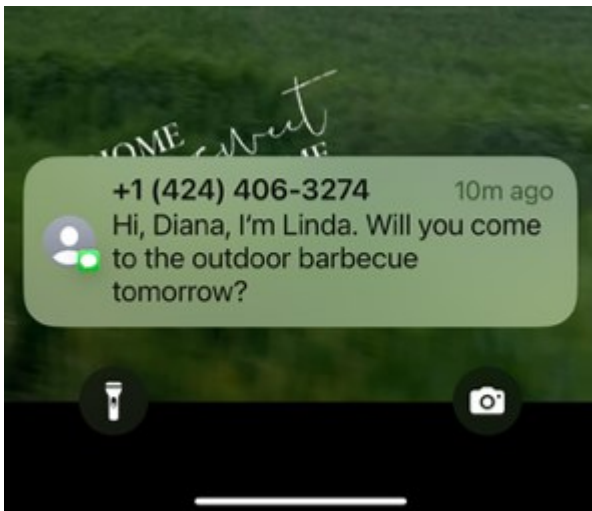
## OUR MISSION

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

I don't know about you, but it seems like more and more frequently I'm getting text messages that are either spam or scam.

The scam ones we all need to be aware of - for example, in the last month I've gotten several of them that claim that I owe money from "Toll EZ Pass" - in amounts ranging from \$18.10 on up and one threatening a \$59.99 late fee. I haven't been through a toll booth in ages! Most of the scam ones also include a link to click on - and like anything else with technology, please only click on something if you know with 1000% certainty that it is valid and not a scam.

I have also received several marketing texts lately - a paving company that is giving 20% off of asphalt paving jobs until June 16, a furniture company offering \$500 trade in credit if I buy new furniture, multiple HR people with job opportunities that sound way too good to pass up, several cell phone companies wanting me to upgrade to a new phone, plan or internet service, and my favorite one of all:



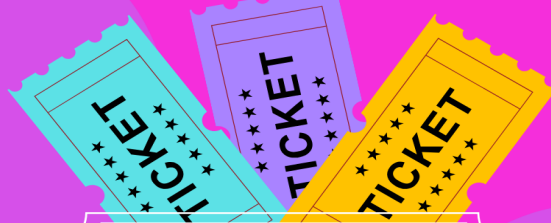
I've read stories about misdirected text messages—one in particular where a young man has spent the last few Thanksgivings with a family—all because he received a text message about coming to Thanksgiving dinner—and he went! When I received this message, I sent a screenshot to my family asking if I should go. Their responses cracked me up because they were all on the same page. They all thought that I should ask what they would be having for food and drinks.

Part of me feels like I should have responded to let "Linda" know that "Diana" never got the message, but I am betting it was a scam of some sort and I didn't want to engage. I guess I'll always wonder what they had for food and drinks :)

Hope you have a great month and hope to see you soon!

*Cathy*

## 2025 FRIENDS OF THE FOND DU LAC SENIOR CENTER ANNUAL RAFFLE FUNDRAISER



GRAND PRIZE  
**\$500 CASH**

PLUS MANY MORE PRIZES

**DRAWING - AUGUST 13**

**2:00 P.M. AT THE CENTER**

**Please consider supporting the Friends! All proceeds support programs  
and activities at The Center**

**Tickets available at the front desk. \$1 each \* 6 for \$5 \* 18 for \$15**

Raffle License R0012427-A-15540



# 4<sup>TH</sup> OF JULY WORD SCRAMBLE

Unscramble the 4<sup>th</sup> of July words

YLJU

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OEISFKWRR

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EEEEDDCPNNNI

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HOTFUR

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TIERBLY

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GLAF

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EAAICRM

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ODEMEFR

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SSATR

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EISSPTR

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## NOBODY WANTS TO TALK ABOUT IT...BUT YOU SHOULD

Wednesday, July 9 at 1:00 p.m.



There are a lot of messages about planning your final arrangements.

Dawn will present a no-nonsense guide to the pros and cons of planning now, the surprising truths about who has the legal

right to plan your funeral and a few real-life scenarios about what can happen if you simply think, "I'll let my kids figure it out," or you say, "Just burn me and throw me in the garbage."

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



Sponsored by: *Zachert* FUNERAL HOME INC.

## GROMOWSKI LAW SERIES WHAT ARE TRUSTS

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



Join us for the Gromowski Law series this month and learn the following:

- Types of trusts
- Who are trustees?
- What do trustees do?
- Who are trust protectors?
- Controlling assets from the grave
- How to limit what your beneficiaries get and when

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



Sponsored by: Gromowski Law Firm LLC

## FDL FIRE RESCUE HAZARDOUS MATERIALS RESPONSE OVERVIEW

Thursday, July 17 at 1:00 p.m.

Fond du Lac Fire Rescue operates a Level III hazardous materials response team. This team is a part of the Wisconsin Emergency Management



system which handles all hazardous materials responses in the state. Fond du Lac Fire and Rescue will give an overview of their technical rescue team, educational requirements, and training, and go over some recent responses in their jurisdiction. They will also bring their hazardous materials response vehicles and equipment for display and talk about some of that equipment. Bring your questions!

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

Sponsored by:



## SENIORS AGAINST SCAMS MOBILE SHOPPING & FACEBOOK MARKETPLACE

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



Join us for this presentation and learn how to navigate Facebook Marketplace, Craigslist, and other mobile shopping sites safely. You will also learn the safest payment methods to use while mobile shopping.

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



Sponsored by: **FVSBank**



# HIDDEN PICTURE PUZZLE



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

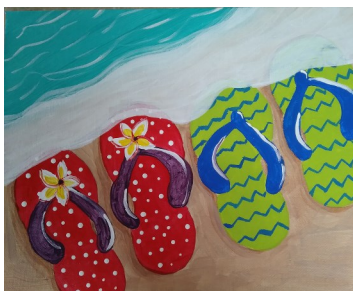




## PAINTING WITH BARB *FLIP FLOPS ON THE BEACH*

Monday, July 14 at 12:30 p.m.

Cost: \$5.00



Let that creativity wander and those summer vibes flow with our *Flip Flops on the Beach* painting class! In this class Barb will guide you to paint colorful flip flops resting in the warm sand, with the cool water rushing up to them. Painted on a 8"x10" canvas.

*All materials are included.*

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

*Space is limited.*

## PAINTING WITH BARB *CACTUS STONE ART*

Monday, July 28 at 12:30 p.m.

Cost: \$5.00



Join us for this class where you will transform ordinary rocks into creative life like cactus plants!

*All materials are included.*

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

*Space is limited.*

## ART WITH TRISTA *SUBLIMATION MUGS*

Monday, July 21 at 12:30 p.m.

Cost: \$7.00

Learn how the picture you paint can be heat transferred onto a coffee mug; it's easier than you think. Sounds COOL, because it IS!! In this art session, you will learn the process of sublimation; the technique of transferring "dye paints" onto the surface of "blanks" such as drinkware. All supplies will be provided, just bring some thoughts of what you'd like to paint, and painting clothes. No artistic talent? No problem! For this project, landscapes & abstracts are perfect! And inspirational ideas will be available for you to reference.



*All materials are included.*

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

*Space is limited.*

## ART WITH TRISTA *FUSED GLASS TRINKET TRAYS*

Thursday, July 31 at 12:30 p.m.

Cost: \$7.00

Join Trista for a really fun session of Fused Glass! She'll share with you how two layers of glass "fuse" together in the kiln firing process as you create your very own glass Trinket Tray. Create your own unique design while learning how to cut, break, and assemble glass for this small artwork item.



No experience necessary.

*All materials are included.*

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

*Space is limited.*

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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.

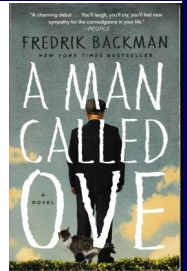
The Memory Writers will return to their regular schedule on Friday, September 5.

## BOOK CLUB

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

BOOK OF THE MONTH: A Man Called Ove

By: Fredrik Backman



"A Man Called Ove" tells the story of Ove, a grumpy, elderly widower, who is struggling to find purpose after the death of his wife, Sonja. He initially appears unapproachable, but as he reluctantly forms connections with his new neighbors, including Parvaneh and her family, Ove begins to find renewed meaning in life and discovers the importance of community and friendship.

All books are due back on or before July 10.



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, July 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.

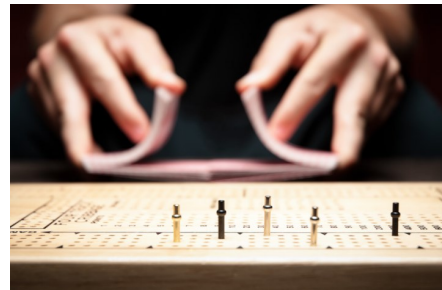


Come join us!

**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.

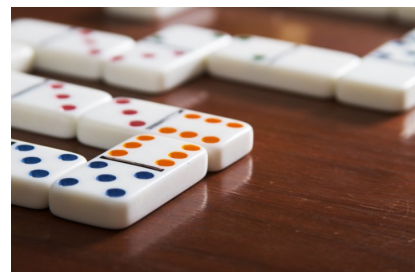


In order to complete two games, tables are drawn promptly at 12:00. We ask that everyone be here **prior to 12:00** and ready to start at noon. Thank you.

**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, July 8 at 6:00 p.m.



2nd Tuesday of the month

Anyone welcome!

## STAMP COLLECTORS

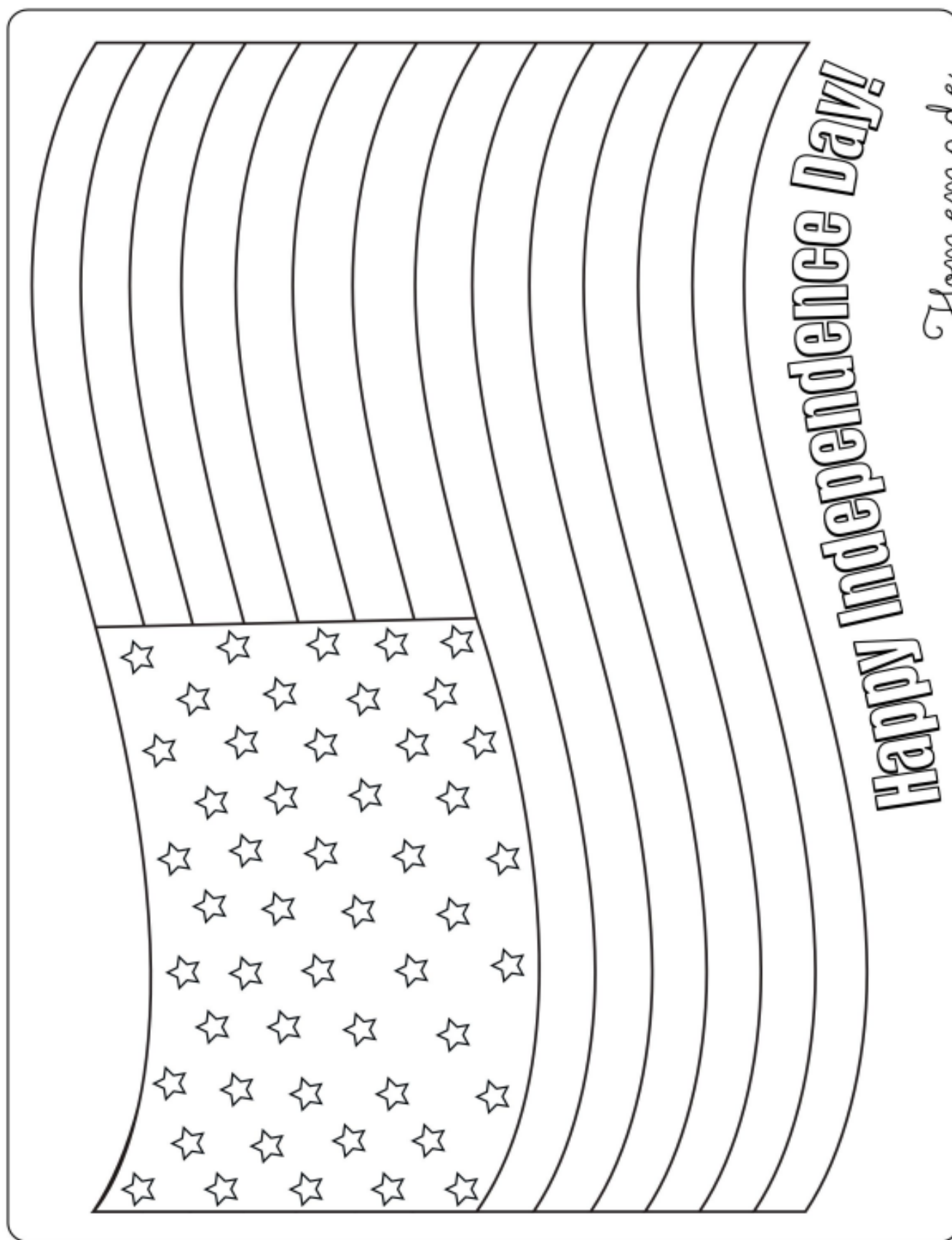
Wednesday, July 16 at 6:30 p.m.



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 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, July 10 at 6:00 p.m.



Meeting the 2nd Thursday of the month.  
New members welcome!

## FLYING GEESE QUILTERS

The Flying Geese Quilters will not be meeting this month.



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!



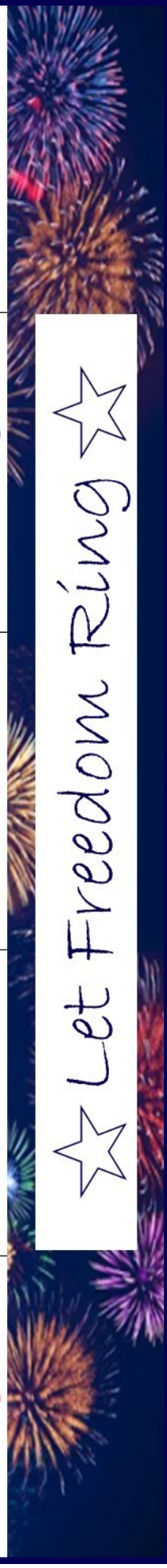
# JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</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! 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	<b>2</b> 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 Sheephead 5:00 Water Movement To Music 5:45 Water Aerobics	<b>3</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 10:00 Balance & Stretch 12:00 Mah Jongg 1:00 Cribbage 1:00 Dominoes <b>1:00 No Flying Geese Quilters</b> 5:30 Beginning Line Dancing 6:30 Line Dancing	<b>4</b>  <b>Closed</b>  <b>5 Saturday</b> 9:00 Beginning Line Dancing 9:00 Walking Group <b>6 Sunday</b>	<b>5 Saturday</b> 8:00 Billiard Room Open <b>8:00 Fun Shirt Friday</b> 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 <b>12:30 Movie- The Out-Of-Towners</b> 1:00 Chair Volleyball  <b>12 Saturday</b> 9:00 Beginning Line Dancing 9:00 Walking Group <b>13 Sunday</b>
<b>7</b> 8:00 Billiard Room Open 8:00 Take 5 For You 8:30 Men's Golf League at R.M. 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 5:00 Water Movement To Music 5:30 Zumba Gold 5:45 Water Yoga  <b>Lake Of The Torches Trip</b>	<b>8</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! 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 <b>1:00 Parkinson's Support Group</b> 6:00 Coin Collectors	<b>9</b> 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 Sheephead 1:00 Genealogy <b>1:00 Nobody Wants To Talk About It</b> 5:00 Water Movement To Music 5:45 Water Aerobics	<b>10</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 10:00 Balance & Stretch <b>10:00 Book Club</b> 12:00 Mah Jongg <b>12:30 Movie-The Unbreakable Boy</b> 1:00 Cribbage 1:00 Dominoes 5:30 Beginning Line Dancing 6:00 Sunset Stitches 6:30 Line Dancing	<b>11</b> 8:00 Billiard Room Open <b>8:00 Fun Shirt Friday</b> 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 <b>12:30 Movie- The Out-Of-Towners</b> 1:00 Chair Volleyball  <b>12 Saturday</b> 9:00 Beginning Line Dancing 9:00 Walking Group <b>13 Sunday</b>
<b>14</b> 8:00 Billiard Room Open 8:00 Take 5 For You 8:30 Men's Golf League at R.M. <b>9:00 Memory Screening</b> 9:00 Wood Carving 9:30 LPGA 10:00 Video Walk to Fitness	<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. 8:30 Strong! 9:00 Walking Group 9:45 Intermediate Yoga	<b>16</b> 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 <b>11:00 Feeding America</b>	<b>17</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 10:00 Balance & Stretch <b>10:30 Guided Relaxation</b>	<b>18</b> 8:00 Billiard Room Open <b>8:00 Fun Shirt Friday</b> 8:00 Take 5 For You 8:30 Strong! 9:45 Beginning Gentle Yoga 10:00 Video Walk to Fitness 11:00 Chair Yoga



<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>5:00</b> Water Movement To Music <b>5:30</b> Zumba Gold <b>5:45</b> Water 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>12:30</b> Caregiving <b>1:00</b> Crafters Corner <b>1:00</b> Cribbage	<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-The Friend <b>5:00</b> Water Movement To Music <b>5:45</b> Water Aerobics <b>6:30</b> Stamp Collectors	<b>12:00</b> Mah Jongg <b>1:00</b> Cribbage <b>1:00</b> Dominoes <b>1:00</b> FDL Fire Rescue <b>5:30</b> Beginning Line Dancing <b>6:30</b> Line Dancing	<b>12:00</b> Game Day <b>12:00</b> Hand & Foot <b>1:00</b> Basic Self-Defense Class <b>1:00</b> Chair Volleyball  <b>19 Saturday</b> <b>9:00</b> Beginning Line Dancing <b>9:00</b> Walking Group <b>20 Sunday</b>
<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>9:00</b> Wood Carving <b>9:30</b> LPGC <b>10:00</b> Video Walk to Fitness <b>11:00</b> German 2 <b>12:30</b> Art With Trista <b>12:30</b> Bunco <b>1:00</b> Euchre <b>1:00</b> German 3 <b>5:00</b> Water Movement To Music <b>5:30</b> Zumba Gold <b>5:45</b> Water Yoga	<b>22</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> Mah Jongg <b>12:30</b> Movie-The Unbreakable Boy <b>1:00</b> Crafters Corner <b>1:00</b> Cribbage	<b>23</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>9:30</b> LPGC <b>10:00</b> Fondy Sunshine Strummers <b>10:00</b> Video Walk to Fitness <b>11:30</b> Ask A Financial Advisor <b>12:00</b> Canasta <b>12:00</b> Hand & Foot <b>12:00</b> Rec Sheephead <b>1:00</b> Genealogy <b>1:00</b> Seniors Against Scams <b>5:00</b> Water Movement To Music <b>5:45</b> Water Aerobics	<b>24</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>25</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 Gentle 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 Odd Couple <b>1:00</b> Chair Volleyball  <b>26 Saturday</b> <b>9:00</b> Beginning Line Dancing <b>9:00</b> Walking Group <b>27 Sunday</b>
<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>9:00</b> Wood Carving <b>9:30</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>5:00</b> No Water Movement To Music <b>5:30</b> Zumba Gold <b>5:45</b> No Water Yoga	<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>8:30</b> No Strong! <b>9:00</b> Walking Group <b>9:45</b> No Intermediate Yoga <b>10:00</b> Balance & Stretch <b>11:00</b> No Cardio Drumming <b>12:00</b> Mah Jongg <b>12:30</b> Movie-The Friend <b>1:00</b> Crafters Corner <b>1:00</b> Cribbage	<b>30</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>9:30</b> LPGC <b>10:00</b> Fondy Sunshine Strummers <b>10:00</b> Video Walk to Fitness <b>11:30</b> Grilling Month Cookout <b>12:00</b> Canasta <b>12:00</b> Hand & Foot <b>12:00</b> Rec Sheephead <b>5:00</b> No Water Movement To Music <b>5:45</b> No Water Aerobics	<b>31</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> Art With Trista <b>1:00</b> Cribbage <b>1:00</b> Dominoes <b>5:30</b> Beginning Line Dancing <b>6:30</b> Line Dancing  <b>Bucket List Challenge Deadline</b>	

☆ Let Freedom Ring ☆



1

## NATIONAL GRILLING MONTH COOKOUT

Wednesday, July 30  
11:30 a.m.-1:00 p.m.  
Cost: \$3.00



Come and celebrate National Grilling Month with us! We will be serving up yummy brats and hamburgers. The lunch also includes a bag of chips, cookie, and a bottle of water.

May purchase a second brat or hamburger for \$1.00.

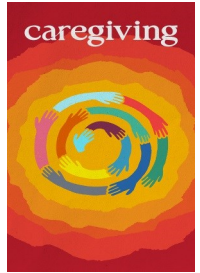
Must register and pay in person by July 23.  
To register call (920) 322-3630. *Space is limited.*

Sponsored by:



## CAREGIVING

Tuesday, July 15  
12:30 p.m.



This two-hour documentary is centered on the personal experiences of caregivers providing for loved ones, and the challenges and triumph they face each day. As the number of caregivers declines, and the number of individuals requiring care in our country increases, the challenges grow. Caregivers require differing types and levels of support. At times, the burdens of caregiving can seem unbearable, regardless of resources. The "needs gap" for information may be greater for caregivers than it is for care recipients. The film will explore these issues and shine a light on innovation for 21st century caregiving.

Dawn from Comfort Keepers will be here before and after the movie to answer questions about caregiving and supportive home care services.

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

Sponsored by:



## BASIC SELF-DEFENSE CLASS

Friday, July 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.*

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

## MAKE YOUR MONEY LAST IN RETIREMENT: ASK A FINANCIAL ADVISOR

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



Do you have questions about your finances? If so, here is your chance! 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. This is not a presentation, but rather a drop-in program to ask questions about finances.

Sponsored by:

**Edward Jones**



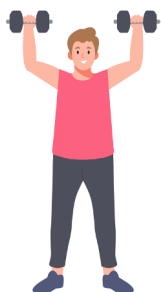
# STAY STRONG - PREVENT FALLS

## 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.*

*No Strong! On July 4 & 29.*

## 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.

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

*No refunds, no partial months.*

*No Chair Yoga on July 4.*



## 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.*

*No Cardio Drumming on July 29.*

## 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.*

*No Beginning Gentle Yoga on July 4.*



## 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.*

*No Intermediate Yoga on July 29.*



## 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!

## CHAIR VOLLEYBALL

Fridays 1:00 - 2:30 p.m. - Beginning July 11



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.

*Teams are chosen randomly every Friday.*

**Drop-in and try it!**

## 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.

**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!**

## THE UNBREAKABLE BOY

Thursday, July 10 *AND* Tuesday, July 22

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

PG · 2025 · Drama · 1h 49m

**Starring:** Zachary Levi, Jacob Laval, Meghann Fahy, Patricia Heaton, Pilot Bunch, Peter Facinelli



**Summary:** When Scott and Teresa learn that their son, Austin, is autistic and has brittle bone disease, they initially worry about his future. However, with Scott's growing faith and Austin's incredible spirit, they become unbreakable as they find joy, gratitude and courage in the most trying times.

To register call (920) 322-3630.

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

## THE FRIEND

Wednesday, July 16 *AND* Tuesday, July 29

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

R · 2024 · Drama/Comedy · 2h

**Starring:** Naomi Watts, Bill Murray, Sarah Pidgeon, Carla Gugino, Constance Wu, Ann Dowd



**Summary:** New York City writer Iris finds her comfortable, solitary life thrown into disarray after her closest friend and mentor bequeaths her a Great Dane named Apollo. The huge dog immediately creates practical problems for Iris, from furniture destruction to eviction notices, as well as more existential ones. Yet as Iris finds herself unexpectedly bonding with Apollo, she begins to come to terms with her past, and her own creative inner life.

To register call (920) 322-3630.

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



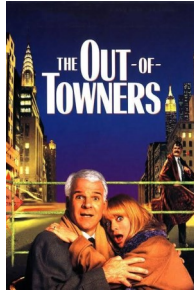
## THE OUT-OF-TOWNERS

Friday, July 11

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

PG-13 · 1999 · Comedy/ Drama · 1h 30m

**Starring:** Steve Martin, Goldie Hawn, John Cleese, Oliver Hudson, Mark McKinney



**Summary:** With the children out of the house, Henry and Nancy Clark head to New York City to embrace their cosmopolitan dreams. Henry has set up a job interview with an advertising firm, and Nancy hopes to add some spice to their marriage. But nothing goes according to plan for the couple, as they endure lost luggage, muggers, a diffident desk clerk and a disastrous tour of the city that never sleeps-- and won't leave them alone!

To register call (920) 322-3630.

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

## THE ODD COUPLE

Friday, July 25

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

G · 1968 · Comedy/ Drama · 1h 45m

**Starring:** Walter Matthau, Jack Lemmon, Monica Evans, Carole Shelley, John, Fiedler



**Summary:** When fussy Felix becomes suicidal over his impending divorce, he accepts an offer to move in with his best friend, messy Oscar. Felix drives Oscar crazy with his obsession over his soon-to-be ex. Oscar tries to get him out of his funk by arranging a double date with two wacky British neighbors, Cecily and Gwendolyn. When the plan backfires and Felix grows even more despondent, his friendship with Oscar is put to the test

To register call (920) 322-3630.

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

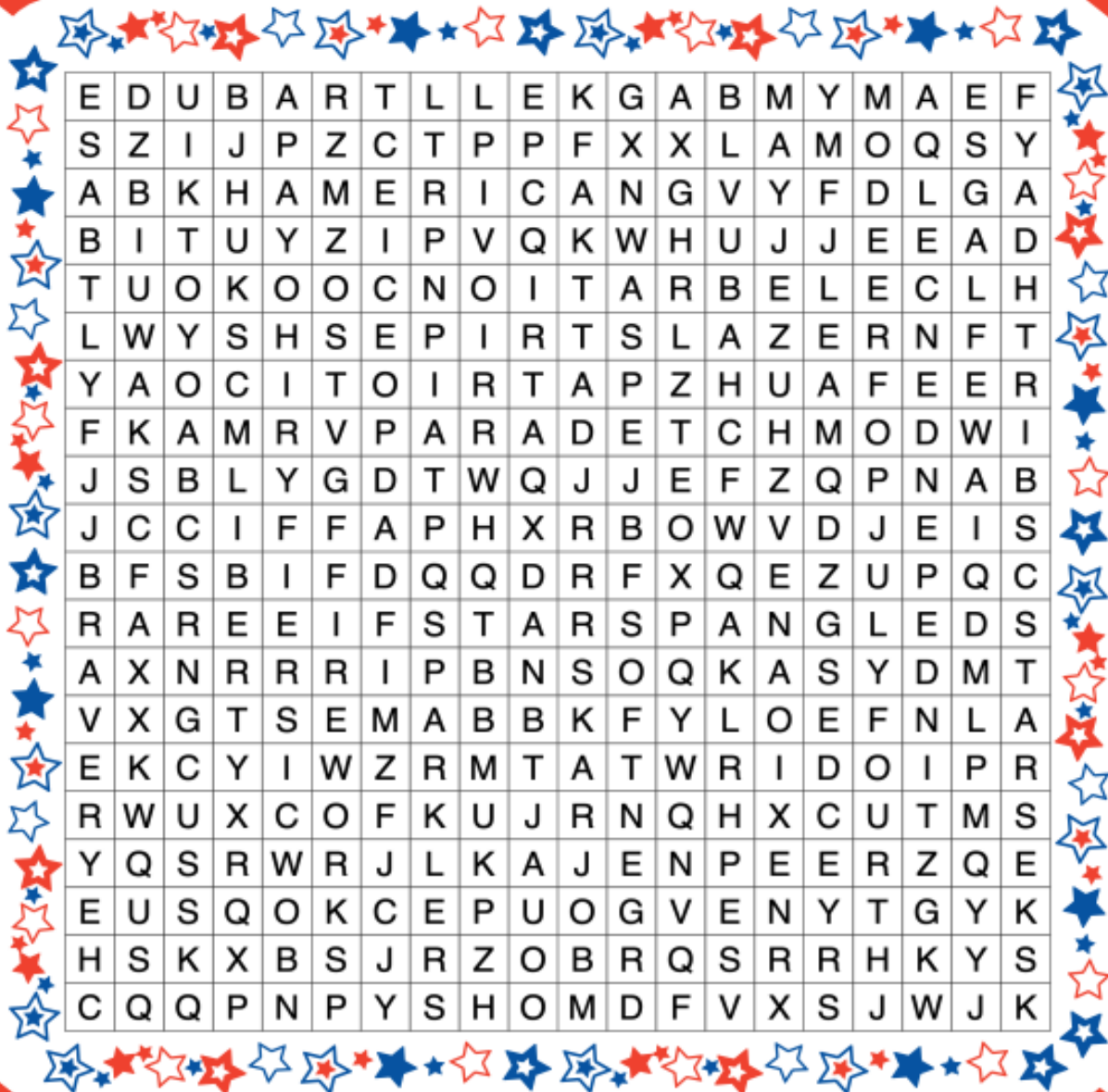
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# ★ 4TH OF JULY ★

## WORD SEARCH



PATRIOTIC  
AMERICAN  
CELEBRATION  
JULY FOURTH

LIBERTY  
PARADE  
STRIPES  
STARS

BARBECUE  
BANNERS  
FLAG  
PARTY

FIREWORKS  
FREEDOM  
COOKOUT  
SPARKLERS

STAR-SPANGLED  
INDEPENDENCE  
BRAVERY  
BIRTHDAY

## 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, July 16  
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, July 15  
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

We will be closed on Friday, July 4th.

Have a very happy and safe  
Independence Day!



## GUIDED RELAXATION

Thursday, July 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.*



## 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 Karen! Karen was the kindness winner last month. Thank you for being so kind!

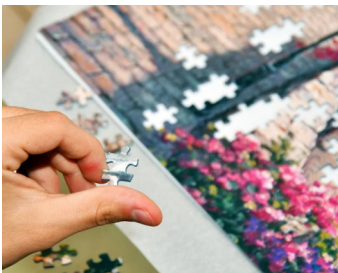
## BIRTHDAY CLUB

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! If you let us know it's your birthday month, we'll give you a birthday treat!

Congratulations and Happy Birthday to Lori! Lori 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, July 22  
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, July 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](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.

## MEMORY SCREENING

Monday, July 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 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!**

Parents Of Angels will return to their regular schedule on Thursday, October 2.

Call (920) 322-3630 for more information.



## FEELING THE PINCH?

Wednesday, July 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.

## 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.



## 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.



1



## 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.

**There will be no classes on July 28 & 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*

## SUMMER BUCKET LIST CHALLENGE

Hooray! It's summer! We challenge you to get outside and enjoy the long, warm summer days! 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!

- Use the outdoor workout equipment at The Center
- Attend a Center water class at Taylor Park Pool
- Attend an outdoor concert
- Watch fireworks
- Attend a barbeque
- Go to the Beach
- Build a Sand castle
- Dine outdoors
- Enjoy a sunset
- Visit a flea market
- Find a monarch
- Garden

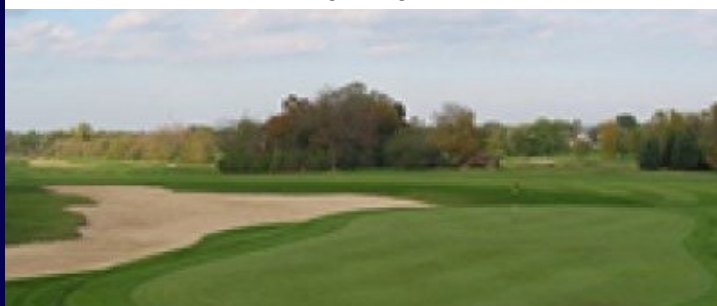


Bring in your pictures by Thursday, July 31

## 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.

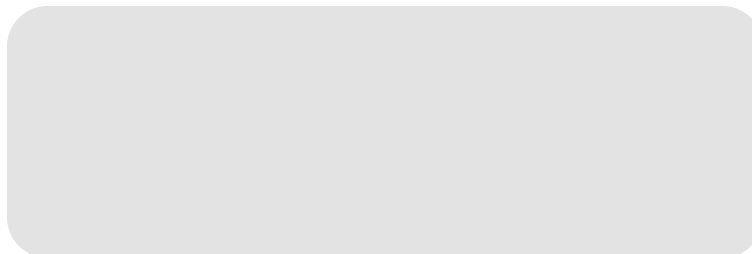
**Call Rolling Meadows (920) 924-2425 with any questions.**



151 E. First Street  
Fond du Lac, WI 54935

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FOND DU LAC, WIS  
PERMIT NO. 129

OR CURRENT RESIDENT



## THE CENTER 920-322-3630

### STAFF

#### DIRECTOR

Cathy Loomans  
cloomans@fdl.wi.gov

#### PROGRAM/OUTREACH COORDINATOR

Sarah Docter  
sdocter@fdl.wi.gov



### The Center

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

Fond du Lac, WI 54935

Phone (920)322-3630

Email senior@fdl.wi.gov

Hours M-F 8:00 am– 3:00 pm

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

Proudly serving the  
Fond du Lac Community  
for over 58 years!

Like Us On  
**facebook**

@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

*Friends of the*  
**Fond du Lac Senior Center**  
151 E 1<sup>st</sup> Street  
Fond du Lac WI 54935

### FRIENDS BOARD OF DIRECTORS

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Anna Lohmann  
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Everett Werth  
Barb Wirkus

Cathy Loomans, Center Director

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