

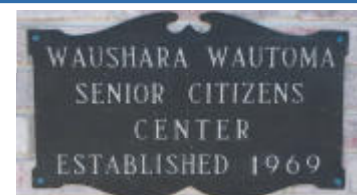
AMONG FRIENDS

NEWSLETTER

SEPTEMBER
2020

Senior Centers... Delivering Vital Connections!

National Senior Center Month: September 2020



CATHY'S CORNER

Happy National Senior Center Month!



This year's theme for National Senior Center Month is **"Delivering Vital Connections"**. Boy - did COVID teach us how vital it is to stay connected to each other!

Did you know that Senior Centers have a state association, The Wisconsin Association of Senior Centers (WASC)? We work to provide training, resources and support for senior centers throughout the state. Our state is also divided into districts and our Fond du Lac Senior Center is part of District 3. As a district, we hold meetings (or virtual meetings) to connect with our peers, talk about best practices and share successes and challenges. During one of these meetings earlier this year, we talked about how we should be working together to promote each other. That conversation sparked the idea for this month's newsletter cover to celebrate National Senior Center Month. Each of the District 3 Senior Centers is represented on the cover in hopes that if you know someone who is living in one of these areas, you can help spread the word that they have a Senior Center in their community. Every Senior Center is different, but one thing is for sure—together we are better and stronger!

As you can imagine, many of our current conversations for WASC center around providing services while doing everything we can to keep people safe. Several weeks ago, we had picked July 1 as a target date for being able to open. We were hoping at that time that the virus was losing momentum and that things would slowly be returning to normal. Unfortunately, we were wrong. So instead of opening the building, we started looking for additional ways to offer outdoor programs to give people some ways to stay active and engaged during the summer, but still staying safe and "socially distanced". Many of these will continue into the fall as weather permits. There is information in this newsletter about these programs.

Please know that we are continually evaluating how and when we can safely open. Believe me when I say that nobody wants to be open more than Sarah and I do. We miss you all.

There have been many changes in the time since we have closed, but the one thing that hasn't changed is our passion and commitment to serving our seniors. We look forward to being able to welcome you back, and until then, I hope you are staying healthy and remembering to smile every day!

Take care!

Cathy

DID YOU KNOW?

National Senior Center Month

Recognized by the Older Americans Act as a community focal point, senior centers have become one of the most widely used services among America's older adults. Today, almost 10,000 senior centers serve more than 1 million older adults every day. Here's some numbers for the Fond du Lac Senior Center:

Pre-COVID:

Traditional Programs and Attendance (January—March 15) 11,511

Post-COVID (March 15 - August 20)

| | |
|--|---|
| Drive Up Meals – County Program Post COVID | 12, 557 meals given out through August 20th |
| Outreach Card Writing to Senior Living Communities | 6976 cards sent |
| Masks Distributed | 3800 |
| Meals Distributed from The Meadows Senior Living | 1007 |
| Facebook Live Views | 11332 |
| Facebook Post Reach | 21600 |
| Facebook Engagement | 4287 |
| Joke of the Day Hotline | 684 calls |
| Drug Disposal Bags Distributed | 12 |
| Culvers Pints Distributed | 215 |
| Dairy Queen Meal Coupons Distributed | 50 |
| Puzzles, Books, Etc Distributed | 325 |
| Outdoor Programs (Post COVID) | 358 |
| Total Contacts/Engagement | 74,714 |

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

A 4C 01-1122

GET MOVIN'

Yoga Lite

Yoga Lite will be starting at the Raymond C. Wifler PC @ Buttermilk Creek Park. Class sizes will be limited and **pre-registration is required**. If you are interested in attending, please call (920) 322-3630.

Dates: Tuesday Evening 5:45 - 6:30 p.m.
4 week session

Please bring: yoga mat, water, towel



Morning



Press Fitness

Morning Xpress Fitness will be starting at the Raymond C. Wifler PC @ Buttermilk Creek Park. Class sizes will be limited and **pre-registration is required**. If you are interested in attending, please call (920) 322-3630.

Dates: Tuesday Morning 9:00-9:45 a.m.
4 week session

Please bring: water

Balance & Stretch

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. (In person class temporarily on hold due to parking lot reconstruction. We hope to resume August 10th.

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!

Dates: Monday and Friday 9:00-9:30 a.m.

Walking Group

The walking group is meeting to walk on Tuesday, Thursday and Saturday mornings at 10:00 a.m.

After each walk, the group picks the location for the next walk, so if you are interested in joining in, call us for details (920) 322-3630, or check out our Facebook Page at <https://www.facebook.com/FondduLacSeniorCenter/>

Walking poles are welcome.



GET GROOVIN'

SCAMP Band

Our SCAMP band is practicing at the Raymond C. Wifler PC @ Buttermilk Creek Park and you are welcome to listen!

Dates: Wednesday Morning 9:30 a.m.

Bring: Your lawnchair and please sit socially distanced from people that don't reside in your immediate household.

Just reminder that this is a practice, not a performance, but they are still a LOT of fun to hear!

(Weather permitting)

Line Dancing

Two different Line Dancing classes will be held at the Raymond C. Wifler PC @ Buttermilk Creek Park. Class sizes will be limited and **pre-registration is required**. If you are interested in attending, please call (920) 322-3630.



Dates: Beginning Line Dancing
Thursdays 5:00 - 4 week session

Advanced Line Dancing
Thursday 6:00 - 4 week session

Please bring your own water bottle.

Sudoku

The classic Sudoku game involves a grid of 81 squares. The grid is divided into nine blocks, each containing nine squares. The rules of the game are simple: each of the nine blocks has to contain all the numbers 1-9 within its squares. Each number can only appear once in a row, column or box.

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

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

TAKE NOTE

Brat Fry

September 13
10a.m.-5:00p.m.

Festival Foods
Brat Barn

Can you help?



Call (920) 322-3630 if you would like to volunteer for the Brat Fry. The Friends appreciate your support!

Joke of the Day Hotline

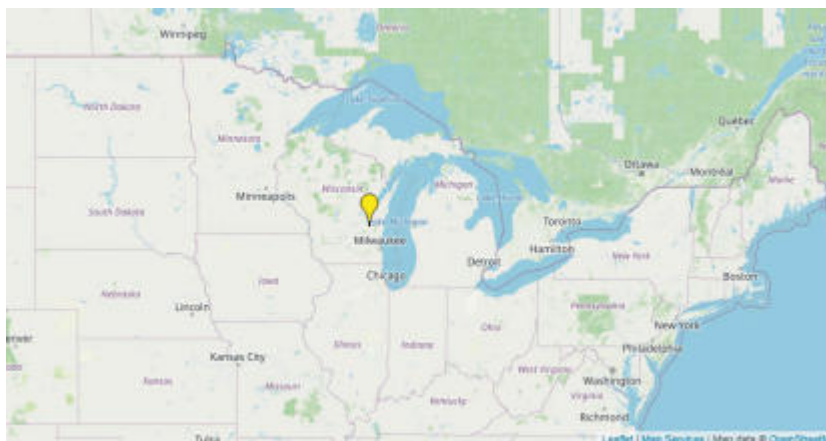


Don't forget to call our Joke of the Day Hotline for a laugh a day (or maybe a groan!)

(920) 322-3634

Walking to Where??? Challenge How far do you think we can walk in a month?

It's easy to join this month's Walking to Where??? Challenge! Just get your walking shoes on and hit the pavement (or the treadmill)!



Track your minutes for the month and call them in to us at (920) 322-3638 and we will calculate how far we walk as a group.

Participants will be entered into a drawing for prizes! Call to sign up (920) 322-3630

FRIENDS UPDATES

Friends of the FdL Senior Center Update

The Board of Directors of the Friends of the Fond du Lac Senior Center have been meeting regularly even though the Center has been closed. (Who knew that we could all learn how to use ZOOM meeting!!?)

Due to the COVID-19 pandemic, they have had to make some very tough decisions about the programs and services that they typically provide to our members. Here is an update:

Happy Travelers

All of the Happy Travelers trips for 2020 and the first half of 2021 have been canceled. Full refunds have been given to everyone that had a reservation for one of our trips.

Also, due to the uncertainty of the travel industry and the continued cancelation and closure of venues and providers, the decision was made to close the Happy Travelers office until at least July of 2021. We are hopeful that by July, 2021, we will be better able to predict locations that will be safe and open for our travelers. The Pacific Northwest and Niagara Falls trips planned for fall of 2021 are still tentatively scheduled but subject to change.

Brown Paper Packages Gift Shop

The Brown Paper Packages Gift Shop has been closed and all merchandise has been returned to our consignors. Initially, the hope was that in lieu of a gift shop, we would be able to have a "Consignor Fair" type event in the fall, but at this point we are unable to put together any concrete plans for any event of this type. We will continue to evaluate the possibility for an event of this type in the future.

Raffle and Summer Social

As you probably noticed by now, this year's Raffle Fundraiser and Annual Summer Social has been canceled. Many of the donors to our raffle have been dramatically impacted by closures and reduced business due to the coronavirus, and the Friends Board didn't feel this was an appropriate time to ask our local small businesses for donations.



The Friends Board is continuing to evaluate potential fundraisers to help sustain the work of the Friends organization during these unprecedented times.



SPECIAL EVENT

POP IN FOR POPCORN

September 23rd
1:30 ~ 3:00 p.m.

Join us in the front parking lot for this drive up event.



Bring a lawnchair and your own beverage and join us!

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

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An Apple a Day

Word Search

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

Applejack
Baked
Brown Betty
Butter
Cake
Candied
Caramelized
Chips
Cider
Cobbler
Crisp
Danish
Dried
Dumpling
Eve's Pudding
Fritter
Juice
Pie
Sauce
Soda
Strudel
Tarte Tatin
Turnover

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



WELLNESS BINGO

| | | | | |
|---|---|--|---|---|
| Complete the Gratitude Journal (page 6) | Give someone a smile or compliment | Take a walk outdoors (cross off an extra spot if it's with our walking group) | Drink a glass of water first thing when you wake up | Turn off your tv and listen to some uplifting music |
| Spend 5 minutes stretching | Read something that makes you laugh | Call or video chat with a family/a friend | Exercise for 5 minutes | Try a new fruit or vegetable |
| Follow the Fond du Lac Senior Center on Facebook | Send a note to someone just to say hello! |  | Call the "Joke of the Day" hotline (322-3634) | Try something creative - draw, write, sing! |
| 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 | Try a new recipe | Stretch when you wake up in the morning |
| Perform an act of kindness | Write down a favorite memory of growing up | Complete a puzzle or activity in this newsletter | Eat no sweets for a day | Join one of the Senior Center's exercise sessions |

If you get a BINGO, call us to let us know! You'll be entered into a drawing for a gift card! (920) 322-3630

MOVIE WORD SEARCH

Movies with One Word Titles 1

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| T | E | A | H | L | R | Y | K | C | O | R | H | S | N |
| L | N | O | D | D | E | G | A | M | R | A | A | E | E |
| B | G | T | H | J | I | O | J | O | M | C | N | R | M |
| R | A | R | O | E | H | A | G | A | A | E | C | A | H |
| A | W | H | E | O | D | A | C | J | W | E | O | G | C |
| V | T | J | O | A | T | A | I | I | U | S | C | O | T |
| E | S | W | U | N | S | S | L | K | N | N | K | N | A |
| H | E | E | I | M | R | E | I | I | O | A | O | W | W |
| E | W | V | V | L | A | O | A | E | E | I | T | I | C |
| A | A | N | I | E | I | N | N | C | I | N | O | I | N |
| R | S | J | N | T | N | G | J | L | L | J | S | E | T |
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| O | V | M | E | N | E | E | W | O | L | L | A | H | A |

JAWS
BRAVEHEART
TITANIC
ROCKY
ALIEN
WATCHMEN
JUMANJI
TWILIGHT
ARMAGEDDON
JUNO
SAW
HALLOWEEN
ERAGON
EVITA
SEVEN
TOOTSIE
GREASE
HANCOCK

Play this puzzle online at : <http://thewordsearch.com/puzzle/49/>

Keep Your Brain Busy!



REBUS

Guess What it Says?

| | | |
|-----------------------------------|--------------------------|---------------------------------------|
| 1 <i>another one thing</i> | 2 heart | 3 <i>thought But thought</i> |
| 4 LEAST | 5 MILL 1 ON | 6 FOOL! |
| 7 <i>historyhistoryhistory</i> | 8 <i>musically</i> | 9 ↓ end |
| 10 B R I A N | 11 FILE | 12 escape |
| 13 ECNALG | 14 LOVE HATE | 15 ALL THINGS <i>all things</i> |

SPECIAL EVENT

National Senior Center Month Celebration

DRIVE THROUGH ROOT BEER FLOAT DAY

September 8, 2020
1:30—3:00 p.m.

Call to let us know you are coming
(920) 322-3630

Hope to see you there!!!



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|----------------------|-----------------------------|
| • Tuesday June 23 | 1:30 pm & 3:30 pm & 6:00 pm |
| • Tuesday, July 21 | 1:30 pm & 3:30 pm & 6:00 pm |
| • Tuesday, August 25 | 1:30 pm & 3:30 pm & 6:00 pm |
| • Tuesday, Sept 15 | 3:30 pm & 6:00 pm |

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SEPTEMBER

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|---|
| <p>While we are still closed to the public, we have a variety of outdoor programs that we are offering. Please call for more information (920) 322-3630.</p> | <p>1</p> <p>9:00 Morning Xpress Fitness 11:00 Drive Up Senior Dining Meal 5:45 Yoga Lite</p> | <p>2</p> <p>9:30 SCAMP Band 11:00 Drive Up Senior Dining Meal</p> | <p>3</p> <p>10:00 Walking Group 11:00 Drive Up Senior Dining Meal 5:00 Line Dancing Beginning 5:30 Local Parents of Angels 6:00 Line Dancing Advanced</p> | <p>4</p> <p>9:00 Balance and Stretch 11:00 Drive Up Senior Dining Meal</p> <p>5 Saturday 10:00 Walking Group</p> <p>6 Sunday</p> |
| <p>7</p>  | <p>8</p> <p>9:00 Morning Xpress Fitness 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 1:30-3:00 National Senior Center Month Drive Up Root Beer Float Celebration 5:45 Yoga Lite</p> | <p>9</p> <p>9:30 SCAMP Band 11:00 Drive Up Senior Dining Meal</p> | <p>10</p> <p>10:00 Walking Group 11:00 Drive Up Senior Dining Meal 5:00 Line Dancing Beginning 6:00 Line Dancing Advanced</p> | <p>11</p> <p>9:00 Balance and Stretch 11:00 Drive Up Senior Dining Meal</p> <p>12 Saturday 10:00 Walking Group</p> <p>13 Sunday Happy Grandparent's Day!</p> |
| <p>14</p> <p>9:00 Balance and Stretch 11:00 Drive Up Senior Dining Meal</p> | <p>15</p> <p>9:00 Morning Xpress Fitness 10:00 Walking Group</p> | <p>16</p> <p>9:30 SCAMP Band 11:00 Drive Up Senior Dining Meal</p> | <p>17</p> <p>10:00 Walking Group 11:00 Drive Up Senior Dining Meal</p> | <p>18</p> <p>9:00 Balance and Stretch 11:00 Drive Up Senior Dining Meal</p> |

| | | | | | |
|--|---|---|--|--|--|
| | | 11:00 Drive Up Senior Dining Meal 5:45 Yoga Lite | 11:00 Drive Up Senior Dining Meal 5:45 Yoga Lite | 5:00 Line Dancing Beginning 5:30 Local Parents of Angels 6:00 Line Dancing Advanced | <u>19 Saturday</u> 10:00 Walking Group <u>20 Sunday</u> |
| 21 9:00 Balance and Stretch 11:00 Drive Up Senior Dining Meal | 22 9:00 Morning Xpress Fitness 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 5:45 Yoga Lite | 23 9:30 SCAMP Band 11:00 Drive Up Senior Dining Meal 1:30 Pop In For Popcorn | 24 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 5:00 Line Dancing Beginning 6:00 Line Dancing Advanced | 25 9:00 Balance and Stretch 11:00 Drive Up Senior Dining Meal <u>26 Saturday</u> 10:00 Walking Group <u>27 Sunday</u> | <u>19 Saturday</u> 10:00 Walking Group <u>20 Sunday</u> |
| 28 9:00 Balance and Stretch 11:00 Drive Up Senior Dining Meal | 29 9:00 Morning Xpress Fitness 11:00 Walking Group 1:00 Drive Up Senior Dining Meal 1:30 - 3:00 National Drink Coffee Day - drive up and celebrate with us! 5:45 Yoga Lite | 30 9:30 Ladies Playful Golf Club 9:30 SCAMP Band 11:00 Drive Up Senior Dining Meal | | All Brown Events are held Offsite. All Red Events are Special Events. | |

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

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RESOURCES

Even during the COVID pandemic, many resources are available. Please call us if we can help connect you to community programs and services. (920) 322-3630.

Local Parents of Angels Support Group

The Local Parents of Angels Support Group is a support group for parents who have lost a child—it can be a recent or a long-term loss. **Everyone is welcome!**

Alzheimer's Support

There are many opportunities through the Alzheimer's Association for family caregiver and general awareness education and support groups offered via live webinar/teleconference during this time. Please visit alz.org/wi or call 800-272-3900.

Parkinson's Support

The Wisconsin Parkinson Association is offering many virtual programs and educational classes during this time. Please visit their website at www.wiparkinson.org or call [414.312.6990](tel:414.312.6990) for more information.



“When I’m 65” – Medicare Presentation
Tuesday, September 29 at 1:30 p.m. -

Virtual Webinar w/Go To Meetings

Medicare where do I begin?” Julie Hilbert, former benefit specialist with Fond du Lac County will be presenting this Medicare seminar to provide folks current and accurate information regarding retirement, Medicare and Insurance. To register please call 920-923-2626 with your e-mail address or you can e-mail Julie at juliehilbert@mtins.net

Senior Center Updates



Want the latest information on programs and activities that are going on at the Center? You can call our new Update Hotline at (920) 322-3636 for weekly updates!

Fond du Lac County Senior Dining Program - Drive Up Meals at the Senior Center

The menus for September and October are included on the next two pages. If you are interested in participating, call us at (920) 322-3630 by noon the weekday prior to make a reservation. Fond du Lac County residents age 60+ or married to someone age 60+ are eligible. Come see us!



Call (920) 322-3630 by noon the weekday prior to get signed up for lunch. Meals are served "drive up" style between 11:00a.m. and 12:00p.m. at Center
Fond du La County suggests a \$3.00 donation

Senior Dining



Fellowship, Food & Fun

September 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 Pork Steak Mashed Potatoes Red Cabbage Butterscotch Pud. Applesauce Dinner Roll | 2 Bratwurst on a Bun Baked Beans Corn Cantaloupe Slice Cookie | 3 Lasagna Casserole Broccoli Cuts Birthday Cake Petite Banana French Bread | 4 Country Fried Steak Mashed Potatoes Mixed Vegetables Pear Slices Fudge Brownie Sliced Bread |
| 7 Closed Labor Day | 8 Hawaiian Meatballs Baked Potato Calif. Blend Veg. Cinnamon Roll Pineapple Tidbits Dinner Roll | 9 Baked Chicken Garlic Mashed Pot. Copper Penny Salad Vanilla Pudding Apple Slices Sliced Bread | 10 BBQ Pork Cutlet Red Beans & Rice Broccoli Cuts Coconut Cream Pie Peach Slices Dinner Roll | 11 Orange Chicken Baby Red Potatoes Tossed Salad Pear Slices Cookie Sliced Bread |
| 14 Ham Rolls Sweet Potato Bake Cole Slaw Orange Sherbet Fruit Cocktail Sliced Bread | 15 Chicken Breast Mashed Potatoes Mixed Vegetables Fruited Gelatin Cookie Dinner Roll | 16 Sweet & Sour Pork over Brown Rice Wax Beans Spice Cake Peach Slices Sliced Bread | 17 Swiss Steak Mashed Potatoes Carrots Chocolate Pudding Applesauce Dinner Roll | 18 Beef Stew Spinach Salad with Rasp. Vinaigrette Cantaloupe Slice Cinnamon Roll Cheddar Biscuit |
| 21 Pot Roast Baby Red Potatoes Baby Carrots Butterfinger Torte Apricot Halves Sliced Bread | 22 Baked Chicken Twice Bk Style Pot. Three Bean Salad Sugar Cookie Pineapple Tidbits Dinner Roll | 23 Glazed Ham Cheesy Potato Bake Peas and Carrots Honeydew Melon Ice Cream Cup Sliced Bread | 24 Roast Turkey Mashed Potatoes Green Beans Petite Banana Pumpkin Cake Dinner Roll | 25 Pepper Steak Calico Bean Cass. California Blend Veg. Snickerdoodle Apple Slices Sliced Bread |
| 28 Chicken Marsala Garlic Mashed Pot. Mixed Vegetables Vanilla Pudding Peach Slices Sliced Bread | 29 Meatloaf Baked Potato Corn Choc. Cloud Torte Pear Slices Dinner Roll | 30 Cranberry/Kraut Meatballs Brown Rice Broccoli Cuts Applesauce Cake Fruit Cocktail Sliced Bread | <div> <div> Aug 2020 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 </div> <div> Oct 2020 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 </div> </div> | |

Wisconsin

Call (920) 322-3630 by noon the weekday prior to get signed up for lunch. Meals are served "drive up" style between 11:00a.m. and 12:00p.m. at Center
Fond du La County suggests a \$3.00 donation

Senior Dining



Fellowship, Food & Fun

October 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| <div>Sep 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>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr><tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr><tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr><tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr><tr><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td><td></td></tr></table> | 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 | | | | | <div>Nov 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></td><td></td><td>1</td></tr><tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr><tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr><tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr><tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr><tr><td>30</td><td></td><td></td><td></td><td></td><td></td><td></td></tr></table> | 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 | | | | | | | <div>1</div> <div>Roast Pork Loin Mashed Potatoes Baby Carrots Birthday Cake Applesauce Dinner Roll</div> | <div>2</div> <div>Baked Spaghetti Mixed Italian Salad Fruited Gelatin Vanilla Pudding French Bread</div> |
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| <div>5</div> <div>Ham Rolls Sweet Potato Bake Broccoli Cuts Pinnacle Tidbits Cinnamon Roll Sliced Bread</div> | <div>6</div> <div>Chili Casserole Corn Cantaloupe Slice Ice Cream Cup Cornbread</div> | <div>7</div> <div>Baked Chicken Garlic Mashed Pot. Copper Penny Salad Apple Slices Cookie Sliced Bread</div> | <div>8</div> <div>Beef Frank on a Bun German Pot. Salad Winter Blend Veg. Petite Banana Fudge Brownie</div> | <div>9</div> <div>Honey Mustard Meatballs Baked Potato Green Beans Peach Slices Choc. Rasp. Torte Sliced Bread</div> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <div>12</div> <div>Chicken Breast Mashed Potatoes Peas and Carrots Coconut Cream Pie Apricot Halves Sliced Bread</div> | <div>13</div> <div>Glazed Ham Calico Bean Cass. Health Slaw Butterscotch Pud. Pineapple Tidbits Dinner Roll</div> | <div>14</div> <div>Pork Steak Mashed Potatoes Pickled Beet Salad Cookie Applesauce Sliced Bread</div> | <div>15</div> <div>Beef Stew Corn Cantaloupe Slice Ice Cream Cup Cheddar Biscuit</div> | <div>16</div> <div>Country Fried Steak Mashed Potatoes Mixed Vegetables Carrot Cake Pear Slices Sliced Bread</div> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <div>19</div> <div>Escalloped Potatoes and Ham Casserole Tossed Salad Fruit Cocktail Peanut Butter Cook. Sliced Bread</div> | <div>20</div> <div>Salisbury Steak Mashed Potatoes Carrots Chocolate Pudding Peach Slices Dinner Roll</div> | <div>21</div> <div>Smoked Sausage Baked Beans Broccoli Cuts Butterfinger Torte Apple Slices Sliced Bread</div> | <div>22</div> <div>Teriyaki Chicken Brown Rice Chinese Ramen Sal. Pineapple Tidbits Sugar Cookie Dinner Roll</div> | <div>23</div> <div>Swedish Meatballs Mashed Potatoes Calif. Blend Veg. Red Velvet Cake Petite Banana Sliced Bread</div> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <div>26</div> <div>Swiss Steak Mashed Potatoes Mixed Vegetables Vanilla Pudding Pear Slices Sliced Bread</div> | <div>27</div> <div>Meatloaf Baked Potato Wax Beans Cream Sicle Torte Watermelon Slice Dinner Roll</div> | <div>28</div> <div>Baked Chicken Twice Bk Style Pot. German Cole Slaw Oat/Raisin Cookie Applesauce Sliced Bread</div> | <div>29</div> <div>BBQ Pork Cutlet Red Beans & Rice Corn Cantaloupe Slice Raspberry Sherbet Dinner Roll</div> | <div>30</div> <div>Roast Beef Mashed Potatoes Baby Carrots Pumpkin Cake Apricot Halves Sliced Bread</div> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

SPECIAL EVENT

National Drink Coffee Day

September 29, 2020
1:30—3:00 p.m.

Bring a lawnchair and your favorite "Cup of Joe" and join us!



Hope to see you there!!!

the Meadows
of Fond du Lac

ASSISTED LIVING
LIKE YOU'VE NEVER
SEEN IT BEFORE

goodlife
ASSISTED LIVING

For more information, contact:
Diann Roberts, Program Director
(920) 933-8090 | www.themeadowsfdl.com



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SCSEP – Senior Community Service Employment Program

Learn new job skills and re-enter the workforce!

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Campbellsport
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Cost conscience funeral services from full services to cremation

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Integrity (in teg'raté) n. the quality
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Funeral Chapel & Crematory
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Don Kurki
Owner/Funeral Director

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schedule a personal tour**

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We provide onsite medical care, hospice care, and
independent care for those who want to escape
the burden of owning their own home.

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WoodlandsSeniorPark.com



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

E 4C 01-1122

BRAIN GAME

Picture Puzzler

If you find the correct letter for each clue, you'll spell a word that should make you happy!

1. Find a letter that is in  but not in  _____

2. Find a letter that is in  but not in  _____

3. Find a letter that is in  but not in  _____

4. Find the letter that is in  but not in  _____

5. Find a letter that is in  but not in  _____

Write your letters again here to spell a happy word: _____

GRATITUDE JOURNAL

[illegible][illegible]

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. On the left side, there is a vertical margin line, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled document. There is no handwriting or other markings on the page.

[illegible]

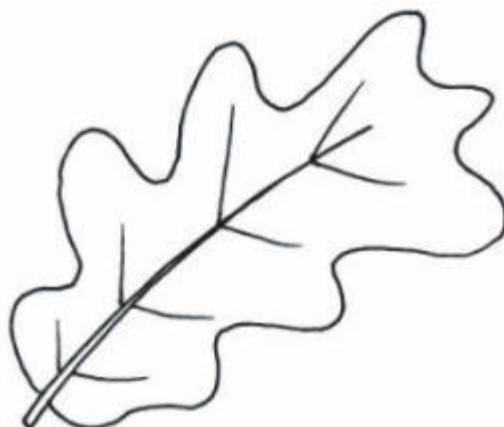
AUTUMN SUDOKU



Autumn, or Fall lies between the seasons of Summer and Winter. It is the season when the leaves change colour and are shed from the deciduous trees. Did you know that pumpkins were once believed to cure snake bite and remove freckles?

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| a | l | f | | | | w | r | e |
| n | | o | r | e | a | b | | f |
| | f | b | | w | | n | a | |
| | | | o | f | n | | | |
| w | n | | | | | | f | l |

It's Autumn, Fall "brown leaf" Sudoku - Fill in the grid with the letters B, R, O, W, N, L, E, A and F, making sure no letter is repeated in every row, every column and within each mini grid.

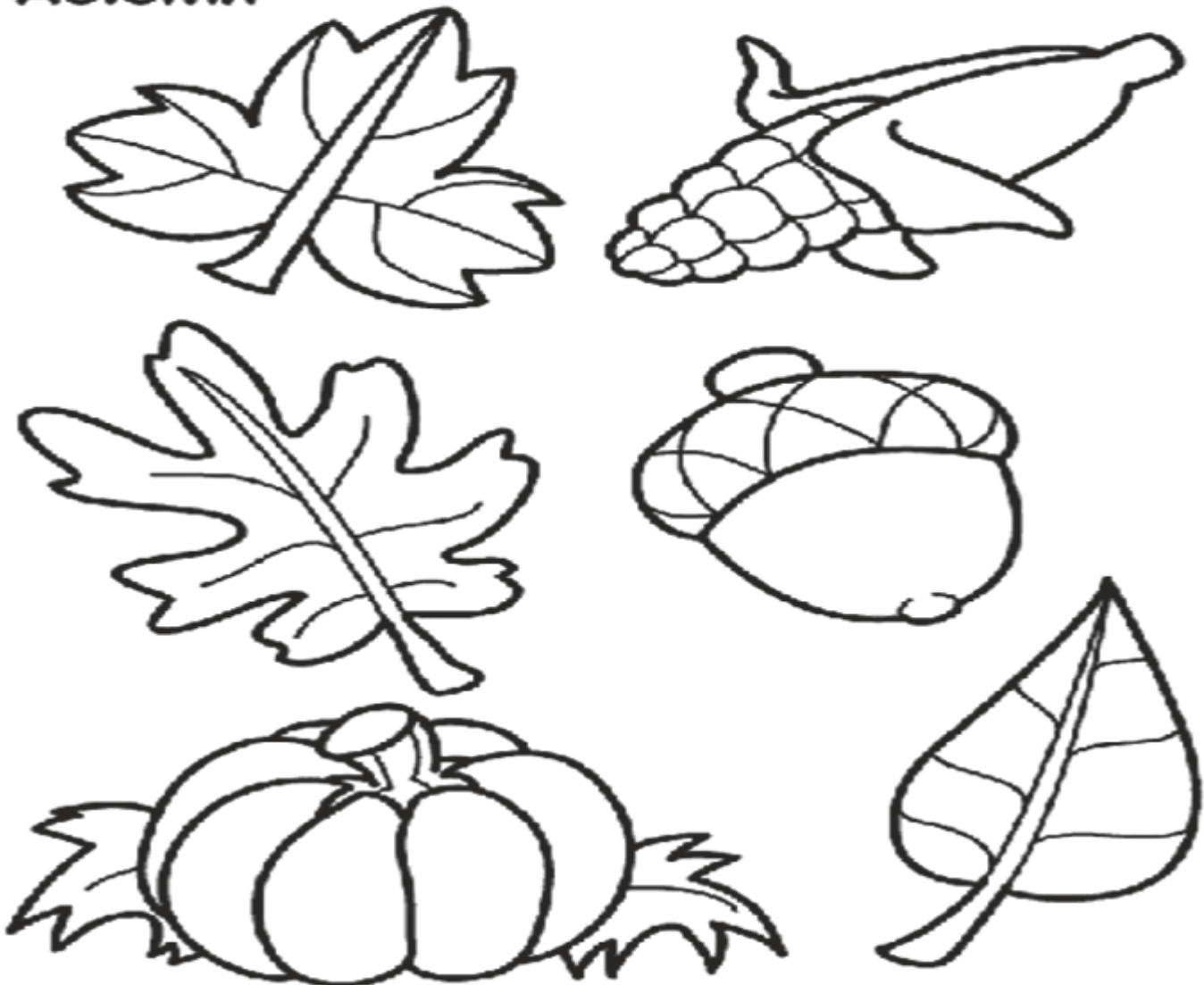


FALL WORD SCRAMBLE AND COLOR PAGE

Autumn, or Fall lies between the seasons of Summer and Winter. It is the season when the leaves change colour and are shed from the deciduous trees. Did you know that pumpkins were once believed to cure snake bite and remove freckles?

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Autumn



Ice Cream Flavors

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Y | M | T | R | L | C | H | O | C | O | L | A | T | E |
| A | S | K | C | A | R | T | E | S | O | O | M | E | T |
| P | Y | V | A | N | I | L | L | A | S | N | O | T | E |
| M | K | D | E | T | D | E | A | C | F | A | N | A | A |
| C | A | T | N | L | I | N | N | A | O | C | O | O | E |
| O | K | P | O | A | A | G | O | D | K | E | A | E | T |
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| A | E | E | T | U | N | O | C | O | C | T | P | E | S |

COTTON CANDY
 MAPLE WALNUT
 PECAN
 BANANA
 TIGER TAIL
 MOOSE TRACKS
 COCONUT
 ROCKY ROAD
 GREEN TEA
 FUDGE
 REESES
 CHOCOLATE
 VANILLA

Play this puzzle online at : <http://thewordsearch.com/puzzle/416/>



WHEN IT COMES TO MEDICARE, YOU HAVE CHOICES.

Let us help
you

find the best plan to fit
your health care needs.

Are you or a loved one enrolling in Medicare this year?
Are you thinking about retiring?

No matter your situation, we can help you get answers to
your Medicare questions at a neighborhood meeting.

April 22nd, 10 - 11 AM

Rolling Meadows
947 S Rolling Meadows Dr
Fond Du Lac, WI 54937

April 16th, 6 - 7 PM

Jirschele Insurance, LLC
923 South Main Street
Oshkosh, WI 54902

April 28th, 11 - 12 PM

Jirschele Insurance, LLC
923 S Main Street
Oshkosh, WI 54902

part
A

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part
B

**DOCTOR
VISITS**

part
C

**MEDICARE
ADVANTAGE**

part
D

**PRESCRIPTION
DRUGS**

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to RSVP for a meeting or get
more Medicare information.

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get the plan that may
be best for you.**

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persons with special needs at sales meetings, call 920-299-4111, TTY 711.

0024D9B5



2020 Friends Membership Application

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.

CHOICE OF SUPPORT:

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

**THANK YOU FOR SUPPORTING THE FRIENDS!
RENEW YOUR MEMBERSHIP NOW.**

☐ **\$ _____ 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 **\$10 chapter dues**. The \$10 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

September 2020 Newsletter

Card File

Computer



Fond du Lac Senior Center

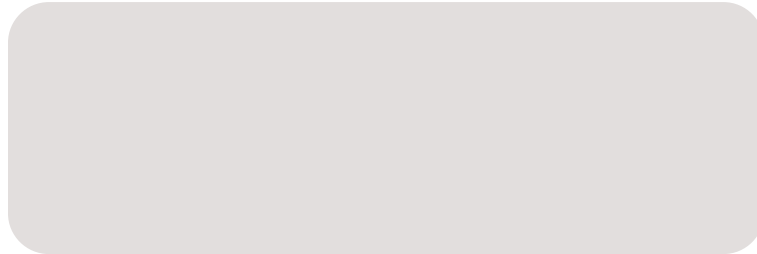
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OR CURRENT RESIDENT



FOND DU LAC SENIOR CENTER 920-322-3630

STAFF

DIRECTOR

Cathy Loomans 322-3632
cloomans@fdl.wi.gov

PROGRAM/OUTREACH COORDINATOR

Sarah Docter 322-3641
sdocter@fdl.wi.gov



Fond du Lac Senior Center

151 E. 1st St.

Fond du Lac, WI 54935

Phone (920)322-3630

Email senior@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. Participants must be independent of activities of daily living in order to attend, or if they are not independent, a caregiver must accompany them.

FRIENDS BOARD OF DIRECTORS

Kate Barr
Kevin Dickie
Robert Katzfey
Terri Resop
Kathy Schreiber
Mary Sue Wafle
Judi Walters
Everett Werth



@FondduLacSeniorCenter

MISSION

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

Visit us online at
www.fdlseiorcenter.com

Fond du Lac Senior Center
is a member of **WASC**

Wisconsin
Association of
Senior
Centers



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.