

FRIENDS OF THE FOND DU LAC SENIOR CENTER

# AMONG FRIENDS

NEWSLETTER



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

We did it!

We made it through 2020, although some days I feel like it beat us up pretty good.

The reason I say that is that I have been fortunate to be involved in a state wide coalition that is working to address social isolation and loneliness - something that I have talked about for years and is finally being recognized nationally. I believe this topic is coming to the forefront in part because we all understand far more what it means to be isolated since Covid came into our lives. People involved in organizations across the state are seeing the effects of loneliness and isolation, and those effects aren't pretty.



On our Zoom call this week, we talked for a bit about post-Covid, and what our world will be like. We also talked about encouraging people to take time to process how we were affected by 2020. We have all lost people we care about, we have lost opportunities to gather with friends and family, and in many ways, for much of the year, we lost the feeling of being able to move around freely and "go and do" the things we enjoyed doing.

It's important that we all take time to recognize that those feelings are real! To be honest, I love my job here as much as ever, but 2020 was TOUGH. Not being able to be open to serve you all has been really hard to accept. We did many things to stay connected to you - and will continue to do that - but it just isn't the same. Hearing the stories about loneliness, loss, depression and sadness was so hard, but we were grateful to be here and support you all. Granted, we aren't quite through it yet, but, there is a light on the horizon. This week I got a call from the Health Department letting me know their plan for vaccinating people 65+. When I went home that night and thought about that call and what it would mean for many of the people we serve, I cried.

I am not intending for this article to be about me, or whether or not people should get the vaccine. Rather, I wanted to share how real and raw the feelings can be about how Covid affected us. Most importantly, I want people to understand that it's ok to have these feelings!

I'm MAD at what Covid did. I'm SAD at what Covid did. I am also GRATEFUL for things that happened. I KNOW that hugging my Mom & Dad, or my children is something I will appreciate every time it happens. I am RELIEVED that we have made it this far and HOPEFUL of what is to come.

Now I just need to be PATIENT as we work through the next few months. Here's to 2021!

*Cathy*

## Random Acts of Kindness

February 17th is National Random Acts of Kindness Day. Not only do we encourage you to spread kindness that day but we would also like you to call us between February 1-12 and nominate someone who you think should be rewarded with a special random act of kindness on that day.

All nominations must be made by  
3:30 p.m. on February 12.

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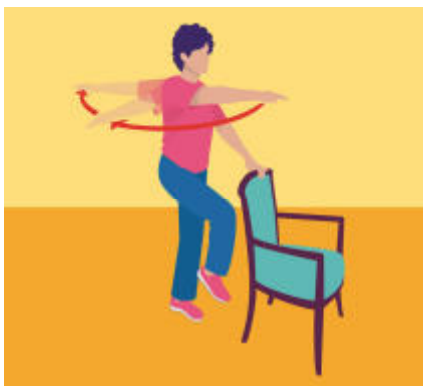


## BALANCE & STRETCH

Join us on Facebook Live or On Demand  
Mondays & Fridays  
9:00 a.m.

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

<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 Facebook - Tuesday afternoons at 2:00.

Call for more details or if you need to borrow equipment.

(920) 322-3630



## VALENTINE GNOME CRAFT PROJECT

FACE BOOK LIVE EVENT

Wednesday, February 10

1:30

Gather your supplies and join us as we make adorable Valentine's Day Gnomes on Facebook Live. A supply List will be posted on our Facebook page ahead to allow you time to get the supplies that are needed for this project.



## 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.

## HUMP DAY TRIVIA

Wednesday, February 3

1:30-3:00 p.m.

Break up the week with some trivia! Call in as many times as you wish between 1:30-3:00 p.m. for a trivia question. For every right answer your name will be entered to win a prize!



(920)322-3630

## STRANGE HEADLINES ZOOM EVENT

Wednesday, February 24

1:30 p.m.

Have you ever read a headline that was so strange that it stayed with you? Get your headlines together and join us as we share stories of our encounters with strange headlines. Be prepared for lots of laughs!



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

## 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



## VALENTINE'S DAY DRESS UP FOR LUNCH



FRIDAY, FEBRUARY 12  
11:00-12:00 P.M.

Get out your red, pink, and heart attire! Send us a picture or drive through at lunch.

## PUZZLE SOLUTIONS

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







## Special Event/Special Info

### GUESS HOW MANY

February 8-11



On Monday February 8th we will fill jar full of Hershey's Valentine's Day Hugs and kisses, and post a picture of it on Facebook. Call (920) 322-3630 between February 8-11 to tell us how many you think are in the jar. If you guess right you will win the jar.

### ZOOM Meeting Info

For all programs that are offered on Zoom, here is the meeting information:

Go to: <https://zoom.us/join> and enter:

Meeting ID 582 875 5438

Password: 54935

Call (920)322-3630 with any questions.

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# Valentine's Day Word Search

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



- Flowers
- Sweet
- Chocolate
- Gift
- Kisses
- Love
- Cupid
- Arrow
- Heart
- Hugs
- Valentine
- Candy



# February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 9:00 Balance and Stretch 11:00 Drive Up Senior Dining Meal Nominations for the Random Acts of Kindness Event Begins	<b>2</b> 10:00 <i>Walking Group</i> 11:00 Drive Up Senior Dining Meal 2:00 Cardio Drumming	<b>3</b> 11:00 Drive Up Senior Dining Meal 1:30 Hump Day Trivia	<b>4</b> 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 1:30 Learn How To Use Zoom Facebook Live Event	<b>5</b> 9:00 Balance and Stretch 11:00 Drive Up Senior Dining Meal <b>6 Saturday</b> 10:00 Walking Group <b>7 Sunday</b>
<b>8</b> 9:00 Balance and Stretch 11:00 Drive Up Senior Dining Meal 1:30 Clever Cook–Berry Heart Parfaits Guess How Many Hugs and Kisses Event Begins	<b>9</b> 10:00 <i>Walking Group</i> 11:00 Drive Up Senior Dining Meal 2:00 Cardio Drumming	<b>10</b> 11:00 Drive Up Senior Dining Meal 1:30 Craft– Valentine Gnomes	<b>11</b> 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 1:30 What is CBD Oil and What Can It Do For You Zoom Presentation Last Day to Guess How Many Hugs and Kisses	<b>12</b> 9:00 Balance and Stretch 11:00 Drive Up Senior Dining Meal 11:00 Valentine's Day Dress Up For Lunch Last day to submit nominations for the Random Acts of Kindness Event <b>13 Saturday</b> 10:00 Walking Group <b>14 Sunday</b>
<b>15</b> 9:00 Balance and Stretch 11:00 Drive Up Senior Dining Meal	<b>16</b> 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 2:00 Cardio Drumming	<b>17</b> 11:00 Drive Up Senior Dining Meal NATIONAL RANDOM ACTS OF KINDNESS DAY	<b>18</b> 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 1:30 HomeFit Zoom Presentation	<b>19</b> 9:00 Balance and Stretch 11:00 Drive Up Senior Dining Meal <b>20 Saturday</b> 10:00 Walking Group <b>21 Sunday</b>
<b>22</b> 9:00 Balance and Stretch 11:00 Drive Up Senior Dining Meal 1:30 Clever Cook– Homemade Dog Biscuits	<b>23</b> 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 2:00 Cardio Drumming NATIONAL DOG BISCUIT DAY	<b>24</b> 11:00 Drive Up Senior Dining Meal 1:30 Strange Headlines Zoom Event	<b>25</b> 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 1:30 Scams, Identity Theft, and How To Be a Better Consumer Zoom Event	<b>26</b> 9:00 Balance and Stretch 11:00 Drive Up Senior Dining Meal <b>27 Saturday</b> 10:00 Walking Group <b>28 Sunday</b>

## LEARN HOW TO USE ZOOM FACEBOOK LIVE EVENT

Thursday, February 4  
Time?

Have you ever  
wanted to join a  
Zoom event but  
didn't know how?



Join us for this  
informational Facebook Live  
event on how to use Zoom so  
you can stop missing out.

## WHAT IS CBD OIL AND WHAT CAN IT DO FOR YOU? ZOOM EVENT

Thursday, February 11  
1:30 p.m.

Speaker: Doug Paust  
Green Acres CBD

With over 20 years experience in  
retail pharmacy and degrees in  
Biochemistry and Molecular Biology  
Doug Paust will explain the  
chemistry behind the  
use of cannabidoil (CBD)  
in the body.



## HOMEFIT ZOOM PRESENTATION

Thursday, February 18  
1:30 p.m.

Speaker: Darrin Wasnieski–  
AARP Associate State Director  
Community Outreach

Join us and hear Darrin talk  
about “smart solutions for  
making your home comfortable,  
safe, and a great fit” as you age.



## SCAMS, IDENTITY THEFT, AND HOW TO BE A BETTER CONSUMER ZOOM EVENT THURSDAY, FEBRUARY 25

1:30 p.m.

Speaker: Susan Bach, regional  
Director for the Better Business  
Bureau (BBB) Serving Wisconsin

Learn about new scams targeting  
seniors, identity  
theft, how to be a  
better consumer,  
and more.





## 1960's POP HITS QUIZ

- 1> What one hit wonders had a number one hit with "Green Tambourine" in 1968?
- 2> Who claimed, "People Got to be Free"?
- 3> Brian Hyland had a number one hit in 1960. Name it.
- 4> Finish the title to this well-known Marvelettes' song, Please Mr. ????
- 5> What Halloween favorite was recorded by Bobby "Boris" Pickett and The Crypt-Kickers?
- 6> According to The Four Seasons, what type of girls don't cry?
- 7> Finish the title to this well-known Peter, Paul and Mary song, Leaving On A ??????
- 8> The lyric "Got to be a joker, he just do what he please" is from what Beatles' number one hit song of 1969?
- 9> What group had a number one hit with "Daydream Believer" in 1969?
- 10> The duo Sonny and Cher had a number one hit with what song in 1965?
- 11> Finish the title to this well-known Lovin' Spoonful hit, Summer in the ????
- 12> Aretha Franklin is best known for what number one hit song of 1967?
- 13> What did the Beatles claim was all you needed in 1967?
- 14> I Heard It Through The Grapevine was a number one hit for whom in 1968?
- 15> Chubby Checker is best known for what number one hit of 1960?



Berry Heart Parfaits  
Facebook Live  
Monday, February 8  
1:30 p.m.

Just in time for Valentine's Day! Learn how to make these light and healthy, yet satisfying desserts.



Homemade Dog Biscuits  
Facebook Live  
Monday, February 22  
1:30 p.m.

Learn how to make some yummy homemade dog biscuits so you can make some to spoil your favorite pooch on National Dog Biscuit Day (February 23)

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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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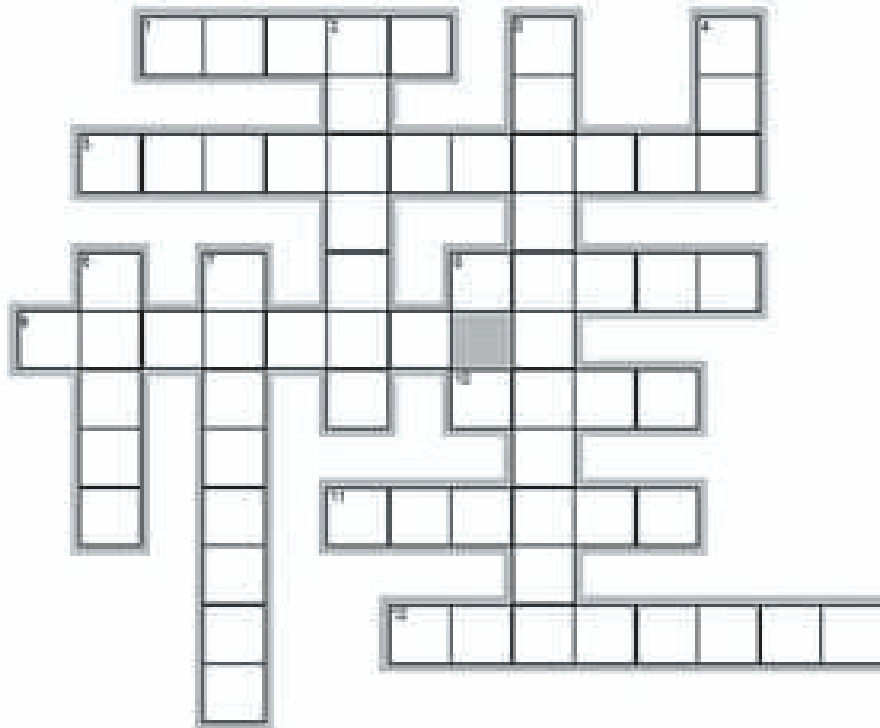
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1 history history history	2 R g rose e i n	3 MEREPEAT	4 _____ read _____
5 Arrest You're	6 M Meal M e e a a l Meal l	7 E more more more more	8 wonalicederland
9 me right	10 stefrankin	11 Chimadena	12 settle
13 millio1n	14 e d r e d v i v i e d r e d v i v i	15 land time	16 mini'lilbetheute
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21 e t a d	22 Meal Λ	23 issue issue issue issue issue issue issue issue issue issue	24 XQQQME
25 time time	26 FLUBADENCE	27 1 knows	28 BIG BIG ignore ignore
29 BIRD	30 chair	31 ICE <sup>3</sup>	32 lang4uage
33 VA DERS	34 9S2A5F4E1T8Y6	35 _____ it	36 chawhowhorge
37 RIGHT RIGHT	38 TULIPS	39 \$0 all all all all	40 knee light light



## Martin Luther King, Jr. Crossword

Dr. Martin Luther King, Jr. was born on January 15, 1929. Test your knowledge of the life and work of this important leader as you complete this crossword.



### Across

1. MLK, Jr's most famous speech: "I Have a \_\_\_\_"
5. Name of the movement that sought to extend full equality to blacks (2 words)
8. MLK, Jr. held a large march in 1965 from here to Montgomery
9. His wife's first name
10. He was sometimes arrested and sent here.
11. These laws once kept blacks from casting ballots
12. MLK, Jr's profession

### Down

2. City of his birth
3. The practice of separating races that he sought to end
4. He led boycotts of this method of transportation.
6. He won this peace prize in 1964.
7. He worked to bring equality through \_\_ means.



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This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

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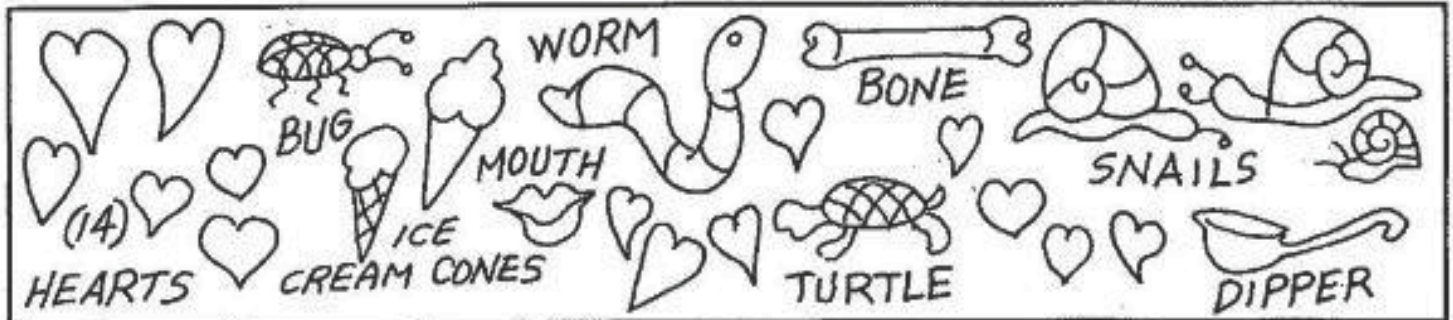
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[www.hiddenpicturepuzzles.com](http://www.hiddenpicturepuzzles.com)





# Say the Color of each Word!

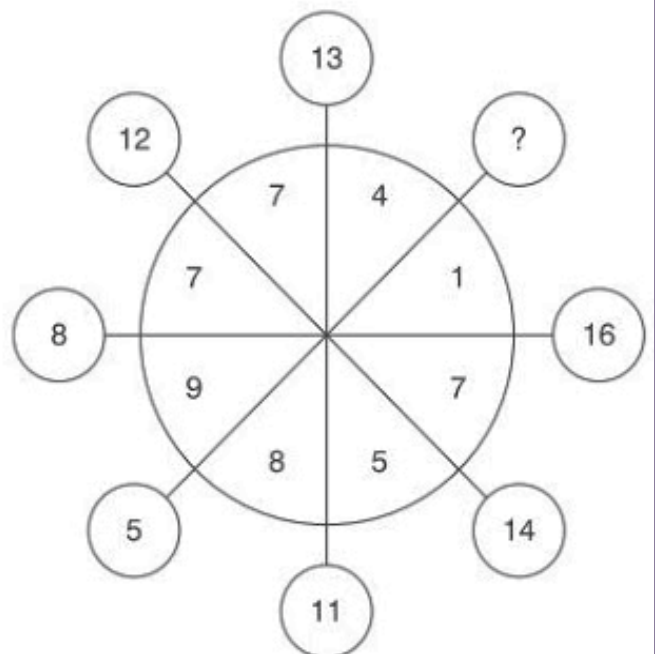
(Don't read the word)

## How Fast can you say it?

black white yellow green red blue  
 yellow red black green white red  
 white green red black yellow green  
 black white yellow green red blue  
 white green red black yellow green  
 yellow red black green white red  
 white green red black yellow green

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

Solve the pattern puzzle to the right. Find the missing number to replace the question mark.



## BEGIN AND END

Each phrase below is a clue for an answer that begins and ends with the same letter.

1. A continent at the south pole \_\_\_\_\_
2. Payment to stockholders \_\_\_\_\_
3. A word used by magicians \_\_\_\_\_
4. Physical exertion done for fitness \_\_\_\_\_
5. One television show in a series \_\_\_\_\_
6. One who reviews and gives judgements \_\_\_\_\_
7. A brief advertisement \_\_\_\_\_
8. A place for performers \_\_\_\_\_
9. An amount over and above what is needed \_\_\_\_\_
10. A great work of art or literature \_\_\_\_\_
11. A ray of moonlight \_\_\_\_\_
12. An edible seed of a bean plant \_\_\_\_\_
13. Accepting of others \_\_\_\_\_
14. Handwriting skill \_\_\_\_\_
15. Blue-green \_\_\_\_\_
16. An official list of names \_\_\_\_\_
17. One thousand years \_\_\_\_\_

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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](http://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](http://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 menu for February is included on the next page. 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 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 shenanigans 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

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

Jan 2021						
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

Mar 2021						
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				


Feil's Catering - Randolph, Wisconsin



What does a guy who loves his  
car do on Valentine's Day?

He gives it a Valen-shine



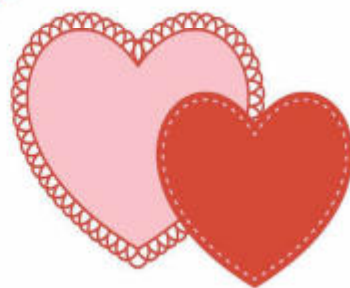
What makes a  calendar so popular?

It has lots of dates



What do you call  
a very small  
Valentine?

valentiny



Knock, knock  
Who's there?  
Butter  
Butter who?

Butter wear red today!

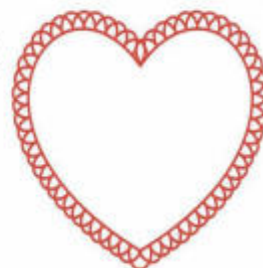
**HOW DOES A WEREWOLF  
SEND HIS VALENTINES?  
....BY HAIR-MAIL**

PLACE  
STAMP HERE

Knock, knock  
Who's there?

Eye  
Eye who?

Eye know who gave me  
this Valentine.



What did the oar say to  
the other oar?

"Can I interest you in a  
little row-mance?"



WHAT DID ONE LIGHT BULB SAY  
TO THE OTHER LIGHT BULB?

 - "I LOVE YOU A WATT"



## WORD SEARCH



## WINTER



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

blizzard	frostbite	igloo	skating	snowman
December	frozen	jacket	skiing	snowshoes
February	gloves	January	sleigh	solstice
fireplace	hockey	longjohns	slippery	sweater
flannel	holidays	mitts	snowballs	toboggan
flurries	hot chocolate	scarf	snowboarding	whiteout
frigid	icicle	shovel	snowflakes	wintertime





# NEVER MISS A NEWSLETTER !

Sign up to have our  
newsletter emailed to you at  
*[www.ourseniorcenter.com](http://www.ourseniorcenter.com)*





# 2021 Friends Membership Application

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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, the 2021 Dine Out Books are on hold at this point, however if things change and Dine Out Books are printed, 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, the 2021 Dine Out Books are on hold at this point, however if things change and Dine Out Books are printed, 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.

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 2021 Member   ☐ Renewal   Receptionist Initials \_\_\_\_\_

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

☐ Dine Out Book on hold for 2021- will call if they are printed 1 for Fantastic or 2 for Fabulous Memberships

☐ Received Among Friends Newsletter

February 2021 Newsletter

Card File

Computer

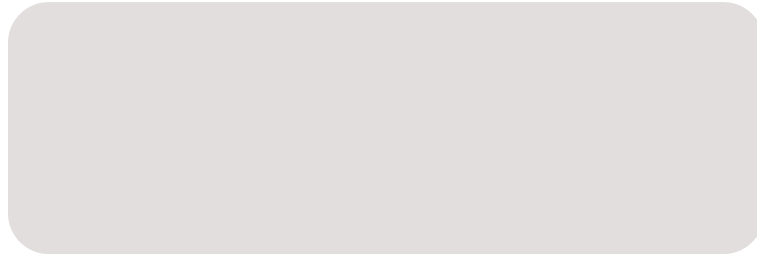


## Fond du Lac Senior Center

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- 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.*