

FRIENDS OF THE FOND DU LAC SENIOR CENTER

AMONG FRIENDS

NEWSLETTER

JULY 2021



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

"Normal": the usual, average, or typical state or condition. **"New Normal":** a current situation, social custom, etc., that is different from what has been experienced or done before but is expected to become usual or typical; a state to which an economy, society, etc. settles following a crisis, when this differs from the situation that prevailed prior to the start of the crisis.

We have had several versions of "normal" over the last 15 months - the January 2020 "open for business" normal when we were just hearing rumblings of this new virus called Covid-19, the late February/early March 2020 "pre-shutdown normal" when things were changing rapidly and decisions were being made on a day-by-day or hour-by-hour basis, the mid-March 2020 "building closed shift to virtual programming" normal, and for the last couple of months, the "safely, slowly reopening normal".

Several times in the last weeks, someone has asked when the Center is going to "get back to normal". I completely understand that many people want the January 2020 version of "normal". It would be nice (and much easier in a lot of ways!) if we could just pick up where we left off and pretend that the last 15 months never happened, but unfortunately, that isn't how life works. I truly do appreciate the sentiment that people share when they want things to go back to "normal" - our Center is a special place and people want that experience back.

I was on a Zoom call last week where someone shared that their organization's philosophy wasn't that they were getting "back to normal", but they were going to be "Back to Better". That's what we are trying to do here, too. We have had time to look at the things that were working at our Center, and the things that needed a refresh. What does this mean?

- We have taken this opportunity to completely rebuild our program and activity schedule to assure that we have space and time for new opportunities as well as accommodating a wide variety of past activities.
- This new schedule was created with a priority on having programs that are open to all.
- We will not ask about vaccination status and assume (based on Fond du Lac County data) that we will be serving a combination of people that have and have not been vaccinated.
- We expect all Center participants to be **respectful** of each others choices.
- We want to make sure that everyone that walks in feels welcome, comfortable, and safe.
- We will be cognizant of how many people are in a program or activity at a given time, and will limit numbers if necessary to keep tables and chairs spaced comfortably apart.
- Reservations will still be required as this helps us be prepared to best serve participants in attendance.
- As we have done in the last few months, we will continue to add programs each month being mindful of the items mentioned above.

We hope you join us as we embrace the 2021 version of normal.

Cathy





POPSICLES AND COLLECTOR CARS PARKING LOT EVENT

Thursday, July 8
1:30 –2:30 p.m.

In honor of National Freezer Pop Day and Collector Car Appreciation Day we will be handing out Freezer pops and enjoying some collector cars courtesy of the Fondy Vintage Auto Club

Must register by 12:00 p.m. Tuesday, July 6
To register call (920) 322-3630



AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Alex Nicholas** to place
an ad today! anicholas@lpicommunities.com
or (800) 950-9952 x2538



"It's my life and they respect that."

Local long-term care supports and services
delivered with a focus on Life. Defined by you.



inclusa.org | 877-376-6113

**SUPPORT OUR
ADVERTISERS!**



LINCOLN HOUSE ASSISTED LIVING

Affordable housing for older adults

342 Forest Avenue

Providing Quality Care for Over 25 Years

- 24 Hours caring & trained staff • Family-oriented home setting
- Home Cooked Meals and more...

Call 922-7072

**PROTECTING SENIORS NATIONWIDE
MEDICAL ALERT SYSTEM**



\$29.95/MO
BILLED QUARTERLY

- No Long-Term Contract
- Price Guarantee
- Made and monitored in the USA

**PLUS
SPECIAL
OFFER**



CALL NOW! 1.877.801.5055
WWW.24-7MED.COM

Now HIRING Part & Full Time



**Great job
for retirees!**

929-8888



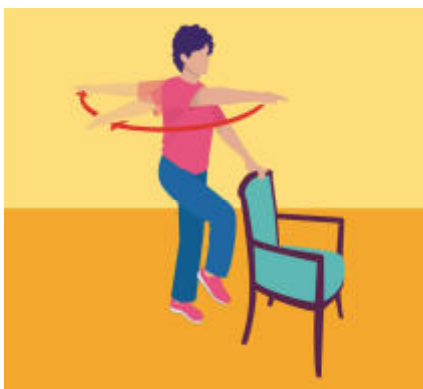
GET MOVING

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>



VIDEO WALK TO FITNESS

Fridays
9:00 a.m.



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

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/](https://www.facebook.com/FondduLacSeniorCenter/) FondduLacSeniorCenter/ Walking poles welcome. For details call (920) 322-3630

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 Fond du Lac Senior Center YouTube Channel.

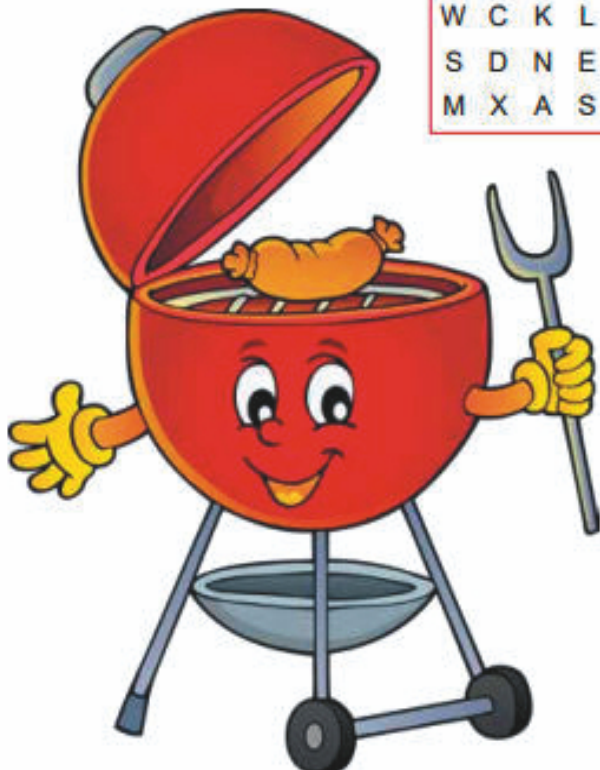


I Love Barbecues

Word Search

APRON
BACKYARD
BARBECUE
BURGER
BURNT
CHARCOAL
CHARRED
FLAME
FRIENDS

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



FUN
GRILL
HOT DOG
HUNGRY
MARINATE
MUSIC
NEIGHBOR
RIBS
SAUSAGE

SEAR
SEASONING
SIZZLE
SKEWER
SMOKE
SPATULA
SUMMER
TONGS
WELL DONE

OUTDOOR PROGRAMS

UKULELE GROUP

Wednesdays
10:00 a.m.

Grab your ukulele and come and play with us!
Meeting at the Deneveu Shelter on Harbor View
Drive. Weather permitting.
New people always welcome!



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

MAH JONGG

Tuesdays and Thursdays
12:00 p.m.

Come and play Mah Jongg with us ! This tile based
game will have you addicted in no time! Don't know
how to play? We will teach you! Meeting at the
McDermott Park Shelter. Weather permitting. New
people welcome!



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

GAME DAY

* See Below For New Location
Fridays
1:00 p.m.



Bring your favorite game and join us for an
afternoon of fun. New gamers always welcome!
Meeting at the McDermott Park Shelter. Weather
permitting.

Call us if you have any questions!
(920)322-3630

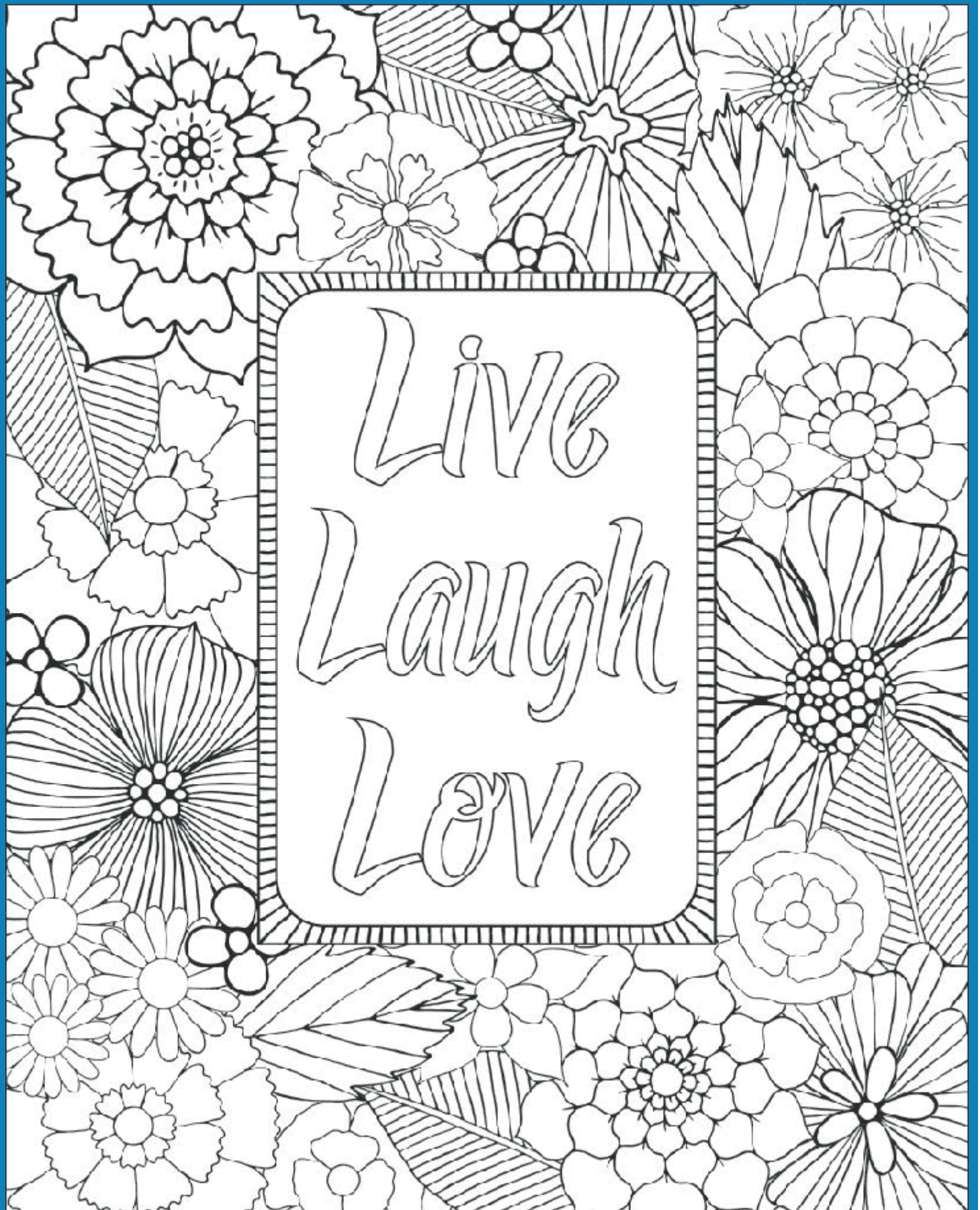
SCAMP BAND PRACTICE

Wednesdays
9:30 a.m.



Meeting at the Raymond C, Wifler P.C. at
Buttermilk Creek Park weather permitting.
New members always welcome!

If you are interested give us a call!
(920) 322-3630



SENIOR MOMENT

Wednesday, July 7

12:30p.m. Doors open at 12:15p.m.

*Note Earlier Start Time

NR · 2021 · Comedy/Drama/Romance ·
1h 32m



Starring:: William Shatner, Jean Smart, Don McManus, Katrina Bowden, Christopher Lloyd

Summary: After drag racing his vintage convertible around Palm Springs, Calif., a retired NASA test pilot loses his license. Forced to take public transportation, he meets Caroline and learns to navigate love and life again.

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

FORD VS. FERRARI

Thursday, July 29

12:30p.m. Doors open at 12:15 p.m.

*Note Earlier Start Time

PG-13 · 2019 · Drama / Biography ·
2h 32m



Starring:: Matt Damon, Christian Bale, Jon Bernthal, Caitriona Balfe, Tracy Letts, Josh Lucas

Summary: American automotive designer Carroll Shelby and fearless British race car driver Ken Miles battle corporate interference, the laws of physics and their own personal demons to build a revolutionary vehicle for the Ford Motor Co. Together, they plan to compete against the race cars of Enzo Ferrari at the 24 Hours of Le Mans in France in 1966

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

Affordable 55+ Senior
Apartment Community



St. Peter's Place

1 & 2-BEDROOM APARTMENTS

CALL (920) 322-1111

StPetersPlaceApts.com • 50 E. 1st St., Fond du Lac

Zacherl
FUNERAL HOME, INC.

*Our family serving your family
since 1857*

875 E. Division St. • Fond du Lac

920.922.6860

www.zacherlfuneralhome.com

**ADT-Monitored
Home Security**

Get 24-Hour Protection
From a Name You Can Trust

- Burglary • Flood Detection
- Fire Safety • Carbon Monoxide



Authorized
Provider

SafeStreets

1-855-225-4251

**McNAMARA
& THIEL**
Insurance Agency

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

Visit our website at: www.mtins.net | 879 Forest Avenue • Fond du Lac, WI 54935

\$50 OFF
any lift chair!
Plus **FREE**
Delivery!



SILICA
For Your Home

Fond du Lac | Beaver Dam | Watertown
shopsilica.com

St. Charles Cemetery

*A Peaceful Country Place
on the Ledge*

W4287 Golf Course Drive
Fond du Lac, WI 54937

921-4381 or 921-0580

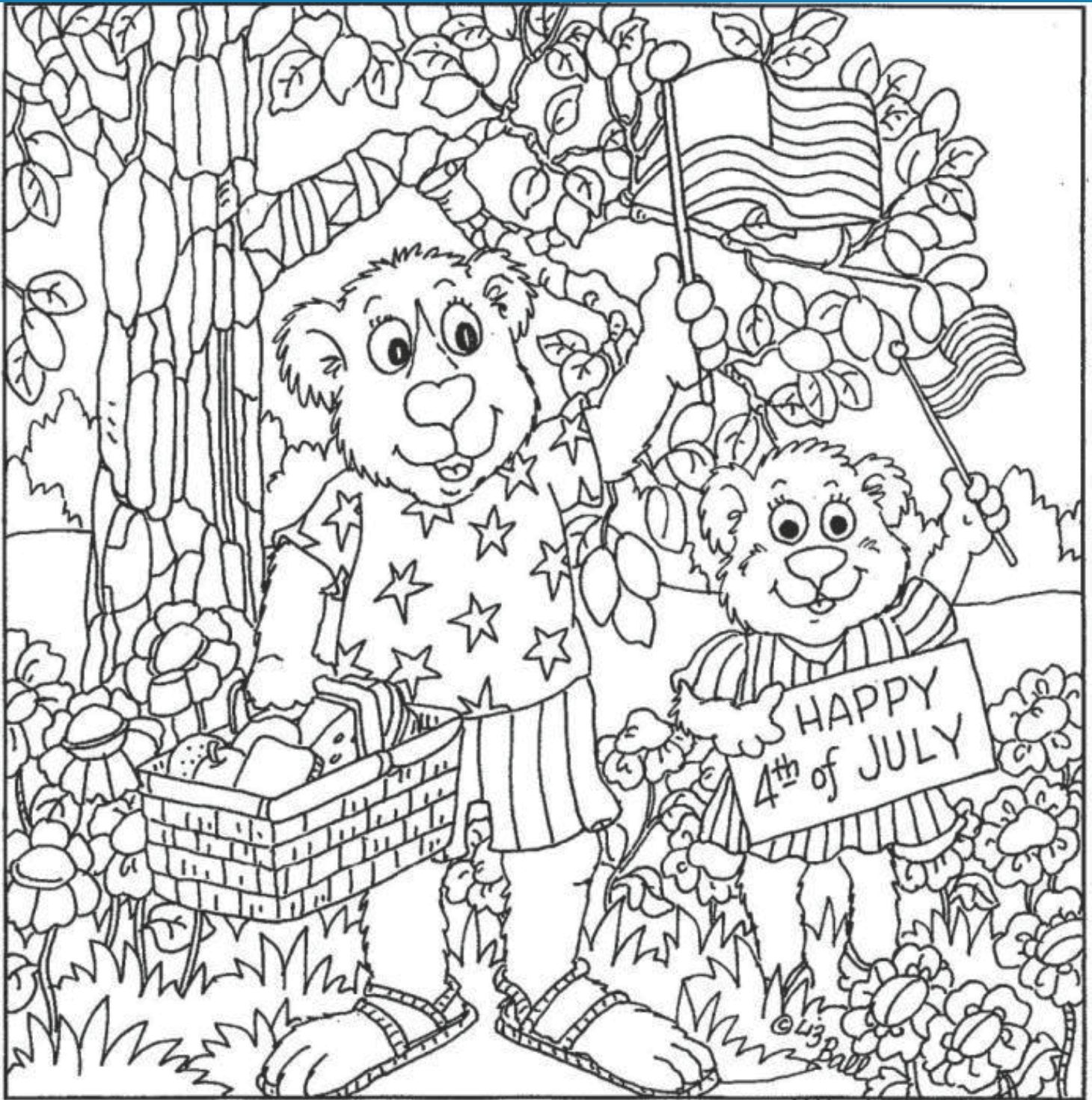
Twohig
Funeral Home

www.twohigfunerals.com

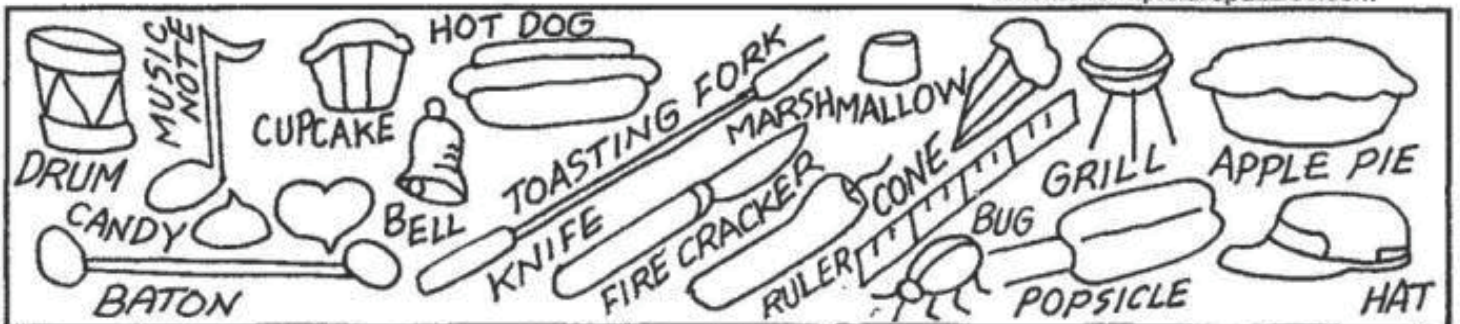
305 Fond du Lac Ave
Fond du Lac
920-921-0960

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

Cost conscience funeral services from full services to cremation



www.hiddenpicturepuzzles.com



CALLING ALL OUTREACH VOLUNTEERS!

Let's meet and get caught up!
Thursday, August 5
9:00 a.m.



Pre-registration is Required

To register Call (920) 322-3630

MEMORY CAFE

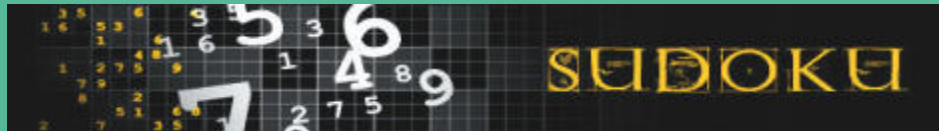
Thursday, July 29
1:00-2:30 p.m.

Theme: County Fair– Games, Prizes, and
Cream Puffs



Memory Cafés are a comfortable, social gathering that allow people experiencing memory loss and a loved one to connect, socialize, and build new support networks.

Fond du Lac Public Library
(Lower Level Meeting Room)



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

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

WHAT IS THE AGING & DISABILITY RESOURCE CENTER (ADRC) & HOW CAN IT HELP ME?

Thursday, July 21
1:30 p.m.

Presentation offered in person and via Zoom.



Join us and find out what the ADRC is and how it can help you.

If attending in person
Pre-Registration is Required. (920) 322-3630

HOT DIGGITY DOG COOK OUT

Tuesday, July 20
1:30-2:30 p.m.

In honor of National Grilling month and National Hot Dog Day we will be grilling up some hot dogs in the front parking lot. Bring a chair if you wish to sit and visit.



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

Must register by 12:00 p.m.
on Friday, July 16
(920) 322-3630

NATIONAL WATERPARK DAY

Thursday, July 28

In honor of National Water Park Day call in anytime on July 28th before 3:30 p.m. and tell us where your favorite place to swim was when you were a child. Everyone who calls in will be entered to win a one day pool pass.



Call (920) 322-3630

PICNIC IN THE PARK

Friday, July 23
12:00 p.m.



Pack a lunch and join us at the West Oven Island shelter for lunch and socializing. We can't wait to see you!

For Questions Call (920)322-3630

OUTDOOR PROGRAMS

LADIES PLAYFUL GOLF CLUB

Mondays and Wednesdays
9:00 a.m.

Call Alice Dann (920) 753-5126 for all questions



MEN'S SENIOR CENTER GOLF LEAGUE

Thursdays at 8:30 a.m.

Call John Paluchniak at 960-8688 with questions .

MORNING YOGA LITE

Thursdays at 9:00 a.m.
4 Week session
July 8- July 29
Buttermilk Creek Park



Pre-Registration is Required (920) 322-3630

Don't forget your yoga mat and water!

BEGINNING COUNTRY LINE DANCING

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



COUNTRY LINE DANCING

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

These classes are held at the
Raymond C. Wifler PC @ Buttermilk Creek Park
Pre-Registration is Required
Call (920) 322-3630

MORNING XPRESS FITNESS

Tuesdays
9:00 a.m.

Raymond C. Wifler PC @ Buttermilk Creek Park

Morning Xpress fitness is a healthy mix of cardio
strength training, and fun.

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

Don't Forget Your Water!





ICE CREAM TOPPING RECIPES

Tuesday, July 13

1:30 p.m.

Join us on Facebook Live or in person as we make ice cream toppings in honor of National Ice Cream Day.

Must register ahead if attending in person (920) 322-3630

MYSTERY THROWBACK RECIPE

Tuesday, July 27

1:30 p.m.

Join us on Facebook Live or in person as we make a recipe from the past.


Must register ahead if attending in person (920) 322-3630



**SUPPORT THE
ADVERTISERS**
*that Support
our Community!*



July

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 8:30 Men's Golf 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 5:30 Beginning Line Dancing 6:30 Line Dancing	2 9:00 Video Walk to Fitness 11:00 Drive Up Senior Dining Meal 1:00 Game Day <u>3 Saturday</u> 10:00 Walking Group <u>4 Sunday</u>
5 <i>Center Closed</i> 	6 9:00 Morning Xpress Fitness 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 1:00 Beading Buddies 1:00 Stitchery	7 9:00 Ladies Playful Golf 9:30 Scamp Band Practice 10:00 Ukulele Group 11:00 Drive Up Senior Dining Meal 12:30 Movie - Senior Moment 1:00 Senior Snappers	8 8:30 Men's Golf 9:00 Yoga Lite 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 1:30 Popsicles & Collector Cars Parking Lot Event 5:30 Beginning Line Dancing 6:30 Line Dancing	9 9:00 Video Walk to Fitness 11:00 Drive Up Senior Dining Meal 1:00 Game Day <u>10 Saturday</u> 10:00 Walking Group <u>11 Sunday</u>
12 9:00 Balance and Stretch 9:00 Ladies Playful Golf 9:00 Wood Carving 11:00 Drive Up Senior Dining Meal 1:00 German 2:00 Cardio Drumming	13 9:00 Morning Xpress Fitness 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 1:00 Beading Buddies 1:00 Stitchery 1:30 Clever Cook	14 9:00 Ladies Playful Golf 9:30 Scamp Band Practice 10:00 Ukulele Group 11:00 Drive Up Senior Dining Meal 1:00 Genealogy 6:30 Stamp Club	15 8:30 Men's Golf 9:00 Yoga Lite 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 5:30 Beginning Line Dancing 6:30 Line Dancing	16 9:00 Video Walk to Fitness 11:00 Drive Up Senior Dining Meal 1:00 Game Day <u>17 Saturday</u> 10:00 Walking Group <u>18 Sunday</u>
19 9:00 Balance & Stretch 9:00 Ladies Playful Golf 9:00 Wood Carving 11:00 Drive Up Senior Dining Meal 1:00 German 2:00 Cardio Drumming	20 9:00 Morning Xpress Fitness 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 1:00 Beading Buddies 1:00 Stitchery 1:30 Hot Diggity Dog Cook Out	21 9:00 Ladies Playful Golf 9:30 Scamp Band Practice 10:00 Ukulele Group 11:00 Drive Up Senior Dining Meal 1:00 Senior Snappers 1:30 What is the ADRC? 6:30 Stamp Club	22 8:30 Men's Golf 9:00 Yoga Lite 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 5:30 Beginning Line Dancing 6:30 Line Dancing	23 9:00 Video Walk to Fitness 11:00 Drive Up Senior Dining Meal 12:00 Picnic in the Park 1:00 Game Day <u>24 Saturday</u> 10:00 Walking Group <u>25 Sunday</u> 10:00 Brat Fry
26 9:00 Balance and Stretch 9:00 Ladies Playful Golf 9:00 Wood Carving 11:00 Drive Up Senior Dining Meal 1:00 German 2:00 Cardio Drumming	27 9:00 Morning Xpress Fitness 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 1:00 Beading Buddies 1:00 Stitchery 1:30 Clever Cook	28 9:00 Ladies Playful Golf 9:30 Scamp Band Practice 10:00 Ukulele Group 11:00 Drive Up Senior Dining Meal 1:00 Genealogy National Waterpark Day	29 8:30 Men's Golf 9:00 Yoga Lite 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 12:30 Movie - Ford Vs. Ferrari 5:30 Beginning Line Dancing 6:30 Line Dancing	30 9:00 Video Walk to Fitness 11:00 Drive Up Senior Dining Meal 1:00 Game Day <u>31 Saturday</u> 10:00 Walking Group

OPEN POOL

Monday - Thursday

12:30-2:30 p.m.

Tuesdays and Thursdays

9:00– 11:00 a.m.

8 people per shift



Reservations Required
(920) 322-3630

GERMAN FOR BEGINNERS

Mondays

1:00– 2:30 p.m.



Registration Required
To Register Call (920) 322-3630

STAMP CLUB

Wednesday, July 21st

6:30 p.m.



Call to register: (920) 322-3630

WOOD CARVING

Mondays

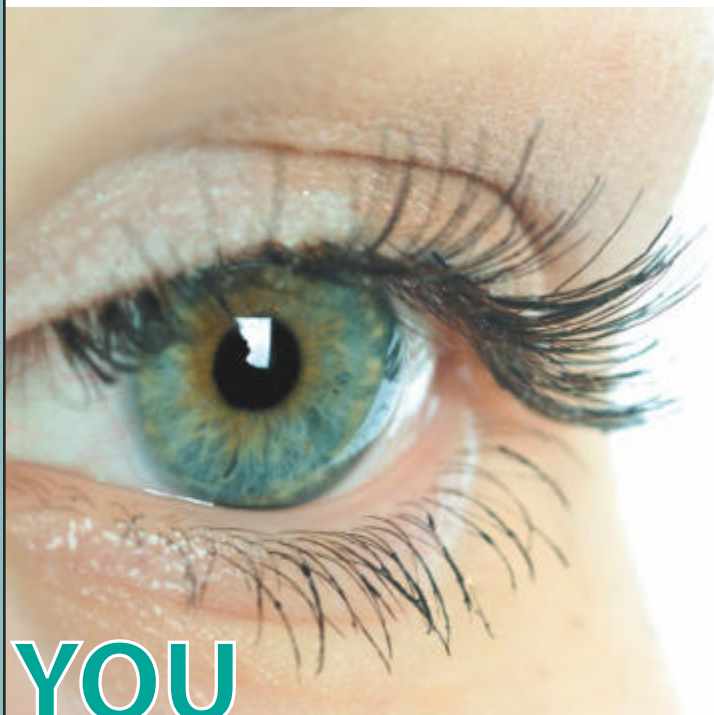
9:00 a.m.



Never carved before?
No problem– Come and learn!

Registration Required
To Register Call (920) 322-3630

CATARACTS



YOU

get to choose drop-free
and laser-assisted.

Dr. Stephen Dudley
503 Doctors Ct.
Oshkosh
920-236-3540

Dr. Gerald Clarke
509 S. Washburn
Oshkosh
920-236-4160

Concerned about Medicare fraud? Give us a call...

PROTECT your
personal information

DETECT suspected
fraud, abuse, or errors

REPORT suspicious claims
or activities



Toll-free Helpline:
888-818-2611
Email: smp-wi@gwaar.org
gwaar.org/senior-medicare-patrol
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.

Living Long. Living Well.

- Assisted Living
- Skilled Nursing
- Rehabilitation
- Fitness & Wellness Programs



Call us for more information!
920.921.9520



845 SOUTH MAIN STREET, SUITE 130
FOND DU LAC, WI 54935
(920) 922-7012

IF... TIME, QUALITY AND GENTLE CARE ARE IMPORTANT TO YOU...

Care. Comfort. Commitment.



Home Care and Hospice, Inc.
1028 S. Main St. Ste C
Fond Du Lac, WI
(877) 545-0551

www.generationshomeandhospice.com

Your local Family Care option
for personal care and support.



Some of the services we manage with you include:

- Care Management
- Medical Supplies & Equipment
- Personal Care
- Outpatient Mental Health
- Residential Care
- In-Home Supportive Care

For more information about the Family Care Program,
contact your local Aging and Disability Resource
Center (ADRC).

www.lakelandcareinc.com



DHS Approval 5/2/18

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Alex Nicholas** to place
an ad today! anicholas@lpicommunities.com
or (800) 950-9952 x2538



For ad info. call 1-800-950-9952 • www.lpicommunities.com

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

D 4C 01-1122

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

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

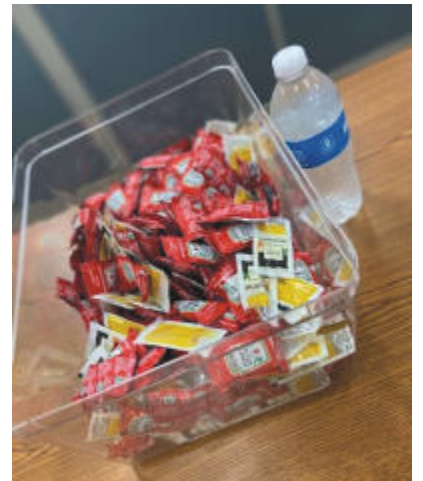


GUESS HOW MANY

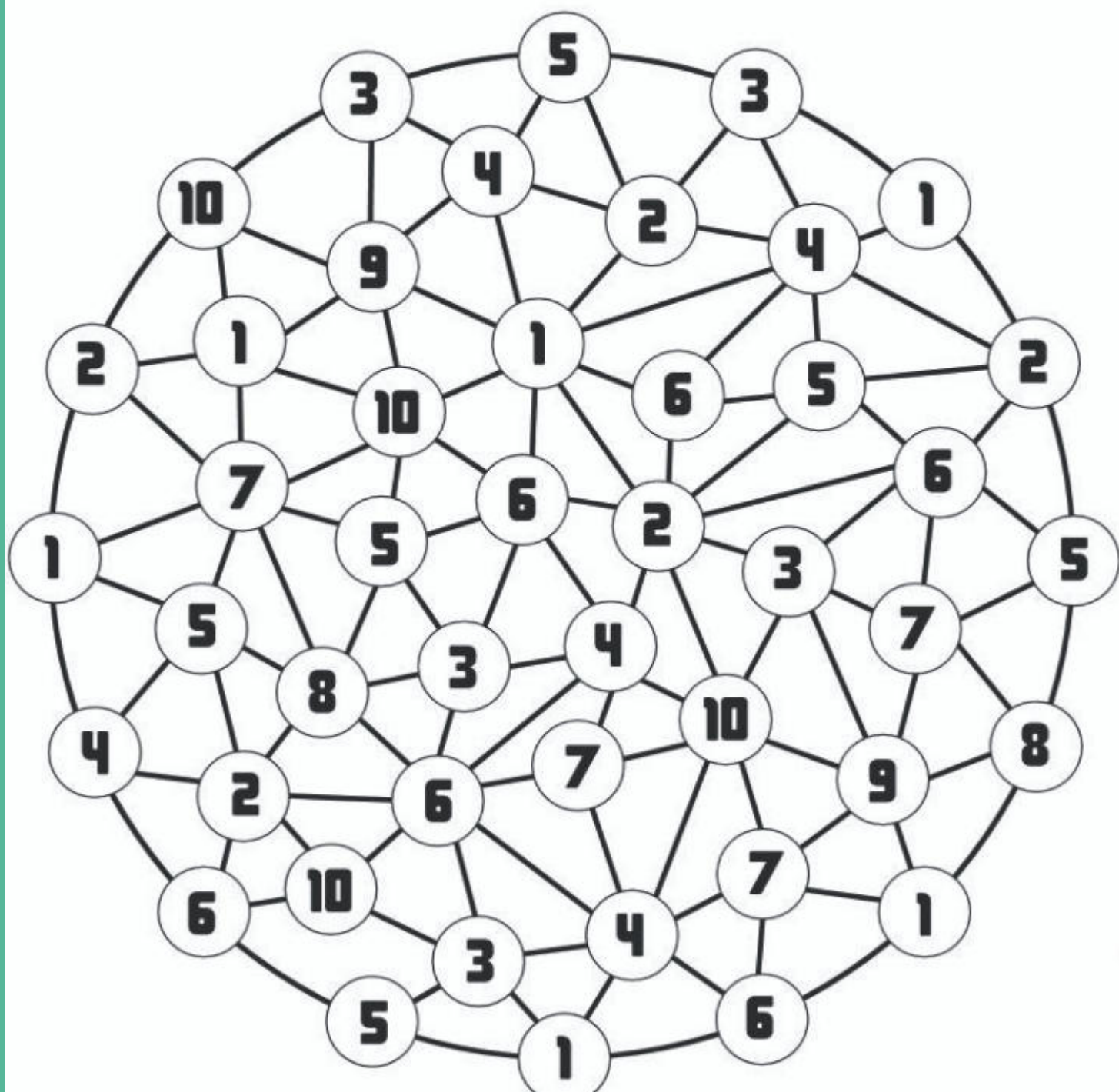
Guesses due by
Noon on July 30th

Happy National Grilling month! Guess how many Ketchup & Mustard Packets are in the container pictured below. Closest guess wins a prize!

Call
(920) 322-3630
with your guess



***CAN YOU CONNECT
THE NUMBERS 1 TO 10?***



BEADING BUDDIES

Tuesdays
1:00



Join this group to learn and share different beading techniques and projects. Don't forget to bring your supplies and tools!

Reservations Required
(920) 322-3630

STITCHERY

Tuesdays
1:00

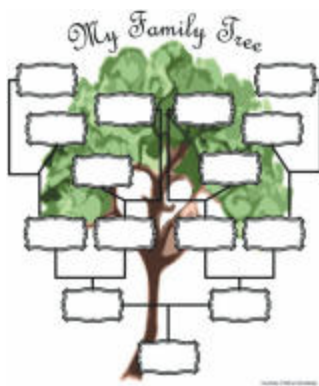


Bring your project and join us!

Reservations Required
(920) 322-3630

GENEALOGY GROUP

Wednesday July 14 & 28
1:00 p.m.



2nd and 4th Wednesdays
New members always welcome!

Reservations Required
(920) 322-3630

SENIOR SNAPPERS

Wednesday, July 7 & 21
1:00 p.m.



1st and 3rd Wednesdays. No experience necessary!
Meet other people who have a passion for photography and maybe even swap technique ideas.

Reservations Required
(920) 322-3630

2021 DINE OUT BOOKS



52 Coupons
40+ Local Businesses

Save Money And Support the Friends

Call today for more information on how to get
your 2021 Dine Out Book! (920) 322-3630

Just \$7.00 again this year!

BRAT FRY

Come out and support the Friends!



Sunday, July 25
10:00 a.m. – 4:00 p.m.

Fond du Lac Festival Foods

We are looking for volunteers to help out at
the Brat Fry. If interested please

call (920) 322-3630

Thank you!

the Meadows
of Fond du Lac

ASSISTED LIVING
LIKE YOU'VE NEVER
SEEN IT BEFORE

goodlife
ASSISTED LIVING

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

Kurki
Funeral Chapel & Crematory

Serving the Fond du Lac area since 1892

920-921-4420

www.kurkifuneralchapel.com

Don Kurki - Owner/Funeral Director

NOW LEASING! 62 and Better

- 1 Bedrooms
- Rent based on income
- Utilities Included*
- Small pets welcome*

*some restrictions apply

MABESS MANOR APTS.

(920) 533-6090

Campbellsport, WI. EHO



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

www.jhcontrols.com
PERFORMANCE • INTEGRITY

**Call 920.922.8770 today to
schedule a personal tour**

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.

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

WoodlandsSeniorPark.com

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**

LOCAL PARENTS OF ANGELS

**1st & 3rd Thursday
5:30 - 7:30pm**

The Local Parents of Angels is a support group for parents who have lost a child - it can be a recent or a long-term loss.
Everyone is welcome!

WHERE IN FOND DU LAC ARE CATHY & SARAH

**Fond du Lac County Health Department
160 S. Macy Street (City/County
Government Center)
3rd Floor**

We have all heard a lot about the Fond du Lac County Health Department over the last year, but did you know that one of the public health services that they offer is a Loan Closet with supportive durable medical equipment, such as walkers, wheelchairs, commodes, and bath benches?

These items are provided on a temporary basis at no cost.



They can be reached at
(920) 929-3085.

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

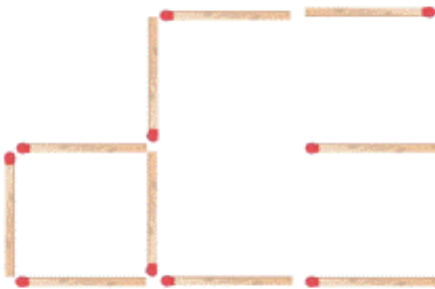
Fond du Lac County residents age 60+ or married to someone age 60+ are eligible. We are serving out of our drive-up window on the west side of the building. Come see us and share a smile or a laugh—you never know what kind of shenanigans we'll be up to!

July 2021 Fond du Lac County Senior Dining

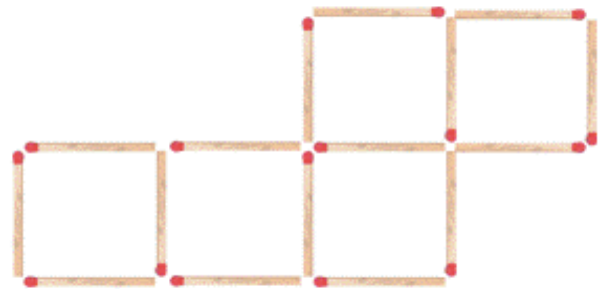
Monday	Tuesday	Wednesday	Thursday	Friday																																																																																												
<div><div>Jun 2021</div><table><tr><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th></tr><tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</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>		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					<div><div>Aug 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></td><td>1</td></tr><tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr><tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr><tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr><tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr><tr><td>30</td><td>31</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						<div>1</div> <div>Pork Jaegerschnitzel Baked Potato Spinach Salad with Hot Bacon Dress. Birthday Cake Watermelon Slice Dinner Roll</div>	<div>2</div> <div>Beef Frank on a Whole Wheat Bun Baked Beans Corn Ice Cream Cup Cantaloupe Slice</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	31																																																																																															
<div>5</div> <div>Closed to observe the Independence Day Holiday</div>	<div>6</div> <div>Hamburger on a Whole Wheat Bun American Pot Salad Calif. Blend Veg. Applesauce Cake Tropical Fruit Salad</div>	<div>7</div> <div>Teriyaki Chicken Baby Red Potatoes Baby Carrots Vanilla Pudding Pineapple Tidbits Sliced Bread</div>	<div>8</div> <div>Baked Spaghetti Mixed Italian Salad Key Lime Pie Petite Banana French Bread</div>	<div>9</div> <div>Cripy Fish Fillet Calico Bean Cass. Cole Slaw Cinnamon Roll Apple Slices Sliced Bread</div>																																																																																												
<div>12</div> <div>Roast Beef Mashed Potatoes Carrots Choc. Chip Cookie Honeydew Melon Sliced Bread</div>	<div>13</div> <div>Chili Casserole Broccoli Cuts Watermelon Slice Butterscotch Pud. Cornbread</div>	<div>14</div> <div>Baked Chicken Garlic Mashed Pot. Copper Penny Salad Red Velvet Cake Pineapple Tidbits Sliced Bread</div>	<div>15</div> <div>Liver and Onions Baked Potato Green Beans Sugar Cookie Fruited Gelatin Dinner Roll</div>	<div>16</div> <div>Chicken Breast Mashed Potatoes Mixed Vegetables Raspberry Sherbet Pear Slices Sliced Bread</div>																																																																																												
<div>19</div> <div>BBQ Pork Cutlet Baby Red Potatoes Corn Coconut Cream Pic Applesauce Sliced Bread</div>	<div>20</div> <div>Salisbury Steak Mashed Potatoes Peas and Carrots Chocolate Pudding Peach Slices Dinner Roll</div>	<div>21</div> <div>Glazed Ham Squash Health Slaw Tropical Fruit Salad Sundae Cup Sliced Bread</div>	<div>22</div> <div>Country Fried Steak Mashed Potatoes Three Bean Salad Spice Cake Apple Slices Dinner Roll</div>	<div>23</div> <div>Honey Mustard Meatballs Brown Rice Wax Beans Cantaloupe Slice Fudge Brownie Sliced Bread</div>																																																																																												
<div>26</div> <div>Smoked Sausage Baked Potato Swiss Spinach Pumpkin Cake Pineapple Tidbits Sliced Bread</div>	<div>27</div> <div>Baked Chicken Twice Bk Style Pot. German Cole Slaw Tapioca Pudding Apricot Halves Dinner Roll</div>	<div>28</div> <div>Beef Stew Winter Blend Veg. Butterfinger Torte Petite Banana Sliced Bread</div>	<div>29</div> <div>Meatloaf White Bean Salad Tossed Salad Cinnamon Roll Applesauce Dinner Roll</div>	<div>30</div> <div>Chicken Cacciatore Baby Red Potatoes Italian Blend Veg. Oatmeal Raisin Cookie Watermelon Slice Sliced Bread</div>																																																																																												

Matchstick Puzzles - #2

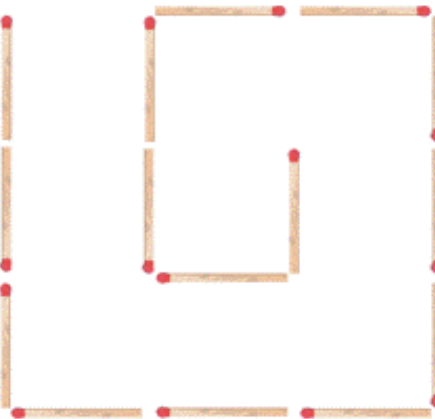
1. Move three matchsticks to make two squares.



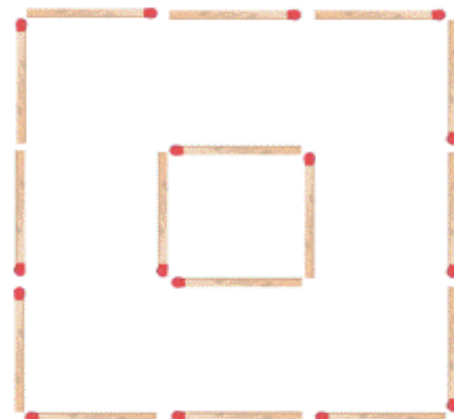
4. Move two matchsticks to make four squares.



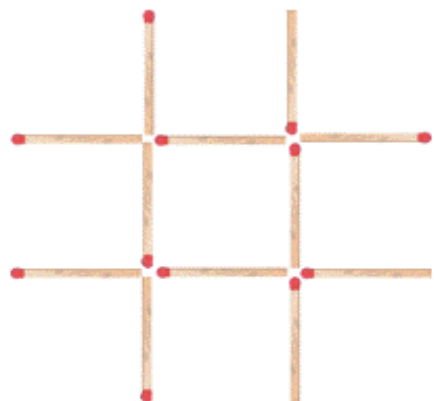
2. Move three matchsticks to make two squares.



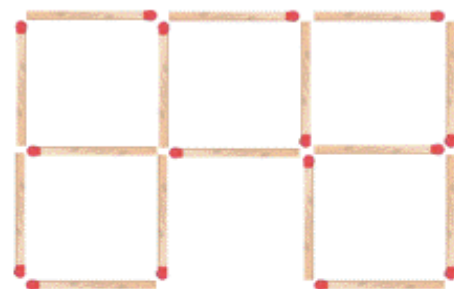
5. Move four matchsticks to make three squares.



3. Move three matchsticks to make three squares.



6. Move three matchsticks to make four squares.



WHAT'S GOING ON

VOLUNTEERS NEEDED



Looking for volunteers to facilitate exercise classes at the Senior Center. If you are interested give us a call.

(920) 322-3630

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.

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



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 monthly updates!

PUZZLE SOLUTIONS

Are you stumped?
Call us for hints or answers!



(920) 322-3630

Summer Word Scramble

Summer is one of the four seasons and comes after Spring and before Autumn. It is the hottest season of the year. The Eiffel Tower grows in summer. On a hot day the iron from which it is constructed expands so much that the tower can rise by 17cm!!

sdape

suesnnrce

sselcdatna

heacb

alyp

dsanasl

anf

vcaoiant

eglxirn

viding



This Summer themed Word Scramble features **10** Summer themed words which have been scrambled. See if you can unscramble them to see what they are.

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter
emailed to you at
www.mycommunityonline.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

July 2021 Newsletter

Card File

Computer



Fond du Lac Senior Center

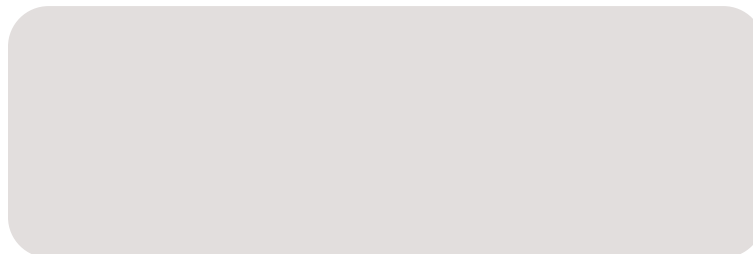
151 E. First Street
Fond du Lac, WI 54935

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

Like Us On
facebook



@FondduLacSeniorCenter

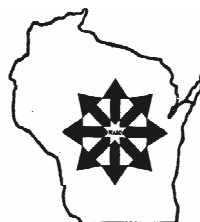
MISSION

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

Visit us online at
www.fdlseiorcenter.com

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

Wisconsin
Association of
Senior
Centers



VISION

TO ENHANCE THE QUALITY OF LIFE OF EVERY SENIOR IN OUR COMMUNITY

The Friends of the FDL Senior Center assume no responsibility for advertising content, mistakes or omissions. Programs and events are subject to change or cancellation without notice. No partial sessions or refunds on classes.