

FRIENDS OF THE FOND DU LAC SENIOR CENTER

# AMONG FRIENDS

NEWSLETTER

November/December 2020



Proudly serving the Fond du Lac Community for over 53 years!  
...where friends meet!

# CATHY'S CORNER

As cliché as it sounds, who would have thought back in March that the world would change as dramatically as it has in 2020? This year has definitely been one of the most challenging and trying years that I have experienced, and I can't imagine that I am the only one that feels that way.



One thing I have learned during this year is that human connections are vital. VITAL!!! We need to be connected, whether it's to our family, friends, church, community, or an organization like our Senior Center, I believe that we all know more now than ever the important of being connected.

Another thing that has become clear during this year is that the concept of a "Senior Center without Walls". This is something I have talked about for several years, but it isn't just a wish any more. It is a necessary way for us to provide services to people who can't come to our Center. This concept is driving our program development, whether it's utilizing outdoor spaces, drive through programming, using technology, or "old fashioned" calls and letters, we are now serving our seniors in a wider variety of ways.

This is exciting but it also presents some challenges as we know that there are gaps - some people don't have access to technology, and some have never used technology and need to learn. Please know that I am aware of these gaps and work is underway to try and make our programming as inclusive as possible. The most important thing during these times, is realizing that we are all in this together, and together we are stronger.

Be well and know we are here for you. We miss you all!

Cathy





# SPECIAL EVENT

## Veterans Day Pancake Breakfast

Even though we can't gather in person, we wanted to celebrate this day so we are doing it "Drive Through" style!

Wednesday, November 11, 2020  
8:30-10:00 a.m.



So we know how much to prepare, RSVP Required (920) 322-3630 by Noon, Tuesday November 10th. Thank you Lake View Place for helping to sponsor this event



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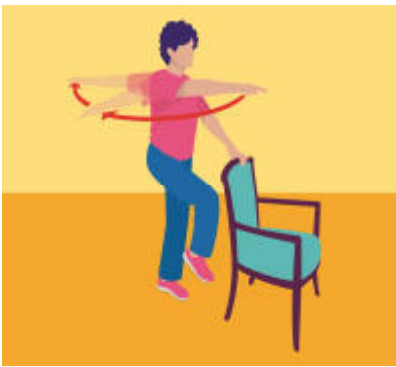
# GET MOVIN'

## Balance & Stretch

Join our On Demand Balance & Stretch class!

Weekly classes added to our Facebook Page so you can watch ANYTIME!

<https://www.facebook.com/FondduLacSeniorCenter>



## Morning Press Fitness

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

This program will continue at Buttermilk Park as long as weather permits.

## Cardio Drumming

**What is it?** A drumming workout!

**What do I need?** A pair of drumsticks, a yoga ball and a bucket or laundry basket. The yoga ball fits in the bucket and is ready for pounding.

**Where can I do it?** Anywhere!



Watch our Facebook Page for more information and join us as we drum!

## 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 will resume practices at Buttermilk Park as soon as the weather warms up.

Stay tuned!

## 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  
Now on Saturdays—call for details  
Advanced Line Dancing  
Now on Saturdays—call for details

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.

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

1sudoku.com

n° 120196 - Level Easy

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

1sudoku.com

n° 224550 - Level Medium

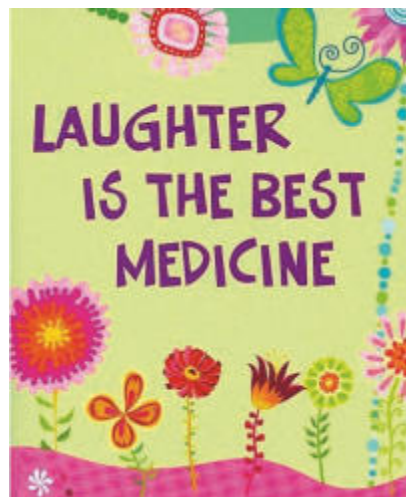
# TAKE NOTE

## Senior Center Updates



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

## 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

We're thankful for you

Happy  
Thanksgiving



# FALL FEST PUZZLE

Fall Fest

D N Z P J  
R O R E L

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

Acorn

Apple

Autumn

Caramel Apple

Carnival

Corn

Fall

Festival

Gourd

Harvest

Hay Ride

Leaves

October

Pumpkin

Scarecrow

Squash

Straw

# SPECIAL EVENT

## Oodles of Zoodles Cooking Class



Join us for this Facebook Live  
Event

As we make Zoodle Shrimp Scampi

Tuesday November 17th  
1:30

<https://www.facebook.com/FondduLacSeniorCenter>

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to schedule an appointment.*



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# BRAIN GAMES

## FALL WORD SEARCH

### Fall Word Search

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



CORN  
AUTUMN  
BONFIRE  
BOOTS  
OCTOBER  
RAKE

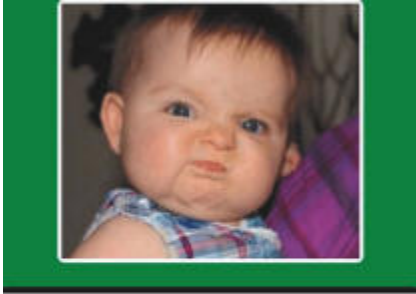
THANKSGIVING  
HARVEST  
LEAVES  
CARNIVAL  
APPLES  
APPLE CIDER

PUMPKIN  
FOOTBALL  
SWEATER  
NOVEMBER  
SEPTEMBER  
SUNFLOWER



# DON'T MISS THESE NOVEMBER EVENTS

## Oodles of Zoodles Cooking Class



**What is a  
ZOODLE?**

Tune in to Facebook on November 17th at 1:30 to find out!

## Turkey Races



**November 23  
1:30**

Call (920) 322-3630 to tell us which turkey you think will win the race. Then turn in to Facebook on November 23rd to watch the "race". If you don't have Facebook, you can still enter and we will call you if you win!

## Name the Elf Contest Nov 16—Nov 30




What should we name our "Elf on the Shelf"? Enter your suggestions for a name and if your entry is selected, you win a prize! Call (920) 322-3630 to enter!

## What are You Thankful For? 11/9-11/26



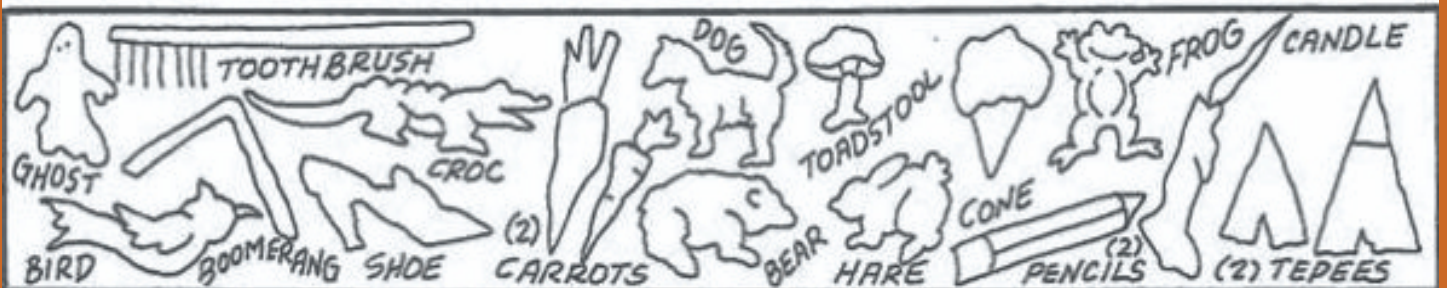
Take time each day between now and Thanksgiving to find something to be thankful for. Call (920) 322-3630 if you'd like to share with us!

# NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<u>1 Sunday</u>
<b>2</b> 11:00 Drive Up Senior Dining Meal	<b>3</b> 9:00 Morning Xpress Fitness 10:00 Walking Group 11:00 Drive Up Senior Dining Meal	<b>4</b> 9:00 Balance and Stretch 11:00 Drive Up Senior Dining Meal	<b>5</b> 10:00 Walking Group 11:00 Drive Up Senior Dining Meal	<b>6</b> 11:00 Drive Up Senior Dining Meal <u>7 Saturday</u> 9:00 Beg. Country Line Dance 10:00 Walking Group <u>8 Sunday</u>
<b>9</b> 11:00 Drive Up Senior Dining Meal "What are You Thankful For?" Begins	<b>10</b> 9:00 Morning Xpress Fitness 10:00 Walking Group 11:00 Drive Up Senior Dining Meal	<b>11</b> 8:00 Veteran's Day Drive Through Pancake Breakfast 11:00 Drive Up Senior Dining Meal	<b>12</b> 10:00 Walking Group 11:00 Drive Up Senior Dining Meal	<b>13</b> 11:00 Drive Up Senior Dining Meal <u>14 Saturday</u> 9:00 Beg. Country Line Dance 10:00 Walking Group
<b>16</b> 11:00 Drive Up Senior Dining Meal "Name the Elf Contest" Begins	<b>17</b> 9:00 Morning Xpress Fitness 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 1:30 Oodles of Zoodles Cooking Class	<b>18</b> 9:00 Balance and Stretch 11:00 Drive Up Senior Dining Meal	<b>19</b> 10:00 Walking Group 11:00 Drive Up Senior Dining Meal	<b>20</b> 11:00 Drive Up Senior Dining Meal <u>21 Saturday</u> 10:00 Walking Group <u>22 Sunday</u>
<b>23</b> 11:00 Drive Up Senior Dining Meal 1:30 The Great Gobble Turkey Race	<b>24</b> 9:00 Morning Xpress Fitness 10:00 Walking Group 11:00 Drive Up Senior Dining Meal	<b>25</b> 9:00 Balance and Stretch 11:00 Drive Up Senior Dining Meal	<b>26</b> No Meal Today 	<b>27</b> No Meal Today <u>28 Saturday</u> 10:00 Walking Group <u>22 Sunday</u>
<b>30</b> 11:00 Drive Up Senior Dining Meal				



# FALL HIDDEN PICTURE PUZZLE



# CAN YOU HELP?



Since beginning our card writing campaign in March, with the help of our many donors and volunteers we have been able to send over 10,000 cards to residents residing at local senior living communities. With Christmas fast approaching we have a favor to ask of you- If you have any leftover, new Christmas cards from past years collecting dust, would you please consider donating them to the Center so that we can give them to our volunteer card writers to fill out? Our goal is to

get enough Christmas cards to make a weekly delivery the whole month of December as we know that this Christmas is going to be extremely hard for individuals residing in senior living communities. We are also still taking donations of "Thinking of You" and blank note cards. All cards may be dropped off and put in the plastic tote by the front door of the Senior Center- 151 E. 1st Street. For questions please call (920)322-3630. Thank you!!!

## Medicare • Obamacare • Social Security

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Dec 10	Seminar at Radisson Hotel in FDL	3:30 pm & 6:00 pm
Dec 15	Online Webinar	3:30 pm & 6:00 pm



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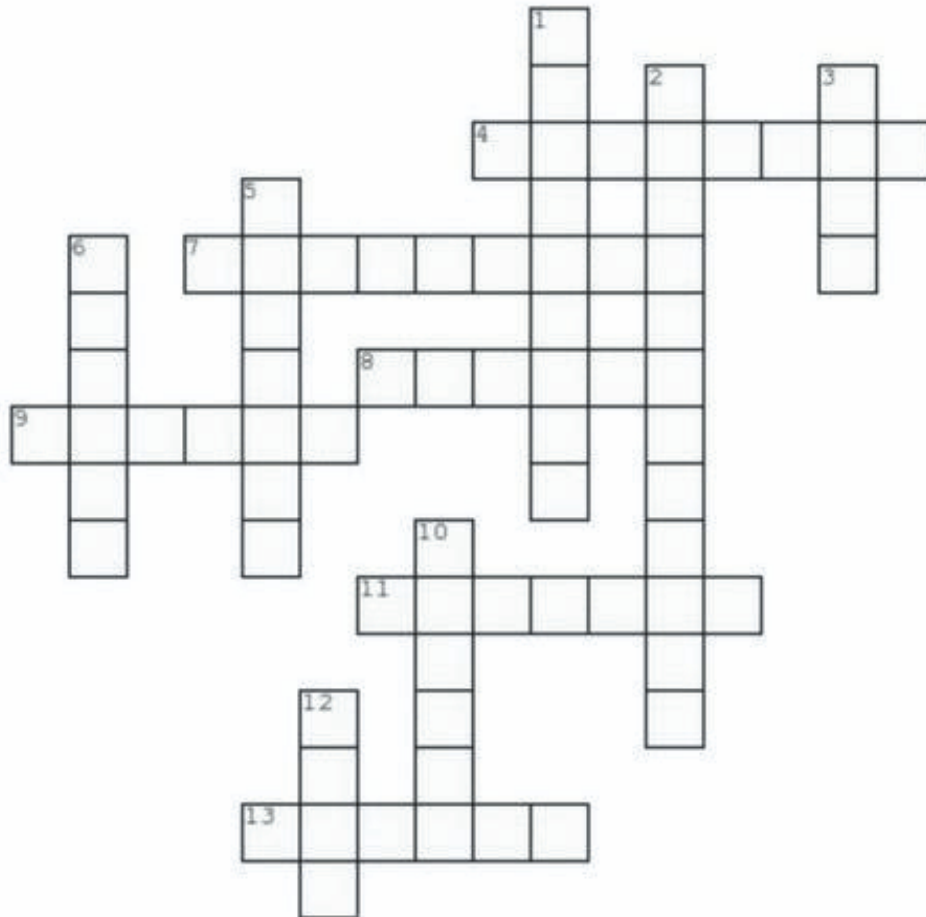
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# CROSSWORD



## Fall Crossword



### **Across**

- 4. Jewish Holiday, Rosh \_\_\_\_\_
- 7. Scary Holiday
- 8. Fall from oak trees
- 9. Change colors
- 11. For carving and pie
- 13. Color

### **Down**

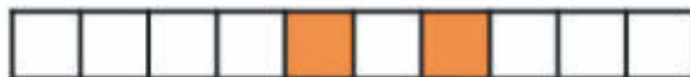
- 1. Used to frighten birds
- 2. Feast Holiday
- 3. Tool to clean the grass of leaves
- 5. Marks the end of the growing season
- 6. Squirrel
- 10. Another name for Fall
- 12. Grows on stalks



# Thanksgiving Word Scramble

Unscramble the Thanksgiving words and then use the highlighted letters to form the secret message. You will have to unscramble the message as well.

ICUONROPCA



ETRSHVA



MEVRNOEB



ILIGPMR



KUTEYR



BCNERRRAY



YRAOMEFWL



TMOLPYUH



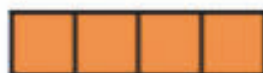
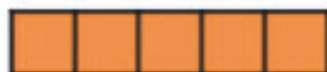
AYHLIOD



GWNMPAAAO

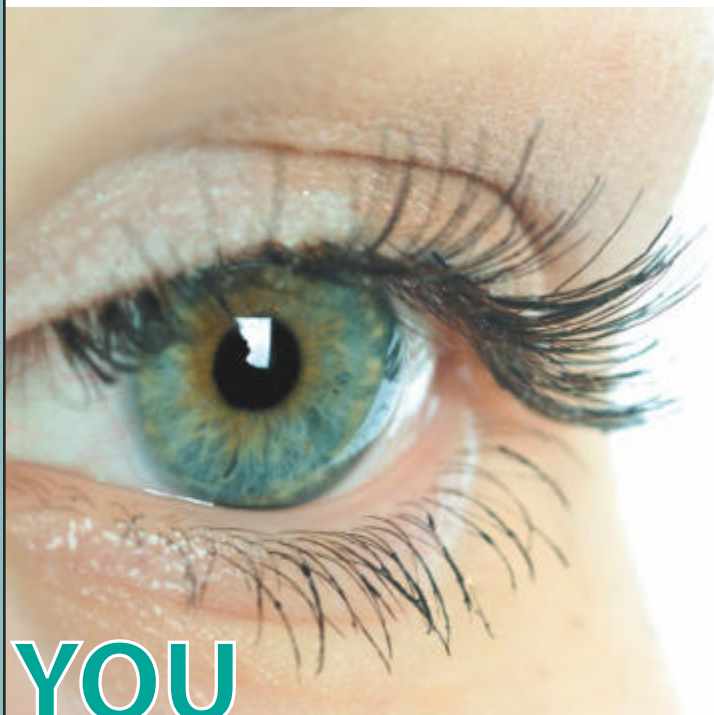


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!

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

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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.

## 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](http://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](http://www.wiparkinson.org) or call 414.312.6990 for more information.



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

The menus for November and December 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. We are now serving out of our new drive-up window on the west side of the building.

Come see us and share a smile!



# Welcome Winter!





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 the  
**Senior Center**

Fond du La County suggests a \$3.00 donation

Senior Dining



Fellowship, Food & Fun

# November 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																																																																																				
<b>2</b> Chicken Marsala Mashed Potatoes Peas and Carrots Cinnamon Roll Peach Slices Sliced Bread	<b>3</b> Pepper Steak Baked Potato Green Beans Coconut Cream Pie Pineapple Tidbits Dinner Roll	<b>4</b> Bratwurst on a Bun Baked Beans Corn Cantaloupe Slice Ice Cream Cup	<b>5</b> Lasagna Casserole Mixed Italian Salad Birthday Cake Petite Banana French Bread	<b>6</b> Crispy Fish Fillet German Pot. Salad Cole Slaw Butterscotch Pud. Apple Slices Sliced Bread																																																																																				
<b>9</b> Pork Steak Mashed Potatoes Pickled Beet Salad Applesauce Molasses Cookie Sliced Bread	<b>10</b> Cranberry/Kraut Meatballs Brown Rice Broccoli Cuts Choc Banana Torte Fruit Cocktail Dinner Roll	<b>11</b> Baked Chicken Garlic Mashed Pot. Three Bean Salad Cantaloupe Slice Tapioca Pudding Sliced Bread	<b>12</b> Meatloaf Baked Potato Calif. Blend Veg. Fudge Brownie Pear Slices Dinner Roll	<b>13</b> Burg/Mushroom Chopped Steak Mashed Potatoes Sliced Carrots Cookie Apricot Halves Sliced Bread																																																																																				
<b>16</b> Ham Rolls Sweet Potato Bake Health Slaw Vanilla Pudding Apple Slices Sliced Bread	<b>17</b> Swiss Steak Mashed Potatoes Corn Applesauce Cake Peach Slices Dinner Roll	<b>18</b> Chicken Cacciatore Baby Red Potatoes Baby Carrots Butterscotch Torte Pineapple Tidbits Sliced Bread	<b>19</b> Pork Jaegerschnitzel Mashed Potatoes Peas/Pearl Onions Fruited Gelatin Peanut Butter Cook. Dinner Roll	<b>20</b> White Chicken Chili Winter Blend Veg. Orange Sherbet Cup Petite Banana Sliced Bread																																																																																				
<b>23</b> Baked Chicken Twice Bk Style Pot. Copper Penny Salad Pineapple Tidbits Vanilla Pudding Sliced Bread	<b>24</b> Beef Stroganoff Broccoli Cuts Apple Slices Spice Cake Dinner Roll	<b>25</b> Roast Turkey Mashed Potatoes Escalloped Corn Cranberry Gelatin Pumpkin Pie Sliced Bread	<b>26</b> Thanksgiving  Day	<b>27</b> Closed to Observe  the Thanksgiving  Holiday																																																																																				
<b>30</b> Hawaiian Meatballs Baked Potato Tossed Salad Raspberry Sherbet Pear Slices Sliced Bread	<div><div><div>Oct 2020</div><table><tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></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><div><div>Dec 2020</div><table><tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></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>31</td><td></td><td></td><td></td></tr></table></div></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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Feil's Catering - Randolph, Wisconsin

Feil's Catering - Randolph, 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 the  
**Senior Center**

Fond du La County suggests a \$3.00 donation

Senior Dining



Fellowship, Food & Fun

# December 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																																																	
<div>Nov 2020</div> <table><tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr><tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td></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							<b>1</b> Mush Pork Cutlet Mashed Potatoes Sliced Carrots Applesauce Chocolate Pudding Dinner Roll	<b>2</b> Orange Chicken Baby Red Potatoes Chinese Ramen Sal. Pineapple Tidbits Sugar Cookie Sliced Bread	<b>3</b> Smoked Sausage Calico Bean Cass. Winter Blend Veg. Apple Slices Birthday Cake Dinner Roll	<b>4</b> Country Fried Steak Mashed Potatoes Peas and Carrots Petite Banana Ice Cream Cup Sliced Bread
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<b>7</b> Sliced Ham Sweet Potato Bake Cole Slaw Cinnamon Roll Peach Slices Sliced Bread	<b>8</b> Salisbury Steak Mashed Potatoes Three Bean Salad Choc. Cloud Torte Fruited Gelatin Dinner Roll	<b>9</b> Chicken Tetrizzini Casserole Tossed Salad Applesauce Red Velvet Cake Sliced Bread	<b>10</b> Swedish Meatballs Mashed Potatoes Baby Carrots Tapioca Pudding Fruit Cocktail Dinner Roll	<b>11</b> Beef Stew Corn Cantaloupe Slice Choc. Chip Cookie Cheddar Biscuit																																																	
<b>14</b> Roast Pork Loin Mashed Potatoes Pickled Beet Salad Coconut Cream Pie Apple Slices Sliced Bread	<b>15</b> Baked Spaghetti Mixed Italian Salad Peach Slices Ice Cream Cup French Bread	<b>16</b> Meatloaf Baked Potato Corn Fudge Brownie Pear Slices Sliced Bread	<b>17</b> Swiss Steak Mashed Potatoes Mixed Vegetables Key Lime Pie Apricot Halves Dinner Roll	<b>18</b> BBQ Pork Cutlet Red Beans and Rice Broccoli Cuts Applesauce Peanut Butter Cook. Sliced Bread																																																	
<b>21</b> Baked Chicken Garlic Mashed Pot. Copper Penny Salad Choc. Rasp. Torte Pineapple Tidbits Sliced Bread	<b>22</b> Chili Casserole Peas/Pearl Onions Cantaloupe Slice Applesauce Cake Cornbread	<b>23</b> Roast Turkey Mashed Potatoes Green Bean Cass. Carrot Cake Fruit Cocktail Sliced Bread	<b>24</b> Christmas  Eve	<b>25</b> Christmas  Day																																																	
<b>28</b> Hawaiian Meatballs Baked Potato Baby Carrots Pear Slices Cookie Sliced Bread	<b>29</b> Chicken Breast Mashed Potatoes Peas and Carrots Butterscotch Pud. Apple Slices Dinner Roll	<b>30</b> Pot Roast Baby Red Potatoes Calif. Blend Veg. Choc. Sundae Cup Peach Slices Sliced Bread	<b>31</b> New Year's  Eve	<div>Jan 2021</div> <table><tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr><tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr><tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr><tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr><tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr><tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr><tr><td>31</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	31						
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# SPECIAL EVENT

## Christmas Carol Sing-a-Long

Tuesday December 8th 2020

1:30 p.m.

Join us for this ZOOM event—you can either join on your computer or smart phone, or dial in with a regular phone.



Call (920) 322-3630 to register and get log in information

*the Meadows*  
of Fond du Lac

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LIKE YOU'VE NEVER  
SEEN IT BEFORE

**goodlife**  
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For more information, contact:  
**Diann Roberts, Program Director**  
(920) 933-8090 | [www.themeadowsfdl.com](http://www.themeadowsfdl.com)



**SER JOBS FOR PROGRESS NATIONAL, INC.**

SCSEP – Senior Community Service Employment Program

Learn new job skills and re-enter the workforce!

**Paid job training for people 55+**

**Fond du Lac: 920-907-9898**

[WWW.SER-NATIONAL.ORG](http://WWW.SER-NATIONAL.ORG)

### NOW LEASING! 62 and Better

- 1 Bedrooms
- Rent based on income
- Utilities Included\*
- Small pets welcome\*

\*some restrictions apply

**MABESS MANOR APTS.**

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**Campbellsport, WI.** EHO

### *Kurki* Funeral Chapel & Crematory

Serving the Fond du Lac area  
since 1892

**920-921-4420**

[www.kurkifuneralchapel.com](http://www.kurkifuneralchapel.com)

**Don Kurki**  
Owner/Funeral Director

**J&H**  
CONTROLS

Integrity (in teg'raté) n. the quality  
of being of sound moral principle,  
honesty, sincerity.

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**Call 920.922.8770 today to  
schedule a personal tour**

**Woodlands**  
SENIOR PARK

**W**oodlands is a family owned business dedicated  
to providing a high quality home-like environment.  
We provide onsite medical care, hospice care, and  
independent care for those who want to escape  
the burden of owning their own home.

**77 Wisconsin American Dr., Fond du Lac, WI**  
(near the Aurora Clinic)

**[WoodlandsSeniorPark.com](http://WoodlandsSeniorPark.com)**




For ad info. call 1-800-950-9952 • [www.lpiseniors.com](http://www.lpiseniors.com)

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

E 4C 01-1122



# DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 9:00 Morning Xpress Fitness 10:00 Walking Group 11:00 Drive Up Senior Dining Meal Elf on a Shelf Kickoff	<b>2</b> 11:00 Drive Up Senior Dining Meal	<b>3</b> 10:00 Walking Group 11:00 Drive Up Senior Dining Meal	<b>4</b> 11:00 Drive Up Senior Dining Meal <u><b>5 Saturday</b></u> 9:00 Beg. Country Line Dance 10:00 Walking Group <u><b>6 Sunday</b></u>
<b>7</b> 11:00 Drive Up Senior Dining Meal	<b>8</b> 9:00 Morning Xpress Fitness 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 1:30 Zoom Christmas Carol Sing-a-Long	<b>9</b> 11:00 Drive Up Senior Dining Meal	<b>10</b> 10:00 Walking Group 11:00 Drive Up Senior Dining Meal	<b>11</b> 11:00 Drive Up Senior Dining Meal <u><b>12 Saturday</b></u> 9:00 Beg. Country Line Dance 10:00 Walking Group <u><b>13 Sunday</b></u>
<b>14</b> 11:00 Drive Up Senior Dining Meal	<b>15</b> 9:00 Morning Xpress Fitness 10:00 Walking Group 11:00 Drive Up Senior Dining Meal	<b>16</b> 11:00 Drive Up Senior Dining Meal 1:30 Reindeer Bait Cooking Class	<b>17</b> 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 1:30 Hot Chocolate and Reindeer Bait Drive Through Event	<b>18</b> 11:00 Drive Up Senior Dining Meal <u><b>19 Saturday</b></u> 10:00 Walking Group <u><b>20 Sunday</b></u>
<b>21</b> 11:00 Drive Up Senior Dining Meal Dress Festive for Lunch Pick Up	<b>22</b> 9:00 Morning Xpress Fitness 10:00 Walking Group 11:00 Drive Up Senior Dining Meal	<b>23</b> 11:00 Drive Up Senior Dining Meal	<b>24</b> No Meal Today 	<b>25</b> No Meal Today <u><b>26 Saturday</b></u> 10:00 Walking Group <u><b>27 Sunday</b></u>
<b>28</b> 11:00 Drive Up Senior Dining Meal	<b>29</b> 11:00 Drive Up Senior Dining Meal	<b>30</b> 11:00 Drive Up Senior Dining Meal	<b>31</b> No Meal Today	

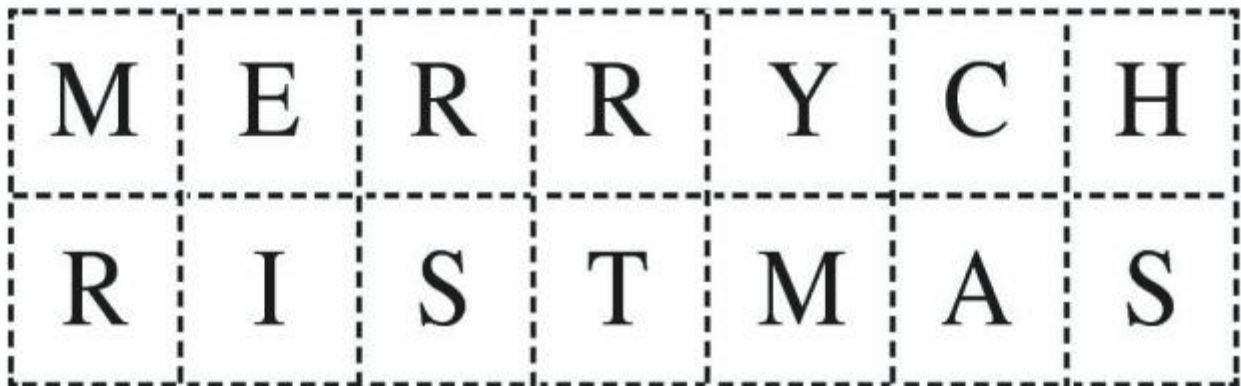
Christmas  
Word Game

# Words in a Word



Use only the letters in **Merry Christmas** to find a word for each definition. Cut out the letters below and use them to help you make words to fit the clues. Work with a partner and take turns finding words and writing them on the lines.

1. Twelve months \_\_\_\_\_
2. Alike \_\_\_\_\_
3. Large town \_\_\_\_\_
4. Warmth \_\_\_\_\_
5. Grows on your head \_\_\_\_\_
6. Part of a flower \_\_\_\_\_
7. Money \_\_\_\_\_
8. Divide with someone \_\_\_\_\_
9. Water vapor \_\_\_\_\_
10. Male sheep \_\_\_\_\_
11. A seat \_\_\_\_\_
12. Our planet \_\_\_\_\_
13. Bashful \_\_\_\_\_
14. Holds up a sail \_\_\_\_\_
15. Long-tailed rodent \_\_\_\_\_



# DON'T MISS THESE DECEMBER EVENTS

## Elf On a Shelf Kick Off December 1



Check our Facebook page each day to see our Elf's latest shenanigans!

## Reindeer Bait Cooking Class December 16 1:30



Join our Facebook Live Cooking Class to learn how to make Reindeer Bait

## Hot Chocolate and Reindeer Bait Drive Through Event



December 17 - 1:30-2:30

Please RSVP to  
(920)322-3630

## Christmas Dress Up for Lunch Day



December 21 - 11:00-12:00

Put on your Christmas sweater today! Send us your picture or drive through at lunch time to spread some cheer!



# 12 DAYS OF CHRISTMAS WORD SEARCH

## Twelve Days of Christmas

1

6

10

2

3



12

4

11

CALLING BIRDS  
CHRISTMAS  
DAYS  
DRUMMERS  
DRUMMING  
FRENCH HENS  
GEESE

8

GOLDEN RINGS  
LAYING  
LEAPING  
LORDS  
MAIDS  
MILKING  
PARTRIDGE

5

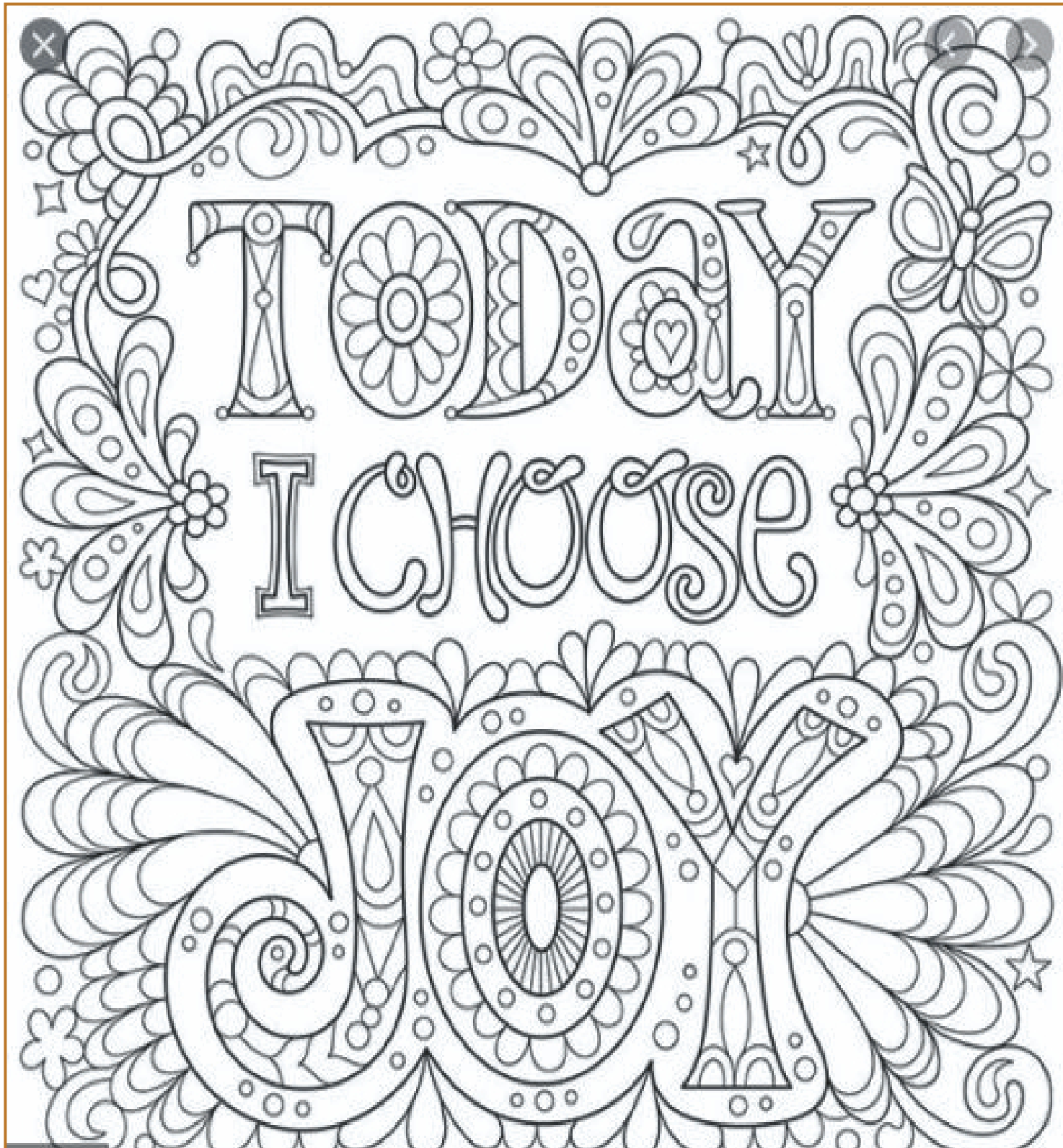
PEAR TREE  
PIPERS  
PIPING  
SWANS  
SWIMMING  
TURTLE DOVES  
TWELVE

9

7

# STRESS RELIEF— ADULT COLORING

Coloring enthusiasts claim that coloring makes them feel calmer, mentally clearer, happier, and more relaxed. When engaged in their hobby, “colorists,” as they call themselves, say that their worries temporarily fade away. We hope that coloring this picture brings you joy!



# 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**

**HOSPITAL  
STAYS**

part  
**B**

**DOCTOR  
VISITS**

part  
**C**

**MEDICARE  
ADVANTAGE**

part  
**D**

**PRESCRIPTION  
DRUGS**

## Contact us

to RSVP for a meeting or get  
more Medicare information.

Independent Sales Agent  
Jirschele Insurance, LLC  
920-299-4111  
[www.jirscheleinsure.com](http://www.jirscheleinsure.com)

As your independent health  
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insurance companies.

**So you're guaranteed to  
get the plan that may  
be best for you.**

A sales person will be present with information and applications. For accommodation of  
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:

Thank you for supporting the friends!  
**RENEW YOUR MEMBERSHIP NOW.**

☐ **\$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 **\$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

November/December 2020 Newsletter    \_\_\_\_\_ Card File    \_\_\_\_\_ Computer



## Fond du Lac Senior Center

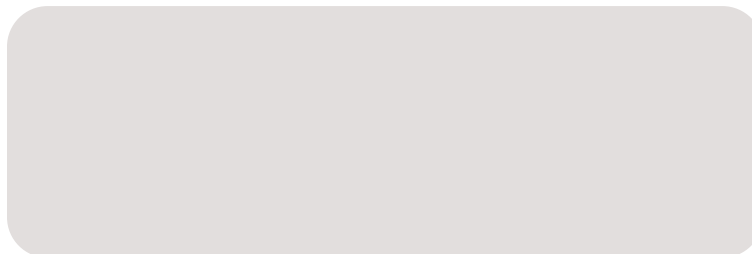
151 E. First Street  
Fond du Lac, WI 54935

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U.S. POSTAGE

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FOND DU LAC, WIS  
PERMIT NO. 129

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



City of Fond du Lac

### 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](http://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.*