

FRIENDS OF THE FOND DU LAC SENIOR CENTER

# AMONG FRIENDS

NEWSLETTER

APRIL 2021



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

I was opening the mail at the Center the other day, and one of the items on the mail stack was a large manila envelope. It was addressed by hand so I was curious as to what was inside.

When I opened it, I pulled out two of the pages from our March newsletter – the Adult Coloring Pages - that were beautifully done.

We sometimes  
underestimate  
the influence of  
*little things.*

Charles W. Chestnutt

There was also a note inside, a thank you for the puzzles and coloring pages that we have been putting in the newsletter over the last year. The idea that someone would take time to send a note along with their pages really touched me and Sarah.

I have the pages pinned outside our office doors where we can both see them from our desks. We have mentioned numerous times how awesome it is that someone would actually take the time to write us a note and share these with us.

It's amazing the impact an act of kindness can have!

We have all been through a really rough year, a year where acts of kindness were the only things that kept many people going. As we continue to move forward out of this pandemic, I hope we remember how important those acts are. Like the saying above states, "We sometimes underestimate the influence of little things."

I hope someone brightens your day with one of those "little things"!

Cathy



## PRETZELS AND POLKAS PARKING LOT EVENT

April 26

1:30 –2:30 p.m.

Come and get some hot pretzel bites, and listen to some Polka music with us out in the front parking for National Pretzel Day. Don't forget your lawn chair!

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

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 & 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?** On Demand!  
Check the link on  
Facebook or on the Fonddu 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

## BEGINNING COUNTRY LINE DANCING

Thursdays 5:30-6:30 p.m.  
Beginning April 1

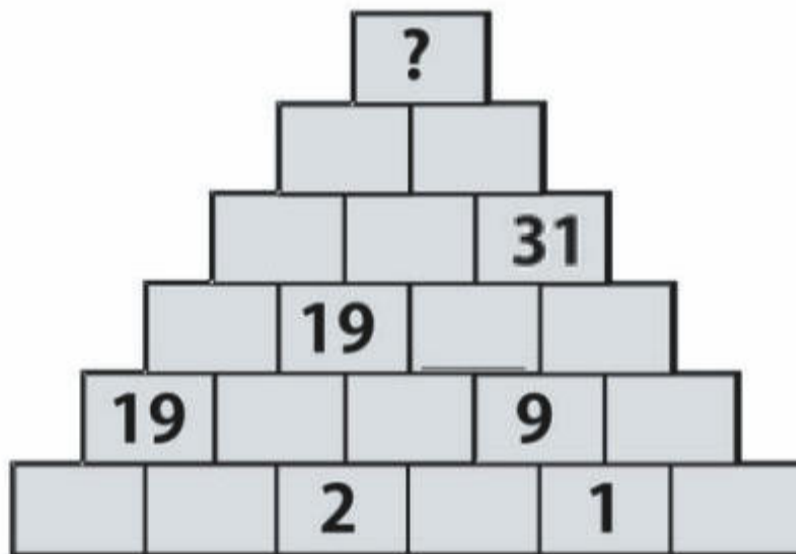
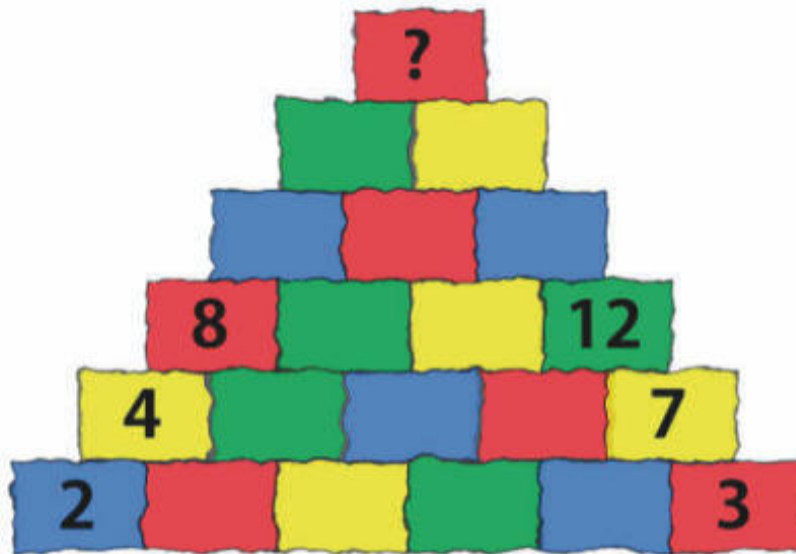


## COUNTRY LINE DANCING

Thursdays 6:30-7:30 p.m.  
Beginning April 1

These classes will be held at the Raymond C. Wifler  
PC @ Buttermilk Creek Park  
Pre-registration is required  
Call (920) 322-3630

Can you figure out what the top number in the pyramid is?  
Add each pair of blocks together to find out the number that  
appears in the block just above them.



# 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!

TAKE TIME  
FOR  
YOURSELF





# WHAT'S GOING ON

## CRAFTS BY MARY LEE MAY DAY BASKET CRAFT PROJECT FACEBOOK LIVE EVENT

Wednesday, April 28  
1:30 p.m.

Remember May Day? Keep up the tradition by making one of these adorable, cheery May Day Baskets and hanging it on your neighbors door. A list of materials needed to make this craft will be posted on Facebook a head of time.



## NATIONAL PICNIC DAY

Friday, April 23  
12:00 p.m.

Pack a lunch or pick up a senior meal at the Senior Center between 11:00 -12:00 p.m. and join us at the Oven Island shelters for lunch. Hope to see you there!

To register for a senior meal call (920) 322-3630 by 12:00 the day before. See p. 22 for the menu.



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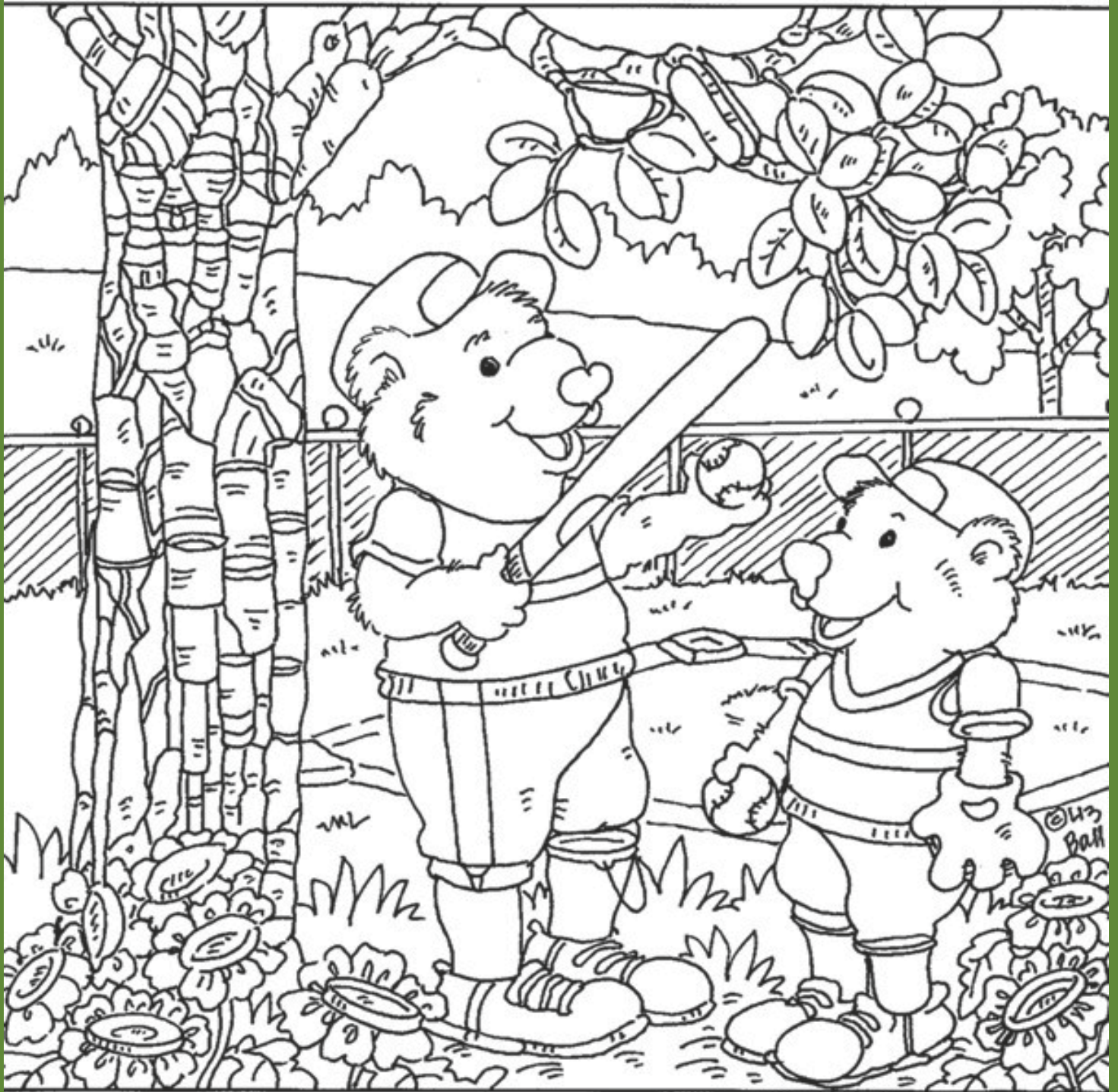
Friends of Fond du Lac Sr. Center, Fond du Lac, WI

B 4C 01-1122



# HIDDEN PICTURES

9



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





# April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 1:30 Clever Cooks: Breakfast Burritos 5:30 Beginning Line Dancing 6:30 Line Dancing	<b>2</b> 9:00 Balance and Stretch 11:00 Drive Up Senior Dining Meal <b>3 Saturday</b> 10:00 Walking Group <b>4 Sunday</b>
<b>5</b> 9:00 Balance and Stretch 11:00 Drive Up Senior Dining Meal 1:00 ZooMingle	<b>6</b> 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 2:00 Cardio Drumming Take Care Tuesday!	<b>7</b> 11:00 Drive Up Senior Dining Meal 1:30 Healthcare Power of Attorney Zoom Presentation	<b>8</b> 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 5:30 Beginning Line Dancing 6:30 Line Dancing	<b>9</b> 9:00 Balance and Stretch 11:00 Drive Up Senior Dining Meal <b>10 Saturday</b> 10:00 Walking Group <b>11 Sunday</b>
<b>12</b> 9:00 Balance and Stretch 10:00 Wood Carving 11:00 Drive Up Senior Dining Meal	<b>13</b> 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 2:00 Cardio Drumming Take Care Tuesday!	<b>14</b> 9:30 Scamp Band Practice 11:00 Drive Up Senior Dining Meal 1:30 Micro Greens Zoom Presentation	<b>15</b> 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 1:30 Strange Headlines Zoom Event 5:30 Beginning Line Dancing 6:30 Line Dancing	<b>16</b> Guess How Many Deadline 9:00 Balance and Stretch 11:00 Drive Up Senior Dining Meal <b>17 Saturday</b> 10:00 Walking Group <b>18 Sunday</b>
<b>19</b> 9:00 Balance and Stretch 10:00 Wood Carving 11:00 Drive Up Senior Dining Meal	<b>20</b> 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 2:00 Cardio Drumming Take Care Tuesday!	<b>21</b> 9:30 Scamp Band Practice 11:00 Drive Up Senior Dining Meal 1:30 Hump Day Trivia	<b>22</b> 9:00 Men's Golf League Informational Meeting 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 1:30 Financial Power of Attorney Zoom Presentation 5:30 Beginning Line Dancing	<b>23</b> 9:00 Balance and Stretch 11:00 Drive Up Senior Dining Meal 12:00 National Picnic Day Lunch <b>24 Saturday</b> 10:00 Walking Group <b>25 Sunday</b>
<b>26</b> 9:00 Balance & Stretch 10:00 Wood Carving 11:00 Drive Up Senior Dining Meal 1:30 Pretzels & Polka Parking Lot Event	<b>27</b> 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 2:00 Cardio Drumming Take Care Tuesday!	<b>28</b> 9:30 Scamp Band Practice 11:00 Drive Up Senior Dining Meal 1:30 Crafts By Mary Lee: May Day Basket	<b>29</b> 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 1:30 Hospice 101 Zoom Presentation 5:30 Beginning Line Dancing 6:30 Line Dancing	<b>30</b> 9:00 Balance and Stretch 11:00 Drive Up Senior Dining Meal

## HEALTH CARE POWER OF ATTORNEY ZOOM PRESENTATION

Wednesday, April 7  
1:30 p.m.

A healthcare power of attorney (HCPA) is a legal document that empowers an appointed individual to make healthcare decisions on your behalf. Join us as a social worker from the FDL Aging and Disability Resource (ADRC) Center talks about the importance of having a HCPA and answer any questions about them that you may have.



## FINANCIAL POWER OF ATTORNEY ZOOM PRESENTATION

Thursday, April 22  
1:30 p.m.



A financial power of attorney is a form written specifically to let someone else act as your legal rep regarding financial matters. Join us as a social worker from the FDL Aging and Disability Resource Center (ADRC) explains the importance of this document and answers any questions you may have about Financial power of attorneys.

## GROWING MICRO GREENS ZOOM PRESENTATION

Wednesday, April 14  
1:30 p.m.

Speaker: Cindy Boudry, Master Gardener



Microgreens are the seedlings of vegetables and herbs that are very easy to grow and extremely nutritious. Join as we learn all about microgreens.

## HOSPICE 101 ZOOM PRESENTATION

Thursday, April 29 1:30 p.m.  
Speaker: Lindsey Thompson, RN  
Generations Home & Hospice

Hospice can be provided in the comfort of your own home, assisted living or skilled nursing home on your terms. When medicine cannot provide a cure, hospice can offer comfort, compassion and care to maintain the best quality of life. When you take the "sic" out of Hospice, you are left with HOPE. Please join us for this Hospice 101 presentation and learn more about the hospice benefit, you may be surprised to learn how different Hospice is from what you may think.





# 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

Informational Meeting: Thursday, April 22 at 9:00am -  
Whispering Springs Golf Club  
380 Whispering Springs Dr.



Call John Paluchniak at 960-8688 with questions.

## WOOD CARVING

Mondays  
10:00 a.m.  
Beginning April 12

This group will be meeting at the Deneveu Shelter  
on Harbor View Drive. Weather  
permitting.



New Carvers Always Welcome !

## COMING SOON



Yoga Lite  
Buttermilk Creek Park  
Beginning July 8

Stay Tuned!

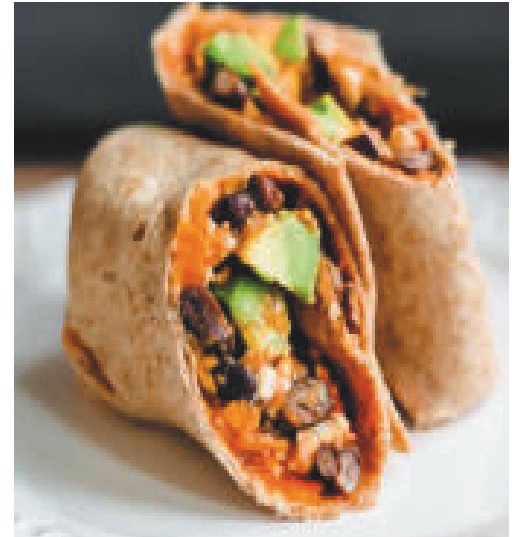
Morning Xpress Fitness  
Buttermilk Creek Park  
Beginning June 1

Registration Required.



## Sweet Potato, Black Bean & Egg White Breakfast Burritos Facebook Live Thursday, April 1 at 1:30 p.m.

Join us on National Burrito Day on Facebook Live as we demonstrate how to make these healthy breakfast burritos stuffed with sweet potatoes, black beans, eggs and avocado.



## Medicare • Obamacare • Social Security

### In this FREE webinar you will learn:

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

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**Apr 10 Online Webinar**  
**May 18 Online Webinar**  
**June 15 Online Webinar**

**3:30 pm & 6:00 pm**  
**3:30 pm & 6:00 pm**  
**3:30 pm & 6:00 pm**  
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## 2021 Dine Out Books

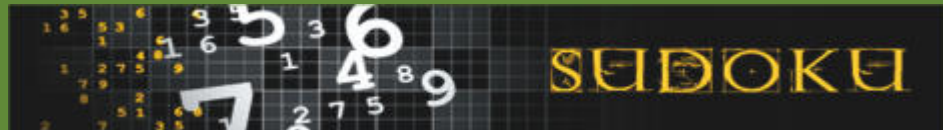


52 Coupons  
40+ Local Businesses  
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Call today for more information on how to get  
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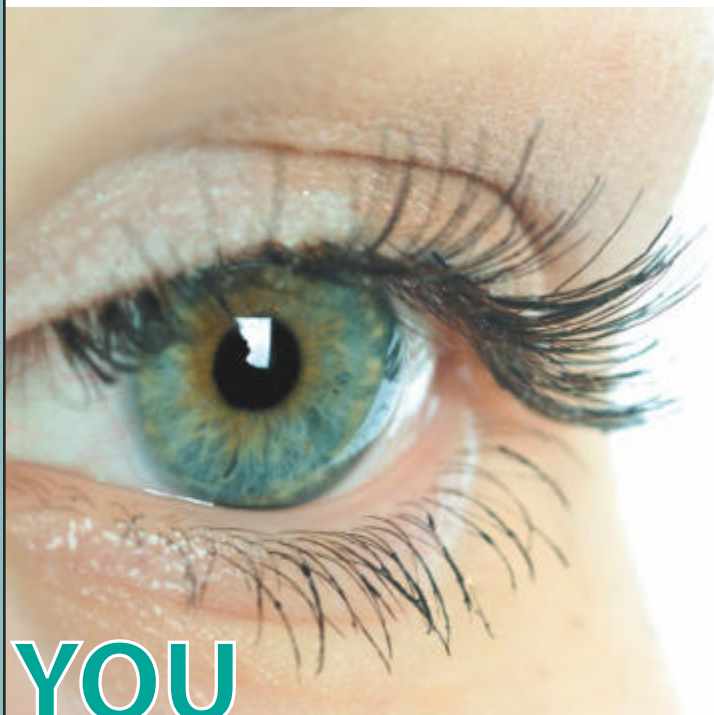
(920) 322-3630



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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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Center (ADRC).

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



DHS Approval 5/2/18

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

D 4C 01-1122

## GUESS HOW MANY

Guesses due by April 16

Guess how many peanut butter cups are in the jar pictured above. One guess per person.



Call (920) 322-3630 to enter

## ZOOMINGLE

Monday, April 5

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

Thursday, April 15

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, April 21

1:30-3:00 p.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!!

This month's theme is Commercial Trivia.

Call (920)322-3630



# REBUS FOR YOU !

Can you solve these visual word puzzles? Let your mind explore and you are sure to find the answers. Good luck!

1. 	2. 
3. 	4. 
5. 	6. 
7. 	8. 
9. 	10. 

## *Light as a Feather*

Find all of the hidden words and the letters that remain spell out a funny saying about our feathered friends.



BLUE JAY  
CANARY  
CRANE  
CROW  
DOVE  
DUCK  
EAGLE  
EGRET  
EMU  
FALCON  
GOOSE  
GULL  
HAWK

HERON  
IBIS  
KINGFISHER  
KIWI  
LARK  
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MACAW  
MAGPIE  
ORIOLE  
OWL  
PELICAN  
PENGUIN  
PUFFIN

QUAIL  
QUETZAL  
RAVEN  
ROBIN  
STORK  
SWALLOW  
SWAN  
TERN  
TOUCAN  
TURKEY  
WREN

## WHERE IN FOND DU LAC ARE CATHY & SARAH

FDL County  
Aging & Disability Resource Center (ADRC)

Did you know? The ADRC helps people with disabilities, older adults, their families, and caregivers, find resources and services to help them stay living well and independently.

All of their services are confidential and free!  
You can contact them at  
(920) 929-3466



## GET YOUR T-SHIRTS

Every purchase helps the Friends as they continue to provide support for programs and activities at the Center. The front of the shirt says "We're all in this together" and the back says "Your age is just the number of years that the world has been enjoying you! Fond du Lac Senior Center"  
Call (920) 322-3630 and order yours today!

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2 XL = \$17.00



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**[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**

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

The menu for April 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 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

# April 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  
**1-877-386-3835**

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																											
<div><div>Mar 2021</div><table><tr><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th></tr><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr><tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr><tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr><tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr><tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr></table></div> <div><div>May 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></td><td></td><td>1</td><td>2</td></tr><tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr><tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr><tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr><tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr><tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr></table></div>			M	T	W	T	F	S	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					M	T	W	T	F	S	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							<b>1</b> Mush Pork Cutlet Mashed Potatoes Peas and Carrots Birthday Cake Apple Slices Dinner Roll	<b>2</b> Crispy Fish Fillet German Pot Salad Broccoli Cuts Ice Cream Cup Apple Slices Sliced Bread
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<b>5</b> Glazed Ham Baked Potato Spinach Salad with Rasp. Vinaigrette Coconut Cream Pie Pineapple Tidbits Sliced Bread	<b>6</b> Lasagna Casserole Italian Blend Veg. Raspberry Sherbet Fruited Gelatin French Bread	<b>7</b> Swedish Meatballs Mashed Potatoes Baby Carrots Cinnamon Roll Peach Slices Sliced Bread	<b>8</b> Teriyaki Chicken Baby Red Potatoes Three Bean Salad Sugar Cookie Petite Banana Dinner Roll	<b>9</b> Salisbury Steak Mashed Potatoes Mixed Vegetables Chocolate Pudding Pear Slices Sliced Bread																																																																																											
<b>12</b> Roast Pork Loin Mashed Potatoes Carrots Applesauce Cake Fruit Cocktail Sliced Bread	<b>13</b> Meatloaf Calico Bean Cass. Tossed Salad Ice Cream Cup Applesauce Dinner Roll	<b>14</b> Baked Chicken Twice Bk Style Pot. Copper Penny Sal. Peanut Butter Cook. Pineapple Tidbits Sliced Bread	<b>15</b> Beef Stew Calif. Blend Veg. Vanilla Pudding Apricot Halves Cheddar Biscuit	<b>16</b> Liver and Onions Baked Potato Green Beans Key Lime Pie Fruited Gelatin Sliced Bread																																																																																											
<b>19</b> Chicken Breast Mashed Potatoes Pickled Beet Salad Choc. Cloud Torte Pear Slices Sliced Bread	<b>20</b> Cranberry/Kraut Meatballs White Bean Salad Wax Beans Butterscotch Pud. Cantaloupe Slice Dinner Roll	<b>21</b> Beef Stroganoff Tossed Salad Carrot Cake with Cream Ch. Frost. Apple Slices Sliced Bread	<b>22</b> BBQ Pork Cutlet Baby Red Potatoes Western Corn Orange Sherbet Petite Banana Dinner Roll	<b>23</b> Roast Turkey Mashed Potatoes Baby Carrots Molasses Cookie Peach Slices Sliced Bread																																																																																											
<b>26</b> Escalloped Potatoes and Ham Casserole Broccoli Cuts Fudge Brownie Fruited Gelatin Sliced Bread	<b>27</b> Baked Chicken Garlic Mashed Pot. Spinach Salad with Honey Must. Dress. Sugar Cookie Applesauce Dinner Roll	<b>28</b> Smoked Sausage Baked Beans Heath Slaw Butterfinger Torte Pear Slices Sliced Bread	<b>29</b> Chopped Steak in Burg/Mush Sauce Mashed Potatoes Swiss Spinach Cinnamon Roll Fruit Cocktail Dinner Roll	<b>30</b> Orange Chicken Baked Potato Peas and Carrots Sugar Cookie Petite Banana Sliced Bread																																																																																											

## NATIONAL PARKS WORD SEARCH PUZZLE

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A	R	T	V	L	G	W	U	I	V	E	U	Z	U	E	T	A
N	Y	D	N	E	L	H	O	A	S	Y	T	H	N	L	N	N
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H	E	A	U	O	C	E	C	C	L	R	Y	M	R	H	O	C
S	C	R	J	F	M	Z	B	S	Z	E	B	V	A	C	P	A
E	A	G	L	A	C	I	E	R	B	A	Y	B	I	S	Z	N
D	N	Q	Y	X	S	D	R	O	J	F	I	A	N	E	K	Y
I	Y	R	O	C	K	Y	M	O	U	N	T	A	I	N	K	O
Q	O	C	A	N	Y	O	N	L	A	N	D	S	E	P	N	N
V	N	Y	E	V	E	R	G	L	A	D	E	S	R	D	U	J
Q	N	D	E	A	T	H	V	A	L	L	E	Y	P	Q	H	S
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BISCAYNE  
BRYCE CANYON  
CANYONLANDS  
CRATER LAKE  
DEATH VALLEY

EVERGLADES  
GLACIER BAY  
GRAND CANYON  
GRAND TETON  
HALEAKALA

JOSHUA TREE  
KENAI FJORDS  
MESA VERDE  
MOUNT RAINIER  
POINT REYES

ROCKY MOUNTAIN  
SHENANDOAH  
VALLEY FORGE  
YELLOWSTONE  
YOSEMITE



## 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.

## GAME DAY

Fridays  
1:00  
Beginning on May 7

Bring your favorite 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.



## 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

## SCAMP BAND

Wednesdays  
9:30 a.m.  
Beginning April 14

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!



Unscramble the words, then use the highlighted letters to form the phrase below. Watch out: the phrase is scrambled too!

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# 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

27

To join the FRIENDS of the FOND DU LAC SENIOR CENTER or to renew your membership, please complete this application and return it to the Fond du Lac Senior Center. Membership is for the 2021 calendar year. We do not share your information with any outside organization.

**Please make check payable to: "FRIENDS, INC."**

Fond du Lac Senior Center  
151 E. 1st Street  
Fond du Lac, WI 54935

NAME(s) (both, if couple)	
MAILING ADDRESS (with apt #)	
CITY, STATE, ZIP	
PHONE NUMBER	
BIRTHDATE (optional)	
E-MAIL	
<input type="checkbox"/> I'D LIKE TO GO GREEN! RATHER THAN U.S. MAIL, PLEASE E-MAIL MY MONTHLY NEWSLETTER TO THE EMAIL ADDRESS ABOVE	

**PLEASE PRINT CLEARLY** as all information is entered into the computer by a volunteer.

## CHOICE OF SUPPORT:

**THANK YOU FOR SUPPORTING THE FRIENDS!**

☐ **\$10.00 Single**   ☐ **\$15.00 Couple** (same address)

☐ **\$ \_\_\_\_\_ UTILITY DONATION for the City of Fond du Lac** For a few years now, we have asked members to give \$25 or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board to City Council to help with the cost of utilities at the Senior Center. Thank you to all who helped with donations. Your donation for 2021 is optional but *very much appreciated!*

☐ **\$50.00 FANTASTIC FRIENDS membership support** – Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of our Center and is much appreciated. Due to Covid-19, 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

April 2021 Newsletter

Card File

Computer

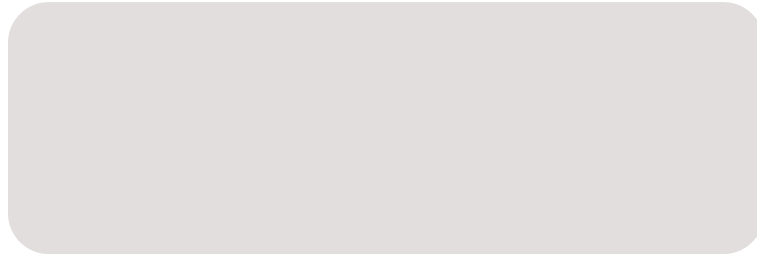


## Fond du Lac Senior Center

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.fdlSeniorcenter.com](http://www.fdlSeniorcenter.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.*