

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

# AMONG FRIENDS

NEWSLETTER

August 2025



Hello  
August

## OUR MISSION

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

Do you remember waiting to turn 15 1/2? I do because that was the age you needed to be in order to get your "temps" or your "learner permit" for driving. Nothing felt more like independence than having that little piece of paper in your wallet, and then when you turned 16 and got your real "probationary" license, that was the best day ever!

My kids laugh when I tell them that our drivers licenses were just paper - orange and white with black type - no photo, no holograph, nothing special embedded or fancy technology to make sure that the person carrying it was truly the person the license belonged to. Boy those were the days!

Driving and independence are intertwined from our very young teenage years to the end years of our life, especially in this part of Wisconsin where it is quite rural and there isn't a lot of infrastructure for public transportation. That's why many times the conversations about giving up driving are very difficult and emotional. Most of us feel that without a license we will be isolated and unable to go where we want or do the things we want to do, and those feelings may be valid.

This month we will be offering a couple of different programs to bring awareness to options that are available as people transition from driving to "non driving" (this is a phrase that some of the researchers use to identify people who have given up driving for any number of reasons).

Fond du Lac City Transit will be here on Tuesday, August 19th - we will actually get on the bus at the stop right in front of The Center, ride the route, and learn how transit operates. Then on Thursday, August 21st the ADRC, Quality Cab and United Way will all be here to talk about other transportation options that are available within the county.

This is one of those #KnowBeforeYouNeedToKnow programs - it's really important information. Where you live, where you need to go, and what kind of resources you have available to spend on transportation will all be determining factors if/when you become a non-driver.

The reason I feel this is such important information is that over the years I have encountered many individuals and families who have moved only to discover that they are outside of the area that is served by public transportation. Almost every time, the people I was talking with had no idea that was something to consider, and now they were scrambling to figure out how to get from point A to point B. As with all of our educational programs, we want to give you the tools to age well - BEFORE you need them!

Hope you are having a great summer and hope to see you soon.

*Cathy*

## POP IN FOR POPCORN & POPSICLES FOR NATIONAL SENIOR CITIZENS DAY

Thursday, August 21  
11:00 a.m. – 2:00 p.m.



Are you craving something crunchy and salty, or cold and sweet? We've got you covered! Pop in for a popsicle & popcorn, and celebrate National Senior Citizens Day with us!



*While supplies last.*

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- You do NOT need to 'update' your Medicare Card
- Medicare will NEVER call or text you asking for your Medicare number

### Protect Yourself

- Never give out your Medicare number to unexpected callers
- Hang up on anyone asking for personal information
- Report suspicious calls to SMP

Have you been told you need a new Medicare card?

**STOP! It's a scam**



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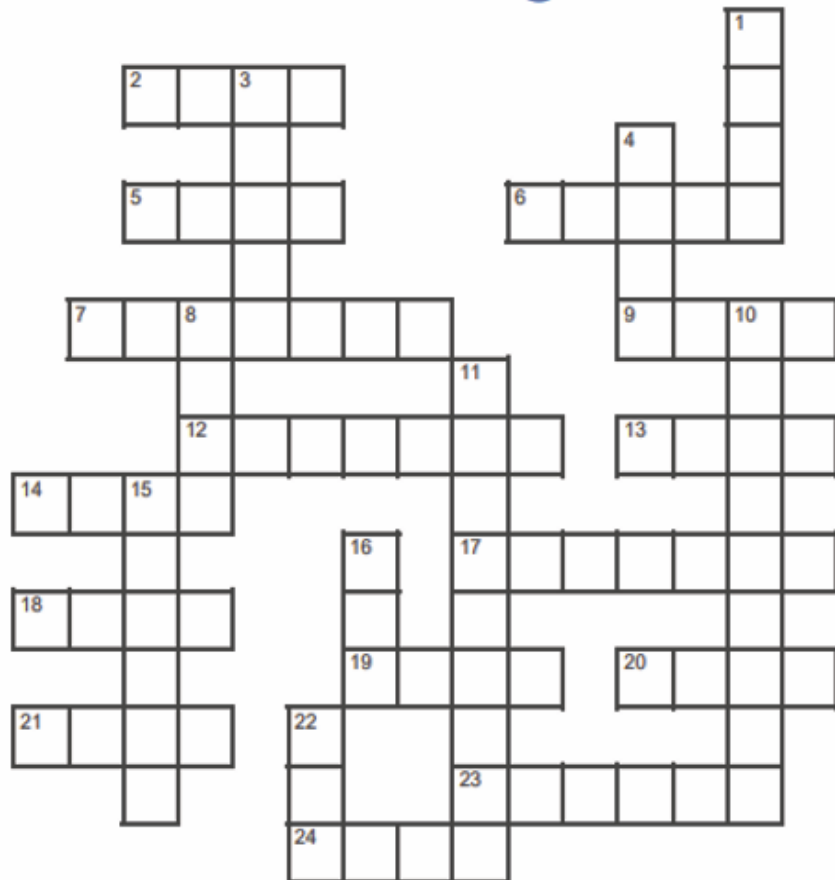
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# Smooth Sailing

## ACROSS

2. Platform on a boat.
5. Group of people working together on a boat..
6. Rolling wave.
7. The leader of a sailing vessel.
9. Tall vertical pole on a ship.
12. A boat race.
13. Cloth on a boat that catches the wind.
14. A watercraft used for sailing.
17. System of ropes on a boat.
18. Change direction by turning the bow through the wind.
19. Floating object used to mark locations.
20. Visible track left by a boat on the water.
21. Measure of speed.
23. Part of a boat used for steering.
24. Energy source for sailing.



## DOWN

1. Type of sailing vessel with two masts.
3. Metal or wooden fitting to secure ropes.
4. Steering apparatus on a boat.
8. Left side of a boat.
10. Large, colorful sail used for downwind sailing..
11. Right side of a boat.
15. Device used to prevent a boat from drifting.
16. Small sail at the front of a sailboat.
22. Front of a boat.





## LEARN TO RIDE CITY TRANSIT

Tuesday, August 19 at 11:00 a.m.



If you have never ridden the City Bus, and the thought of having to learn it on your own makes you feel anxious, then this program is for you! We will meet at The Center at 11:00 a.m., catch the bus route from the stop right out in front of the building, and then return to learn more about transit.

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



Sponsored by: Fond du Lac Area Transit

## LEARN TO RIDE SENIOR TRANSPORTATION, CAB SERVICES, RIDE UNITED

Thursday, August 21 at 1:00 p.m.



Join us for this informational program and learn about various modes of transportation that are available in Fond du Lac County.

- ◆ Senior Transportation— ADRC
- ◆ Cab Services— Quality Cab
- ◆ Ride United— FDL Area United Way

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



Sponsored By:



Fond du Lac County  
United Way

## STAYING SAFE ONLINE: PROTECTING YOURSELF FROM INTERNET SCAMS AND CYBERCRIME

Wednesday, August 20 at 1:00 p.m.

Detectives Dave Olig and Tyler Tikkanen will present on current trends in cybercrime and how you can protect yourself online. Detectives Olig and Tikkanen will talk about



recent cases they've worked and provide resources on how to stay safe in today's online world.

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



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## THE MICROBIOME AND ITS INFLUENCE ON HEALTHY AGING

Thursday, August 26 at 1:00 p.m.



Do you know that you have about a billion bacteria living in your intestines? Also called the "gut microbiome," these bacteria are super important in our overall health. Join registered dietitian Molly Spaulding from Aurora Health Care to learn more about things optimizing your gut bacteria to improve our health as we age.

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



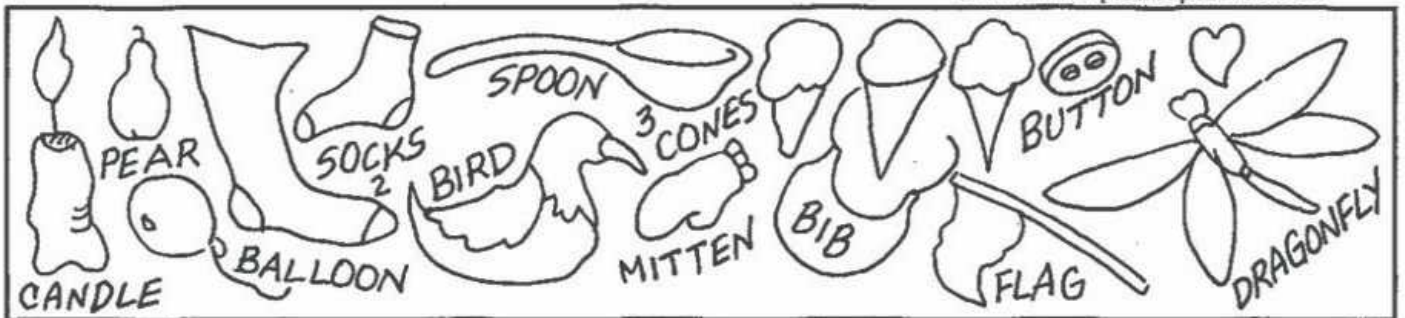
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# HIDDEN PICTURE PUZZLE



www.hiddenpicturepuzzles.com





## PAINTING WITH BARB *BLOOMIN WINE GLASS*

Monday, August 11 at 12:30 p.m.

Cost: \$5.00



Unleash your creativity and add a personal touch to your glassware in this fun, relaxing painting class. In this guided session you will learn how to paint a beautiful, vibrant flower on a wine glass.

*All materials are included.*

No phone in registrations accepted.

Must register and pay in person.

*Space is limited.*

## PAINTING WITH BARB *SUNFLOWER COASTERS*

Monday, August 18 at 12:30 p.m.

Cost: \$5.00



Brighten up your home with a burst of color! Join us for this fun and creative painting class where you'll learn how to paint a cheerful sunflower on a coaster.

*All materials are included.*

No phone in registrations accepted.

Must register and pay in person.

*Space is limited.*

## ART WITH TRISTA *POLYMER CLAY BEADS AND BRACELET*

Thursday, August 14 at 12:30 p.m.

Cost: \$7.00

Make your own beads and learn basic jewelry techniques to string them as a bracelet & earrings. Have some fun with "oven bake" clay as you learn design techniques for beads. Learn how to make different style beads, heat cure the clay, and assemble them as a bracelet. You will learn basic jewelry making tips & tricks, like the proper way to "crimp" the ends of the bracelet so the beads won't fall off. No experience necessary; all skill levels welcome.



*All materials are included.*

No phone in registrations accepted.

Must register and pay in person. *Space is limited.*

## ART WITH TRISTA *FUN WITH RESIN: BOOKMARKS*

Thursday, August 28 at 12:30 p.m.

Cost: \$10.00



Learn all about quick-cure UV resin as you design and create your own bookmark. Learn how to add items like dried flowers, glitter, and seed beads to your resin projects for really awesome looking bookmarks! Use colorings to tint the resin, swirl them for fun designs. No experience needed; all skill levels welcome.

*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.  
(920) 923-2626 • juliehilbert@mtins.net

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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 12:30 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.

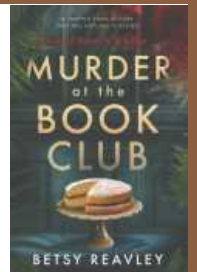
The Memory Writers will return to their regular schedule on Friday, September 5.

## BOOK CLUB

Thursday, August 14 at 10:00 a.m.

BOOK OF THE MONTH: Murder at The Book Club

By: Betsy Reavley



Imagine this: nine women, seemingly bound by their love of books, meet for a charming afternoon of tea, cake, and conversation. It's a setting that promises warmth and laughter, but behind each smile lies something darker. One is lonely. Another is desperate. And one of them... is a killer.

All books are due back on or before August 14.

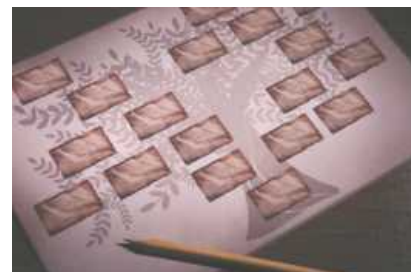


We challenge you to spread some kindness and brighten the day of someone you know! Come to The Center and pick up some cards to send them. We will supply the cards if you supply the kindness.

*You may take multiple cards.*

## GENEALOGY GROUP

Wednesday, August 13 & 27 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, August 12 at 6:00 p.m.



2nd Tuesday of the month

Anyone welcome!

## STAMP COLLECTORS

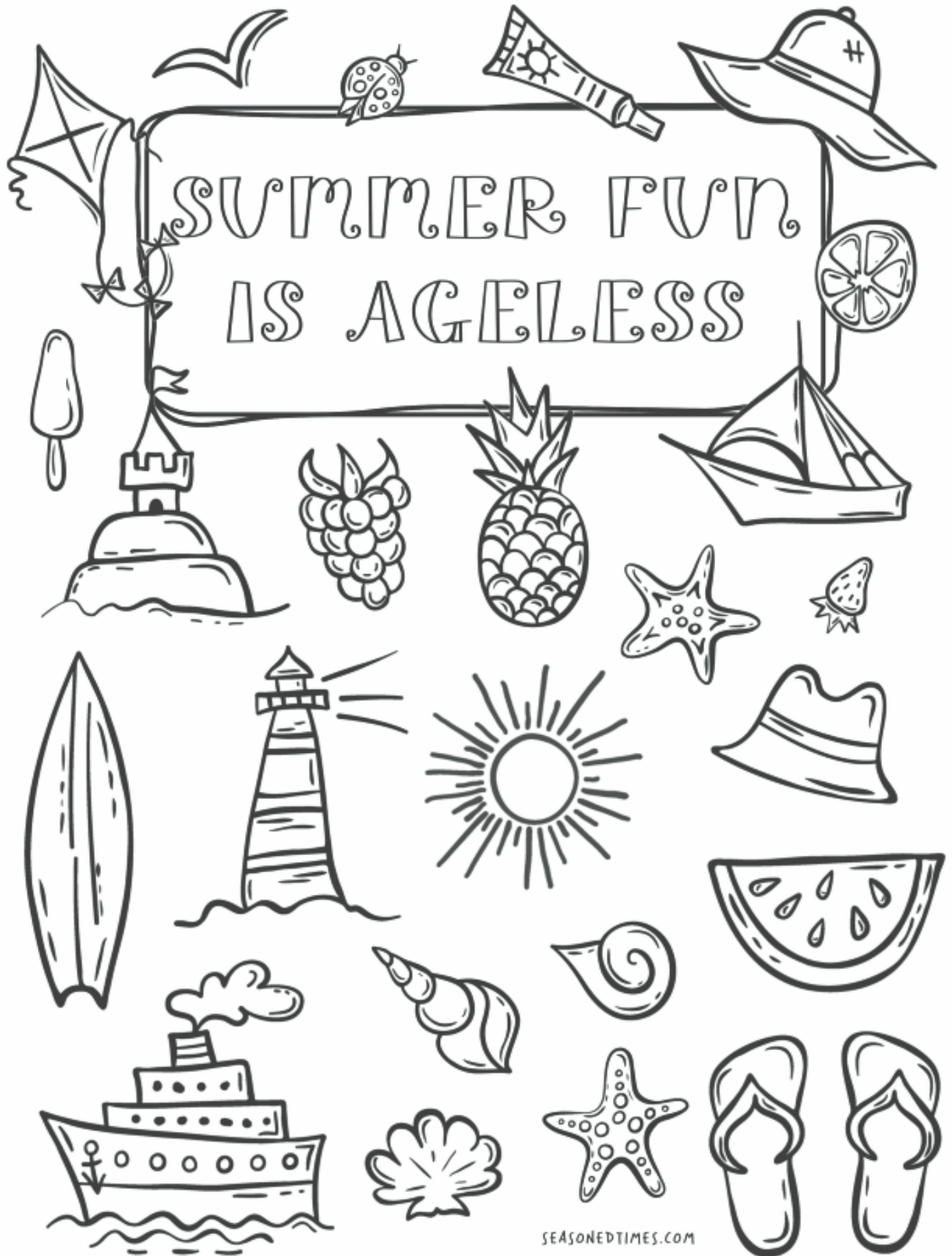
Wednesday, August 20 at 6:30 p.m.



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, August 14 at 6:00 p.m.



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

## FLYING GEESE QUILTERS

Thursday, August 7 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!



# AUGUST



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> 8:00 Billiard Room Open 8:00 Fun Shirt Friday 8:00 Take 5 For You 8:30 No Strong! 9:45 No Beginning Gentle Yoga 10:00 Video Walk to Fitness 11:00 No Chair Yoga 12:00 Game Day 12:00 Hand & Foot 1:00 Chair Volleyball  <b>2 Saturday</b> 9:00 Beginning Line Dancing 9:00 Walking Group <b>3 Sunday</b>
<b>4</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 LPGC 10:00 Video Walk to Fitness 11:00 German 2 12:30 Bunco 12:30 German 3 1:00 Euchre 5:00 Water Movement To Music 5:30 Zumba Gold 5:45 Water Yoga	<b>5</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>6</b> 8:00 Billiard Room Open 8:00 Take 5 For You 8:30 Men's Golf League at R.M. 9:30 LPGC 10:00 Fondy Sunshine Strummers 10:00 Video Walk to Fitness 12:00 Canasta 12:00 Hand & Foot 12:00 Rec Sheepshead 12:30 Movie- The Penguin Lessons 5:00 Water Movement To Music 5:45 Water Aerobics	<b>7</b> 8:00 Billiard Room Open 8:00 Take 5 For You 8:30 Flying Geese Work Day 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 1:00 Flying Geese Quilters 5:30 No Beginning Line Dancing 6:30 No Line Dancing	<b>8</b> 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- Jerry & Marge Go Large 1:00 Chair Volleyball  <b>9 Saturday</b> 9:00 No Beginning Line Dancing 9:00 Walking Group <b>10 Sunday</b>
<b>11</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	<b>12</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.	<b>13</b> 8:00 Billiard Room Open 8:00 Take 5 For You 8:30 Men's Golf League at R.M. 9:30 LPGC	<b>14</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.	<b>15</b> 8:00 Billiard Room Open 8:00 Fun Shirt Friday 8:00 Take 5 For You 8:30 Strong!



<p>9:00 Wood Carving</p> <p>9:30 LPGA</p> <p>10:00 Disc Golf Info Meeting</p> <p>10:00 Video Walk to Fitness</p> <p>11:00 German 2</p> <p>12:30 Bunco</p> <p>12:30 German 3</p> <p>12:30 Movie- Lily</p> <p>12:30 Painting With Barb</p> <p>1:00 Euchre</p> <p>5:00 Water Movement To Music</p> <p>5:30 Zumba Gold</p> <p>5:45 Water Yoga</p>	<p>8:30 Strong!</p> <p>9:00 Walking Group</p> <p>9:45 Intermediate Yoga</p> <p>10:00 Balance &amp; Stretch</p> <p>11:00 Cardio Drumming</p> <p>12:00 Gait Assessments</p> <p>12:00 Mah Jongg</p> <p>1:00 Crafters Corner</p> <p>1:00 Cribbage</p> <p>1:00 Parkinson's Support Group</p> <p>6:00 Coin Collectors</p> <p>The Island Casino Trip</p>	<p>10:00 Fondy Sunshine Strummers</p> <p>10:00 Video Walk to Fitness</p> <p>11:30 Blood Pressure Clinic</p> <p>12:00 Canasta</p> <p>12:00 Hand &amp; Foot</p> <p>12:00 Rec Sheephead</p> <p>1:00 Genealogy</p> <p>2:00 Friends Raffle</p> <p>5:00 Water Movement To Music</p> <p>5:45 Water Aerobics</p>	<p>9:00 Walking Group</p> <p>10:00 Balance &amp; Stretch</p> <p>10:00 Book Club</p> <p>12:00 Mah Jongg</p> <p>12:30 Art With Trista</p> <p>1:00 Cribbage</p> <p>1:00 Dominoes</p> <p>1:00 Volatile Markets</p> <p>5:30 Beginning Line Dancing</p> <p>6:00 Sunset Stitches</p> <p>6:30 Line Dancing</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 &amp; Foot</p> <p>1:00 Basic Self-Defense Class</p> <p>1:00 Chair Volleyball</p> <p>16 Saturday</p> <p>9:00 Beginning Line Dancing</p> <p>9:00 Walking Group</p> <p>17 Sunday</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 German 3</p> <p>12:30 Movie- The Penguin Lessons</p> <p>12:30 Painting With Barb</p> <p>1:00 Euchre</p> <p>5:30 Zumba Gold</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 &amp; Stretch</p> <p>11:00 Cardio Drumming</p> <p>11:00 Learn To Ride</p> <p>12:00 Mah Jongg</p> <p>1:00 Crafters Corner</p> <p>1:00 Cribbage</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 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>11:00 Feeding America</p> <p>12:00 Canasta</p> <p>12:00 Hand &amp; Foot</p> <p>12:00 Rec Sheephead</p> <p>1:00 Staying Safe Online</p> <p>6:30 Stamp Collectors</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>9:00 Walking Group</p> <p>10:00 Balance &amp; Stretch</p> <p>11:00 Pop In For Popcorn &amp; Popsicles</p> <p>12:00 Mah Jongg</p> <p>1:00 Cribbage</p> <p>1:00 Dominoes</p> <p>1:00 Learn To Ride</p> <p>5:30 Beginning Line Dancing</p> <p>6:30 Line Dancing</p>	<p>22</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 &amp; Foot</p> <p>12:30 Movie- The Pink Panther</p> <p>1:00 Chair Volleyball</p> <p>23 Saturday</p> <p>9:00 Beginning Line Dancing</p> <p>9:00 Walking Group</p> <p>24 Sunday</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>8:30 Strong!</p> <p>9:00 Walking Group</p> <p>9:45 Intermediate Yoga</p> <p>10:00 Balance &amp; Stretch</p> <p>11:00 Cardio Drumming</p> <p>11:00 Learn To Ride</p> <p>12:00 Mah Jongg</p> <p>1:00 Crafters Corner</p> <p>1:00 Cribbage</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 &amp; Stretch</p> <p>11:00 Cardio Drumming</p> <p>11:00 Learn To Ride</p> <p>12:00 Mah Jongg</p> <p>1:00 Crafters Corner</p> <p>1:00 Cribbage</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>8:30 LPGA</p> <p>10:00 Fondy Sunshine Strummers</p> <p>10:00 Video Walk to Fitness</p> <p>12:00 Canasta</p> <p>12:00 Hand &amp; Foot</p> <p>12:00 Rec Sheephead</p> <p>1:00 Genealogy</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>9:00 Walking Group</p> <p>10:00 Balance &amp; Stretch</p> <p>11:30 Tech Connect At MPTC</p> <p>12:00 Mah Jongg</p> <p>1:00 Cribbage</p> <p>1:00 Dominoes</p> <p>12:30 Art With Trista</p> <p>12:30 Gromowski Law Series</p> <p>5:30 Beginning Line Dancing</p> <p>6:30 Line Dancing</p>	<p>28</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>9:00 Walking Group</p> <p>10:00 Balance &amp; Stretch</p> <p>11:30 Tech Connect At MPTC</p> <p>12:00 Mah Jongg</p> <p>1:00 Cribbage</p> <p>1:00 Dominoes</p> <p>12:30 Art With Trista</p> <p>12:30 Gromowski Law Series</p> <p>5:30 Beginning Line Dancing</p> <p>6:30 Line Dancing</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>8:30 Strong!</p> <p>9:00 Walking Group</p> <p>9:45 Intermediate Yoga</p> <p>10:00 Balance &amp; Stretch</p> <p>11:00 Cardio Drumming</p> <p>11:00 Learn To Ride</p> <p>12:00 Mah Jongg</p> <p>1:00 Crafters Corner</p> <p>1:00 Cribbage</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 &amp; Stretch</p> <p>11:00 Cardio Drumming</p> <p>11:00 Learn To Ride</p> <p>12:00 Mah Jongg</p> <p>1:00 Crafters Corner</p> <p>1:00 Cribbage</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>8:30 LPGA</p> <p>10:00 Fondy Sunshine Strummers</p> <p>10:00 Video Walk to Fitness</p> <p>12:00 Canasta</p> <p>12:00 Hand &amp; Foot</p> <p>12:00 Rec Sheephead</p> <p>12:30 Movie- Lily</p> <p>1:00 Genealogy</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>9:00 Walking Group</p> <p>10:00 Balance &amp; Stretch</p> <p>11:30 Tech Connect At MPTC</p> <p>12:00 Mah Jongg</p> <p>1:00 Cribbage</p> <p>1:00 Dominoes</p> <p>12:30 Art With Trista</p> <p>12:30 Gromowski Law Series</p> <p>5:30 Beginning Line Dancing</p> <p>6:30 Line Dancing</p>	<p>29</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 &amp; Foot</p> <p>1:00 Chair Volleyball</p> <p>Bucket List Challenge Deadline</p> <p>30 Saturday</p> <p>9:00 Beginning Line Dancing</p> <p>9:00 Walking Group</p> <p>31 Sunday</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>8:30 Strong!</p> <p>9:00 Walking Group</p> <p>9:45 Intermediate Yoga</p> <p>10:00 Balance &amp; Stretch</p> <p>11:00 Cardio Drumming</p> <p>11:00 Learn To Ride</p> <p>12:00 Mah Jongg</p> <p>1:00 Crafters Corner</p> <p>1:00 Cribbage</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 &amp; Stretch</p> <p>11:00 Cardio Drumming</p> <p>11:00 Learn To Ride</p> <p>12:00 Mah Jongg</p> <p>1:00 Crafters Corner</p> <p>1:00 Cribbage</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>8:30 LPGA</p> <p>10:00 Fondy Sunshine Strummers</p> <p>10:00 Video Walk to Fitness</p> <p>12:00 Canasta</p> <p>12:00 Hand &amp; Foot</p> <p>12:00 Rec Sheephead</p> <p>12:30 Movie- Lily</p> <p>1:00 Genealogy</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>9:00 Walking Group</p> <p>10:00 Balance &amp; Stretch</p> <p>11:30 Tech Connect At MPTC</p> <p>12:00 Mah Jongg</p> <p>1:00 Cribbage</p> <p>1:00 Dominoes</p> <p>12:30 Art With Trista</p> <p>12:30 Gromowski Law Series</p> <p>5:30 Beginning Line Dancing</p> <p>6:30 Line Dancing</p>	<p>25</p> <p>8:00 Billiard Room Open</p> <p>8:00 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 German 3</p> <p>1:00 Euchre</p> <p>5:30 Zumba Gold</p>



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## HISTORY LESSONS: PUTTING VOLATILE MARKETS INTO PERSPECTIVE

Thursday, August 14 at 1:00 p.m.



During this presentation we will use data to answer the following questions:

- What does the history of market returns tell us?
- Is diversification dead?
- Is there a wrong time or right time to invest?
- What do inflation and rising rates mean for my life and my portfolio?

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

Sponsored by:

**Edward Jones**

## GROMOWSKI LAW SERIES MEDICAID

Thursday, August 28 at 12:30 p.m.

Join us this month for the Gromowski Law Series and learn the following about Medicaid.



- What are the asset limits?
- What is the income limit?
- Can I gift assets and income away?
- What is the process to apply for Medicaid?
- Legal things government workers can tell you when applying for Medicaid.

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



Sponsored by: Gromowski Law Firm LLC

## BASIC SELF-DEFENSE CLASS

Friday, August 15 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



## DISC GOLF INFORMATIONAL MEETING

Monday, August 11 at 10:00 a.m..



Disc golf, also known as frisbee golf is a sport where players throw a flying disc at a target (usually a metal basket) using rules similar to golf. The goal is to complete each hole in the fewest number of throws.

If you are interested in playing disc golf please join us for this informational meeting.

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

To Register call (920) 322-3630



# 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 Friday, August 1.**

## 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 Friday, August 1.**

## 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.*

**No Beginning Gentle Yoga on Friday, August 1.**



## 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.

**No Line Dancing on August 7 and 9.**

## 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— JUST FOR FUN

Fridays 1:00 - 2:30 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.

*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>

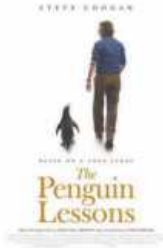
**New Walkers Always Welcome!**

## THE PENGUIN LESSONS

Wednesday, August 6 AND Monday, August 18  
12:30p.m. Doors open at 12:15 p.m.

PG-13 · 2024 · Comedy/Drama · 1h 50m

**Starring:** Steve Coogan, Jonathan Pryce, Björn Gustafsson, Michaela Breque, Romina Cocco



**Summary:** Inspired by the true story of a disillusioned Englishman who went to work in a school in Argentina in 1976. Expecting an easy ride, Tom discovers a divided nation and a class of unteachable students. However, after he rescues a penguin from an oil-slicked beach, his life is turned upside down.

To register call (920) 322-3630.

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

## LILLY

Monday, August 11 AND Wednesday, August 27

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

PG-13 · 2025 · Biography/Drama · 1h 33m

**Starring:** Rachel Feldman, Patricia Clarkson, John Benjamin Hickey, Thomas Sadoski



**Summary:** When a hard-working Alabama factory supervisor discovers that for 20 years she's been earning only half of what men with the same job are paid -- only because she is a woman -- she begins a long journey to fight for justice.

To register call (920) 322-3630.

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

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## JERRY AND MARGE GO LARGE

Friday, August 8

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

Pg-13 · 2022 · Comedy/Drama · 1h 36m

**Starring:** Rainn Wilson, Bryan Cranston, K.D. O'Hair, Tori Kelly, Annette Bening, Anna Camp

**Summary:** When retiree Jerry Selbee discovers a mathematical loophole in the Massachusetts lottery, he and his wife go on an exciting, multimillion dollar winning spree with the goal of reviving their small Michigan town. However, when a selfish college student cheats the system, Jerry must find a way to make the game fair for all.

To register call (920) 322-3630.

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



## THE PINK PANTHER

Friday, August 22

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

PG · 1963 · Comedy · 1h 53m

**Starring:** Peter Sellers, David Niven, Capucine, Claudia Cardinale, Robert Wagner

**Summary:** In this first film of the beloved comic series, dashing European thief Sir Charles Lytton plans to steal a diamond, but he's not the only one with his eyes on the famous jewel known as the "Pink Panther." His nephew George also aims to make off with the gem, and to frame Charles for the crime. Blundering French police inspector Jacques Clouseau intercedes, but finds his career and his freedom jeopardized.



To register call (920) 322-3630.

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

## SUDOKU

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# Summer Word Search

M K N E D R P P P H S S U W N S V Q B L  
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AUGUST

COOKOUT

HIKING

PARK

SANDALS

SUNGLASSES

VACATION

BEACH

FIREFLIES

LEMONADE

PICNIC

SMORES

SUNSHINE

WATERMELON

CAMPING

FIREWORKS

OUTDOORS

POPSICLE

SPRINKLER

SWIMMING



## BOWLERS WANTED!

Are you looking for a way to stay active during the fall and winter months?

Join the Boda's 1:00 P.M. Tuesday Senior Mix Sanctioned Bowling League at Ledgeview Lanes

Bowling average and/or expertise don't matter - just join the league and have fun!

League Meeting 1:00 August 19th at Ledgeview Lanes  
Bowling starts Tuesday September 2nd

Call with questions or to sign up (920) 322-3630.

## 2025 FRIENDS RAFFLE

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



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

## BLOOD PRESSURE CLINIC

Wednesday, August 13  
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, August 12  
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

## TECH CONNECT

Are you feeling frustrated with your technology devices? Drop in at MPTC and get one-on-one help with your tech questions.



Thursday, August 28 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 this sessions. Assistance provided on a first-come, first-served basis.

## ART SUPPLIES

Do you have art supplies lying around that you no longer use? We will take them! You may drop them off at the front desk M-F 8:00 a.m.-3:00 p.m.

Thank you!





## 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 Chris! Chris 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 Tom! Tom 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

Wednesday, August 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)

## PARKINSONS SUPPORT



WISCONSIN  
PARKINSON  
ASSOCIATION

Tuesday, August 12 at 1:00 p.m.

Joel Mason from the FDL YMCA will be at the August Parkinsons support group meeting to talk about the importance of exercise when living with Parkinsons.

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.

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

## MEMORY SCREENING

Monday, August 11  
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, August 20  
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.



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

**Anna Carlson, CRPC™**

Financial Advisor  
101 Wisconsin American Dr  
Suite 100  
Fond Du Lac, WI 54937  
920-923-4401

**Robert Cox**

Financial Advisor  
101 Wisconsin American Dr  
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920-933-2426

**Matt Moses, CRPC™**

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**Pam Tollefson, CRPC™**

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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 long, warm summer days! Take a picture of yourself doing a few activities from the list below, stop in and show us, and we will enter you to win a prize!

**New activities added monthly!**

- Use the outdoor workout equipment at The Center
- Pop into The Center for popcorn or a popsicle on 8/21
- Visit the farmers market
- Make fresh Lemonade
- Eat some watermelon
- Watch a sunrise
- Play yard games
- Visit a splash pad
- Find a sunflower field
- Walk along the water
- Bird watch
- Stargaze



Bring in your pictures by Friday, August 29.

## LADIES PLAYFUL GOLF CLUB

May 5 - August 27, Mondays and/or Wednesdays

Oakgreen Golf Course

Tee Time: 9:30 a.m.



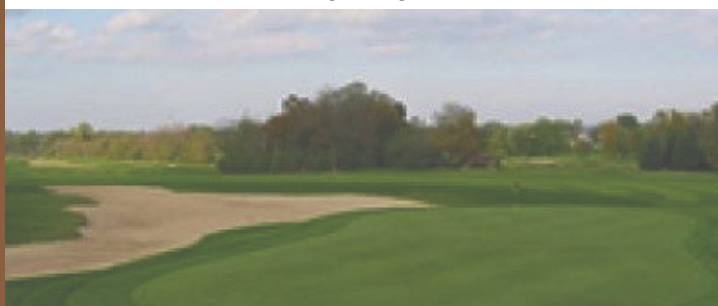
The Ladies Playful Golf Club (LPGC) is not a league, but rather an informal way to get together and socialize with other ladies who like golf. It's all about making new friends. This club is open to any lady golfer with a basic knowledge of Golf. **Partners are randomly chosen each time.** *Greens fees 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.

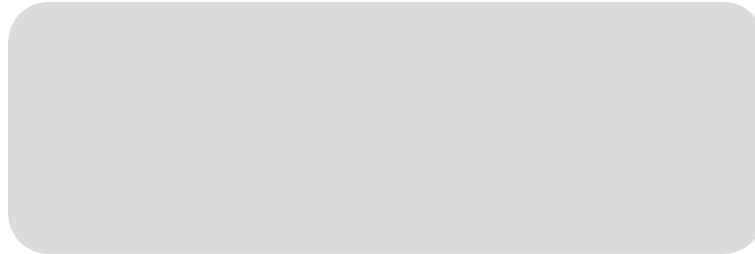
Call Rolling Meadows (920) 924-2425 with any questions.



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Fond du Lac, WI 54935

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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!



@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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