

FRIENDS OF THE FOND DU LAC SENIOR CENTER

AMONG FRIENDS

NEWSLETTER

JANUARY 2021



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

Happy New Year and Welcome to 2021!

Because this newsletter goes to the printer quite a bit ahead of the time you receive it, I hesitate to say too much about the end of 2020 other than I'm sure most of us will be happy to see it in the rear view mirror. I hope that 2021 gives us an opportunity to resume many of the activities that we all enjoy. I don't think I am the only one that has gained a deep appreciation for the things that were part of "every day" - handshakes, hugs, visits with friends and family, the sounds of groups laughing and chatting - here's hoping that 2021 has lots of that in store for us!



While we are still erring on the side of safety and waiting to open our doors, we do have some special programs again this month either virtually or drive through style. Be sure to check them out! I know it's not the same as being together, but it's our way of staying connected for now. And please know that we are always here if you need to talk, need information about resources, or just want to check in and see what we are up to. We miss you!

I wish you all a happy, healthy New Year and I hope to see you soon!

Cathy

FRIENDS OF THE FOND DU LAC SENIOR CENTER MEMBERSHIP DRIVE

Now more than ever, the Friends are asking for your support! As with most non-profit organizations, 2020 was a difficult year as programs, activities, and fundraisers were all canceled due to Covid-19. We hope that 2021 is a better year and that you will join or renew your Friends membership so we can continue to support our Senior Center. Memberships are for the calendar year, and the Membership Application can be found on page 27 of the newsletter.

Thank you for being a Friend!



Friends Virtual Annual Meeting



January 28, 2021
2:00 p.m.

To join Zoom Meeting
Go to Zoom.us and click on Join Meeting
Enter the information below:
Meeting ID: 582 875 5438
Passcode: 54935



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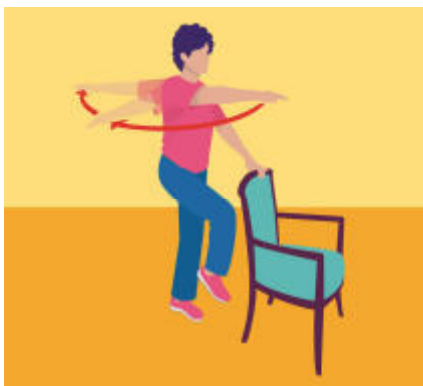


GET MOVIN'

BALANCE & STRETCH

Join us on Facebook Live or On Demand
Mondays
9:00 a.m.
 or watch our classes ANYTIME on our Facebook
 Page

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



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. We have some available for loan if you'd like to try it!

Where can I do it? Anywhere!

When? Join us on Zoom - Tuesday
 afternoons at 2:00. Call
 for more details!

(920) 322-3630



LINE DANCING

We danced as long as we could, but due to the cold
 weather, we are done for the season and will
 resume in spring.



WALKING GROUP



The walking group meets 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.

NATIONAL TRIVIA DAY JANUARY 4 1:30 - 3:00



Call in for your question— if you get it right you will be entered to win a prize!

(920) 322-3630

NATIONAL PUZZLE DAY JANUARY 29TH

Participate to win!

Stop by to pick up a jigsaw or word puzzle!

Or

Call (920) 322-3630 to let us know that you are doing the puzzles in the newsletter

All participants will be entered to win a Culver's gift card!



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

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

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!

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



RED HAT HONEYS



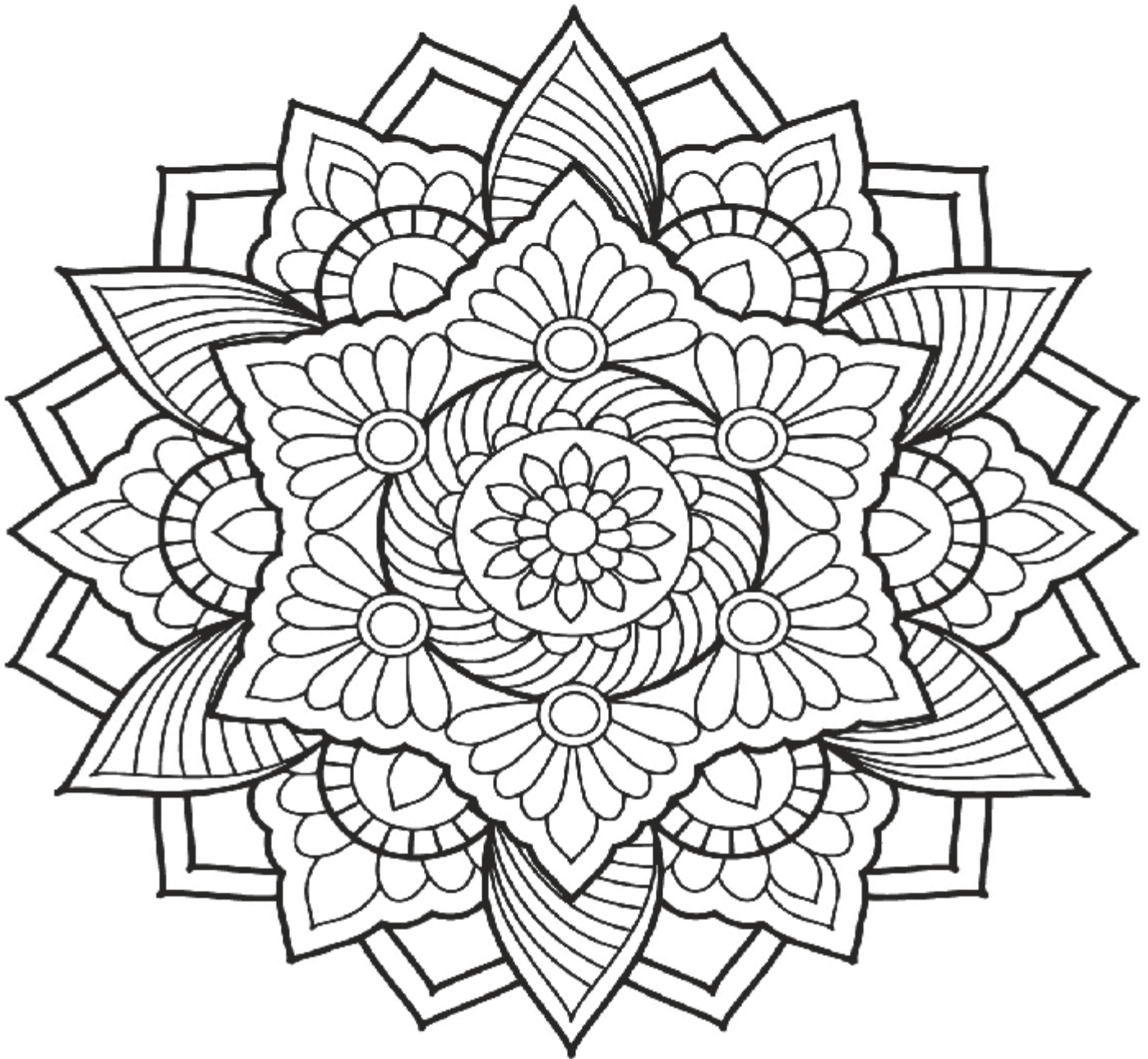
All 2020 Red Hat Honeys will have their Membership Dues transferred automatically to cover 2021. The dues will remain at \$10 for any new members in 2021

Membership Forms are available in the tote in front of the Center.

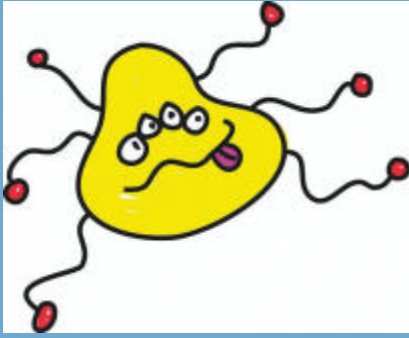
PUZZLE SOLUTIONS

Are you stumped? Call us for hints or answers!
(920) 322-3630

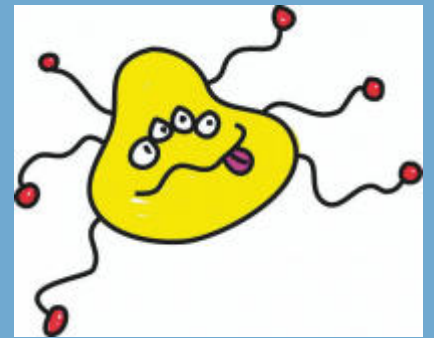




SPECIAL EVENT



NATIONAL JOY GERM DAY FRIDAY, JANUARY 8 (It's really a thing!)



Joy Germ Day annually reminds people across the county that by being positive and treating people with kindness, they can influence those around them and pass that positive attitude on to others. When we share good moods, we impact the lives of people around us and those people become infected with the same positive joy!

For months we have heard about spreading germs—now spread JOY GERMS! Laugh, smile, be kind, inspire and spread the one type of germ that is good for everyone to catch!

<p>Affordable 55+ Senior Apartment Community</p> <p>St. Peter's Place 1 & 2-BEDROOM APARTMENTS</p> <p>CALL (920) 322-1111</p> <p>StPetersPlaceApts.com • 50 E. 1st St., Fond du Lac</p>	<p><i>Zacherl</i> FUNERAL HOME, INC.</p> <p><i>Our family serving your family since 1857</i></p> <p>875 E. Division St. • Fond du Lac 920.922.6860</p> <p>www.zacherlfuneralhome.com</p>		<p><i>Winnebago</i> ORAL SURGERY</p> <p>Christopher S. McFarlane DDS Mark J. Ridenour DDS</p> <p>Services provided: IV Sedation Dental Implant Wisdom Tooth Removal Tooth Removal</p>
<p>McNAMARA & THIEL Insurance Agency</p> <p><i>The former Senior Benefit Specialist for Fond du Lac County. Julie has been serving older adults for over 15 years. She continues to provide the same experience and expertise as she did with Fond du Lac County. Julie will specialize in Medicare, Individual/Group Health, Life/Final Burial and Long-Term Care insurance. Please give her a call today to schedule an appointment.</i></p> <p>Contact us for more information or to schedule an appointment. (920) 923-2626 • juliehilbert@mtins.net</p> <p>Visit our website at: www.mtins.net 879 Forest Avenue • Fond du Lac, WI 54935</p>			<p>NEW PATIENTS WELCOME</p> <p>155 N. Rolling Meadows Drive Fond du Lac, WI 54937</p> <p>(920) 921-5001</p> <p>www.omswinnbago.com</p>
<p>\$50 OFF any lift chair! Plus FREE Delivery!</p> <p>SILICA For Your Home</p> <p>Fond du Lac Beaver Dam Watertown shopsilica.com</p>	<p>St. Charles Cemetery</p> <p><i>A Peaceful Country Place on the Ledge</i></p> <p>W4287 Golf Course Drive Fond du Lac, WI 54937</p> <p>921-4381 or 921-0580</p>	<p><i>Twohig</i> Funeral Home</p> <p>www.twohigfunerals.com</p> <p>305 Fond du Lac Ave Fond du Lac 920-921-0960</p> <p>109 W. Main St. Campbellsport 920-533-4422</p> <p>Cost conscience funeral services from full services to cremation</p>	

Word Scramble: Dances

All of the scrambled words below are for different types of dances. Can you put the letters in the right order to spell the different words correctly?

KEBAR	
GTAON	
KOLPA	
LBYEL	
ELHUTS	
MABMO	
OMBLI	
RMALLBOO	
CMFOAENL	
WITST	
LTWZA	
AUHL	
POHHIP	
SGINW	
ASSLA	
AURMB	
CSOID	
BMLAADA	
ZDOYCE	
UNMIET	
AESUQR	
BEOLRO	
CCAN-NA	
ATLBEL	
XORTTFO	

JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <i>Happy New Year!</i> 2 <u>Saturday</u> 10:00 Walking Group 3 <u>Sunday</u>
4 9:00 Balance and Stretch 11:00 Drive Up Senior Dining Meal 1:30 National Trivia Day Event	5 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 2:00 Cardio Drumming	6 11:00 Drive Up Senior Dining Meal 1:30 Spaghetti Squash Lasagna	7 10:00 Walking Group 11:00 Drive Up Senior Dining Meal	8 Joy Germ Day! 11:00 Drive Up Senior Dining Meal 9 <u>Saturday</u> 10:00 Walking Group 10 <u>Sunday</u>
11 9:00 Balance and Stretch 11:00 Drive Up Senior Dining Meal Guess the Snow Fall Contest Begins	12 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 2:00 Cardio Drumming	13 11:00 Drive Up Senior Dining Meal	14 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 1:30 Dress Up Your Pet Drive Through Event	15 11:00 Drive Up Senior Dining Meal 16 <u>Saturday</u> 10:00 Walking Group 17 <u>Sunday</u>
18 9:00 Balance and Stretch 11:00 Drive Up Senior Dining Meal	19 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 1:00 National Popcorn Day Drive Through Event 2:00 Cardio Drumming	20 11:00 Drive Up Senior Dining Meal 1:30 What's a Mocktail on Zoom	21 10:00 Walking Group 11:00 Drive Up Senior Dining Meal	22 11:00 Drive Up Senior Dining Meal 23 <u>Saturday</u> 10:00 Walking Group 24 <u>Sunday</u>
25 9:00 Balance and Stretch 11:00 Drive Up Senior Dining Meal	26 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 2:00 Cardio Drumming	27 11:00 Drive Up Senior Dining Meal	28 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 2:00 Friends Annual Meeting - Zoom Event	29 National Puzzle Day 11:00 Drive Up Senior Dining Meal 30 <u>Saturday</u> 10:00 Walking Group 31 <u>Sunday</u>

NATIONAL DRESS UP YOUR PET DAY DRIVE THROUGH EVENT

January 14
1:30 - 2:30



Bring your pet in their best outfit and get their picture taken for our contest.

Pictures of pets can also be submitted via email or to our Facebook page.

Treats for pets and owners!
RSVP TO (920) 322-3630

JANUARY 19 NATIONAL POPCORN DAY POP IN FOR POPCORN DRIVE THROUGH EVENT

1:00—1:30

RSVP (920) 322-3630



GUESS THE SNOW FALL CONTEST



Call in your best guess on how much snow we will get between

JANUARY 11-JANUARY 31

The person with the closest guess will win a prize!

Call to enter (920) 322-3630

NATIONAL MOCKTAIL WEEK

What's a Mocktail? Join us on Facebook live to find out and get some great recipes

WEDNESDAY, JANUARY 20
1:30





Magic Squares

Name: _____ Date: _____

Fill in grids so that each column, row and diagonal add up to the given sum.

The sum is 34.

			1
	11		14
3	10		
	5	9	4

The sum is 102.

48			
	30	33	24
			36
	45	42	3

The sum is 136.

		48	4
8			56
	40		
	20	36	16

The sum is 102.

	42		
36	21	18	
24	33		
39			48

SPAGHETTI SQUASH LASAGNA COOKING CLASS FACEBOOK LIVE

JANUARY 6
1:30



Did you know that you can use spaghetti squash in place of pasta in a lot of recipes?

Join us on Facebook for this live event as we make lasagna without the noodles!

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

Medicare • Obamacare • Social Security

In this FREE webinar you will learn:

- The differences between Medicare Supplement and Medicare Advantage plans so you can choose the most appropriate Medicare plan for YOUR situation!!
- How to qualify for ACA/Obamacare Tax Credits so your health insurance will cost you little or NOTHING so that you can retire NOW!!
- How you may qualify for EXTRA Social Security benefits. We have helped many people get extra Social Security that they NEVER knew they qualified for. The only way to know if YOU qualify for EXTRA money from Social Security is to join our webinar!!

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call our office at 921-7526 or visit our website at goebelins.com**

Tune in every Saturday morning from 7:35 to 8:00 am for our "INSURANCE SMART" radio show on KFIZ AM 1450

Nov 5	Seminar at Radisson Hotel in FDL	3:30 pm & 6:00 pm
Nov 17	Online Webinar	3:30 pm & 6:00 pm
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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Emily Lackas



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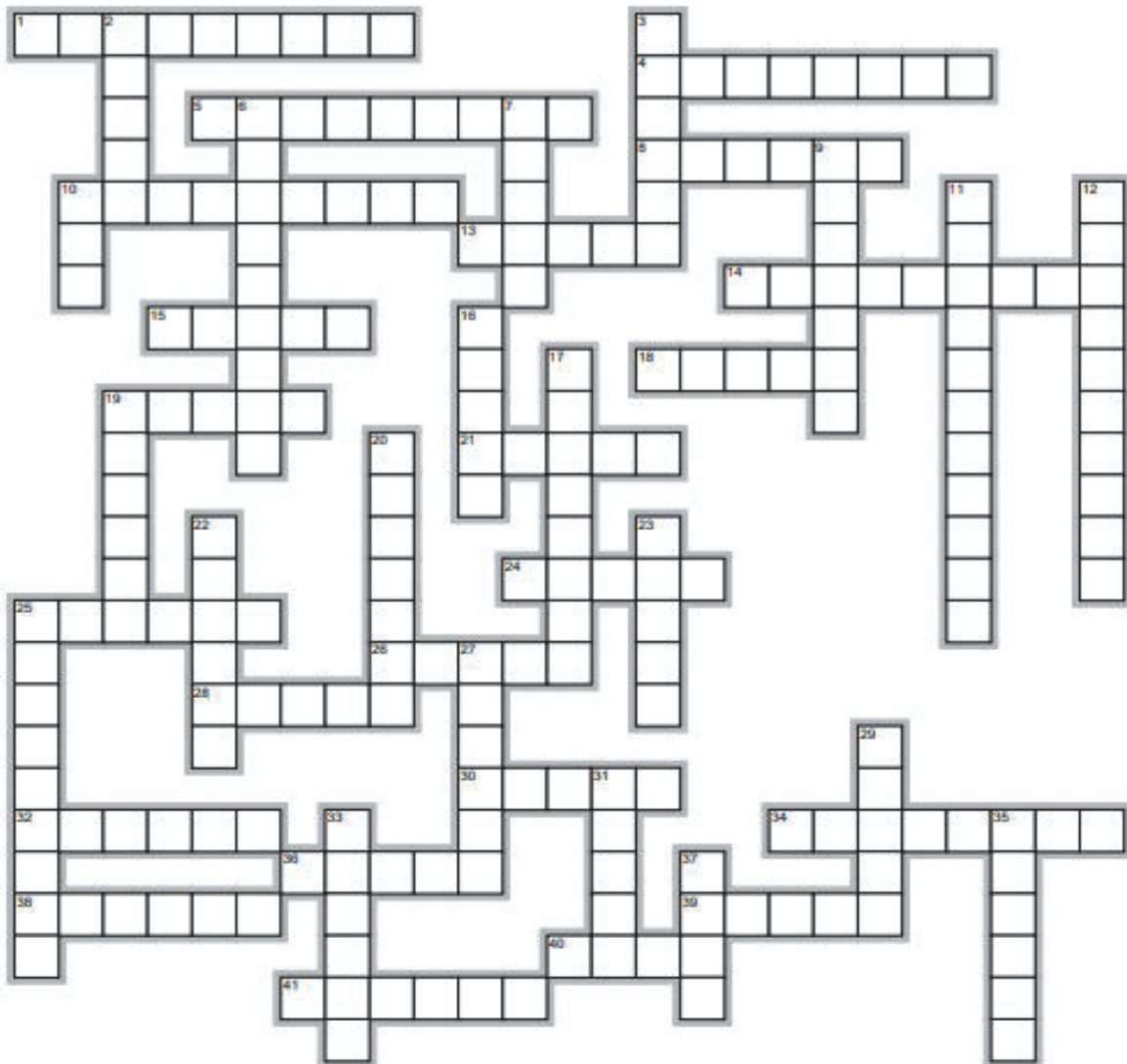
Famous Duos

Here's a fun crossword online, or printable! Simply supply the other half of each well-known team. Duos include musicians, TV characters, cartoon characters, historical figures and foods.

Hint: If you get stuck, ask for help from someone of a different generation. 😊



Allan Hale as Skipper



Clues

Across

1. Thunder &
4. Abbot &
5. Lennon &
8. Thelma &
10. Tweety &
13. Mork &
14. Simon &
15. Lady & the
18. Bonnie &
19. Tom &
21. Fish &
24. Batman &
25. Holmes &
26. Lucy &
28. Hall &
30. Beauty & the
32. Penn &
34. Skipper &
36. Serena &
38. Macaroni &
39. Laurel &
40. Chip &
41. Mickey &

Down

2. Mashed potatoes &
3. Mulder &
6. Antony &
7. Bert &
9. Laverne &
10. Sanford &
11. Butch Cassidy & the
12. Rocky &
16. Starsky &
17. Popeye &
19. Romeo &
20. Milk &
22. Yogi &
23. Fred &
25. Snoopy &
27. Calvin &
29. Peanut butter &
31. Chips &
33. Miss Piggy &
35. Wallace &
37. Sonny &



Reference: <http://www.ranker.com/list/best-duos-of-all-time/ariel-kana?&var=7>

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- Residential Care
- In-Home Supportive Care

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Center (ADRC).

www.lakelandcareinc.com

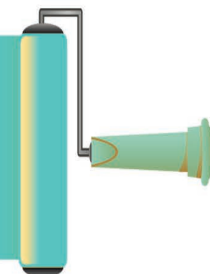


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Friends of Fond du Lac Sr. Center, Fond du Lac, WI

D 4C 01-1122

Start to Finish

Brain Teasers

DIRECTIONS: For each clue, find a corresponding word that starts and finishes with the same letter. There is one word for each letter of the alphabet except for i, j, q, u, v and z.

Spend time in front of the mirror.	PRIMP
Intuitive inkling.	
Pioneer in photocopying.	
Bitterly sarcastic.	
Gas in some signs.	
Inuit transportation.	
Chinese medicinal root.	
Where a rubber duckie lives.	
Roll in the mud.	
Pleasure traveller.	
Temporary loss of memory.	
Deadly.	
Pizza herb.	
Very knowledgeable.	
Forty-eight hours before tomorrow.	
The most.	
Excessive.	
Feudal land.	
Trepidation	
Water storage area.	

FDL Businesses of Times Past

Word Scramble

IEERVX RKYBAE

STUASBR POPCRON DSTAN

MGHKINCT UGDR

LKEA ARPK OTOUODR ERTTAHE

NETSYR OYRCREG TROES

IRCSE PSAYRT

DONF UD CAL TEREHT

NIFEAN FASERRM DSIENCA

HAELT TFRNUREIU

THE BBYOH HOSP

KESRMRA MCARPYAH

OENP YTPARN

RMSA ERRSNSUTAA

OSUFC AMRACE HPOS

BNE KFRINANL

And now we have the shirts to prove it!

These shirts remind us to encourage, support and help each other—not just through challenging times, but all the time! And even better, every purchase helps the Friends continue to provide support for programs and activities at the Center. The front of the shirt says “We’re all in this Together” and the back says “Your age is just the number of years that the world has been enjoying You! Fond du Lac Senior Center”



If you'd like a t-shirt, please drop your order form and check for \$15.00 each (2XX are an additional \$2.00) in our tote outside of the front door, or mail it to us at 151 E. 1st Street, Fond du Lac WI 54935.

Order deadline is January 31st, 2021. You will be called when your shirt is available for pick up. **THANK YOU FOR SUPPORTING OUR CENTER!**

Senior Center T-Shirt Order Form

Name _____

Address _____

City _____ State _____ Phone _____

SIZE SELECTION

S - M - L - XL = \$15.00 2XL = \$17.00

Quantity: _____ Size: _____ Quantity: _____ Size: _____

Quantity: _____ Size: _____ Quantity: _____ Size: _____

The shirt will be graphite heather **with white print.**

Amount Enclosed _____ Check # _____ Cash _____ Date Paid _____

Make check payable to: “Friends, Inc.” The deadline to order is **January 31st, 2021**

DINE OUT BOOKS

Work is underway on the 2021 Dine Out Books! Due to COVID, we were hesitant to ask restaurants and businesses for their support with everything changing so rapidly but many are asking about the books.

While we believe the 2021 Dine Out Book will be scaled back, we are hopeful to have the 2021 version available by February 1, 2021.



the Meadows
of Fond du Lac

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

WoodlandsSeniorPark.com

Please call us if we can help connect you to community programs and services. 920.322.3630.

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!** Call Ellie at 920.517.8660 for more information.

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.

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 for more information.

The Gratitude Club, Inc. is a local non-profit recovery club established in 1980 to provide a meeting place and an outlet for fellowship. More than 250 individuals come through our doors on a weekly basis. The Gratitude Club is host to over 30 12-step meetings per week and sponsors numerous family-oriented activities. Call Us at 920.921.0143.

NAMI Fond du Lac is the local affiliate of the National Alliance of Mental Illness (NAMI), a grass roots organization founded in 1979, with a mission to empower those young and old affected by mental illness and reduce stigma through support, education and outreach. Phone 920.979.0512

FOND DU LAC COUNTY SENIOR DINING PROGRAM - DRIVE UP MEALS AT THE SENIOR CENTER

The menus for January and February 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. You may sign up for multiple days of the month in just one call!

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 or a laugh—you never know what kind of costumes we'll come up with next!

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

January 2021

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><div><div>Dec 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>31</td><td></td><td></td><td></td></tr></table></div><div><div>Feb 2021</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>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr><tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr><tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr><tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</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	<div>1</div> <div>Happy</div> <div>New Year!</div>
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<div>4</div> <div>Ham Roll</div> <div>Baby Red Potatoes</div> <div>Carrots</div> <div>Raspberry Sherbet</div> <div>Applesauce</div> <div>Sliced Bread</div>	<div>5</div> <div>Beef Stroganoff</div> <div>Casserole</div> <div>Winter Blend Veg.</div> <div>Cinnamon Roll</div> <div>Apricot Halves</div> <div>Dinner Roll</div>	<div>6</div> <div>Burgundy/Mush.</div> <div>Chopped Steak</div> <div>Mashed Potatoes</div> <div>Green Beans</div> <div>Fruited Gelatin</div> <div>Snickerdoodle</div> <div>Sliced Bread</div>	<div>7</div> <div>Honey Mustard</div> <div>Meatballs</div> <div>Brown Rice</div> <div>Peas and Carrots</div> <div>Birthday Cake</div> <div>Cantaloupe Slice</div> <div>Dinner Roll</div>	<div>8</div> <div>Crispy Fish Fillet</div> <div>German Potato Sal.</div> <div>Broccoli Cuts</div> <div>Tapioca Pudding</div> <div>Petite Banana</div> <div>Sliced Bread</div>																																																																													
<div>11</div> <div>Pepper Steak</div> <div>Baked Potato</div> <div>Mixed Vegetables</div> <div>Alexander Torte</div> <div>Peach Slices</div> <div>Sliced Bread</div>	<div>12</div> <div>Baked Chicken</div> <div>Twice Bk Style Pot</div> <div>Three Bean Salad</div> <div>Choc Chip Cookie</div> <div>Apple Slices</div> <div>Dinner Roll</div>	<div>13</div> <div>Bratwurst on a Bun</div> <div>Baked Beans</div> <div>Corn</div> <div>Honeydew Melon</div> <div>Fudge Brownie</div>	<div>14</div> <div>Mushroom</div> <div>Pork Cutlet</div> <div>Mashed Potatoes</div> <div>Baby Carrots</div> <div>Applesauce Cake</div> <div>Pear Slices</div> <div>Dinner Roll</div>	<div>15</div> <div>Orange Chicken</div> <div>Baby Red Potatoes</div> <div>Tossed Salad</div> <div>Ice Cream Cup</div> <div>Fruited Gelatin</div> <div>Sliced Bread</div>																																																																													
<div>18</div> <div>Cranberry/Kraut</div> <div>Meatballs</div> <div>Calico Bean Cass.</div> <div>Calif. Blend Veg.</div> <div>Choc Rasp Torte</div> <div>Applesauce</div> <div>Sliced Bread</div>	<div>19</div> <div>Swiss Steak</div> <div>Mashed Potatoes</div> <div>Wax Beans</div> <div>Chocolate Pudding</div> <div>Pineapple Tidbits</div> <div>Dinner Roll</div>	<div>20</div> <div>Baked Spaghetti</div> <div>Mixed Italian Salad</div> <div>Carrot Cake with</div> <div>Cr Cheese Frosting</div> <div>Fruit Cocktail</div> <div>French Bread</div>	<div>21</div> <div>Chicken Breast</div> <div>Mashed Potatoes</div> <div>Peas and Carrots</div> <div>Sugar Cookie</div> <div>Peach Slices</div> <div>Dinner Roll</div>	<div>22</div> <div>BBQ Pork Cutlet</div> <div>Baked Potato</div> <div>Green Beans</div> <div>Key Lime Pie</div> <div>Petite Banana</div> <div>Sliced Bread</div>																																																																													
<div>25</div> <div>Smoked Sausage</div> <div>Baby Red Potatoes</div> <div>Pickled Beet Salad</div> <div>Orange Sherbet</div> <div>Apple Slices</div> <div>Sliced Bread</div>	<div>26</div> <div>Meatloaf</div> <div>White Bean Salad</div> <div>Broccoli Cuts</div> <div>Spice Cake</div> <div>Apricot Halves</div> <div>Dinner Roll</div>	<div>27</div> <div>Baked Chicken</div> <div>Garlic Mashed Pot</div> <div>Copper Penny Sal.</div> <div>Oatmeal/Raisin</div> <div>Cookie</div> <div>Pear Slices</div> <div>Sliced Bread</div>	<div>28</div> <div>Chili Casserole</div> <div>Corn</div> <div>Cream Sicle Torte</div> <div>Applesauce</div> <div>Cornbread</div>	<div>29</div> <div>Salisbury Steak</div> <div>Mashed Potatoes</div> <div>Calif. Blend Veg.</div> <div>Butterscotch Pud.</div> <div>Pineapple Tidbits</div> <div>Sliced Bread</div>																																																																													

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

February 2021

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

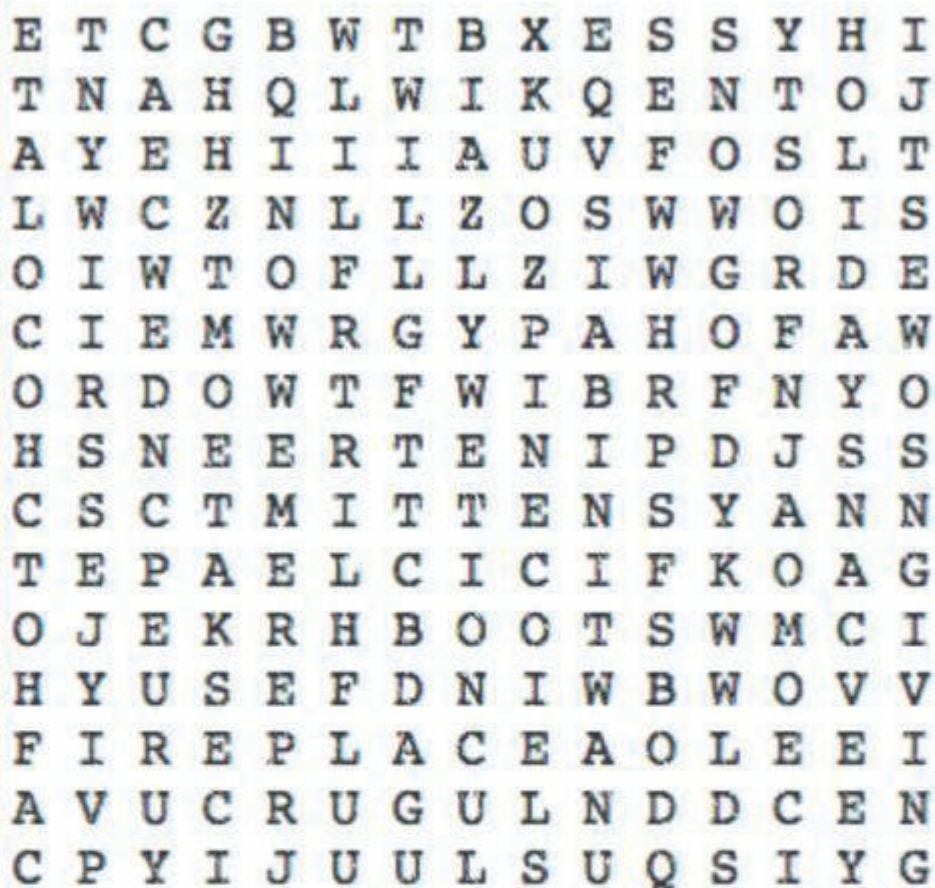
Monday	Tuesday	Wednesday	Thursday	Friday
1 Beef Stew Tossed Salad Coconut Cr. Pie Peach Slices Sliced Bread	2 Pork Jaegerschnitzel Mashed Potatoes Red Cabbage Cinnamon Roll Apple Slices Dinner Roll	3 Country Fried Steak Mashed Potatoes Three Bean Salad Vanilla Pudding Fruited Gelatin Sliced Bread	4 Chicken Marsala Baked Potato Mixed Vegetables Birthday Cake Petite Banana Dinner Roll	5 Sweet and Sour Pork over Br. Rice Spinach Salad with Rasp. Vinaigrette Cookie Applesauce Sliced Bread
8 Escaloped Potatoes and Ham Casserole Corn Fudge Brownie Cantaloupe Slice Sliced Bread	9 Baked Chicken American Pot Salad Calif Blend Veg. Molasses Cookie Pineapple Tidbits Dinner Roll	10 Swedish Meatballs Mashed Potatoes Carrots Spice Cake Pear Slices Sliced Bread	11 Chicken Tetrizzini Health Slaw Poppy Seed Torte Apple Slices Dinner Roll	12 Hamburger on a Bun Baked Beans Broccoli Cuts Chocolate Pudding Fruit Cocktail
15 Roast Pork Loin Mashed Potatoes Peas and Carrots Sweetheart Cake Applesauce Sliced Bread	16 Pot Roast Baby Red Potatoes Baby Carrots Cinnamon Roll Dinner Roll	17 Crispy Fish Fillet Potatoes Romanoff Winter Blend Veg Choc Sundae Cup Pineapple Tidbits Sliced Bread	18 Glazed Ham Calico Bean Cass Cole Slaw Pumpkin Cake Petite Banana Dinner Roll	19 Spinach Lasagna Broccoli Cuts Butterscotch Pud. Honeydew Melon French Bread
22 Chicken Teriyaki Baked Potato Chinese Ramen Sal Sugar Cookie Apple Slices Sliced Bread	23 Chili Casserole Corn Applesauce Cake Cantaloupe Slice Cornbread	24 Baked Chicken Twice Bk Style Pot Copper Penny Sal Choc Chip Cookie Pineapple Tidbits Sliced Bread	25 Pork Steak Mashed Potatoes Green Beans Applesauce Cake Pear Slices Dinner Roll	26 Macaroni & Cheese Tossed Salad Mixed Vegetables Choc Cloud Torte Apricot Halves Sliced Bread

Jan 2021						
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Feil's Catering - Randolph, Wisconsin

WINTER WORD SEARCH



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WORDS TO FIND:

BLIZZARD

COLD

FROZEN

HAT

ICE

MITTENS

SNOW

SNOWMAN

WINTER

BOOTS

FIREPLACE

GIVING

HOLIDAYS

ICESKATE

PINETREE

SNOWBALL

SNOWSUIT

CHILLY

FROSTY

GLOVES

HOTCHOCOLATE

ICICLE

SCARF

SNOWFLAKE

WIND



NEVER MISS A NEWSLETTER !

Sign up to have our
newsletter emailed to you at
www.ourseniorcenter.com



2021 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 2021 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	
<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!

☐ **\$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 2021 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. Due to Covid-19, we hope the 2021 Dine Out Books will be available in February. You will be contacted to pick up a free book in appreciation of your support. 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. Due to Covid-19, we hope the 2021 Dine Out Books will be available in February. You will be contacted to pick up a free book in appreciation of your support. 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.

FOR OFFICE USE ONLY

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

☐ NEW 2021 Member ☐ Renewal Receptionist Initials _____

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

☐ Dine Out Book - Will call when they are printed - 1 for Fantastic or 2 for Fabulous Memberships

☐ Received Among Friends Newsletter

January 2021 Newsletter

Card File

Computer

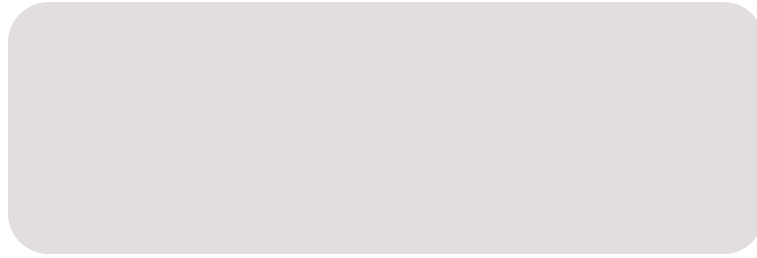


Fond du Lac Senior Center

151 E. First Street
Fond du Lac, WI 54935

NON PROFIT ORG
U.S. POSTAGE
PAID
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



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 – 3:30 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.