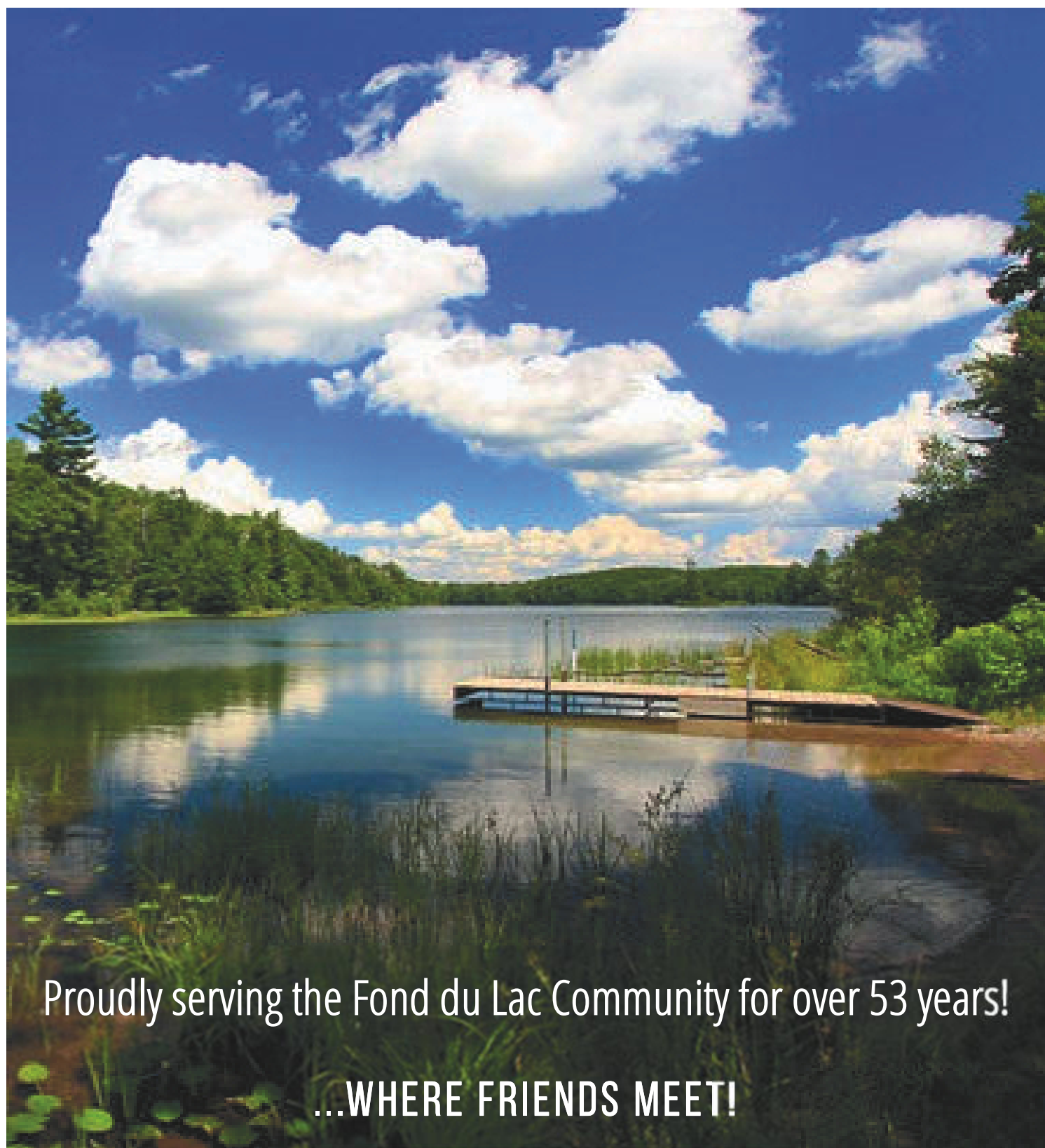


Friends of the Fond du Lac Senior Center

AMONG FRIENDS

June/July
2020

Newsletter



Proudly serving the Fond du Lac Community for over 53 years!

...WHERE FRIENDS MEET!



A Free Monthly Publication
Vol. 11 • No. 6

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**THE SENIOR CENTER IS CURRENTLY
CLOSED UNTIL JULY 1.**



Fond du Lac Senior Center

151 E. 1st St.

Fond du Lac, WI 54935

Phone(920)322-3630

Email..... cloomans@fdl.wi.gov

Hours..... M-F 8:00 am- 4:30 pm

The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those with disabilities. Friends bylaws available at our Center. Visit us online at www.fdlseiorcenter.com

Happy Summer!!

While our building is still closed to the public, we are starting to see the light at the end of the tunnel! (Or at least today there is a light - things change so quickly I hesitate to say it's for certain!)

We have slowly started to do a few outdoor programs, so if you are interested feel free to join in. Naturally, social distancing is being practiced at all outdoor activities, but sometimes just being able to interact with people on a human level helps us feel like things are getting back to normal. Here's what's going on:

* Monday and Friday mornings at 9:00, in addition to doing our Facebook live Balance & Stretch class, we are doing the class in our front parking lot for anyone that may want to join us. We provide the chairs and ask that you provide your own water. We do this weather permitting, but please note that the parking lot is pretty sunny, so you may want to wear sunscreen and a hat!

* The walking group is meeting for a walk on Sunday afternoons. If you are interested in joining, give us a call for details each week on where the starting spot will be. Walking poles are welcome.

* The Men's Senior Center Golf League (Thursday a.m.) and the Ladies Playful Golf Club are both hitting the links (Monday and/or Wednesday at 9:30). Call for information!

* We are looking at additional programming that we can offer outdoors - watch Facebook or call for more information.

* The Friends have been able to reschedule some of their brat frys—join us for lunch at Festival on July 12, August 15 and September 13.

* One sad note, the Friends Board decided to cancel all Happy Travelers trips for 2020 and will look at 2021 later this year.

* Drive Up Meals are still available Monday-Friday.

* We still have masks that we are giving away at no charge.

Call us at (920) 322-3630 for more information on anything in this list! Hope you are staying healthy and remembering to smile every day! Take care! *Cathy*



Drive up meals are available each day at the Senior Center! If you want a nutritious meal delivered to your car window, call for a reservation by noon, and you can pick up a meal the next day. This program is available to Fond du Lac County residents, 60 years and older, or living with someone 60 or older. The County asks for a \$3 suggested donation, but participants only pay what they feel comfortable with. Pick up at the Senior Center between 11:15-noon, Monday-Friday. For more info or to sign up, call (920) 322-3630.



The menu for June is available on page 4.

Newsletter Crew

Editor.....Cathy Loomans
CoordinatorSarah Stevenson
Mail Crew.....20+ Awesome Volunteers

Newsletter Deadline

Information must be submitted at least six weeks prior to the event in order to be included in the newsletter. Please submit information to Cathy Loomans at cloomans@fdl.wi.gov.

Up-to-Date Information

Tune in to KFIZ-AM 1450 on Monday mornings at 9:35 for the Senior Center update.



Listen in for information about upcoming activities and events at the Senior Center each Monday when Cathy Loomans, Senior Center Director, joins Spencer Wagen.

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Senior Dining



Fellowship Food Fun

June 2020

Fond du Lac County Senior Dining

Is Money Tight?

You might be eligible
for a Food Share
Wisconsin (Quest) Card

To contact the Food
Share Wisconsin Help
Line call
1-877-366-3635

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																				
1 Swiss Steak Mashed Potatoes Peas and Carrots Cookie Fruited Gelatin Sliced Bread	2 BBQ Meatballs White Bean Salad Broccoli Cuts Raspberry Sherbet Peach Slices Dinner Roll	3 Roast Pork Loin Mashed Potatoes Calif Blend Veg Butterscotch Pud. Applesauce Sliced Bread	4 Baked Spaghetti Mixed Italian Salad Birthday Cake Cantaloupe Slice French Bread	5 Smoked Sausage Baked Potato Green Beans Cinnamon Roll Pear Slices Sliced Bread																																																																																				
8 Pork Jaegerschnitzel Mashed Potatoes Baby Carrots Applesauce Cake Apricot Halves Sliced Bread	9 Beef Stew Spinach Salad with Rasp. Vinaigrette Cookie Honeydew Melon Cheddar Biscuit	10 Baked Chicken Twice Bk Style Pot Three Bean Salad Vanilla Pudding Fruited Gelatin Sliced Bread	11 Hamburger on a bun German Pot Salad Broccoli Cuts Ice Cream Cup Petite Banana	12 Chicken Marsala Baby Red Potatoes Mixed Vegetables Alexander Torte Fruit Cocktail Sliced Bread																																																																																				
15 Meatloaf Baked Potato Corn Ambrosia Dessert Apple Slices Sliced Bread	16 Swedish Meatballs Mashed Potatoes Carrots Fudge Brownie Peach Slices Dinner Roll	17 Pepper Steak Brown Rice Tossed Salad Frosted Cake Applesauce Sliced Bread	18 Chicken Tetrazzini Winter Blend Veg. Butterfinger Torte Pear Slices Dinner Roll	19 Pot Roast Baby Red Potatoes Baby Carrots Choc Pudding Petite Banana Sliced Bread																																																																																				
22 Chicken Breast Mashed Potatoes Peas and Carrots Spice Cake Pineapple Tidbits Sliced Bread	23 Ham Rolls Sweet Potato Bake Cole Slaw Orange Sherbet Fruit Cocktail Dinner Roll	24 Chopped Steak in Burg/Mush Sauce Mashed Potatoes Swiss Spinach Tapioca Pudding Apple Slices Sliced Bread	25 Sweet & Sour Pork over Brown Rice Chinese Ramen Sal. Choc. Sundae Cup Petite Banana Dinner Roll	26 Roast Turkey Mashed Potatoes Wax Beans Pumpkin Cake Peach Slices Sliced Bread																																																																																				
29 Baked Chicken Garlic Mashed Pot. Copper Penny Salad Fruited Gelatin Cookie Sliced Bread	30 Escalloped Potatoes and Ham Casserole Tossed Salad Frosted Cake Cantaloupe Slice Dinner Roll	<div><div>May 2020</div><table><tr><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th></tr><tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr><tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr><tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr><tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr><tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr></table></div> <div><div>Jul 2020</div><table><tr><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th></tr><tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr><tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr><tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr><tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr><tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr></table></div>			M	T	W	T	F	S	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	M	T	W	T	F	S	S				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
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ring - Kandorpn, wisconsin

ring - Randolph, wisconsin

Participating in “feel good adventures” reduces stress by enhancing mental health and sense of well-being while reducing pain by the brain naturally releasing dopamine, serotonin, and endogenous opioids.

When: June 1-15

Challenges: Choose your own “feel good adventure!”

Gratitude: Complete a gratitude journal (see page 6)

Be Positive: Complete the 5 day positivity challenge (see page 7)

Pay it Forward: Perform 3 random acts of kindness

BONUS: Track your random acts of kindness by using the “penny method,” where you start the day with 3 pennies in your right pocket. Each time you perform a random act of kindness, move a penny from your right pocket to your left pocket. Try to have an empty pocket at the end of the day!



This image shows a single sheet of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

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This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a vertical margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled document.

DAY 1

Before you get out of bed in the morning think about why you're glad to be given the gift of another day. What is one thing you look forward to today?

DAY 2

Catch a stranger doing something right, kind, or lovely. Simply notice it.

DAY 3

Find something beautiful in one thing where it could easily be overlooked.

DAY 4

Identify one thing you appreciate in someone you know. Extra Credit: Tell them.

DAY 5

Before you fall asleep at night, think of one thing you did to make this world a little better. How did you contribute today?

SUDOKU

Easy

2			5				
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			7				
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		9	6			8	2
7	3			2	6		1
1			3	5	4		7

Medium

4	6						
						6	
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			3				1
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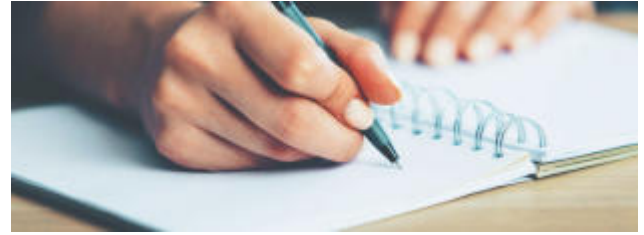
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START WRITING

Start a journal (the Wisconsin Historical Society is currently collecting journals during the COVID-19 crisis for their records), or write your own personal history to share with your children or grandchildren.

wisconsinhistory.org/BIGHistoryIsHappening

JUNE ASTRONOMICAL EVENTS

June 4 - Mercury at Greatest Eastern Elongation. This is the best time to view Mercury since it will be at its highest point above the horizon in the evening sky. Look for the planet low in the western sky just after sunset.

June 5 - Full Moon. This full moon was known by early Native American tribes as the Strawberry Moon because it signaled the time of year to gather ripening fruit. It also coincides with the peak of the strawberry harvesting season.

June 21 - New Moon. This is the best time of the month to observe faint objects such as galaxies and star clusters because there is no moonlight to interfere.



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Science Trivia Questions

1. Who discovered penicillin?
2. What is meteorology the study of?
3. Which planet is the hottest in the solar system?
4. What part of the atom has no electric charge?
5. Which natural disaster is measured with a Richter scale?
6. What is the symbol for potassium?
7. What animals are pearls found in?
8. Who was the first woman to win a Nobel Prize (in 1903)?
9. Which planet has the most gravity?
10. What blood type do you need to be a universal donor?

See page 25 for answer key.

Food & Drink Trivia Questions

1. Which country produces the most coffee in the world?
2. What is the common name for dried plums?
3. Which country invented tea?
4. What name does deer meat go by?
5. Which kind of alcohol is Russia notoriously known for?
6. What other name does "corn" go by?
7. What is the national dish of Spain?
8. Which European nation was said to invent hot dogs?
9. What's the primary ingredient in hummus?
10. Which country is responsible for giving us pizza and pasta?

See page 25 for answer key.





Movies Trivia Questions

1. Who directed Titanic, Avatar and The Terminator?
2. What is the highest-grossing box office film of all time?
3. Name the film which boasts the famous line: "You can't handle the truth!"
4. Who has won the most Oscars for acting in the history of the Academy Awards?
5. Cool Runnings is the story of which country entering a bobsleigh team into the Winter Olympics?
6. "Frankly my dear, I don't give a damn" is an iconic line from which classic film?
7. What does Tom Hanks compare life to in Forest Gump?
8. What is the name of Humphrey Bogart's character in Casablanca?
9. On what date is the Frank Capra classic It's a Wonderful Life set?
10. How many Oscars did the film Schindler's List win?

See page 25 for answer key.

Literature Trivia Questions

1. What was the name of the lion in The Lion, The Witch and the Wardrobe?
2. What was the first book published by movable type?
3. What was Stephen King's first published novel?
4. Which British prime minister was awarded the Nobel Prize for Literature?
5. Which fictional book character has featured as a major character in more films than any other?
6. In L. Frank Baum's original 1900 novel, The Wonderful World of Oz, what color were Dorothy's shoes?
7. Which Dickens novel is considered an autobiography?
8. A Shakespearean sonnet consists of how many lines?
9. Which was the first James Bond novel to be published by Ian Fleming?
10. Which book opens with the quote "All children, except one, grow up."?

See page 25 for answer key.





Countries of the World Word Scramble



1. kednmar
2. cioemx
3. zarbil
4. hcian
5. ainid
6. adnaac
7. tgfaisaahnn
8. nartegina
9. gednlna
10. trueky
11. ocbdmaia
12. cdeilna
13. afrcne
14. eknya
15. helci
16. naetlshnrd
17. ornyaw
18. eiringa
19. wdseen
20. pjaan

Fruits



ACROSS

- 4) Fuzzy fruit
- 5) Kind of split
- 7) Bronx cheer
- 8) Clunker
- 11) Nectar source
- 12) National fruit of India
- 15) Kind of sauce
- 17) Picnic fare
- 18) Sundae crown

DOWN

- 1) Breakfast melon
- 2) Vineyard fruit
- 3) Green-fleshed melon
- 6) Noggin
- 9) Shortcake item
- 10) Good in muffins
- 13) Halloween hue
- 14) New Zealand native
- 16) Cut back

Answers on page 25

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- Tuesday, Sept 15 3:30 pm & 6:00 pm

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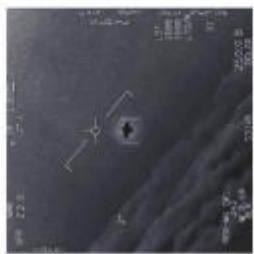



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JUNE HOLIDAYS

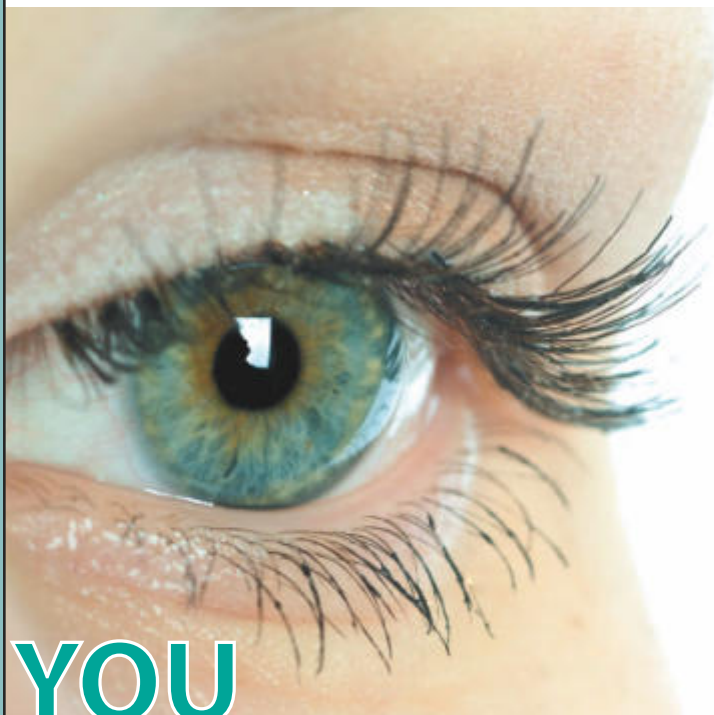
NATIONAL DAIRY MONTH	NATIONAL GREAT OUTDOORS MONTH	NATIONAL ADOPT A CAT MONTH	NATIONAL PTSD AWARENESS MONTH	NATIONAL SAFETY MONTH
Celebrate the many contributions of the dairy industry to our health and economy. Wisconsin became the leading dairy state in 1915, producing more butter and cheese than any other.	No matter our preferred mode of enjoying the great outdoors – hiking, biking, kayaking to name a few – nature is calling. Pursue the beauty and majesty of the big skies and open spaces the outdoors offers.	Shelters are full of cats and kittens in needs of forever homes. These feline fur babies come with as many personalities as they do colors and coats. They curl into our hearts and will just as quickly remind us they decide who they love.	Between 7-8% of the population will experience Post Traumatic Stress Disorder (PTSD) during their lifetime. Men, women, and children can experience PTSD as a result of trauma in their lives. No matter the reason, PTSD is treatable and there is no shame in seeking assistance.	Identifying risks around the home or improving safety standards at home and in your community protects everyone. Whether we increase first aid and emergency awareness through drills or provide water safety tips for summer recreation, we're taking steps to provide a safer neighborhood.

June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 National Go Barefoot Day 	2  National Rotisserie Chicken Day	3 World Bicycle Day 	4  National Cheese Day	5 National Doughnut Day  6 <u>Saturday</u> D-Day 7 <u>Sunday</u> National Cancer Survivor's Day 
8 National Best Friends Day 	9 	10 National Egg Roll Day 	11 	12 National Jerky Day 13 <u>Saturday</u> Random Acts of Light Day

	<p>15 National Photography Day</p> 	<p>National Strawberry Rhubarb Pie Day</p>	<p>16</p>  <p>National Fudge Day</p>		<p>17 National Eat Your Vegetables Day</p> 	<p>National Corn on the Cob Day</p>	<p>14 Sunday Flag Day</p> 
<p>15 National Photography Day</p> 	<p>National Strawberry Rhubarb Pie Day</p>	<p>16</p>  <p>National Fudge Day</p>	<p>17 National Eat Your Vegetables Day</p> 		<p>18</p>  <p>National Go Fishing Day</p>	<p>National Corn on the Cob Day</p>	<p>19 National Garfield the Cat Day</p> <p>20 Saturday First Day of Summer</p> <p>21 Sunday <i>HAPPY Father's Day</i></p>
<p>22 World Rainforest Day</p> 	<p>National Waffle Iron Day</p> 	<p>23</p>  <p>National Hydration Day</p>	<p>24 World UFO Day</p> 		<p>25</p>  <p>National Catfish Day</p>	<p>National Coconut Day</p>  <p>27 Saturday National Ice Cream Cake Day</p> <p>28 Sunday National Paul Bunyon Day</p>	<p>26 National Coconut Day</p> <p>27 Saturday National Ice Cream Cake Day</p> <p>28 Sunday National Paul Bunyon Day</p>

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46. Des Moines
47. Harrisburg

Down

1. Little Rock
2. Jackson
4. Austin
5. Lincoln
6. Phoenix
8. Nashville
9. Cheyenne
10. Oklahoma City
11. Lansing
15. Columbia
17. Madison
19. Concord
20. Columbus
21. Frankfort
23. Pierre
24. Tallahassee
26. Olympia
29. Hartford
31. Albany
33. St. Paul

34. Boise

36. Sacramento

38. Springfield

39. Richmond

41. Dover

44. Augusta

Include a red, green, or orange fruit or vegetable in each meal.

Goal: Complete the challenge above in a minimum of 4 out of 7 days.

When: June 16-30

Tips to include more veggies into your meals:

- Plan some meals around a vegetable main dish, such as a vegetable stir-fry or soup. Then add other foods to complement it.
- Try a main dish salad for lunch. Go light on the salad dressing.
- Include a green salad with your dinner every night.
- Shred carrots or zucchini into meatloaf, casseroles, quick breads, and muffins.
- Include chopped vegetables in pasta sauce or lasagna.
- Order a veggie pizza with toppings like mushrooms, green peppers, and onions, and ask for extra veggies.
- Use pureed, cooked vegetables such as potatoes to thicken stews, soups and gravies. These add flavor, nutrients, and texture.
- Grill vegetable kabobs as part of a barbecue meal. Try tomatoes, mushrooms, green peppers, and onions.

Source: <https://www.choosemyplate.gov/vegetables-tips>



THE BENEFITS OF EATING THE RAINBOW

The more color you add to your plate from Mother Nature's fruits and vegetables, the more micronutrients you'll consume. And that's a good thing because micronutrients are comprised of phytonutrients, vitamins and minerals that fuel your body to perform at its best. Here are some of the many reasons eating the produce rainbow can help improve your health.

GREEN

Eat, juice & blend more green for these potential health benefits:

- Up-regulate detox enzymes in the liver
- Slow macular degeneration
- Improve eye health
- Reduce risk for certain cancers like colon, bladder and breast



MICRONUTRIENTS:

Sulforaphane
Magnesium
Iron
Calcium
Lutein
Potassium
Vitamin K
Folate

RED

Eat, juice & blend more red for these potential health benefits:

- Reduce risk of stroke and macular degeneration
- Reduce inflammation
- Promote heart health
- Help protect against prostate cancer



MICRONUTRIENTS:

Lycopene
Anthocyanin
Ellagic acid
Vitamin C
Quercetin

ORANGE/YELLOW

Eat, juice & blend more orange and yellow for these potential health benefits:

- Boost antioxidant intake
- Promote anti-inflammation
- Keep eyes and skin healthy
- Provide electrolytes and anti-inflammatory compounds to reduce post-exercise sore muscles



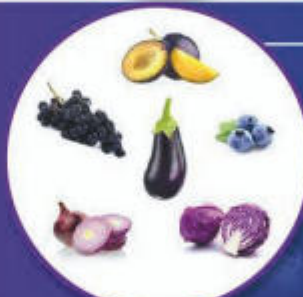
MICRONUTRIENTS:

Beta carotene
Alpha carotene
Potassium
Vitamin C
Vitamin A

BLUE/PURPLE

Eat, juice & blend more blue and purple for these potential health benefits:

- Increase antioxidant consumption
- Promote anti-inflammation in the heart and blood vessels
- Support the immune system
- Improve skin health and help prevent wrinkles



MICRONUTRIENTS:

Vitamin C
Potassium
Folate

WHITE/COLORLESS

Eat, juice & blend more white for these potential health benefits:

- Reduce risk of cardiovascular disease and different types of cancers
- Support healthy bones and reduce risk of osteoporosis
- Support immune system
- Reduce free radical damage
- Lower blood cholesterol levels
- May provide antifungal and antibacterial benefits




MICRONUTRIENTS:

Vitamin C
Allium
Sulforaphane
Flavonoids

census facts

2020 Census data will help inform how billions of dollars are distributed to states and communities every year for the next 10 years.



2020 Census

Shape the


future

of your community.

2020 Census

census facts

The 2020 Census will determine how many congressional representatives each state gets.



2020 Census

There's still time to complete the 2020 Census if you haven't yet! Visit 2020census.gov to learn more or to complete the form online, or to complete the 2020 Census over the phone with a Census Questionnaire Assistance representative, call 1-844-330-2020.

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bat


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crown


broccoli


balloon


envelope


fish


tennis
racket


wedge
of lemon


arrow


umbrella


ladder


crayon


egg


bell


book



Musical Artists of the 1950s/60s



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

ANDREWS SISTERS
 ANDY WILLIAMS
 ARETHA FRANKLIN
 BOBBY VINTON
 BRENDA LEE
 BUDDY HOLLY
 CHUBBY CHECKER
 CHUCK BERRY
 CONWAY TWITTY
 DEAN MARTIN
 DORIS DAY
 ELVIS PRESLEY
 FRANKIE AVALON
 GUY MITCHELL



HERB ALPERT
 JIMI HENDRIX
 LAWRENCE WELK
 LES BAXTER
 LES PAUL
 MARVIN GAYE
 NAT KING COLE
 OTIS REDDING
 PAT BOONE
 PATTI PAGE
 PERRY COMO
 RAY CHARLES
 ROSEMARY CLOONEY
 SAM COOKE



SIMON AND GARFUNKEL
 STEVIE WONDER
 THE BEACH BOYS
 THE BEATLES
 THE DOORS
 THE EVERLY BROTHERS
 THE FOUR SEASONS
 THE MAMAS AND THE PAPAS
 THE MONKEES
 THE PLATTERS
 THE ROLLING STONES
 THE SUPREMES
 THE TEMPTATIONS
 TONY BENNETT





1950s/60s Movies



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

ALL ABOUT EVE
 A MAN FOR ALL SEASONS
 AN AMERICAN IN PARIS
 A STREETCAR NAMED DESIRE
 BEN-HUR
 CINERAMA HOLIDAY
 FROM HERE TO ETERNITY
 GIGI
 GOLDFINGER
 GUESS WHO'S COMING TO DINNER
 HOW THE WEST WAS WON
 HOW TO KILL A MOCKINGBIRD
 LAWRENCE OF ARABIA
 MARY POPPINS



MIDNIGHT COWBOY
 MY FAIR LADY
 OLD YELLER
 REAR WINDOW
 ROMEO AND JULIET
 SINGIN IN THE RAIN
 SPARTACUS
 THE APARTMENT
 THE GREATEST SHOW ON EARTH
 THE SOUND OF MUSIC
 THE TEN COMMANDMENTS
 TOM JONES
 VERTIGO
 WEST SIDE STORY



WELLNESS BINGO

Complete the Gratitude Journal (page 6)	Try something new (food, activity, routine, etc.)	Take a walk outdoors	Drink a glass of water first thing when you wake up	Try meditation
Stretch before bed	Read an article about financial wellness	Call or video chat with a family/a friend	Exercise at home	Participate in the Nutrition Challenge (page 16)
Drink no soda for a week	Participate in the Positivity Challenge (page 7)		Call the "Joke of the Day" hotline	Watch a TED Talk (see page 9)
Clean your home and donate items you no longer use/wear	Sing a song to make sure you wash your hands for 20 seconds	Learn something new	Write a list of goals (1 month, 6 months or 1 year from now)	Stretch when you wake up in the morning
Perform an act of kindness	Write a thank-you note to someone	Complete a puzzle or activity in this newsletter	Eat no sweets for a day	Join one of the Senior Center's Facebook Live exercise sessions

From page 10

Science Trivia:

1. Alexander Fleming
2. The weather
3. Venus
4. Neutron
5. Earthquakes
6. K
7. Oysters
8. Marie Curie
9. Jupiter
10. O-

Food & Drink Trivia:

1. Brazil
2. Prunes
3. China
4. Venison
5. Vodka
6. Maize
7. Paella
8. Germany
9. Chickpeas
10. Italy

From page 11

Movies Trivia:

1. James Cameron
2. Avengers: Endgame
3. A Few Good Men
4. Katherine Hepburn
5. Jamaica
6. Gone with the Wind
7. A box of chocolates
8. Rick Blaine
9. Christmas Eve
10. Seven

Literature Trivia:

1. Aslan
2. The Gutenberg Bible
3. Carrie
4. Winston Churchill
5. Sherlock Holmes
6. silver
7. David Copperfield
8. Fourteen
9. Casino Royale
10. Peter Pan

From page 12

Countries Word Scramble:

1. Denmark
2. Mexico
3. Brazil
4. China
5. India
6. Canada
7. Afghanistan
8. Argentina
9. England
10. Turkey
11. Cambodia
12. Iceland
13. France
14. Kenya
15. Chile
16. Netherlands
17. Norway
18. Nigeria
19. Sweden
20. Japan

From page 8 - Sudoku Answers:

Easy

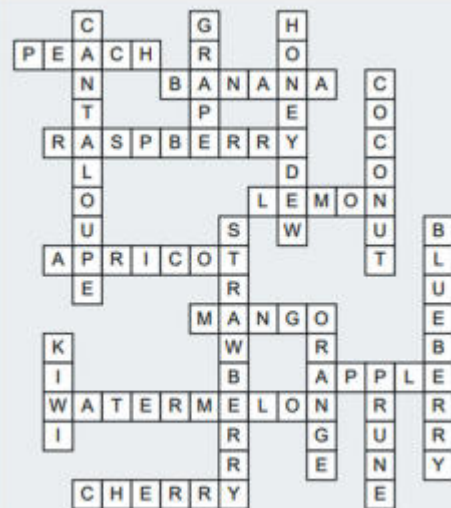
2	4	7	1	5	8	3	6	9
6	3	5	2	9	4	7	1	8
8	9	1	3	6	7	2	4	5
3	2	8	5	1	6	9	7	4
9	1	4	7	2	3	5	8	6
5	7	6	4	8	9	1	2	3
4	5	9	6	7	1	8	3	2
7	8	3	9	4	2	6	5	1
1	6	2	8	3	5	4	9	7

Medium

4	6	8	5	3	1	2	7	9
5	9	7	8	2	4	1	6	3
1	3	2	6	7	9	8	4	5
8	5	6	3	9	7	4	1	2
2	7	3	1	4	6	5	9	8
9	1	4	2	5	8	6	3	7
3	4	5	9	6	2	7	8	1
6	2	1	7	8	3	9	5	4
7	8	9	4	1	5	3	2	6

From page 13

Fruit Cross word



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Are you thinking about retiring?

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April 16th, 6 - 7 PM

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April 28th, 11 - 12 PM

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B

**DOCTOR
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C

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part
D

**PRESCRIPTION
DRUGS**

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2020 Friends Membership Application

27

To join the FRIENDS of the FOND DU LAC SENIOR CENTER or to renew your membership, please complete this application and return it to the Fond du Lac Senior Center. Membership is for the 2020 calendar year. We do not share your information with any outside organization.

Please make check payable to: "FRIENDS, INC."

Fond du Lac Senior Center
151 E. 1st Street
Fond du Lac, WI 54935

NAME(s) (both, if couple)	
MAILING ADDRESS (with apt #)	
CITY, STATE, ZIP	
PHONE NUMBER	
BIRTHDATE (optional)	
E-MAIL (absolutely confidential)	
<input type="checkbox"/> I'D LIKE TO GO GREEN! RATHER THAN U.S. MAIL, PLEASE E-MAIL MY MONTHLY NEWSLETTER TO THE EMAIL ADDRESS ABOVE	

PLEASE PRINT CLEARLY as all information is entered into the computer by a volunteer.

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☐ **\$10.00 Single** ☐ **\$15.00 Couple** (same address)

☐ **\$_____ UTILITY DONATION for the City of Fond du Lac** For a few years now, we have asked members to give \$25 or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board to City Council to help with the cost of utilities at the Senior Center. Thank you to all who helped with donations. Your donation for 2020 is optional but *very much appreciated!*

☐ **\$50.00 FANTASTIC FRIENDS membership support** – Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of our Center and is much appreciated. You will receive a 2020 Dine Out Coupon Book in appreciation of your fantastic donation. *You can pick it up at the front desk.* The **FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership** and additional donation to Friends to help with the operation of our Center.

☐ **\$100.00 FABULOUS FRIENDS membership support** – Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. In recognition of your support, you will receive two 2020 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.

TOTAL ENCLOSED (Utility Donation and Friends Membership **can** be on the same check.)

Because the Friends is a 501(c)(3) nonprofit organization, your contribution is tax deductible.

Please note that **RED HAT HONEYS** members use another purple form for the **\$5 chapter dues**. The \$5 dues can be paid at the same time as the Friends membership. Friends membership, utility donation, and Red Hat dues **CAN** be on the same check. Forms are available at the Senior Center and Red Hat Honeys membership is on-going throughout the year. We always welcome new Red Hatters!

FOR OFFICE USE ONLY

DATE PAID _____ CASH AMT _____ CHECK AMT _____ CHECK # _____ Receipt Given _____

☐ NEW 2020 Member ☐ Renewal Receptionist Initials _____

☐ FANTASTIC FRIENDS \$50 ☐ FABULOUS FRIENDS \$100

☐ Received Dine Out Book - 1 for Fantastic or 2 for Fabulous Memberships ☐ Received Happy Travelers Info

☐ Received *Among Friends* Newsletter

June 2020 Newsletter

Card File

Computer

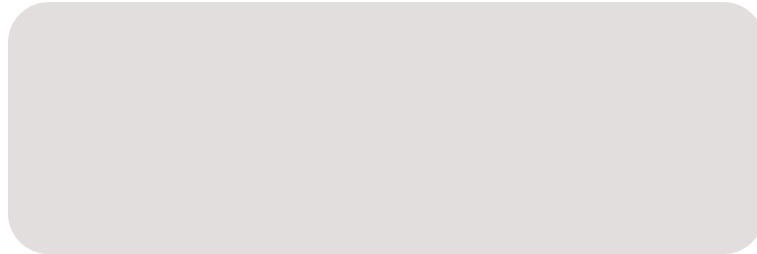


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MISSION

The Fond du Lac Senior Center is dedicated to enriching the social, physical, emotional, and intellectual well-being of seniors in the community.

VISION

TO ENHANCE THE QUALITY OF LIFE OF EVERY SENIOR IN OUR COMMUNITY

The Friends of the FDL Senior Center assume no responsibility for advertising content, mistakes or omissions. Programs and events are subject to change or cancellation without notice. No partial sessions or refunds on classes.