

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

AMONG FRIENDS

NEWSLETTER

September 2025



OUR MISSION

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

Tickets Available at The Center
151 E 1st Street Fond du Lac

Friends of the Fond du Lac Senior Center

ANNUAL GALA

Fundraiser

**JOIN US FOR AN UNFORGETTABLE
EVENING OF GIVING AND
COMMUNITY FEATURING:**

Taco Bar ♦ Fork In The Road Band ♦ Dancing
Wine Pull ♦ 50-50 Raffle ♦ Basket Raffles

OCTOBER 8, 2025

\$20 "Friends of the Center" - \$25 General Public

Doors open 4:00p.m. Dinner 4:30 Band 5:30
MPTC Conference Center - 235 North National Avenue Fond du Lac

Thank you to our
Presenting Sponsor:

 **FVSBank**

It's National Falls Prevention Month - did you know that falling is NOT a normal part of aging? We have a month full of programs designed to help you take control and avoid becoming a fall statistic. Please take advantage of the knowledge and expertise of this month's presenters - these are great programs! So many things can contribute to someone's fall risk increasing, but regardless of the cause you can see from the statistics that falls can be devastating!

How Catastrophic are Falls?



#1
Wisconsin leads the nation in falls related deaths (158.4 deaths per 100,000 people)

\$1,000,000,000

Spent annually on falls in Wisconsin which includes Medicaid and out-of-pocket expenses. Yes, that is **BILLION**. This does not include the average out-of-pocket expense of over \$7,200 for a family caregiver.



1,700
Number of people in Wisconsin who died due to a fall in 2022 - almost 5 per day



25% of people who suffer a fall related hip fracture die within 1 year

1,297



The number of fall related calls that FDL Fire Rescue responded to in 2024 - over 3 per day



15%
Increase in fall death rate in Wisconsin from 2018-2023

A special note, one fall prevention program is by VibeTech, on how vibration therapy can help with strength, mobility and fall prevention. There will be an opportunity for people to try a demo on the VibeTech device - be sure to check out this new technology! I am looking at ways that we could purchase a Vibe Tech machine for Center participants because we hear so many stories about injuries due to falls. Stay tuned! I hope to see you in September.
Cathy

Know Before You Need To Know



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- Report suspicious calls to SMP

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

A 4C 01-1122

STAY AWARE - PREVENT FALLS

VIBETECH FALL REDUCTION

Monday, September 15

Presentation 11:00

Try it out! 10 minute appointments from 11:30 a.m.-2:45p.m.



What does a NASA technology spin off company have to do with falls prevention? VibeTech specializes in the development of robotic rehabilitation equipment that has been shown to reduce falls for seniors from the healthiest to the frailest, even those with limited strength and mobility. Their focus is to reduce falls, improve balance & strength, decrease neuropathy, increase mobility & ambulation, speed up recovery from surgeries or injuries, and improve physical performance.

To register call (920) 322-3630. Let us know if you'd like to reserve a time to try it out.

Space is limited.



WHAT IS NEUROPATHY?

Tuesday, September 16 at 1:00 p.m.



Neuropathy, or peripheral neuropathy, refers to a medical condition resulting from damage to the nerves that transmit messages to and from the brain, often resulting in pain, weakness and numbness. Dr. Flores-Balderas, internal medicine physician, at the Aurora Health Center will discuss the different types of neuropathy, underlying conditions that can lead to neuropathy, symptoms, how to diagnose and the treatment options available.

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



Sponsored By:



FINDING BALANCE PREVENTING FALLS

Thursday, September 18 at 1:00 p.m.

Falls are a *common* but not *normal* part of aging. Have you ever fallen? Do you have a fear of falling? Are you getting older? This presentation is meant for **YOU!**



Topics covered:

- Starting the conversation & having a plan
- Simple exercises to build strength and improve balance
- How to get up from a fall
- Home safety

Together, we can Find Balance and Prevent Falls!

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



Sponsored by:



HOW TO FALL SAFELY

Friday, September 19 at 1:00 p.m.

Mike and Molly are back this month, but instead of their Basic Self Defense class, they will be bringing mats along to teach you how to fall safely to avoid major injuries. This class is designed for both men and women. You don't want to miss this!



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

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



VERTIGO: EXERCISE YOUR INNER EAR- WHEN CAN A PHYSICAL THERAPIST HELP ME?

Tuesday, September 23 at 1:00 p.m.



Join us for a discussion regarding the pathology of a variety of vertigo disorders, when you should visit a Physical Therapist, and what types of treatments they can do to help.

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



Sponsored by:



HOW STRONG IS STRONG ENOUGH?

Wednesday, September 10 at 1:00 p.m.



Join us for this informative presentation on the importance of lower body strength in relation to better balance and reduced fall risks. You will also learn some simple, effective lower body exercises to practice at home.

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



PHYSICAL THERAPY AND NEUROPATHY

Tuesday, September 30 at 1:00 p.m.



Join us as Noah, a Physical Therapist from Aurora Health Center talks about Physical Therapy's role in treating the diagnosis of neuropathy by improving strength and balance.

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



Sponsored by:



SENIOR CENTER MONTH ICE CREAM SUNDAE BAR

Monday, September 29
Serving 1:00-1:30 p.m.



You've spent all month learning how to prevent falls - now come and help us celebrate National Senior Center month with an Ice Cream Sundae Bar!

Even though we are only serving from 1:00-1:30 p.m., you may stay and socialize longer.

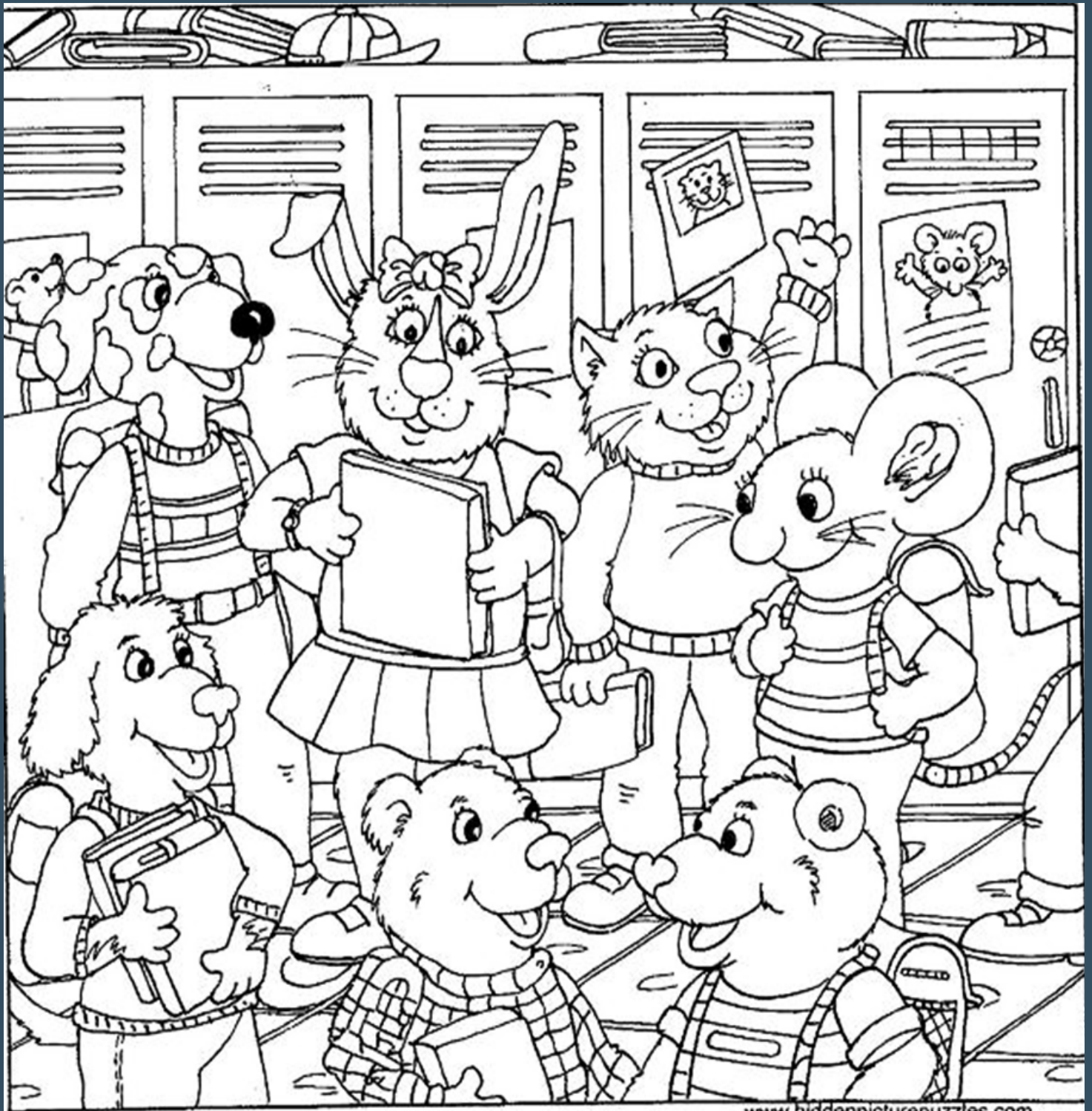
To register call (920) 322-3630.

Space is limited.

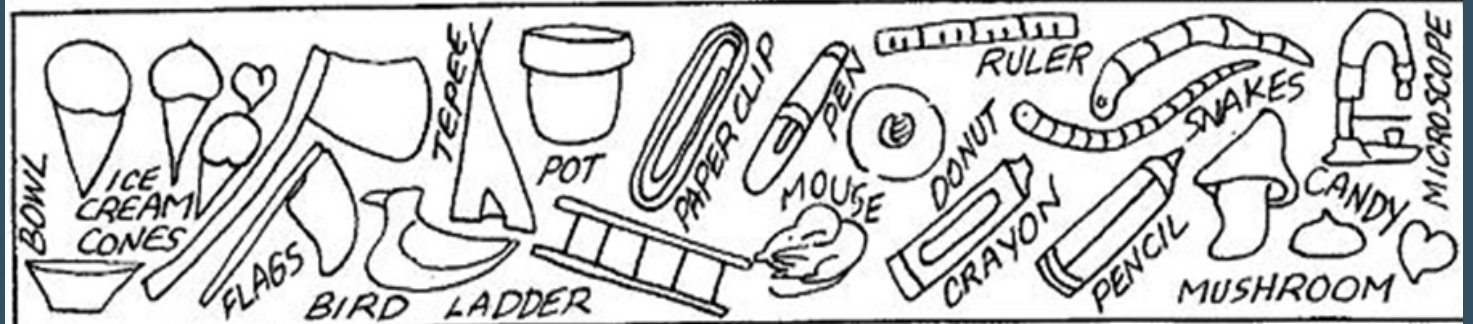
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ART WITH TRISTA FUSED GLASS TRINKET TRAYS

Monday, September 8 at 12:30 p.m.

Cost: \$7.00



Back by popular demand!! If you missed it previously, please join us for a really fun session of Fused Glass! Trista will share with you how two layers of glass "fuse" together in this 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.

All materials are included.

No phone in registrations accepted.

Must register and pay in person.

Space is limited.

ART WITH TRISTA VERRE ÉGLOMISÉ A.K.A. REVERSE PAINTING

Thursday, September 11 at 12:30 p.m.

Cost: \$8.00



Learn a fun little painting technique to create decor perfect for yourself or as a gift. Paint on the inside of glass items to achieve a smooth, but dimensional effect.

Design patterns will be provided, or you can create your own design.

All materials are included.

No phone in registrations accepted.

Must register and pay in person.

Space is limited.

ART WITH TRISTA GELLI PLATE PRINTING

Thursday, September 25 at 12:30 p.m.

Cost: \$8.00



Don't miss this super fun workshop learning how to create unique artistic prints using a pad of gel, paint, and texture tools. Sound weird? It kind of is! And it's fun, so join us!

All materials are included.

No phone in registrations accepted.

Must register and pay in person.

Space is limited.

ART WITH TRISTA PAPER LANTERNS

Monday, September 29 at 12:30 p.m.

Cost: \$8.00

In this easy, casual workshop you will work with pressed flowers & specialty paper to create a gorgeous luminary lantern. Simple steps using scissors & glue. . Join us for a very fun session with fun people!



*Lantern is for flameless lights only, not included.

All materials are included.

No phone in registrations accepted.

Must register and pay in person.

Space is limited.

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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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GENEALOGY GROUP

Wednesday, September 10 & 24 at 1:00 p.m.



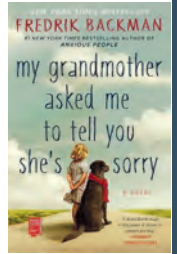
2nd & 4th Wednesdays

New participants always welcome!

BOOK CLUB

Thursday, September 11 at 10:00 a.m.

BOOK OF THE MONTH: My Grandmother Asked Me To Tell You She's Sorry
By: Fredrick Backman



Elsa, a precocious seven-year-old girl who is different from her peers, and her close relationship with her eccentric grandmother, Granny. After Granny dies, Elsa is tasked with delivering a series of apology letters to people in their apartment building, which leads her on an adventure to understand her grandmother's past and the connections between the people in their lives. The story explores themes of grief, forgiveness, and the power of imagination, as Elsa grapples with her grandmother's death and the fantastical stories they shared.

All books are due back on or before September 11.



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.

MEMORY WRITERS

Fridays at 1:00 p.m.



We're back after our summer break. Please join us to share and preserve life experiences and family history.

New memories and writers always welcome!

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.

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!

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!

STAMP COLLECTORS

Wednesday, September 17 at 6:30 p.m.



3rd Wednesday of the month

Anyone welcome!

OPEN BILLIARDS

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



Drop in and shoot a game or two!

GAME DAY

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



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

New players always welcome!

BUNCO

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



Come and shake it up with us!

New players welcome!

EUCHRE

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



Come join us!
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!

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!

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!

CRIBBAGE

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



Come and join the Cribbage Crew!

New players welcome!

COIN COLLECTORS

Tuesday, September 9 at 6:00 p.m.



2nd Tuesday 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, September 11 at 6:00 p.m.



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

FLYING GEESE QUILTERS

Thursday, September 4 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!

SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  Closed	2 8:00 Billiard Room Open 8:00 Take 5 For You 8:30 Strong! 9:00 Walking Group 9:45 Intermediate Yoga 10:00 Balance & Stretch 11:00 Cardio Drumming 12:00 Mah Jongg 1:00 Crafters Corner 1:00 Cribbage	3 8:00 Billiard Room Open 8:00 Take 5 For You 10:00 Fondy Sunshine Strummers 10:00 Video Walk to Fitness 12:00 Canasta 12:00 Hand & Foot 12:00 Rec Sheephead	4 8:00 Billiard Room Open 8:00 Take 5 For You 9:00 Walking Group 10:00 Balance & Stretch 11:30 Tech Connect at MPTC 12:00 Mah Jongg 12:30 Movie-The Ballad Of Wallis Is. 1:00 Cribbage 1:00 Dominoes 1:00 Flying Geese Quilters 5:30 Beginning Line Dancing 6:30 Line Dancing	5 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 1:00 Chair Volleyball 1:00 Memory Writers 6 Saturday 9:00 Beginning Line Dancing 9:00 Walking Group 7 Sunday
8 8:00 Billiard Room Open 8:00 Take 5 For You 9:00 Memory Screening 9:00 Wood Carving 10:00 Video Walk to Fitness 11:00 German 2 12:30 Art With Trista 12:30 Buncu 12:30 German 3 1:00 Euchre 5:30 Zumba Gold	9 8:00 Billiard Room Open 8:00 Take 5 For You 8:30 Strong! 9:00 Walking Group 9:45 Intermediate Yoga 10:00 Balance & Stretch 11:00 Cardio Drumming 12:00 Mah Jongg 1:00 Crafters Corner 1:00 Cribbage 1:00 Parkinson's Support Group 6:00 Coin Collectors	10 8:00 Billiard Room Open 8:00 Take 5 For You 10:00 Fondy Sunshine Strummers 10:00 Video Walk to Fitness 12:00 Canasta 12:00 Hand & Foot 12:00 Rec Sheephead 1:00 Genealogy 1:00 How Strong Is Strong Enough?	11 8:00 Billiard Room Open 8:00 Take 5 For You 9:00 Walking Group 10:00 Balance & Stretch 10:00 Elder Benefit Specialist 10:00 Book Club 11:30 No Tech Connect at MPTC 12:00 Elder Benefit Specialist 12:00 Mah Jongg 12:30 Art With Trista 12:30 Movie-Broke 1:00 Cribbage 1:00 Dominoes 5:30 Beginning Line Dancing 6:00 Sunset Stitches 6:30 Line Dancing	12 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-School Of Rock 1:00 Chair Volleyball 1:00 Memory Writers 13 Saturday 9:00 Beginning Line Dancing 9:00 Walking Group 14 Sunday
15 8:00 Billiard Room Open 8:00 Take 5 For You	16 8:00 Billiard Room Open 8:00 Take 5 For You	17 8:00 Billiard Room Open 8:00 Take 5 For You	18 8:00 Billiard Room Open 8:00 Take 5 For You	19 8:00 Billiard Room Open 8:00 Fun Shirt Friday

<p>9:00 Tech Tyme</p> <p>9:00 Wood Carving</p> <p>10:00 Video Walk to Fitness</p> <p>11:00 German 2</p> <p>11:00 Vibetech- Fall Reduction</p> <p>11:30 Try out Vibetech</p> <p>12:30 Bunco</p> <p>12:30 German 3</p> <p>1:00 Euchre</p> <p>5:30 Zumba Gold</p>	<p>8:30 Strong!</p> <p>9:00 Walking Group</p> <p>9:45 Intermediate Yoga</p> <p>10:00 Balance & Stretch</p> <p>11:00 Cardio Drumming</p> <p>12:00 Gait Assessments</p> <p>12:00 Mah Jongg</p> <p>1:00 Crafters Corner</p> <p>1:00 Cribbage</p> <p>1:00 What is Neuropathy?</p>	<p>10:00 Fondy Sunshine Strummers</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>12:30 Movie-The Ballad Of Wallis Is.</p> <p>6:30 Stamp Collectors</p>	<p>9:00 Walking Group</p> <p>10:00 Balance & 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>1:00 Finding Balance</p> <p>5:30 Beginning Line Dancing</p> <p>6:30 Line Dancing</p>	<p>20 Saturday</p> <p>9:00 No Beginning Line Dancing</p> <p>9:00 Shredding Days FDL FVSB</p> <p>9:00 Walking Group</p> <p>21 Sunday</p>
<p>22</p> <p>8:00 Billiard Room Open</p> <p>8:00 Take 5 For You</p> <p>9:00 Wood Carving</p> <p>10:00 Video Walk to Fitness</p> <p>11:00 German 2</p> <p>12:30 Bunco</p> <p>12:30 German 3</p> <p>1:00 Emergency Preparedness</p> <p>1:00 Euchre</p> <p>5:30 Zumba Gold</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 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>1:00 Crafters Corner</p> <p>1:00 Cribbage</p> <p>1:00 Vertigo</p>	<p>8:00 Billiard Room Open</p> <p>8:00 Take 5 For You</p> <p>10:00 Fondy Sunshine Strummers</p> <p>10:00 Video Walk to Fitness</p> <p>11:30 Ask A Financial Advisor</p> <p>12:00 Canasta</p> <p>12:00 Hand & Foot</p> <p>12:00 Rec Sheephead</p> <p>12:30 Movie-Broke</p> <p>1:00 Genealogy</p>	<p>25</p> <p>8:00 Billiard Room Open</p> <p>8:00 Take 5 For You</p> <p>9:00 Walking Group</p> <p>10:00 Balance & Stretch</p> <p>11:30 Tech Connect at MPTC</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>26</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- Send Me No Flowers</p> <p>1:00 Chair Volleyball</p> <p>1:00 Memory Writers</p> <p>27 Saturday</p> <p>9:00 Beginning Line Dancing</p> <p>9:00 Shredding Days Waupun FVSB</p> <p>9:00 Walking Group</p> <p>28 Sunday</p>
<p>29</p> <p>8:00 Billiard Room Open</p> <p>8:00 Take 5 For You</p> <p>9:00 Wood Carving</p> <p>10:00 Video Walk to Fitness</p> <p>11:00 German 2</p> <p>12:30 Art With Trista</p> <p>12:30 Bunco</p> <p>12:30 German 3</p> <p>1:00 Euchre</p> <p>1:00 Ice Cream Sundae Bar</p> <p>5:30 Zumba Gold</p>	<p>30</p> <p>8:00 Billiard Room Open</p> <p>8:00 Take 5 For You</p> <p>8:30 Strong!</p> <p>9:00 Walking Group</p> <p>9:45 Intermediate Yoga</p> <p>10:00 Balance & Stretch</p> <p>11:00 Cardio Drumming</p> <p>12:00 Mah Jongg</p> <p>1:00 Crafters Corner</p> <p>1:00 Cribbage</p> <p>1:00 Physical Therapy/Neuropathy</p>			

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GROMOWSKI LAW SERIES OTHER ESTATE PLANNING THINGS YOU SHOULD KNOW

Thursday, September 25 at 12:30 p.m.



Do you still have more questions about estate planning? If you do join us for this program, get your questions answered, and learn about a few more things that you should know about estate planning.

* Sign-ups for this program are limited to individuals who have attended past sessions of the Gromowski Law Series..

If you missed this year's series, watch your newsletter for the 2026 series by Gromowski Law

To register call (920) 322-3630. *Space is limited.*
Sponsored by: Gromowski Law Firm LLC

EMERGENCY PREPAREDNESS

Monday, September 22 at 1:00 p.m.



Come and learn many tips and tricks to help prepare for severe weather, power outages, and other emergencies from Fond du Lac County Emergency Management and Public Health. You will leave knowing how to build a kit, make a plan and be informed!

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



Sponsored by:



SEWING

Tuesdays– October, 7, 14, 21, November 11 & 18
12:00-3:00 p.m.
Cost \$15.00



Sign up now for classes beginning in October.

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

Space is limited.

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

TECH TYME

Monday, September 15 9:00-10:30 a.m. at The Center



TECH CONNECT

Thursdays 11:30 a.m.-12:30 p.m. at FDL MPTC Business/ Technology Center 235 N. National Ave.
Enter MPTC thru O-1 door and the Business/ Technology Center is on the left just inside the entrance

No Tech Connect on Thursday, September 11

Drop in anytime during these sessions. Assistance provided on a first-come, first-served basis.
Sessions are limited if others are waiting.

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.

****Class size 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.

No Country Line Dancing on Saturday, September 20.

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.

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 BALLAD OF WALLIS ISLAND

Thursday, September 4 *AND* Wednesday, September 17

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

PG-13 · 2024 · Comedy · 1h 40m

Starring: Tim Key, Carey Mulligan, Tom Basden, Sian Clifford, Akemnji Ndifomyen

Summary: Old tensions resurface when former bandmates who were former lovers reunite for a private show at the island home of an eccentric millionaire.

To register call (920) 322-3630.

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



BROKE

Thursday, September 11 *AND* Wednesday, September 24

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

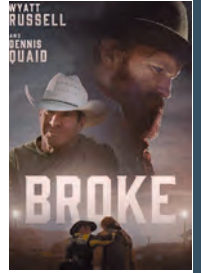
R · 2025 · Drama · 1h 40m

Starring: Wyatt Russell, Dennis Quaid, Auden Thornton, Mary McDonnell

Summary: Trapped in a freak spring blizzard, a fading rodeo cowboy reflects on his past life choices as he battles the elements and fights for survival.

To register call (920) 322-3630.

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



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



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SCHOOL OF ROCK

Friday, September 12

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

Pg-13 · 2003 · Comedy/Drama · 1h 48m

Starring: Jack Black, Kevin Clark, Mike White, Miranda Cosgrove, Nicky Katt, Caitlin Hale



Summary: Overly enthusiastic guitarist Dewey Finn (Jack Black) gets thrown out of his bar band and finds himself in desperate need of work. Posing as a substitute music teacher at an elite private elementary school, he exposes his students to the hard rock gods he idolizes and emulates, much to the consternation of the uptight principal (Joan Cusack). As he gets his privileged and precocious charges in touch with their inner rock 'n' roll animals, he imagines redemption at a local Battle of the Bands.

To register call (920) 322-3630.

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

SEND ME NO FLOWERS

Friday, September 26

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

NR · 1964 · Comedy · 1h 40m

Starring: Rock Hudson, Doris day, Tony Randall, Clint Walker, Paul Lynde



Summary: After eavesdropping on his doctors as they discuss another patient, George (Rock Hudson), a middle-aged hypochondriac, leaves a hospital visit believing he's terminally ill. Assuming he'll soon be dead, George enlists his friend, Arnold (Tony Randall), to help him find a new husband for his wife, Judy (Doris Day). They eventually settle on Bert (Clint Walker), a successful businessman. But George's odd behavior makes Judy suspect he's covering up an affair.

To register call (920) 322-3630.

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

SUDOKU

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Falls Prevention

O L K H Y P O T E N S I O N I Q L
 S O C E X Y R E N D Y Z U H N Q I
 T O S B Q E O N H J T B P A O B G
 E S H A Q R M N E O Q P O N N O H
 O E O L F H Z F P Y U P O D S R T
 P C W A Y Y M P H I N A R R K Z I
 O A E N K N V S D Q Z Z V A I N N
 R R R C C T V D Z R I M I I D G G
 O P B E C L U T T E R F S L S R B
 S E A K T T E S P T Q E I S O R X
 I T R F M M R U G S W S O U C K M
 S L S D I U I Y O J F E N G K U X
 M E D I C A T I O N S S U X S I V
 F F Q Z L R S K A E X E R C I S E
 Z P C G J P P N E K B U H G M G F
 U U N Q O M A Q Q A G E R Y I M S
 U C O N F U S I O N Z N Y W B N Y

nonskid socks
 shower bars
 hypotension
 exercise
 clutter

osteoporosis
 poor vision
 hand rails
 lighting
 rugs

loose carpet
 medications
 confusion
 balance
 age

BLOOD PRESSURE CLINIC

Wednesday, September 17
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, September 16
12:00– 1:00 p.m.



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

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

Sponsored by: **ATI**
PHYSICAL THERAPY

**HAPPY
LABOR DAY**



The Center will be closed Monday, September 1 in observance of Labor Day.

MAKE YOUR MONEY LAST IN RETIREMENT: ASK A FINANCIAL ADVISOR

Wednesday, September 24
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**

GREETING CARDS NEEDED



Do you have any brand new greeting cards that you don't plan on using? If so, we will take them! You may drop them off at the front desk M-F 8:00 a.m.– 3:00 p.m.

2025 FOND DU LAC COUNTY CARE GIVING CONFERENCE



A day of education and support for those who care.

THURSDAY, SEPTEMBER 18
8:30AM – 3:00PM

\$5 Family Caregivers
\$15 Professional Caregivers

Community Church
N6717 Streblov Dr. Fond du Lac, WI

Keynote Presentation: Until My Memory Fails Me
Mindfulness Practices for Cultivating Resilience & Self-Compassion in the Face of Cognitive Decline



Keynote Speaker
SHARON LUKERT

To register call the ADRC at (920) 929-3419

FUN SHIRT FRIDAYS

Join us on Fridays!

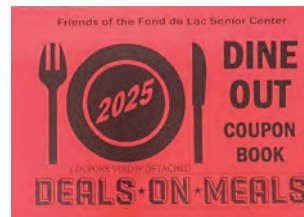


Do you have a shirt with a funny saying or picture on it? Wear it to the Center for Fun Shirt Friday because we all need a little more happy in our lives.

(Please nothing controversial or obscene - keep it FUN)

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!

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 Carolyn! Carolyn was the Birthday Club winner last month!

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!



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, September 23
8:00 a.m.-2:30 p.m.



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!



ELDER BENEFIT SPECIALIST

Thursday, September 11 10:00-11:30 a.m. & 12:00-2:30 p.m.

Melissa Chase the Elder Benefit Specialist from the Fond du Lac ADRC will be here to assist you with the following

- Understanding how Medicare enrollment works
- Assisting with enrollment in Medicare and Social Security retirement
- Assistance towards eligibility for public benefits such as Medicaid, Food-Share, and housing



Drop in anytime during the hours listed. Assistance provided on a first-come, first-served basis.

FREE SHREDDING DAYS

9:00 a.m.-12:00 p.m.

A free and secure way to destroy old documents.

Saturday, September 20 at Fond du Lac FVSBank
51 E. 1st Street, Fond du Lac

Saturday, September 27 at Waupun FVSBank
101 S. Madison Street, Waupun

Go early. Space is limited.



MEMORY SCREENING

Monday, September 8
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

Tuesday, September 9 at 1:00 p.m.



WISCONSIN
PARKINSON
ASSOCIATION

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.

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



FEELING THE PINCH?

Wednesday, September 17
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.



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.

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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Fond Du Lac, WI 54937
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Jenna Wood

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Robert Bruce

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Christal Mulder, CRPC™

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Fond Du Lac, WI 54937
920-923-2393

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LABOR DAY

DIRECTIONS: UNSCRAMBLE THE LETTERS TO DISCOVER THE LABOR DAY KEY WORDS.

EPADAR:_____

OJB:_____

CICPIN:_____

MUMSRE:_____

ODANMY:_____

UOINN:_____

KERWOR:_____

PEMREBTSE:_____

GHRITS:_____

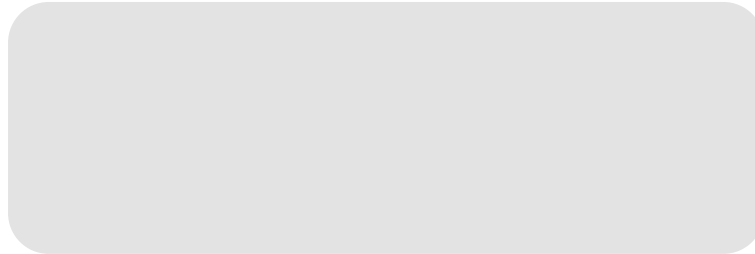
CUEBERAB:_____



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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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