

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

AMONG FRIENDS

NEWSLETTER

October 2025



HELLO
October

PLEASE BE BRIGHT!

OUR MISSION

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

If you are receiving this newsletter in the mail or in your email, **THANK YOU!** You may be thinking, "thank you for what?" Thank you for supporting the Friends of the Fond du Lac Senior Center, Inc. "The Friends" as we tend to call them, are the 501(c)3 non-profit organization that does all of the fundraising to support the programs and activities at The Center.

As some of you may know, the City of Fond du Lac covers the operating expense of our beautiful Center. The city budget does not, however, cover any of our program or activity expenses - here is where The Friends come in! If we need supplies, whether it's for an art class, a delicious food event (like September's ice cream bar), or fun prizes for our giveaways (the monthly birthday winner, our kindness box winner, or the "Guess How Many" contest), The Friends provide those. They support our classes that have a paid facilitator by offsetting the facilitator fees so that we can keep the prices of our classes extremely reasonable. They are also the force behind the purchase of larger items - things like all of the envelopes for the jigsaw puzzles, the 900 monthly greeting cards that our Outreach volunteers write each month to residents of local senior living communities, and the wonderful exercise equipment that we have available for anyone to use.

The Friends do several fundraisers each year, the "Friendship Drive" - our annual campaign/membership drive, the annual Raffle Fundraiser, the Annual Gala (which will be coming up on the 8th of this month!), and the Dine Out and Service Books. They are a vital part to what we are able to do here at The Center. If it wasn't for them, and your support of The Friends, we wouldn't be able to offer the wide variety of programs and activities that we do.

I wanted to mention The Friends for a couple of different reasons. The Annual Gala is coming up on the 8th of October. This is a FUN night - food, music, dancing, fellowship, and fundraising. All of the proceeds from the event go to support The Center. I invite you to join us! This year's event is being held again at the Moraine Park Conference Center. We will be having a taco bar, catered by Beans & Bites from North Fond du Lac. We have worked with Beans & Bites for several events and their food and DESSERTS are amazing! The music this year is by Fork in the Road Band. They play a great mix of classic rock and dance hits from the 60's, 70's and 80's - music guaranteed to get you tapping your toes or up and dancing. Tickets are \$20 for "Friends" and \$25 for the general public. We would love to see you there!

The other reason I wanted to mention The Friends, is because I'm not good at asking people to donate -even to a cause I completely believe in. That being said, I wanted to mention that over the last year we have had some amazing donations. People have asked for memorials to The Friends when they pass, people have worked with the Fond du Lac Area Foundation to leave a legacy in support of The Friends, we have received Thrivent Choice donations from participants, and we were even a recipient of a donation in someone's will. If you are interested in learning more, give me a call or stop in. I'd love to share more about the good work The Friends organization does to support aging well in our community.

If you picked this newsletter up and didn't receive it in the mail, I invite you to become a "Friend" - we'd love to have you! Stop in and we'd be happy to share more information. Hope to see you at the Gala and around The Center this month!

Cathy

Tickets Available at the Front Desk

Friends of the Fond du Lac
Senior Center

ANNUAL GALA

OCTOBER 8

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

\$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

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

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JACK O' LANTERN BINGO



Jack O' Lantern Bingo Challenge



Find and take a picture of the Jack-O'-Lanterns listed below to get a Bingo. When you have a Bingo bring them to The Center and show us for a chance to win a prize!

One Bingo per person. Due by Friday, October 31st

A HAPPY JACK-O'-LANTERN	A JACK-O'-LANTERN WITH TEETH	A SCARY JACK-O'-LANTERN	A JACK-O'-LANTERN LIT UP	A SAD JACK-O'-LANTERN
A SILLY JACK-O'-LANTERN	A REALLY BIG JACK-O'-LANTERN	A TOOTHLESS JACK-O'-LANTERN	A WEIRD LOOKING JACK-O'-LANTERN	A JACK-O'-LANTERN WITH WORDS
A TALL JACK-O'-LANTERN	A JACK-O'-LANTERN HOLDING A SIGN		A WHITE JACK-O'-LANTERN	A SURPRISED JACK-O'-LANTERN
A TINY JACK-O'-LANTERN	A CUTE JACK-O'-LANTERN	A JACK-O'-LANTERN WITH A NOSE	A JACK-O'-LANTERN NOT CARVED FROM A PUMPKIN	A JACK-O'-LANTERN WITH TRIANGLE EYES
A JACK-O'-LANTERN THAT LOOKS LIKE A CAT	A JACK-O'-LANTERN WITHOUT A NOSE	A JACK-O'-LANTERN WITH ROUND EYES	A JACK-O'-LANTERN THAT HAS A SPIDER ON IT	A MAD JACK-O'-LANTERN

YOU'RE INVITED TO A FAR OUT 70S THEMED COSTUME PARTY

Friday, October 31 at 1:00 p.m.
Cost: \$2.00



Can you dig it? We're turning back the clock to the disco decade! Get out those bell bottoms and boogie shoes, and join us for a groovy time! Retro snacks will be provided and Prizes will be awarded for the best costumes. We're stoked to see you!

Must sign up by October 24.
No phone in registrations accepted.
Must register and pay in person.
Space is limited. Sponsored by:



RAISING AWARENESS FOR STROKE PREVENTION

Wednesday, October 29 at 1:00 p.m.



Join us for this informative presentation and learn about risk factors that could put you or a loved one at risk for developing a stroke, and how to manage them. You will also learn what the stroke symptoms are, what to do if you recognize them, and what your healthcare team can do to help. Stick around after the presentation and get your blood pressure taken.

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



Sponsored by:



SO YOU'RE THINKING ABOUT SELLING?

Tuesday, October 21 at 1:00 p.m.



Join us as Jeanne Lasher, a local realtor uses her professional and personal experiences to educate us on:

- Downsizing –Where to start
- Timing– When to move
- Options– Where to move
- How to prepare your house for market
- Homes for Heroes Program

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



Sponsored by:



HOLIDAY SCAMS & SMART SHOPPING: PROTECTING YOURSELF THIS SEASON



Wednesday, October 22 at 1:00 p.m.

As the festive season approaches, so do the scammers. This presentation is designed to help you stay safe and savvy during the holidays. We'll explore:

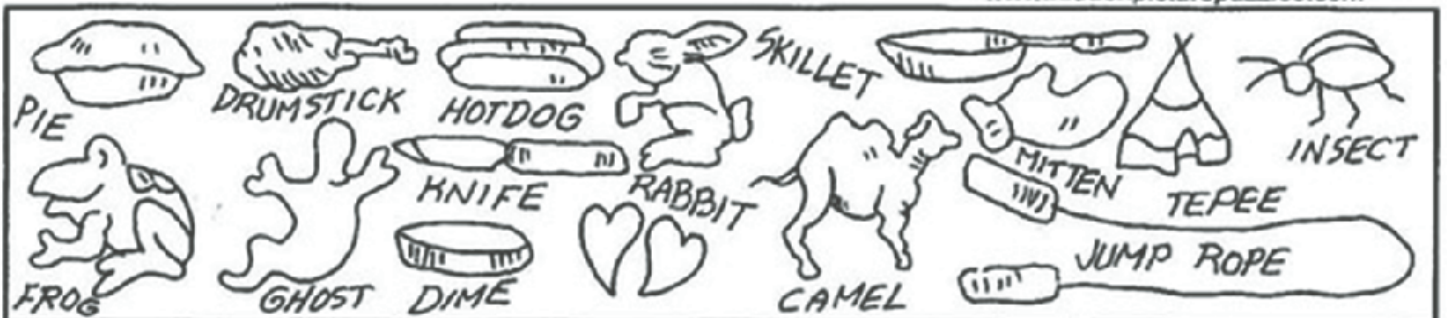
- Common Holiday Scams: From fake charity appeals to package delivery frauds and online shopping traps.
- Red Flags to Watch For: Learn how to spot suspicious emails, texts, and phone calls.
- Safe Shopping Tips: Whether online or in-store, discover how to shop securely and avoid financial pitfalls.
- Protecting Your Personal Information: Simple steps to safeguard your identity and money.
- What to Do If You're Targeted: Resources and actions to take if you suspect a scam.

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

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HIDDEN PICTURE PUZZLE

www.hiddenpicturepuzzles.com

PAINTING WITH BARB DECOUPAGE FALL VOTIVE

Monday, October 20 at 12:30 p.m.

Cost: \$5.00



Celebrate the beauty of autumn by creating your very own, fall-themed votive candle holder. In this class you'll learn the art of decoupage to transform plain glass into a warm, glowing work of art.

All materials are included.

No phone in registrations accepted.

Must register and pay in person.

Space is limited.

PAINTING WITH BARB PUMPKIN TRINKET BOX

Monday, October 27 at 12:30 p.m.

Cost: \$5.00



Get into the spirit of fall with this fun and creative class where you will paint and personalize your very own ceramic pumpkin trinket box— perfect for holding jewelry, candy, or tiny treasures.

All materials are included.

No phone in registrations accepted.

Must register and pay in person.

Space is limited.

ART WITH TRISTA RESIN CHARMS

Monday, October 13 at 12:30 p.m.

Cost: \$10.00

Join us for a fun and easy introduction to UV resin crafting! In this hands-on class, you'll create your own unique set of charms using UV light to cure resin. Experiment with colorful dyes, sparkly glitters, and tiny decorative findings to design one-of-a-kind pieces. Once your charms are complete, turn them into wearable art - choose to make earrings, or a pendant for a necklace. All skill levels welcome



All materials are included.

No phone in registrations accepted.

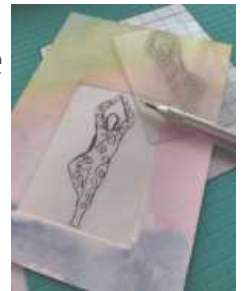
Must register and pay in person. *Space is limited.*

ART WITH TRISTA ACRYLIC ETCHINGS

Thursday, October 30 at 12:30 p.m.

Cost: \$.8.00

Join us for a relaxed and creative class where you'll learn an easy way to make your own etchings! We'll guide you through the process of scratching your design into acrylic, then printing it using a small press. It's simple, satisfying, and a lot of fun—you'll be hooked and ready to make more! 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.*

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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, October 8 & 22 at 1:00 p.m.



2nd & 4th Wednesdays

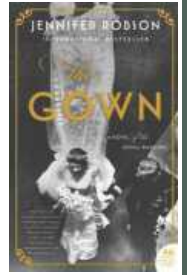
New participants always welcome!

BOOK CLUB

Thursday, October 9 at 10:00 a.m.

BOOK OF THE MONTH: The Gown

By: Jennifer Robson



In 1947 post-WWII London, two embroiderers, Ann Hughes and Miriam Dassin, work on the intricate detailing of Princess Elizabeth's wedding gown, forging a strong friendship amidst national hardship and personal trauma, including Miriam's experience as a Holocaust survivor; and in 2016 Toronto, Ann's granddaughter, Heather McKenzie, discovers her grandmother's connection to the gown through a box of mysterious embroidered embellishments and travels to London to uncover the secrets of Ann's past

All books are due back on or before October 9.



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.



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 12:30-3:00 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, October 15 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, October 14 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, October 9 at 6:00 p.m.



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

FLYING GEESE QUILTERS

Thursday, October 2 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!

OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 8:00 Billiard Room Open 8:00 Take 5 For You 9:00 Wood Carving 10:00 Video Walk to Fitness 11:00 German 2 12:30 Bunco 12:30 German 3 1:00 Euchre 5:30 Zumba Gold Lake of the Torches Trip	7 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 12:00 Sewing 1:00 Crafters Corner 1:00 Cribbage	1 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 Sheepshead	2 8:00 Billiard Room Open 8:00 Take 5 For You 8:30 Flying Geese Quilters Work Day 9:00 Walking Group 10:00 Balance & Stretch 11:30 Tech Connect at MPTC 12:00 Mah Jongg 12:30 Dominoes 1:00 Cribbage 1:00 Flying Geese Quilters 5:30 Beginning Line Dancing 5:30 Parents of Angels 6:30 Line Dancing Oneida Trip	3 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 4 Saturday 9:00 No Beginning Line Dancing 9:00 Walking Group 5 Sunday
6 8:00 Billiard Room Open 8:00 Take 5 For You 9:00 Wood Carving 10:00 Video Walk to Fitness 11:00 German 2 12:30 Bunco 12:30 German 3 1:00 Euchre 5:30 Zumba Gold Lake of the Torches Trip	7 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 12:00 Sewing 1:00 Crafters Corner 1:00 Cribbage	1 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 Sheepshead	9 8:00 Billiard Room Open 8:00 Take 5 For You 9:00 Walking Group 10:00 Balance & Stretch 10:00 Book Club 11:30 Tech Connect at MPTC 12:00 Mah Jongg 12:30 Dominoes 1:00 Cribbage 5:30 Beginning Line Dancing 6:00 Sunset Stitchers 6:30 Line Dancing	10 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 - Old Goats 1:00 Chair Volleyball 1:00 Memory Writers 11 Saturday 9:00 Beginning Line Dancing 9:00 Walking Group 12 Sunday
13 8:00 Billiard Room Open 8:00 Take 5 For You 9:00 Memory Screening	14 8:00 Billiard Room Open 8:00 Take 5 For You 8:30 Strong!	15 8:00 Billiard Room Open 8:00 Take 5 For You 10:00 Fondy Sunshine Strummers	16 8:00 Billiard Room Open 8:00 Take 5 For You 9:00 Elder Benefit Specialist	17 8:00 Billiard Room Open 8:00 Fun Shirt Friday 8:00 Take 5 For You

9:00 Wood Carving 10:00 Video Walk to Fitness 11:00 Leap In For Lattes 11:00 German 2 12:30 Art With Trista 12:30 Bunco 12:30 German 3 1:00 Euchre 5:30 Zumba Gold	9:00 Walking Group 9:45 Intermediate Yoga 10:00 Balance & Stretch 11:00 Cardio Drumming 12:00 Gait Assessments 12:00 Mah Jongg 12:00 Sewing 1:00 Crafters Corner 1:00 Cribbage 1:00 Parkinson's Support Group 6:00 Coin Collectors 6:00 Intergenerational Line Dance	10:00 Video Walk to Fitness 11:00 Feeding America 11:30 Blood Pressure Clinic 12:00 Canasta 12:00 Hand & Foot 12:00 Rec Sheephead 12:30 Movie - Four Letters of Love 6:30 Stamp Collectors	9:00 Walking Group 10:00 Balance & Stretch 11:30 Tech Connect at MPTC 12:00 Elder Benefit Specialist 12:00 Mah Jongg 12:30 Dominoes 1:00 Cribbage 5:30 Beginning Line Dancing 6:30 Line Dancing	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 18 Saturday 9:00 Beginning Line Dancing 9:00 Walking Group 19 Sunday
20 8:00 Billiard Room Open 8:00 Take 5 For You 9:00 Tech Tyme 9:00 Wood Carving 10:00 Video Walk to Fitness 11:00 German 2 12:30 Bunco 12:30 German 3 12:30 Painting With Barb 1:00 Euchre 5:30 Zumba Gold	21 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 12:00 Sewing 1:00 Crafters Corner 1:00 Cribbage 1:00 Thinking About Selling? 6:00 Intergenerational Line Dance	22 8:00 Billiard Room Open 8:00 Double Ticket Day 8:00 Take 5 For You 10:00 Fondy Sunshine Strummers 10:00 Video Walk to Fitness 11:30 Ask A Financial Advisor 12:00 Canasta 12:00 Hand & Foot 12:00 Rec Sheephead 1:00 Genealogy 1:00 Holiday Scams	23 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 Dominoes 12:30 Movie - Last Breath 1:00 Cribbage 5:30 Beginning Line Dancing 6:30 Line Dancing	24 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 - The Addams Family 1:00 Chair Volleyball 1:00 Memory Writers Guesses Due for Guess How Many 25 Saturday 9:00 Beginning Line Dancing 9:00 Walking Group 26 Sunday
27 8:00 Billiard Room Open 8:00 Take 5 For You 9:00 Wood Carving 10:00 Video Walk to Fitness 11:00 German 2 12:30 Bunco 12:30 German 3 12:30 Painting With Barb 1:00 Euchre 5:30 Zumba Gold	28 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 11:30 Tech Connect at MPTC 12:00 Mah Jongg 1:00 Crafters Corner 1:00 Cribbage 6:00 Intergenerational Line Dance	29 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 Stroke Awareness/Prevention	30 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 Art With Trista 12:30 Dominoes 12:30 Movie - Four Letters of Love 1:00 Cribbage 5:30 Beginning Line Dancing 6:30 Line Dancing	31 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 Far Out 70s Costume Party 1:00 Memory Writers Jack O' Lantern Bingo Challenge Due

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anicholas@lpicommunities.com

(800) 950-9952 x2538



For ad info. call 1-800-950-9952 • www.lpicommunities.com

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

C 4C 01-1122

SAVE THE DATES ABCS OF LONG-TERM CARE



What is Home Care, RCAC, CBRF, SNF, Hospice? Navigating long-term care can be very confusing. Join us and learn all about the care you may need as you age.

Tuesday, November 4 at 12:30 p.m.

Supportive Home Care • Skilled Home Care • Hospice

Thursday, November 6 at 12:30 p.m.

RCAC • CBRF • SNF • Memory Care

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



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EDEN VISTA
FOND DU LAC
— A MEMORY CARE COMMUNITY —



Harbor Haven
Health & Rehabilitation



Woodlands
SENIOR PARK

INTERGENERATIONAL BEGINNING COUNTRY LINE DANCING CLASSES

Tuesday, October 14, 21, 28 at 6:00 p.m.



This class is designed for anyone **18 and older** who would like to learn how to country line dance.

Call (920) 322-3630 to register.

5 Class punch cards for \$10 available at the door.

GUESS HOW MANY



Drop in at The Center and Guess how many Halloween M&Ms there are in the jar. The closest guess wins the jar of M&Ms!

The jar is on display at The Center.

All guesses are due by Friday, October 24.

Sponsored by:



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

TECH TYME

Monday, October 20 9:00-10:30 a.m. at The Center



TECH CONNECT

Tuesday, October 28 & 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

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.

No Country Line Dancing on Saturday, October 4



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.

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!

LAST BREATH

Wednesday, October 8 *AND* Thursday,
October 23

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

PG-13 · 2025 · Thriller/Documentary · 1h 33m

Starring: Woody Harrelson, Simu Liu, Finn Cole, Cliff Curtis, Mark Bonnar, MyAnna Buring

Summary: A true story that follows seasoned deep-sea divers as they battle the raging elements to rescue their crew mate trapped hundreds of feet below the ocean's surface.

To register call (920) 322-3630.

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



FOUR LETTERS OF LOVE

Wednesday, October 15 *AND* Thursday,
October 30

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

R · 2024 · Fantasy/Romance · 1h 49m

Starring: Ann Skelly, Helena Bonham Carter, Dónal Finn, Pierce Brosnan, Gabriel Byrne

Summary: Nicholas and Isabel are made for each other, but as destiny pulls them together, family, passion and faith drives them apart. As they embark on journeys of heartache and misplaced love, fate soon contrives to pull the threads of their lives together.

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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Contact your county's
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Resource Center to
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🌐 www.lakelandcareinc.com

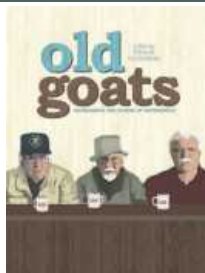


"It's my life and they respect that."

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delivered with a focus on Life. Defined by you.



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SUDOKU

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FALL WORD SEARCH

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

ACORN
 FOOTBALL
 NOVEMBER
 SEPTEMBER

APPLES
 HALLOWEEN
 OCTOBER
 SUNFLOWER

AUTUMN
 HARVEST
 PUMPKIN
 SWEATER

CANDY
 HAYRIDE
 RAKE
 THANKSGIVING

CIDER
 LEAVES
 SCARECROW
 TURKEY

BLOOD PRESSURE CLINIC

Wednesday, October 15
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, October 14
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

SEWING

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



Registration for this class is closed.

MAKE YOUR MONEY LAST IN RETIREMENT: ASK A FINANCIAL ADVISOR

Wednesday, October 22
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**

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!

LEAP IN FOR LATTES

Monday, October 13

Serving 11:00– 11:30 a.m. or while supplies last.

Although we are only serving until 11:30 a.m., you are welcome to stay and visit.



Leap in for a hot or cold latte and stay for some socializing.

Sponsored by:



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!

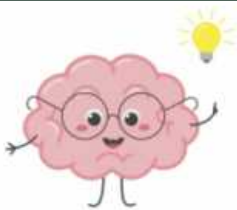
Congratulations and Happy Birthday to Jeff! Jeff was the Birthday Club winner last month!

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!

Congratulations to Betsy! Betsy was the kindness winner last month. Thank you for being so kind!



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 - puzzles from The Center only)

DOUBLE TICKET DAY

Wednesday, October 22
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, October 16 9:00-11:15 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.

PARKINSONS SUPPORT

Tuesday, October 14 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.

MEMORY SCREENING

Monday, October 13
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.



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.



FEELING THE PINCH?

Wednesday, October 15
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

Thursday, October 2
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!

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
Suite 100
Fond Du Lac, WI 54937
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Jenna Wood

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Robert Bruce

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920-638-4182

Eric Lueptow

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920-263-9485

Christal Mulder, CRPC™

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Fond Du Lac, WI 54937
920-923-2393

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Unscramble the following autumn words

OLAGEIF

PPIUKNM

NIDW

OANRC

SEEAVL

RSEACORWC

PESAPL

SRUOGD

ONRC ZEAM

IECPSS

RAVETSH

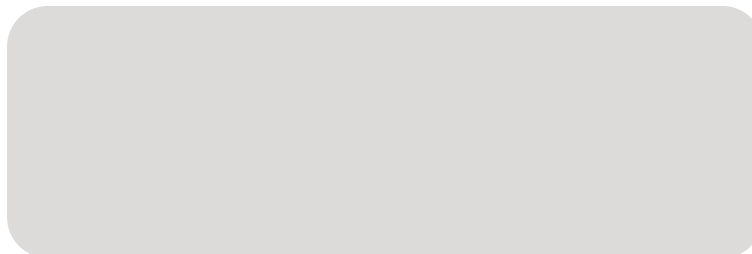
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OR CURRENT RESIDENT



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

(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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