

FRIENDS OF THE FOND DU LAC SENIOR CENTER

# AMONG FRIENDS

NEWSLETTER

MAY 2021



FlemmingHansen.com

Proudly serving the Fond du Lac Community for over 54 years!  
...where friends meet!

Have you ever written an email, hit send, and immediately thought,, "Oh shoot". That's how I felt last month after submitting the newsletter to print. I wrote about a piece of mail that we had received and how it touched us. After I hit send, I realized that what I also should have mentioned are the many, MANY people who have taken time to show me and Sarah support, care, and love as we have navigated this last year. The calls, messages, cards, notes, treats and virtual hugs are the things that have gotten us through each day and we will never be able to express how grateful we are for all of "our people". Thank you ALL from the bottom of our hearts!

Now that I got that off of my chest, here's what I want to say for this month.

So many times over the last year, I have started to write a "Welcome Back" column. And each time, the situation changed and I wasn't able to send that message out. As of this writing, I am excited to say it's time to start welcoming our people back to indoor programming! (Fingers crossed nothing changes!)

I feel like a little kid at Christmas - so excited, yet nervous. I wake up at night and start thinking about what this means and what it will look like. Sarah and I have had too many "reopening conversations" to count. Here's what I do know: We have worked for over a year to do everything within our power to keep you safe. We have tried to keep you smiling, keep your brains working, keep you connected to us, keep you exercising, and keep you feeling like we're all in this together. As difficult as it was to have the building closed, we knew it was our best option in keeping our people healthy.

That priority has not changed.

Yes, we will be opening, but things will not be the same as BC (Before Covid). It will still take some time for us to get back to that point. I encourage you to read more about our reopening plan on page 18/19 and understand that our main priority is YOU. Thank you again for all of the love and support. Hope to see you soon!

Cathy



## NATIONAL OLDER AMERICANS MONTH PARKING LOT CELEBRATION

Thursday, May 20

1:30 –2:30 p.m.

Come to the front parking lot and celebrate National Older Americans Month with a root beer float. If it's nice out bring your lawn chair for a little socializing too. See you there!

In the event of bad weather root beer floats will be handed out the drive through window located on the West side of the building.

Must register by 12:00 p.m. on Monday, May 17th

To register call (920) 322-3630



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

A 4C 01-1122

# GET MOVING

## BALANCE & STRETCH



Join us on Facebook Live or On Demand  
Mondays  
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?** On Demand!  
Check the link on  
Facebook or on the Fondu  
du Lac Senior Center  
YouTube Channel.



## 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.  
For details call (920) 322-3630

## VIDEO WALK TO FITNESS

Fridays 9:00 a.m.



Pre-registration is required to enter  
Call (920) 322-3630

Masks Required



## Songs With Girls' Names

Find and circle all of these songs that have a girls name in the title.  
The remaining letters spell an additional song title.

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

ADIA  
ALISON  
AMANDA  
ANGIE  
BARBARA ANN  
BETH  
BILLIE JEAN  
BRANDY  
CANDIDA  
CARRIE ANNE  
CECILIA  
CLAIR  
DELILAH  
DELTA DAWN

DIANA  
ELEANOR RIGBY  
ELVIRA  
GLORIA  
JOANNA  
JOLENE  
KYRIE  
LAYLA  
LITTLE JEANNIE  
LUCILLE  
MAGGIE MAY  
MANDY  
MICHELLE

MY SHARONA  
NIKITA  
OH SHERRIE  
PEGGY SUE  
RHIANNON  
ROSANNA  
ROXANNE  
RUBY TUESDAY  
SARA  
SHERRY  
SUSIE Q  
SUZANNE  
SWEET CAROLINE

# WHAT'S GOING ON

## 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.

## 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

## PUZZLE SOLUTIONS

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

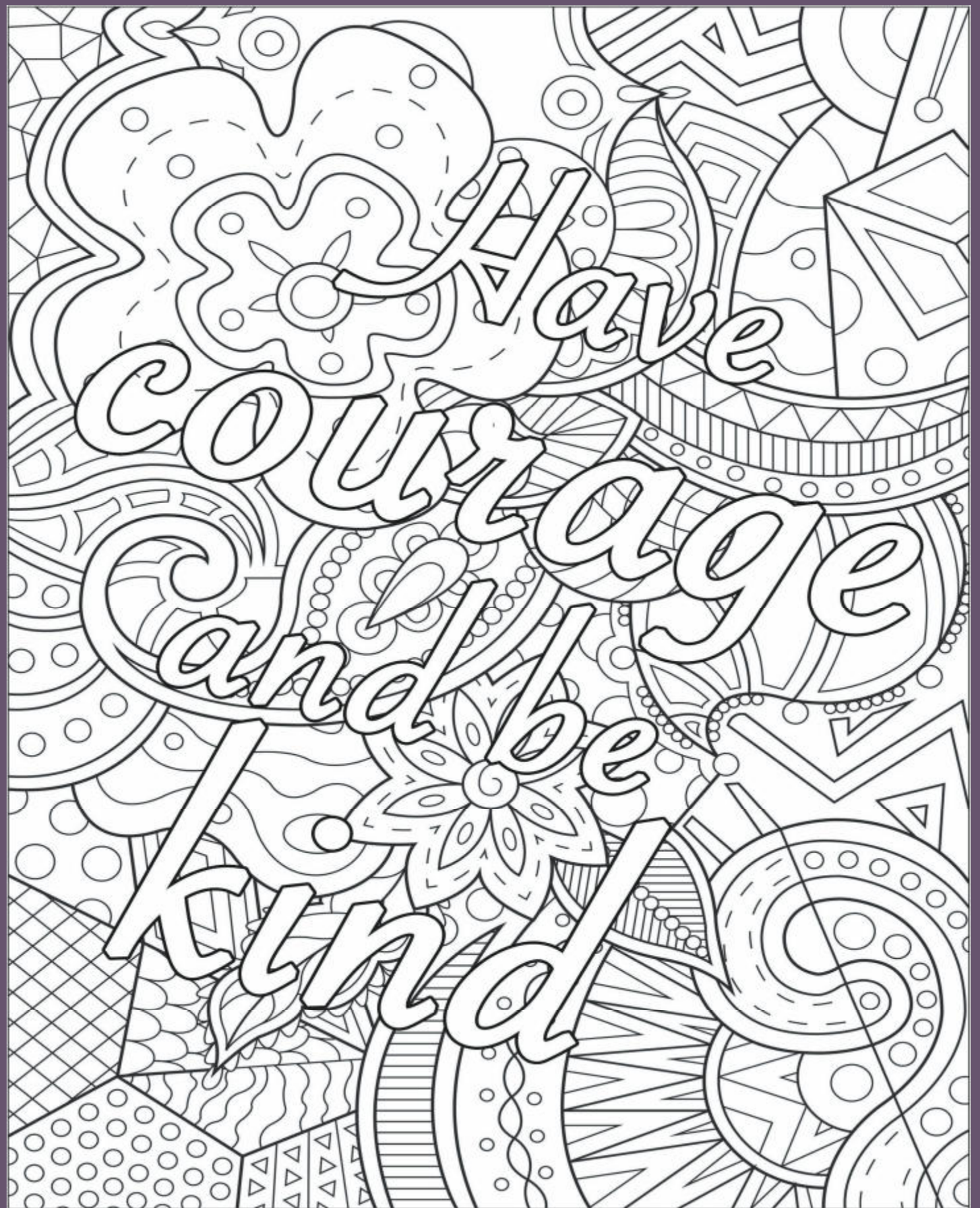


## TAKE CARE TUESDAYS

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









## ONE NIGHT IN MIAMI

Thursday, May 13  
1:00 p.m.  
R · 2020 · Drama · 1h 54m



Starring:: Kingsley Ben-Adir, Eli Goree, Aldis Hodge

**Summary:** A fictional account of one incredible night where icons Muhammad Ali, Malcolm X, Sam Cooke, and Jim Brown gathered discussing their roles in the Civil Rights Movement and cultural upheaval of the 60s.

Pre-registration is required to enter  
(920) 322-3630

## NOMADLAND

Tuesday, May 25  
1:00 p.m.  
R · 2020 · Drama · 1h 47m



Starring: Frances McDormand, David Strathairn, Linda May, Swankie, Bob Wells, Angela Reyes

**Summary:** After losing everything in the Great Recession, a woman embarks on a journey through the American West, living as a van-dwelling modern-day nomad.

Pre-registration is required to enter  
(920) 322-3630

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*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.*



Contact us for more information or to schedule an appointment.

(920) 923-2626 • juliehilbert@mtins.net

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Campbellsport  
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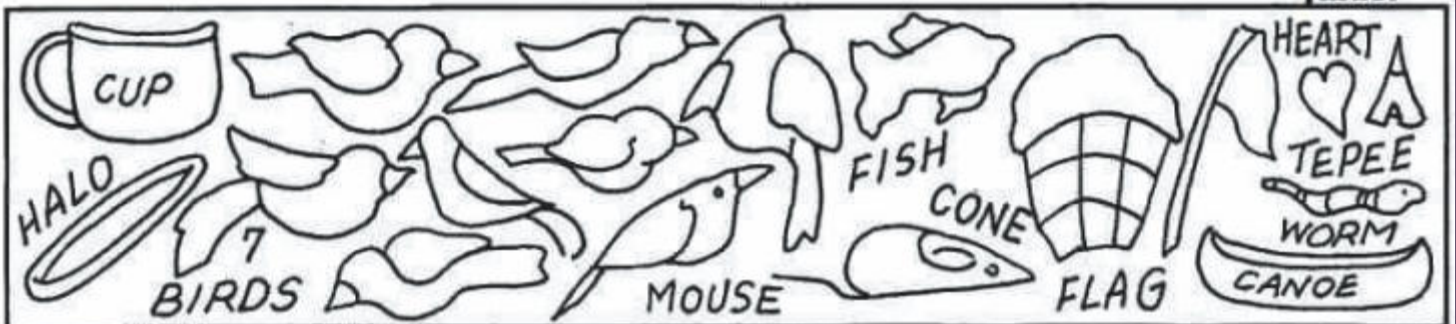
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B 4C 01-1122





faldov





# May

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|---|--|---|---|
|   |   |  |   | <u>1 Saturday</u><br>10:00 Walking Group<br><u>2 Sunday</u>   |
| <b>3</b><br>9:00 Balance and Stretch<br>10:00 Wood Carving<br>11:00 Drive Up Senior Dining Meal<br>1:00 ZooMingle | <b>4</b><br>10:00 Walking Group<br>11:00 Drive Up Senior Dining Meal<br>1:30 Clever Cook<br>2:00 Cardio Drumming<br>Take Care Tuesday!        | <b>5</b><br>9:30 Scamp Band Practice<br>10:00 Ukulele Group<br>11:00 Drive Up Senior Dining Meal<br>1:30 Cinco de Mayo Parking Lot Celebration         | <b>6</b><br>10:00 Walking Group<br>11:00 Drive Up Senior Dining Meal<br>5:30 Beginning Line Dancing<br>6:30 Line Dancing  | <b>7</b><br>9:00 Video Walk to Fitness<br>11:00 Drive Up Senior Dining Meal<br>1:00 Game Day<br><u>8 Saturday</u><br>10:00 Walking Group<br><u>9 Sunday</u>                           |
| <b>10</b><br>9:00 Balance and Stretch<br>10:00 Wood Carving<br>11:00 Drive Up Senior Dining Meal                  | <b>11</b><br>10:00 Walking Group<br>11:00 Drive Up Senior Dining Meal<br>1:30 Strange Headlines<br>2:00 Cardio Drumming<br>Take Care Tuesday! | <b>12</b><br>9:30 Scamp Band Practice<br>10:00 Ukulele Group<br>11:00 Drive Up Senior Dining Meal<br>1:30 Container Gardening Parking Lot Presentation | <b>13</b><br>10:00 Walking Group<br>11:00 Drive Up Senior Dining Meal<br>1:00 Movie- One Night In Miami<br>5:30 Beginning Line Dancing<br>6:30 Line Dancing   | <b>14</b><br>9:00 Video Walk to Fitness<br>11:00 Drive Up Senior Dining Meal<br>1:00 Game Day<br><u>15 Saturday</u><br>10:00 Walking Group<br><u>16 Sunday</u>                        |
| <b>17</b><br>9:00 Balance and Stretch<br>10:00 Wood Carving<br>11:00 Drive Up Senior Dining Meal                  | <b>18</b><br>10:00 Walking Group<br>11:00 Drive Up Senior Dining Meal<br>12:00 Mah Jongg<br>2:00 Cardio Drumming<br>Take Care Tuesday!        | <b>19</b><br>9:30 Scamp Band Practice<br>10:00 Ukulele Group<br>11:00 Drive Up Senior Dining Meal<br>1:30 Correct Your Posture Zoom Presentation       | <b>20</b><br>10:00 Walking Group<br>11:00 Drive Up Senior Dining Meal<br>12:00 Mah Jongg<br>1:30 National Older Americans Month Parking Lot Celebration<br>5:30 Beginning Line Dancing<br>6:30 Line Dancing | <b>21</b><br>9:00 Video Walk to Fitness<br>11:00 Drive Up Senior Dining Meal<br>1:00 Game Day<br><u>22 Saturday</u><br>10:00 Walking Group<br><u>23 Sunday</u><br>10:00-4:00 Brat Fry |
| <b>24</b><br>9:00 Balance & Stretch<br>10:00 Wood Carving<br>11:00 Drive Up Senior Dining Meal                    | <b>25</b><br>10:00 Walking Group<br>11:00 Drive Up Senior Dining Meal<br>12:00 Mah Jongg<br>1:00 Movie-Nomadland<br>2:00 Cardio Drumming      | <b>26</b><br>9:30 Scamp Band Practice<br>10:00 Ukulele Group<br>11:00 Drive Up Senior Dining Meal<br>1:30 Hump Day Trivia                              | <b>27</b><br>10:00 Walking Group<br>11:00 Drive Up Senior Dining Meal<br>12:00 Mah Jongg<br>1:30 Stroke Awareness Zoom<br>5:30 Beginning Line Dancing<br>6:30 Line Dancing                                  | <b>28</b><br>9:00 Video Walk to Fitness<br>11:00 Drive Up Senior Dining Meal<br>1:00 Game Day<br><u>29 Saturday</u><br>10:00 Walking Group<br><u>30 Sunday</u>                        |
| <b>31</b> Happy Memorial Day!<br>No Programming Today   |   |  |   |   |

## CORRECT YOUR POSTURE ZOOM PRESENTATION

Wednesday, May 19  
1:30 p.m.



Join us on Zoom as Sarah Zenner, PT DPT from ATI Physical Therapy talks about the importance of good posture and gives us exercises to help correct our bad posture.

See Zoom info on p. 6.

## CINCO DE MAYO PARKING LOT CELEBRATION

Wednesday, May 5  
1:30 - 2:30p.m.

Grab your sombreros and come celebrate Cinco de Mayo with us in the front parking lot! We will be serving up some maybe margarita punch and homemade guacamole. Bring a lawn chair along to sit and visit.

In the event of bad weather we will be serving guacamole and punch from the drive through window located on the West side of the building.

Must register by Monday  
May 3  
(920) 322-3630



## STROKE AWARENESS ZOOM PRESENTATION

Thursday, May 27  
1:30 p.m.

Join us on Zoom as Brett Leidl BSN, RN, SCRNP, Stroke Coordinator, Quality Improvement Coordinator from Aurora Medical Center speaks about Stroke Awareness: stroke prevention, signs and symptoms, what to do if someone is having a stroke, stroke treatment, and stroke recovery.



See Zoom info on P. 6.

## CONTAINER GARDENING PARKING LOT PRESENTATION

Wednesday, May 12  
1:30 p.m.

Speaker: Cindy Boudry, Master Gardener



Join us out in the front parking lot and learn all about container gardening.

To register call (920) 322-3630



## 12 SPRING/SUMMER OUTDOOR PROGRAMS

### 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.

2021 Annual registration fee is \$5  
Must call to register (920) 322-3630



There are also golf fees, which can be paid  
at the golf course each time you play

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.

### MEN'S SENIOR CENTER GOLF LEAGUE

Thursdays at 8:30am

League Start Date: Thursday, May 6

Tee Time: 8:30am

Place: Whispering Springs Golf Club  
380 Whispering Springs Dr.



Call John Paluchniak at 960-8688 with questions.

### BEGINNING COUNTRY LINE DANCING

Thursdays 5:30-6:30 p.m.



### COUNTRY LINE DANCING

Thursdays 6:30-7:30 p.m.

These classes will be held at the Raymond C. Wifler  
PC @ Buttermilk Creek Park

Pre-registration is required  
Call (920) 322-3630



Evening Yoga Lite  
Thursdays at 5:15 p.m.  
4 Week session  
June 3 - June 24  
Taylor Park

Pre-registration is Required. (920) 322-3630

Morning Xpress Fitness  
Tuesdays at 9:00 a.m.  
June 1 - June 29  
Buttermilk Creek Park



## Holy Guacamole and Maybe Margarita Punch Facebook Live Tuesday, May 4 at 1:30 p.m.



Join us on Facebook live as we get ready for our Cinco de Mayo celebration (details on p. 11) by making homemade guacamole and Maybe Margarita punch

## 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](http://goebelins.com)**

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

|                  |                |                   |
|------------------|----------------|-------------------|
| Tuesday, May 18  | Online Webinar | 3:30 pm & 6:00 pm |
| Tuesday, June 15 | Online Webinar | 3:30 pm & 6:00 pm |
| Tuesday, July 20 | Online Webinar | 3:30 pm & 6:00 pm |
| Tuesday, Aug 17  | Online Webinar | 3:30 pm & 6:00 pm |



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## Brat Fry Time!

Support the Friends and have a tasty lunch!



May 23  
June 26  
July 25

10:00am-4:00pm

Festival Foods  
Fond du Lac

We could use your help! If you would be willing to help at the Brat Fry, please call (920) 322-3630  
Thank you!

## 2021 Dine Out Books

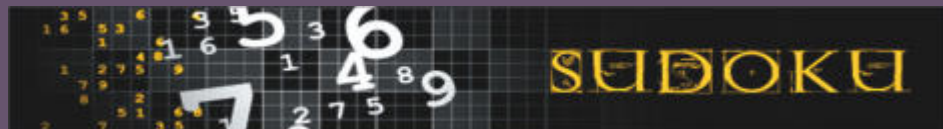


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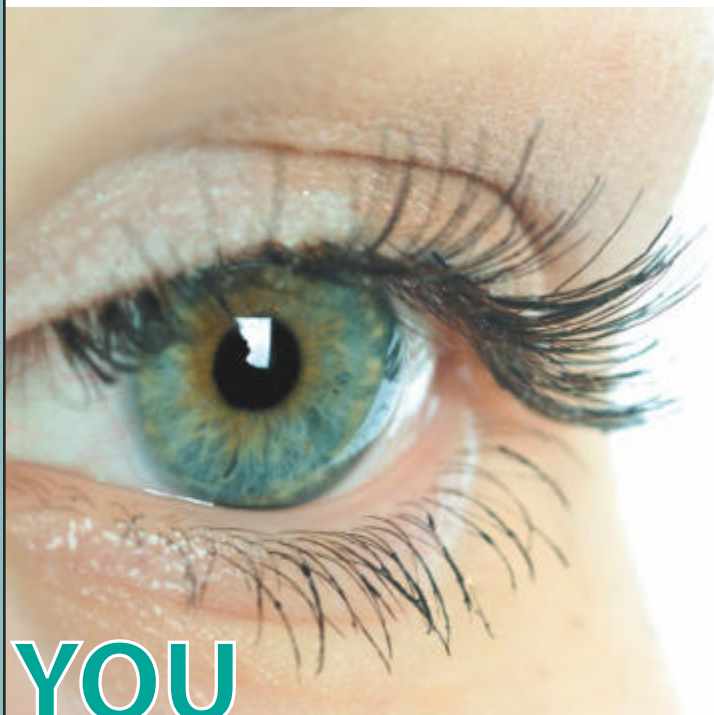
(920) 322-3630



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|   |   |   |   |   | 2 |   |   |   |
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f WisconsinSeniorMedicarePatrol



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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DHS Approval 5/2/18

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

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## ZOOMINGLE

Monday, May 3

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

## STRANGE HEADLINES

### ZOOM EVENT

Tuesday, May 11

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!

## HUMP DAY TRIVIA

Wednesday, May 26

1:30-2:30p.m.



Break up the week with some trivia!  
Call in as many times as you wish between 1:30-2:30p.m. for a trivia question. For every right answer your name will be entered to win a prize!!

Call (920)322-3630

## WOOD CARVING

Mondays

10:00 a.m.

New Carvers Always Welcome !  
Don't know how? We will teach you!



Call to register and for location details  
(920) 322-3630



**As we reopen**, I believe it's important to clearly communicate what our goals, plans, priorities, and expectations are so that there is an opportunity for everyone to understand why we are doing what we are doing. As I said on Page 2, our main priority is YOU – keeping you safe and offering the widest variety of programs possible. That being said, it is important for everyone to understand that things will look very different AC (After Covid) than they did BC (Before Covid).

### **Phase 1 Reopening:**

We will be following CDC, State, County and City guidelines for gathering in an indoor public space. As of this printing, the CDC Guidelines for public buildings are as follows:

- Stay at least 6 feet from people you don't live with ("social distancing") at all times.
- Wear your mask correctly and consistently.
- Wash hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing.
- **Stay home if you are sick.** Please keep us safe too!

### **Some things you may notice:**

- **Masks will be required.**
- In Phase 1, the Center will be open for **specific programs by reservation only**. This phase does not include "drop in" visits (no newspaper reading, puzzle making, etc.). We will continue to make appointments for "drive up" services as much as possible.
- Program capacities have been determined using the square footage of a room and the CDC's recommended spacing between unrelated people.
- Some of our smaller spaces will not be used initially because there isn't the square footage to have people gather safely.
- Some spaces are being used to store extra furniture and items so that we aren't losing square footage due to tables/chairs being lined up against the walls.
- Groups that were meeting BC may be meeting in different spaces in order to accommodate social distancing. Rooms for programs may change as guidelines change.
- Hand sanitizer is available throughout the building.
- We are being realistic about the different protocols that are in place and the additional cleaning/sanitizing that is going to be needed when a program is completed, so all programs will adhere to times as scheduled and will end by 3:00 p.m.
- Tables, chairs, door handles, and other common touchpoints will be cleaned regularly.
- Groups where social distancing is not possible will be considered for later phases.
- We will continue to do outdoor, virtual and drive up programs! We understand that people want to visit with each other! We encourage you to attend our outdoor programs for opportunities to gather and visit during Phase 1.

### **How is the reservation process going to work?**

- Reservations will be required in order to participate in activities as **space is limited**. Each individual must **call** and reserve their own spot, i.e. you can't reserve spots for you and your friends. The only exception is for people residing in the same household – one person from the household may call.
- Reservations will be first come first serve and can be made by **calling (920) 322-3630**. Please leave a message with your name, phone number, and the program you wish to attend if your call is not answered.

## How is the reservation process going to work? (Continued)

- Depending on the demand for programs, we may need to limit the number of events an individual can attend during any given week or month to give everyone equal opportunity.
- **PLEASE CANCEL YOUR RESERVATION IF YOU DO NOT PLAN TO ATTEND**
- Due to limited space, people who make a reservation and do not show up (No call no show) will be canceled from any other reservations and will not be eligible to sign up for programs for 30 days. Again, **PLEASE CANCEL YOUR RESERVATION IF YOU DO NOT PLAN TO ATTEND**.
- If necessary, waiting lists will be created for programs that have reached capacity. People on the waiting list will be contacted if at all possible when we receive a cancellation.
- To minimize gathering and waiting lines, program reservations will not be taken inside the Center. Call our main number for reservations (920) 322-3630.

## Entering the Center:

- All participants will enter the main front doors on the **southwest** side of the building (the doors by the front desk). Please park in the front parking lot as the main door will be the only door that is unlocked.
- Upon entering, participants will check in to verify that they are on the reservation list for the program they are here to attend.
- At check-in, participants will be informed of the location of their program and are asked to proceed directly to that room. In order to expedite check in and minimize lines and waiting times, additional reservations will not be taken in person.
- Participants will exit the front door on the **southeast** side of the building as soon as their program or activity is finished. We ask that during Phase 1, all visiting after events be done outside of the building.

## Odds & Ends:

- Courtesy, respect, and kindness are the key to a successful reopening. We appreciate that there are many differing opinions surrounding Covid-19. We are not here to argue about the decisions that have been made, whether the virus is real, whether the vaccine is good or bad, or how many people have or have not been vaccinated. Our priority is bringing people back to indoor programming as safely and responsibly as we can as we follow the guidelines we are given. By entering our Center, you are accepting our Code of Conduct and agreeing to abide by it. As before, it is posted by our entrances. We are hopeful we will not have to address any issues that violate that Code.
- Individuals may bring in a water bottle however **no food is allowed** at this time
- No personal property may be left in the Center. Any items remaining after a program will be donated or discarded.
- Activities will adhere to scheduled times. All programs must end by 3:00 p.m. in order to give us time to clean and sanitize.
- We will continually be reviewing CDC, State, County and City guidelines and making adjustments as necessary.
- When we open, it will only be me and Sarah working here. We ask your cooperation and understanding, and ask you to respect the procedures and rules to help make things run smoothly.
- If you have any questions or concerns, please let me know. You can reach me at (920) 322-3632.

# BE SURE TO ENTER

## GUESS HOW MANY

Guesses due by Friday, May 21

In honor of National Taffy Day (May 23), guess how many salt water taffies are in the jar pictured. One guess per person.

Call (920) 322-3630 to submit your guess.



## NATIONAL SENIOR HEALTH & FITNESS DAY COMPETITION

MAY 24-28

In honor of National Senior Health & Fitness Day (May 26) we are holding a week long competition to encourage you to get moving and healthy. Any time from May 24– 28 that you take part in a fitness or health activity call us at (920) 322-3630 and let us know and you will be entered to win a prize! Try one of our many free fitness classes or join us for our Stroke Awareness Zoom Presentation.



*the Meadows*  
of Fond du Lac

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

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\*some restrictions apply

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

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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.

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

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

## WHERE IN FOND DU LAC ARE CATHY & SARAH

### Fond du Lac Aquatic Center

Our friends at the Fond du Lac Aquatic Center have awesome programs to help you stay mobile and fit! Their offerings include things like lap swim, water walking, water wellness (aerobics) classes and adult therapy - "Joint Efforts". Pick up one of their program guides here at the Center or give them a call at (920) 929-3536 for more information!



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

Fond du Lac County residents age 60+ or married to someone age 60+ are eligible. We are serving out of our 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 be up to!

## May 2021 Fond du Lac County Senior Dining

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday  |    |    |   |   |   |   |   |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |   |   |   |   |   |   |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |
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| <b>3</b><br>Ham Rolls<br>Sweet Potato Bake<br>Cole Slaw<br>Choc Sundae Cup<br>Apple Slices<br>Sliced Bread               | <b>4</b><br>Chili Casserole<br>Tossed Salad<br>Poppy Seed Torte<br>Cantaloupe Slice<br>Cornbread  | <b>5</b><br>Meatballs in Honey Mustard Sauce<br>Brown Rice<br>Winter Blend Veg<br>Vanilla Pudding<br>Peach Slices<br>Sliced Bread | <b>6</b><br>Country Fried Steak<br>Mashed Potatoes<br>Mixed Vegetables<br>Birthday Cake<br>Pineapple Tidbits<br>Dinner Roll           | <b>7</b><br>Chicken Marsala<br>Baby Red Potatoes<br>Green Beans<br>Choc Rasp Torte<br>Petite Banana<br>Sliced Bread       |    |    |   |   |   |   |   |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |   |   |   |   |   |   |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |
| <b>10</b><br>Roast Beef<br>Mashed Potatoes<br>Corn<br>Butterscotch Pud<br>Pear Slices<br>Sliced Bread                    | <b>11</b><br>Baked Spaghetti<br>Mixed Italian Salad<br>Alexander Torte<br>Fruited Gelatin<br>French Bread   | <b>12</b><br>Baked Chicken<br>American Pot Salad<br>Calif. Blend Veg.<br>Oatmeal-Raisin<br>Cookie<br>Apple Slices<br>Sliced Bread | <b>13</b><br>Pork Steak<br>Mashed Potatoes<br>Brussels Sprout<br>Spice Cake<br>Applesauce<br>Dinner Roll                              | <b>14</b><br>Crispy Fish Fillet<br>German Pot. Salad<br>Cole Slaw<br>Cinnamon Roll<br>Honeydew Melon<br>Onion Rye Bread   |    |    |   |   |   |   |   |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |   |   |   |   |   |   |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |
| <b>17</b><br>Swiss Steak<br>Mashed Potatoes<br>Mixed Vegetables<br>Raspberry Sherbet<br>Fruited Gelatin<br>Sliced Bread  | <b>18</b><br>Chicken and a Biscuit Casserole<br>Broccoli Cuts<br>Egg Custard Pie<br>Peach Slices  | <b>19</b><br>Meatloaf<br>Calico Bean Cass.<br>Wax Beans<br>Chocolate Pudding<br>Cantaloupe Slice<br>Sliced Bread                  | <b>20</b><br>Sweet & Sour Pork over Brown Rice<br>Tossed Salad<br>Sugar Cookie<br>Pineapple Tidbits<br>Dinner Roll                    | <b>21</b><br>Hamburger on a Whole Wheat Bun<br>Cheesy Potato Bake<br>Calif. Blend Veg.<br>Chocolate Cake<br>Petite Banana |    |    |   |   |   |   |   |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |   |   |   |   |   |   |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |
| <b>24</b><br>Pork Jaegerschnitzel<br>Baked Potato<br>Peas and Carrots<br>Cream Sicle Torte<br>Applesauce<br>Sliced Bread | <b>25</b><br>Baked Chicken<br>Garlic Mashed Pot.<br>Three Bean Salad<br>Oatmeal<br>Butterscotch Cookie<br>Pear Slices<br>Dinner Roll  | <b>26</b><br>Hawaiian Meatballs<br>Baby Red Potatoes<br>Mixed Vegetables<br>Vanilla Pudding<br>Fruited Gelatin<br>Sliced Bread    | <b>27</b><br>Chicken Tetrzzini<br>Casserole<br>Spinach Salad with Rasp Vinaigrette<br>Ice Cream Cupp<br>Honeydew Melon<br>Dinner Roll | <b>28</b><br>Bratwurst on a Whole Wheat Bun<br>Baked Beans<br>Broccoli Cuts<br>Fudge Brownie<br>Apple Slices              |    |    |   |   |   |   |   |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |   |   |   |   |   |   |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |
| <b>31</b><br>Closed<br><br>Memorial Day  | <div><div><div>Apr 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></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></td><td></td></tr></table></div><div><div>Jun 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></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr><tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr><tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr><tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr><tr><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td><td></td></tr></table></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 |  |  | 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 |  |  |  |  |
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| 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  |    |    |   |   |   |   |   |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |   |   |   |   |   |   |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |
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|  | 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  |   |   |    |    |   |   |   |   |   |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |   |   |   |   |   |   |   |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |

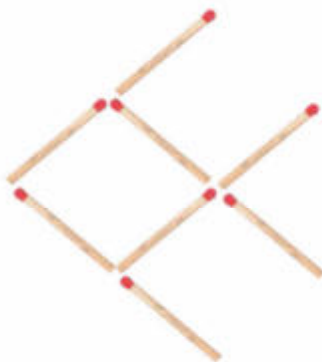
Feil's Catering - Randolph, Wisconsin

# Matchstick Puzzles - #4

1. Move two matchsticks so the glass is reformed without the coin inside.



2. Can you make the fish swim in the opposite direction by moving only three matchsticks?



3. Move one matchstick to make a correct equation.



4. Change three matchsticks into six without breaking any of them.



5. Using just six matchsticks, make four equilateral triangles.



6. Move three matchsticks to make four equilateral triangles.





# Programs & Activities

## SCAMP BAND

Wednesdays  
9:30 a.m.

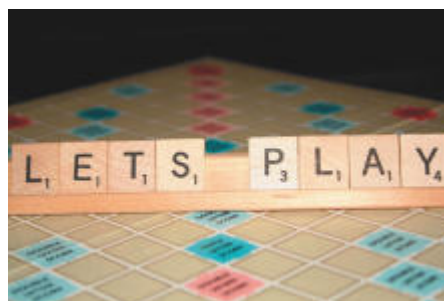


The Scamp Band will once again be out at the Raymond C. Wifler P.C. at Buttermilk Creek Park practicing on Wednesday mornings, weather permitting. New members always welcome!

Pre-registration is required Call (920) 322-3630

## GAME DAY

Fridays  
1:00  
Beginning on May 7



Bring your favorite board game and join us for an afternoon of fun. New gamers always welcome! This group will be meeting at the Deneveu Shelter on Harbor View Drive.

Weather permitting.

Pre-registration is required Call (920) 322-3630

## UKULELE GROUP

Wednesdays  
10:00 a.m.  
Beginning May 5

Get your ukulele and come and play with us! New ukulele players always welcome! This group will be meeting at the Deneveu Shelter on Harbor View Drive. Weather permitting.



Call Joanne Michaels at (920) 922- 2068  
with any questions

Pre-registration is required Call (920) 322-3630

## MAH JONGG

Tuesdays and Thursdays  
12:00 p.m.  
Beginning on May 18



This group will be meeting at the Taylor Park shelter. Weather permitting. New people welcome!

Call Nan McGhee at (920) 517-6778  
with any questions.

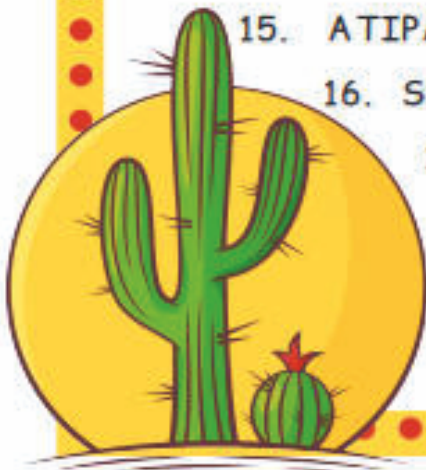
Pre-registration is required Call (920) 322-3630

# Cinco de Mayo

DIRECTIONS: Unscramble the letters to form terms associated with Cinco de Mayo.



1. ACTCSU \_\_\_\_\_
2. OCTA \_\_\_\_\_
3. CUMSI \_\_\_\_\_
4. ASSAL \_\_\_\_\_
5. RAADEP \_\_\_\_\_
6. ATELBT \_\_\_\_\_
7. FATISE \_\_\_\_\_
8. TOLITARL \_\_\_\_\_
9. CMEAUGLAO \_\_\_\_\_
10. CTAAESNST \_\_\_\_\_
11. OICEMX \_\_\_\_\_
12. ABECEILNORT \_\_\_\_\_
13. OACIMD \_\_\_\_\_
14. MOOESRRB \_\_\_\_\_
15. ATIPAÑ \_\_\_\_\_
16. SREWLFO \_\_\_\_\_
17. AMACIIRH \_\_\_\_\_
18. COUSEQNT \_\_\_\_\_
19. POLUEB \_\_\_\_\_
20. CAMRAA \_\_\_\_\_



# NEVER MISS A NEWSLETTER!

Sign up to have our newsletter  
emailed to you at  
[www.mycommunityonline.com](http://www.mycommunityonline.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 2020 **RED HAT HONEYS** were automatically renewed for 2021.

## 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

May 2021 Newsletter

Card File

Computer

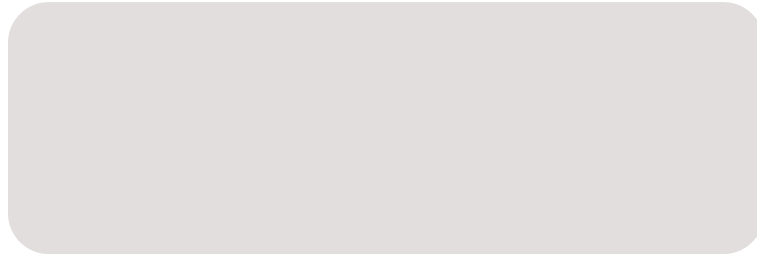


## Fond du Lac Senior Center

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

Kevin Dickie  
Robert Katzfey  
Terri Resop

Kathy Schreiber  
Mary Sue Wafle  
Judi Walters  
Everett Werth

Cathy Loomans, Center Director



@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.*