FRIENDS OF THE FOND DU LAC SENIOR CENTER

AMONG FRIENDS

NEWSLETTER

MARCH 2021

Proudly serving the Fond du Lac Community for over 54 years!

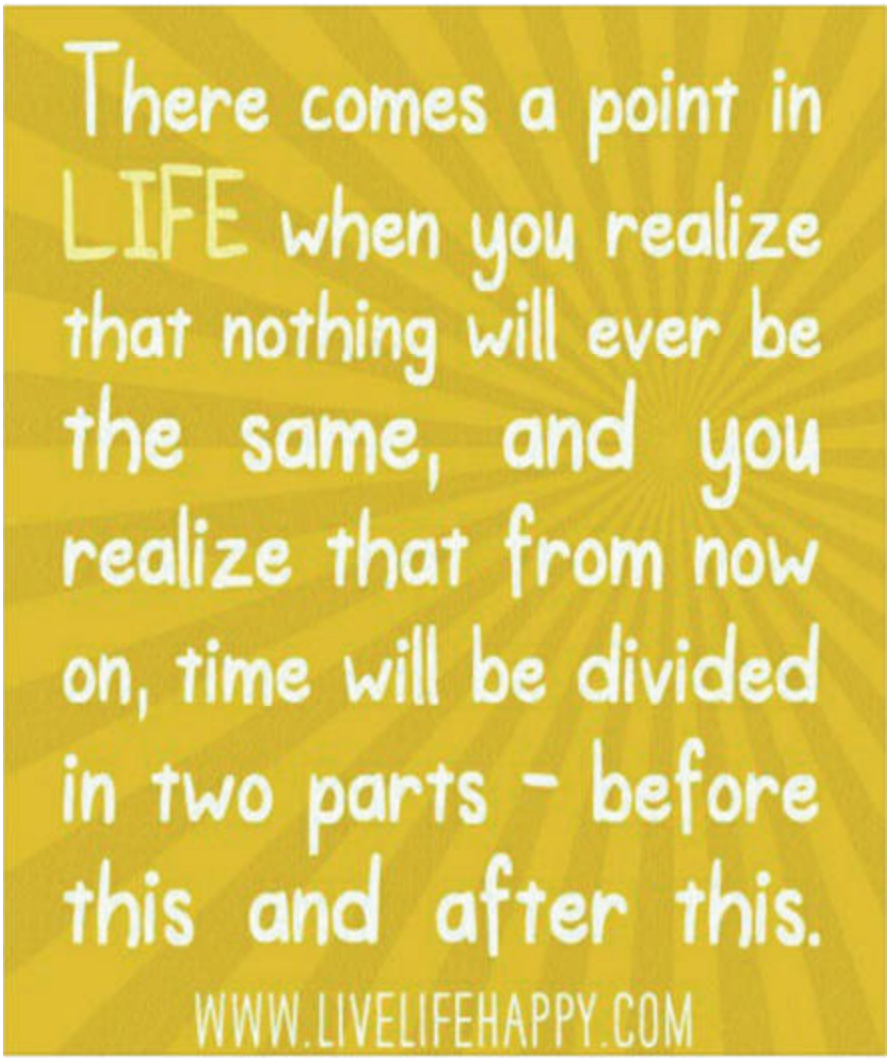
...where friends meet!

CATHY'S CORNER

I saw this post on social media the other day. I found it interesting that the quote, which I found rather melancholy, comes from a site called livelifehappy.com I read the quote again, the second time thinking about it from a different perspective – the perspective of "living life happy".

Whichever way you look at it, the quote is true, especially as it relates to Covid and how it has changed things in the last year. How it has changed **each** of us in the last year. As we approach the one year mark of dealing with the pandemic, I feel just like what the quote says – time will be divided into two parts – before this and after this.

Our Center, post-Covid, will be different than it was. It will take some time before things look like they did pre-Covid. Even after we reopen, things will be scaled back. Safety and well-being will be our focus as we continue to do what we can to minimize risk and exposure. Our plan for spring is to resume programs in the outdoor setting as quickly as possible. It will take more time to resume indoor programming – especially for programs where people are in close proximity and touch the same items. I ask your patience as this plays out.



I think we all understand that things won't ever be the same, but I for one, am hopeful that they will be better. I hope that we will appreciate things more – even the little things. I hope that we will treat each other with more kindness and understanding. I hope we choose to focus on the good and let go of the negative. I hope that we become more selfless and less selfish. I hope that we all choose to "Live Life Happy".

Cathy

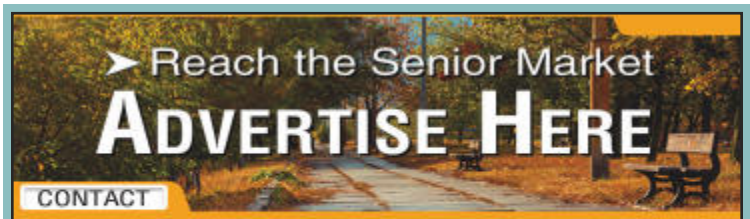
Take Me Out to the Ball Game Drive Through Cook Out
March 31
Time 2:00-3:00 p.m.

Come help us celebrate the start of baseball season!

Lunch includes:
Your choice of a brat or hot dog
Bag of cracker jacks
Bag of peanuts
Soda

Must register (920) 322-3630

Food will be served out of the window located on the west side of the building.



Alex Nicholas to place an ad today!
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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

WALKING/HIKING GROUP

This group meets to walk on Tuesday, Thursday and Saturday mornings at 10:00 a.m.

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 welcome.

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 or if you need to borrow equipment.

(920) 322-3630

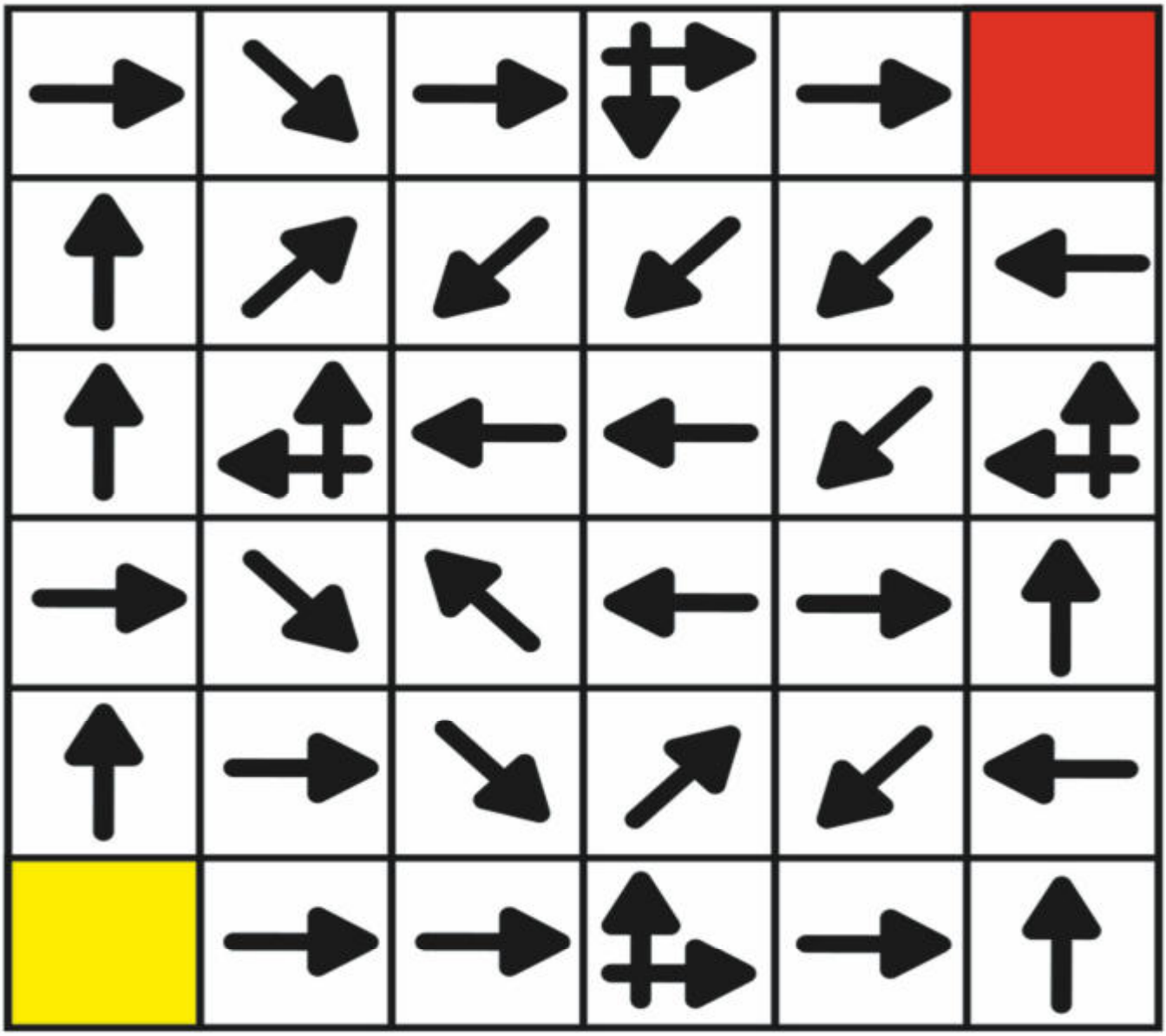
HUMP DAY TRIVIA

Wednesday, March 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!

This month's theme is Brain Trivia.
(920)322-3630

Start from the yellow square and end in the red following the arrow in the direction shown. Careful to not get stuck !!



WHAT'S GOING ON

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

ZOOM MEETING INFO FOR ALL ZOOM EVENTS

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.

PUZZLE SOLUTIONS

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

TAKE CARE TUESDAYS

Gentle
REMINDER:
Take care of myself
today.

Check our Facebook page each Tuesday for a tip on self care. You're important so take care of yourself!

ADULT COLORING PAGE

2021 Dine Out Books

52 Coupons
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Save Money And Support the Friends
Call today for more information on how to get a 2021 Dine Out Book.
Just $7.00 again this year!

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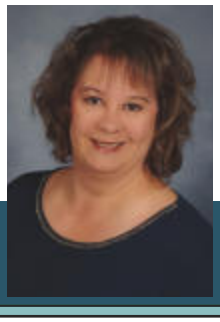
Contact us for more information or to schedule an appointment.
(920) 923-2626 • juliehilbert@mtins.net
Visit our website at: www.mtins.net | 879 Forest Avenue • Fond du Lac, WI 54935



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109 W. Main St.
Campbellsport
920-533-4422
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HIDDEN PICTURES

March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 Balance and Stretch 11:00 Drive Up Senior Dining Meal 1:00 ZooMingle	***2*** 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 2:00 Cardio Drumming Take Care Tuesday!	***3*** 11:00 Drive Up Senior Dining Meal 1:30 Hump Day Trivia	***4*** 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 1:30 Snowshoe Demo	***5*** 9:00 Balance and Stretch 11:00 Drive Up Senior Dining Meal ***6 Saturday*** 10:00 Walking Group ***7 Sunday***
8 9:00 Balance and Stretch 11:00 Drive Up Senior Dining Meal	***9*** 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 2:00 Cardio Drumming Take Care Tuesday! Last day to sign up for Pi Day	***10*** 11:00 Drive Up Senior Dining Meal 1:30 Clever Cook– Overnight Oats	***11*** 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 1:30 National Plant a Flower Day Drive through Event	***12*** 9:00 Balance and Stretch 11:00 Drive Up Senior Dining Meal ***13 Saturday*** 10:00 Walking Group ***14 Sunday***
15 9:00 Balance and Stretch 11:00 Drive Up Senior Dining Meal 1:30 Pi Day Drive Through Event National Brain Awareness Week	***16*** 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 2:00 Cardio Drumming Take Care Tuesday! Guesses Due For Guess How Many Coin Contest	***17*** 11:00 Drive Up Senior Dining Meal 1:30 Clever Cook– Mediterranean Mini Frittatas Dress up for St. Patrick's Day	***18*** 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 1:30 Pelvic & Prostate Health Zoom Event	***19*** 9:00 Balance and Stretch 11:00 Drive Up Senior Dining Meal 1:00 National Let's Laugh Day– Exploring Laughter Yoga ***20 Saturday*** 10:00 Walking Group ***21 Sunday***
22 9:00 Balance and Stretch 11:00 Drive Up Senior Dining Meal	***23*** 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 2:00 Cardio Drumming Take Care Tuesday!	***24*** 11:00 Drive Up Senior Dining Meal 1:30 Strange Headlines	***25*** 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 1:30 Crafts by Mary Lee– Washcloth Bunnies & Chicks	***26*** 9:00 Balance and Stretch 11:00 Drive Up Senior Dining Meal ***27 Saturday*** 10:00 Walking Group ***28 Sunday***
29 9:00 Balance & Stretch 11:00 Drive Up Senior Dining Meal	***30*** 10:00 Walking Group—National Walk in the Park Day 11:00 Drive Up Senior Dining Meal 2:00 Cardio Drumming Take Care Tuesday!	***31*** 11:00 Drive Up Senior Meal 2:00 Take Me Out To Ball Game Drive Through Cook Out		

DON'T MISS THESE EVENTS

PI DAY DRIVE THROUGH EVENT

March 15
1:30-2:00 p.m.
Come and get a slice of pie to help us celebrate National Pi Day (3.14).

Must RSVP by March 9th
(920) 322-3630

Special thank you to Lake View Place for Sponsoring Pi Day.

SNOWSHOE DEMONSTRATION

Thursday, March 4
Kiekhaefer Park
1:30 p.m.
Join us as we learn about snowshoeing from the staff at Attitude Sports.
Snowshoes will be available to try.

Let us know if you will be joining us.
(920) 322-3630

PELVIC & PROSTATE HEALTH ZOOM PRESENTATION

Thursday, March 18
1:30 p.m.
Speaker: Tiffany Fisher, DPT Physical Therapist Aurora Medical Center, FDL

This presentation is for both men and women. Learn the proper techniques to build and maintain strength for optimal bowel and bladder control.

NATIONAL WALK IN THE PARK DAY

Tuesday, March 30
10:00 a.m.

Join the Hiking/Walking Group on March 30th as they walk through Lakeside Park for National Walk
In The Park Day. Meet and park at Oven Island .

COMING IN SPRING

LADIES PLAYFUL GOLF CLUB

Mondays and Wednesdays
May 3– May 28 at 9:30 a.m.
June 2– August 30 at 9:00 a.m.

The Ladies Playful Golf Club is not a league , but rather an informal way to get together and socialize with other ladies who like to golf. It's all about fun and making new friends. This club is open to any lady golfer with the basic knowledge of golf. *Partners are randomly chosen each time.*
Call Alice Dann (920) 753-5126 for all questions.

Look for more details in the April newsletter!

MEN'S SENIOR CENTER GOLF LEAGUE

Thursday's at 8:30 a.m.
Starting May 6

If you have questions, call John Paluchniak at 960-8688

More details in the April newsletter!

MORE OUTDOOR PROGRAMS COMING IN SPRING

- Book Club
- Bunco
- Jam Session
- Line Dancing
- Mah Jongg
- Morning Xpress Fitness
- Scamp Band
- Wood Carving
- Yoga Lite

More details coming soon!

THE CLEVER COOK

Overnight Oats
Wednesday, March 10
1:30 p.m.

This simple, healthy breakfast can be prepared in advance so it can last all week. Join us as we demonstrate how to make these and explore the many flavors.

Mediterranean Mini Frittatas
Thursday, March 17
1:30 p.m.

Bite size, delicious, and healthy!
Join us as we make these brain healthy mini frittatas.

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!!

To register for a FREE webinar or make a telephone appointment 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

Mar 16	**Online Webinar**	**3:30 pm & 6:00 pm**
Apr 10	**Online Webinar**	**3:30 pm & 6:00 pm**
May 18	**Online Webinar**	**3:30 pm & 6:00 pm**
June 15	**Online Webinar**	**3:30 pm & 6:00 pm**

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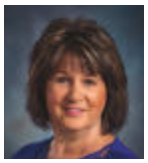
Emily Lackas

Larry Goebel


Cathy Reines Steffes

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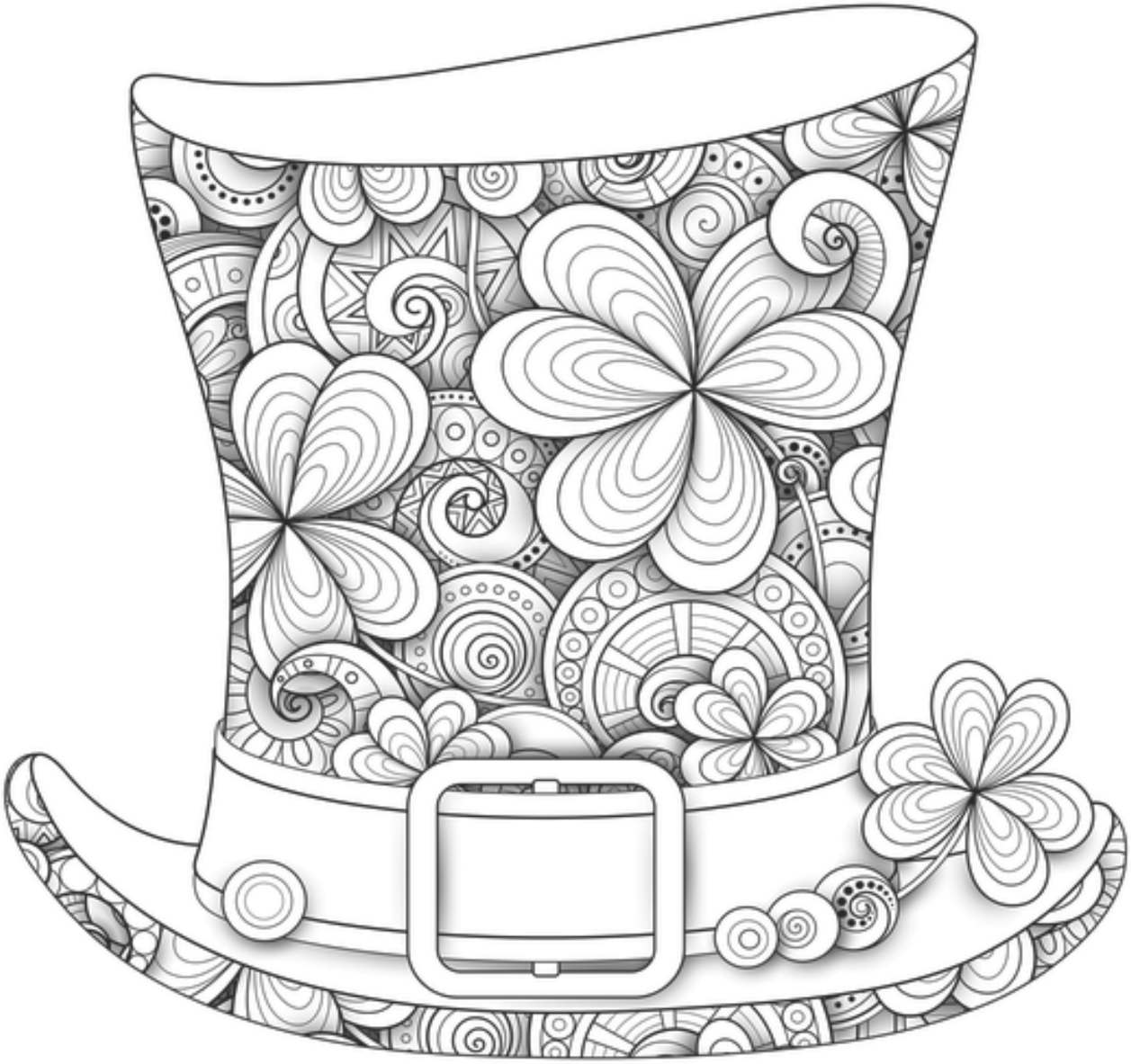
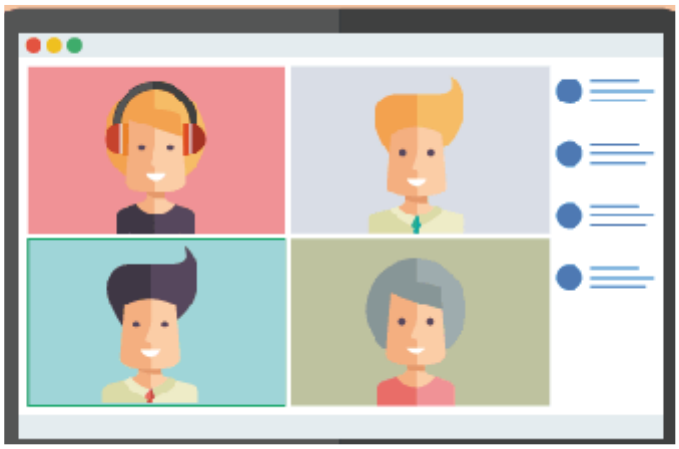
ADULT COLORING PAGE



Free Coloring Pages from PrimaryGames.com

ZOOMINGLE

Monday, March 1
1:00 p.m.
Zoom and Mingle with us the first Monday of every month to chat about our upcoming programs and events.

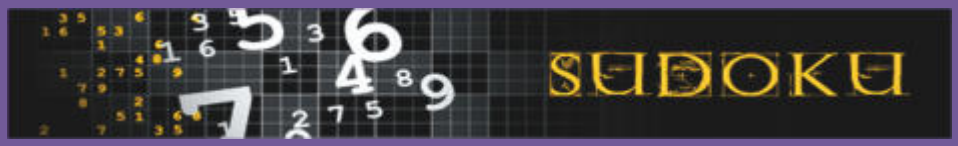


Zoom meeting information is available on Page 6

CRAFTS BY MARY LEE

Washcloth Bunny & Chick Craft Project
Facebook Live Event
Thursday, March 25
1:30 p.m.

Just in time for Easter! Join us as we make these cute washcloth bunnies and chicks. A supply list will be posted on Facebook ahead of time so you have time to gather the supplies needed to join us or you may buy a supply kit from us for a small fee
(920)322-3630



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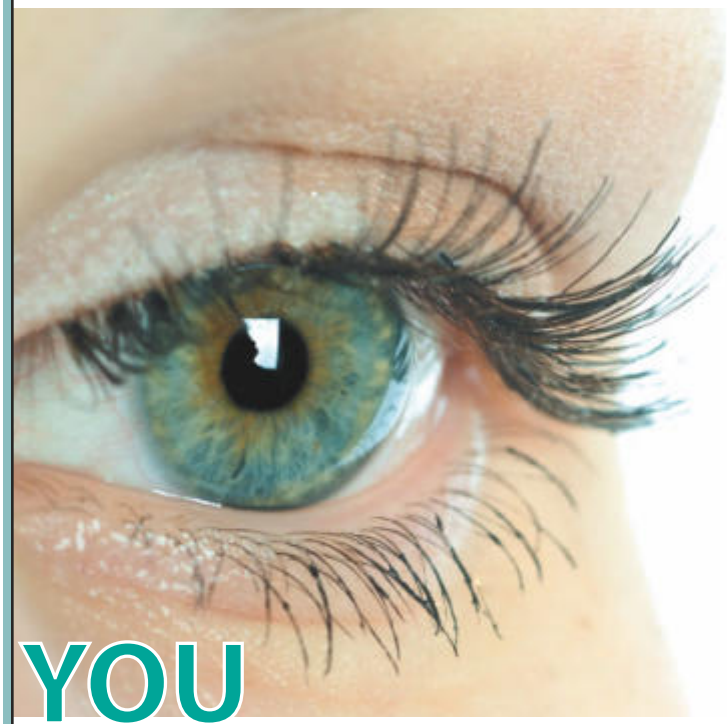

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Reach the Senior Market
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Alex Nicholas to place an ad today!
anicholas@lpiseniors.com or (800) 950-9952 x2538

WHAT'S GOING ON

ST. PATRICK'S DRESS UP DAY

Wednesday, March 17

Everybody's Irish on St. Patrick's Day! Join us as we go green for the day.
Send us a picture or drive through at lunch.
Pets welcome!

GUESS HOW MANY GOLD COINS

Guesses due by March 16

Guess how many gold coins are in the jar pictured above. The person who guesses closest will win the jar full of chocolate coins. On March 1 a picture will be put on Facebook and the jar will also be on display in the drive up window located on the west side of the building.

Call (920)322-3630

KNITWITS

Thank you to our Knit Wits who have been busy making hats, scarves and mittens. We were able to donate a car load of items to the Fond du Lac School District for their students. If you are interested in being a Knit Wit, or if you have yarn to donate, please call us! (920) 322-3630

STRANGE HEADLINES ZOOM EVENT

Wednesday, March 24
1:30 p.m.

REGION

Homicide victims rarely talk to police

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!

Gardening

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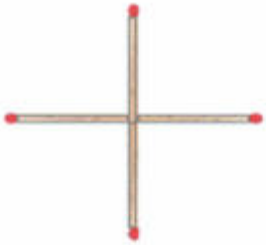
I	Z	N	K	R	E	L	Q	W	A	T	E	R	O
M	D	I	G	U	X	D	P	E	Y	C	H	T	B
R	W	T	A	F	O	V	S	Z	N	L	Q	J	S

BED	GROW	SOIL
BUSHES	HOE	STEM
DEAD	LEAF	WATER
DIG	PLANT	WEEDS
DIRT	ROOT	WILT
FLOWER	ROSE	WORM
GARDEN	SEED	YARD

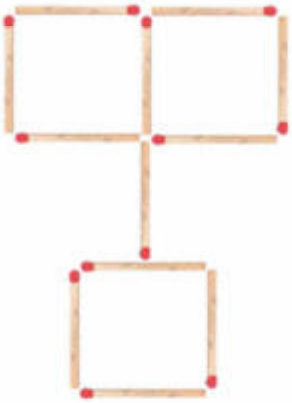
Tree Valley Academy

Matchstick Puzzles - #3

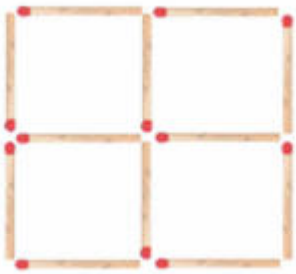
1. Move one matchstick to make a square.



2. Move six matches to make five squares.



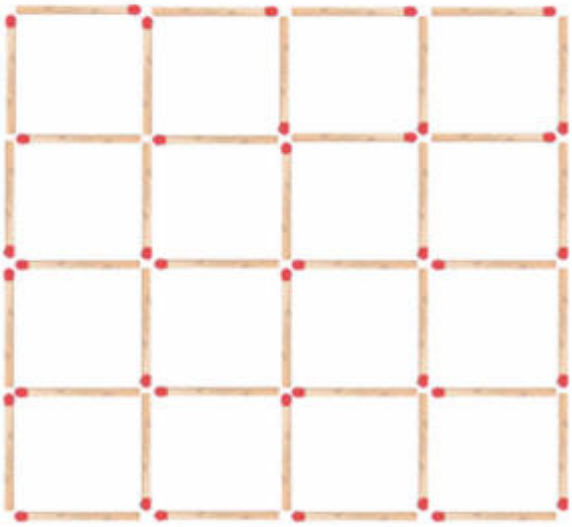
3. Move two matchsticks to make six squares.



4. Take one away from seven matchsticks, then move two to leave zero.

5. Take away six matchsticks from the fifteen shown to leave ten.

6. Remove 9 matchsticks leaving no square of any size.



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SPECIAL INFORMATION

National Brain Awareness Week March 15-21

To keep your brain healthy most doctor's recommend exercising regularly, getting plenty of sleep, eating a Mediterranean diet, staying mentally active, and remaining socially involved. Join us in celebrating one of the most amazing organs in our bodies this week with the following brain healthy activities:

- **Balance & Stretch**– Mondays & Fridays at 9:00 a.m.
- Brain Teasers– Available in the tote, located on the bench, in front of the Center
- **Cardio Drumming**– Tuesdays at 2:00 p.m.
- **Clever Cook**– Mediterranean Mini Frittatas Wednesday, March 17 at 1:30 p.m.
- **Exploring Laughter Yoga Zoom Event**– Friday, March 19 at 1:00 p.m.
- **Jigsaw puzzles** available to borrow by calling (920) 322-3630

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Woodlands SENIOR PARK
Woodlands 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.
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(near the Aurora Clinic)
WoodlandsSeniorPark.com

RESOURCES

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 menu for March 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

March 2021

Fond du Lac County Senior Dining

Monday	Tuesday	Wednesday	Thursday	Friday
1 Salisbury Steak Mashed Potatoes Summer Blend Veg. Chocolate Pudding Peach Slices Sliced Bread	*2* BBQ Meatballs Red Beans & Rice Cole Slaw Orange Sherbet Fruit Cocktail Dinner Roll	*3* Chicken Marsala Baked Potato Baby Carrots Oatmeal/Raisin Cookie Pineapple Tidbits Sliced Bread	*4* Ham Rolls Sweet Potato Bake Wax Beans Birthday Cake Cantaloupe Slice Dinner Roll	*5* Seafood Creole over Brown Rice Calif. Blend Veg. Ice Cream Cup Pear Slices Sliced Bread
8 Meatloaf Garlic Mashed Pot. Corn Cinnamon Roll Applesauce Sliced Bread	*9* Bratwurst on a Bun Baked Beans Winter Blend Veg. Fudge Brownie Honeydew Melon	*10* Pork Steak Mashed Potatoes Peas and Carrots Alexander Torte Apricot Halves Sliced Bread	*11* Meatballs in Honey Mustard Sauce Baby Red Potatoes Carrots Red Velvet Cake Apple Slices Dinner Roll	*12* Cheese Tortellini in Marinara Sauce Mixed Italian Salad Tapioca Pudding Petite Banana French Bread
15 Swiss Steak Mashed Potatoes Swiss Spinach Choc/Rasp Torte Fruit Cocktail Sliced Bread	*16* Orange Chicken Baked Potato Green Beans Butterscotch Pud. Pineapple Tidbits Dinner Roll	*17* Corned Beef Baby Red Potatoes Cabbage & Carrots Key Lime Pie Pear Slices Sliced Bread	*18* Pork Jaegerschnitzel Mashed Potatoes Three Bean Salad Ice Cream Cup Applesauce Dinner Roll	*19* Tuna Casserole Broccoli Cuts Pumpkin Cake Honeydew Melon Sliced Bread
22 Chicken Breast Mashed Potatoes Carrots Vanilla Pudding Fruited Gelatin Sliced Bread	*23* Baked Spaghetti Tossed Salad Coconut Cream Pie Apple Slices French Bread	*24* Baked Chicken Twice Bk Style Pot. Copper Penny Sal Choc Chip Cookie Peach Slices Sliced Bread	*25* Smoked Sausage Calico Bean Cass. Calif. Blend Veg Cantaloupe Slices Spice Cake Dinner Roll	*26* Salmon Loaf Baby Red Potatoes Mixed Vegetables Cinnamon Roll Petite Banana Sliced Bread
29 Roast Beef Mashed Potatoes Green Beans Molasses Cookie Applesauce Sliced Bread	*30* Chili Casserole Broccoli Cuts Butterfinger Torte Apricot Halves Cornbread	*31* Chopped Steak in Burg/Mush Sauce Mashed Potatoes Peas and Carrots Ice Cream Cup Pear Slices Sliced Bread		

Feb 2021

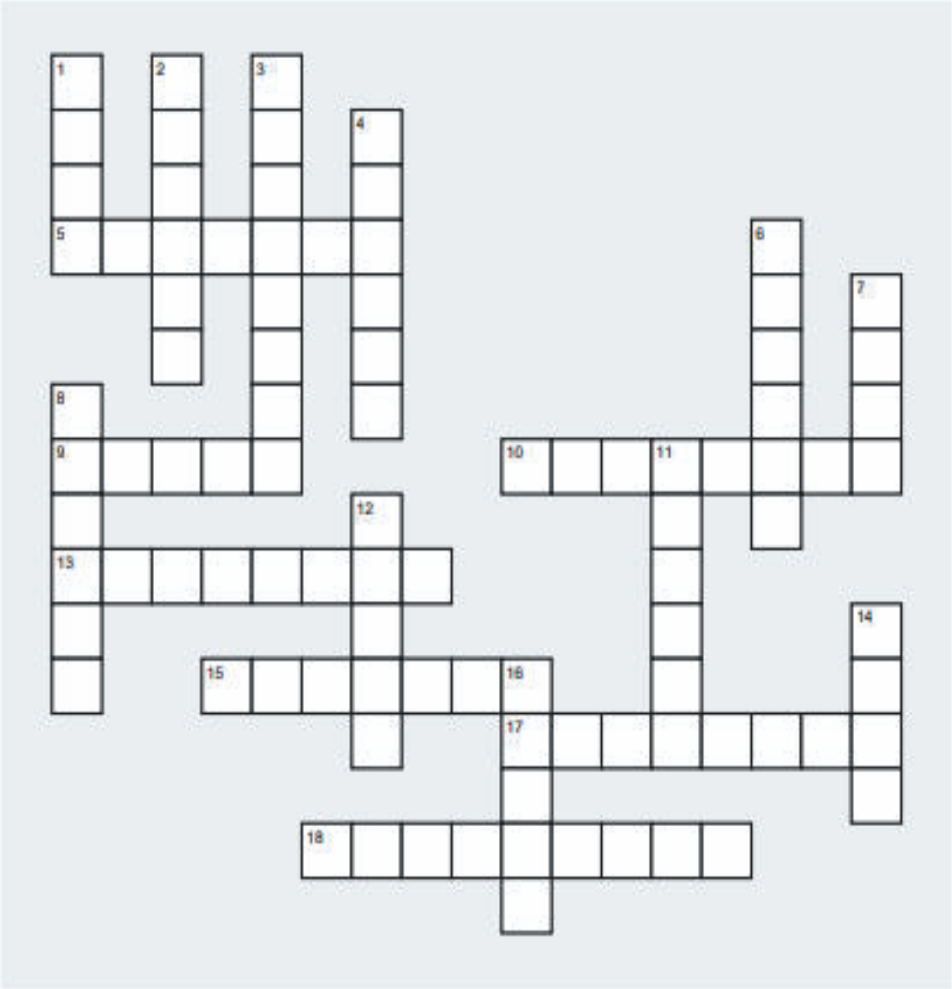
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Apr 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		

Wisconsin

Spring Crossword



ACROSS

5) They're usually found in beds
9) Time for showers
10) Gloom's opposite
13) Yellow spring flower
15) Day for diamonds and dreams
17) Shower apparel?
18) Monarch, e.g.

DOWN

1) Sport with tees
2) Fledgling plant
3) America's pastime
4) ___ egg
6) Eating outing
7) When spring ends
8) Vegetable plot
11) One of four in a year
12) Breezy
14) Flying toy with a tail
16) Verdant

NATIONAL LET'S LAUGH DAY EXPLORING LAUGHTER YOGA ZOOM EVENT

Friday, March 19
1:00 p.m.

Join us as we try Laughter Yoga. You'll either laugh with us or at us!

NATIONAL PLANT A FLOWER DAY DRIVE THROUGH EVENT

Thursday, March 11
1:30– 2:00 p.m.

In honor of National Plant a Flower Day we are giving away everything you will need to plant a flower.

Must register (920) 322-3630

"Where flowers bloom so does hope"– Lady Bird Johnson

MIND OVER MATTER (MOM) ZOOM CLASSES

MARCH 11, 25, & APRIL 8
1:00-3:00 P.M.

This evidence based, 3 session workshop is designed to give women aged 50 or older the tools they need to take control of bladder and bowel leakage. Learn strategies for preventing or lessening symptoms including information-sharing, group activities, simple exercises, and dietary changes. With practice, the new skills learned in this workshop are proven to help you avoid or reduce leakage so you can stay active and engaged in the activities you love.

**Must be able to attend all three sessions.*

Very limited space available.
Zoom information will only be given to those registered.
Nominal fee may apply, more details at the time of registration.

To register call (920) 322-3630

Mind
Matter

Vacation Word Scramble

LTIHGF

ELMTO

TAVAINOC

ALERX

PRANALEI

CTKITE

VREALT

RAPRITO

SOPTRAPS

HLEOT

DWOINW

LAYODIH

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2021 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 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	
☐ 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

March 2021 Newsletter _____**Card File** _____**Computer**

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

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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

Kevin Dickie
Robert Katzfey
Terri Resop
Kathy Schreiber
Mary Sue Wafle
Judi Walters
Everett Werth
Cathy Loomans, Center Director

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

Wisconsin
Association of
Senior
Centers

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MISSION

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

Visit us online at www.fdlseniorcenter.com

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.