

FRIENDS OF THE FOND DU LAC SENIOR CENTER

AMONG FRIENDS

NEWSLETTER

SEPTEMBER 2021



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

Pandemic Pandemonium?!?!

Some days do you feel like the world has just gone crazy? That courtesy, compassion, and kindness have gone away with the arrival of Covid-19? Maybe it's just me, but it seems like I have been having more and more conversations with people who wonder when we stopped caring about each other and arrived at this place where people feel it's ok to be judgmental, insulting, and downright mean.

During one of these conversations, someone mentioned the phrase "Pandemic Pandemonium" and I asked if I could steal that phrase because it seems to perfectly sum up some of the things I have felt and seen in the last few months.

I drove through the drive through at McDonald's the other day. One bad habit that I started up again during Covid is drinking an occasional Coke, and in my humble opinion, McDonalds has the BEST fountain Coke, so I drove through on my way home to pick one up. As I was at the drive through window I noticed a sign. It was basically a plea to customers - asking us as customers to please understand that their employees are doing the best they can. Staffing now days is a challenge. Many businesses are working short staffed, employees are working extra shifts, everyone is stressed out and has pandemic fatigue, and it's gotten so bad that we as customers need a sign to tell us to be nice.

Say WHAT??? How sad is it that we need a sign to remind us to be nice. Kudos to the owner or manager of that restaurant that they are willing to support their employees in such a public manner. Maybe other places have similar signs and if so, thank you to them for taking a stand.

Maya Angelou is credited with saying "People will forget what you said, people will forget what you did, but people will never forget how you made them feel."

This month I'm asking you to combat the "Pandemic Pandemonium" and help us shift back to a community of kindness, compassion and caring. YOU can make a difference, and together we can all make a big impact. I appreciate and thank you for your help. Best of all, all of the people you are kind to will remember how you made them feel.



Take care and hope to see you soon.

Cathy

Be kind
whenever
possible. It is
always possible.



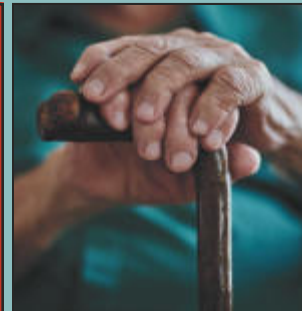
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Mondays
9:00 a.m.

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.



To Register 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/FondduLacSeniorCenter/Walking poles welcome](https://www.facebook.com/FondduLacSeniorCenter/Walking%20poles%20welcome). 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.



An Apple a Day

Word Search



- Applejack
- Baked
- Brown Betty
- Butter
- Cake
- Candied
- Caramelized
- Chips
- Cider
- Cobbler
- Crisp
- Danish
- Dried
- Dumpling
- Eve's Pudding
- Fritter
- Juice
- Pie
- Sauce
- Soda
- Strudel
- Tarte Tatin
- Turnover



INDOOR PROGRAMS

COIN CLUB

Tuesday, September 14
6:00 p.m.



2nd Tuesday of the Month

New Members Welcome!

GENEALOGY GROUP

Wednesday September 8 & 22
1:00 p.m.



2nd and 4th Wednesdays
New members always welcome!

To Register Call (920)322-3630

STAMP CLUB

Wednesday, September 15
6:30 p.m.



3rd Wednesday of the Month

New Members Welcome!

SENIOR SNAPPERS

Wednesday, September 1 & 15
1:00 p.m.



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

To Register Call (920)322-3630



THE GOD COMMITTEE



Wednesday, September 8
 12:30 p.m. Doors open at 12:15p.m.
 *Note Start Time
 NR · 2021 · Drama · 1h 39m

Starring: Kelsey Grammer, Julia Stiles, Janeane Garofalo, Colman Domingo, Dan Hedaya

Summary: When a donor heart unexpectedly arrives at a New York hospital, an organ transplant committee must convene within one hour to decide which of three other patients deserves the life-saving heart. God's work is now left in the hands of five doctors, including Boxer (Kelsey Grammer), a cynical but brilliant heart surgeon; Jordan (Julia Stiles), an idealistic up-and-comer; and Gilroy (Janeane Garofalo), a weary bureaucrat. As the debate over the heart heats up, ethics and bribes clash, leaving the committee members to question what's more valuable: morals or money?

Limited Space Available. Pre-Registration is Required
 (920) 322-3630

QUEEN BEES



Tuesday, September 21
 12:30 p.m. Doors open at 12:15 p.m.
 *Note Start Time
 PG-13 · 2021 · Comedy · 1h 42m

Starring: Ellen Burstyn, Ann-Margaret, Loretta Devine, James Caan, Jane Curtin, Christopher Lloyd

Summary: While her house undergoes repairs, fiercely independent senior Helen temporarily moves into a nearby retirement community, where she encounters lusty widows, cutthroat bridge tournaments and a hotbed of bullying "mean girls."

Limited Space Available. Pre-Registration is Required
 (920) 322-3630

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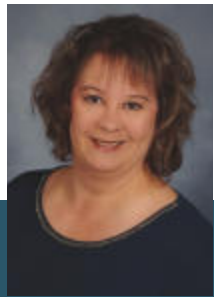
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HIDDEN PICTURES



FALL SOCIAL AND RAFFLE DRAWING

Join us at the Friends of the Fond du Lac Senior Center
Annual Fall Social and Raffle Drawing

October 13, 2021

Lakeside Park Pavilion



5:00 PM - 6:00 PM Supper and Social

6:00 PM - 7:00 PM Raffle Drawing

Box Lunches Available for pre-order (order form below)

TOP PRIZE: \$500 CASH - Donated by J.F. Ahern Co.

- **Diamond Earrings** (value \$499) *The Goldsmith*
- **400 Cash** *Zacherl Funeral Home*
- **4 18 Hole Rounds of Golf** (value \$228) *Whispering Springs Golf Club*
- **Basket of Frames** (value \$167) *Gallery & Frame Shop*
- **4 Rounds of Golf** (value \$250) *South Hills Golf & Country Club*
- **Sterling Silver Pendant Necklace** (value \$152) *Joanne Bunkelman*
- **Night Stay** (value \$125) *Radisson Hotel*
- **\$100 Gift Card** (value \$100) *Fox Valley Savings Bank*
- **\$100 Gift Package** (value \$100) *National Exchange Bank & Trust*
- **Gift Baskets**
- **Event Tickets**
- **Gift Certificates and more GREAT PRIZES!**

Raffle Tickets enclosed or available at the Senior Center. Thank you for your support!

FRIENDS OF THE FOND DU LAC SENIOR CENTER FALL SOCIAL & RAFFLE DRAWING
Box Lunch Reservation Form

Registration Deadline: Monday, October 4th, 2021

Box lunch includes sandwich, chips, cookie and a beverage

Name: _____

Ham Turkey

Name: _____

Ham Turkey

Telephone: _____

Please make checks payable to: Friends, Inc. Cut this reservation form at the dotted line and drop off at the Senior Center or mail in with payment. Space is limited.

OFFICE USE ONLY:

Check #: _____ Cash: _____ TOTAL PAID: _____ Date Paid _____

CRIBBAGE

Tuesdays
12:30– 3:00 p.m.



New Players Welcome!

To Register Call (920) 322-3630

CANASTA

Wednesdays
12:30– 3:00 p.m.



New Players Welcome!

To Register Call (920) 322-3630

BUNCO

Mondays
12:30– 3:00 p.m.



New Players Welcome!

To Register Call (920) 322-3630

MAH JONGG

Tuesdays at the Park and Thursdays at the Center
12:00 - 3:00p.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!

New players welcome!



To Register Call (920)322-3630

STAY BUSY

UKULELE GROUP

Wednesdays
10:00 a.m.



Grab your ukulele and come and play with us!
New people always welcome!

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

To Register Call (920) 322-3630

SCAMP BAND PRACTICE

See you in 2022!



New musicians always welcome!
If you are interested give us a call!
(920) 322-3630

BEGINNING COUNTRY LINE DANCING

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



COUNTRY LINE DANCING

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

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

GAME DAY

* See Below For New Time
Fridays
9:00-11:00 a.m.



Bring your favorite game and join us for some fun.
New people always welcome!

To Register Call (920)322-3630

Parkinson's Movement & Music

Due to rising COVID numbers, The Wisconsin Parkinson Association has moved to all virtual programming.
We hope to resume in-person classes in the near future!

Questions? Contact Laurie at (414)386-2305



Parkinson's Support Group Meeting

Will not meet this month

This group meets the 2nd Tuesday of the month





Everyone is Welcome.



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="text-align: center;">  <h1 style="margin: 0;">SEPTEMBER</h1> </div>	<p>1</p> <p>9:30 Scamp Band Practice 10:00 Ukulele Group 11:00 Dive Up Senior Dining Meal 12:30 Canasta 1:00 Senior Snappers</p>	<p>2</p> <p>9:30 Scrapbooking 10:00 Walking Group 11:00 Dive Up Senior Dining Meal 12:00 Mah Jongg 12:30 Cribbage 5:30 Beginning Line Dancing 5:30 Parents of Angels 6:30 Line Dancing</p>	<p>3</p> <p>9:00 Game Day 9:00 Video Walk to Fitness 11:00 Dive Up Senior Dining Meal 4 Saturday 10:00 Walking Group 5 Sunday</p>	
<p>6</p> <div style="text-align: center;">  <p>★ ★ ★</p> </div> <p style="text-align: center;">CLOSED</p>	<p>7</p> <p>10:00 Walking Group 11:00 Dive Up Senior Dining Meal 12:00 Mah Jongg 12:30 Cribbage 1:00 Beading Buddies 1:00 Stitchery/Knitting</p>	<p>8</p> <p>9:30 Scamp Band Practice 10:00 Ukulele Group 11:00 Dive Up Senior Dining Meal 12:30 Canasta 12:30 Movie- The God Committee 1:00 Genealogy</p>	<p>9</p> <p>9:30 Scrapbooking 10:00 Walking Group 11:00 Dive Up Senior Dining Meal 12:00 Mah Jongg 12:30 Cribbage 5:30 Beginning Line Dancing 6:30 Line Dancing 7:00 Sunset Stitches Quilting</p>	<p>10</p> <p>9:00 Game Day 9:00 Video Walk to Fitness 11:00 Dive Up Senior Dining Meal 11 Saturday 10:00 Walking Group 12 Sunday</p>
<p>13</p> <p>9:00 Balance and Stretch 9:00 Wood Carving 11:00 Dive Up Senior Dining Meal 12:00 Euchre 12:30 Bunco 1:00 German 2:00 Cardio Drumming</p>	<p>14</p> <p>10:00 Walking Group 11:00 Dive Up Senior Dining Meal 12:00 Mah Jongg 12:30 Cribbage 1:00 Beading Buddies 1:00 Stitchery/Knitting 1:00 Parkinson's Mount & Music 6:00 Coin Club</p>	<p>15</p> <p>9:30 Scamp Band Practice 10:00 Ukulele Group 11:00 Dive Up Senior Dining Meal 12:30 Canasta 1:00 Senior Snappers 6:30 Stamp Club</p>	<p>16</p> <p>9:30 Scrapbooking 10:00 Walking Group 11:00 Dive Up Senior Dining Meal 12:00 Mah Jongg 1:00 How to Mah Jongg 12:30 Cribbage 5:30 Beginning Line Dancing 5:30 Parents of Angels 6:30 Line Dancing</p>	<p>17</p> <p>9:00 Game Day 9:00 Video Walk to Fitness 10:00 Memory Writers 11:00 Dive Up Senior Dining Meal 18 Saturday 10:00 Walking Group 19 Sunday</p>
<p>20</p> <p>9:00 Balance & Stretch 9:00 Wood Carving 11:00 Dive Up Senior Dining Meal 12:00 Euchre 12:30 Bunco 1:00 German 2:00 Cardio Drumming</p>	<p>21</p> <p>10:00 Walking Group 11:00 Dive Up Senior Dining Meal 12:00 Mah Jongg 12:30 Cribbage 12:30 Movie- Queen Bees 1:00 Beading Buddies 1:00 Stitchery/Knitting</p>	<p>22</p> <p>9:30 Scamp Band Practice 10:00 Ukulele Group 11:00 Dive Up Senior Dining Meal 12:00 Lunch & Learn 12:30 Canasta 1:00 Genealogy</p>	<p>23</p> <p>9:30 Scrapbooking 10:00 Walking Group 11:00 Dive Up Senior Dining Meal 12:00 Mah Jongg 12:30 Cribbage 5:30 Beginning Line Dancing 6:30 Line Dancing</p>	<p>24</p> <p>9:00 Game Day 9:00 Video Walk to Fitness 10:00 Memory Writers 11:00 Dive Up Senior Dining Meal 25 Saturday 10:00 Walking Group 26 Sunday</p>
<p>27</p> <p>9:00 Balance and Stretch 9:00 Wood Carving 11:00 Dive Up Senior Dining Meal 12:00 Euchre 12:30 Bunco 1:00 German 2:00 Cardio Drumming</p>	<p>28</p> <p>10:00 Walking Group 11:00 Dive Up Senior Dining Meal 12:00 Mah Jongg 12:30 Cribbage 1:00 Beading Buddies 1:00 Stitchery/Knitting 2:00 Parkinson's Mount & Music</p>	<p>29</p> <p>9:30 Scamp Band Practice 10:00 Ukulele Group 11:00 Dive Up Senior Dining Meal 12:00 Lunch & Learn 12:30 Canasta 1:00 When I'm 65</p>	<p>30</p> <p>9:30 Scrapbooking 10:00 Walking Group 11:00 Dive Up Senior Dining Meal 12:00 Mah Jongg 12:30 Cribbage 5:30 Beginning Line Dancing 6:30 Line Dancing</p>	

OPEN POOL

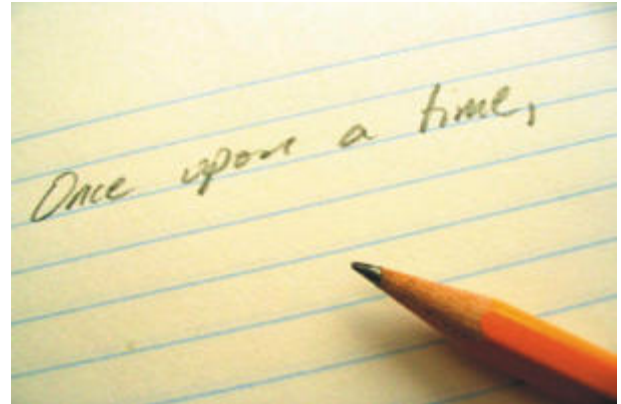
Mondays - Thursdays
12:30-3:00 p.m.
Tuesdays and Thursdays
9:00- 11:00 a.m.



Pool League is being postponed due to surging Covid numbers. Watch for more info in October.

MEMORY WRITERS

Fridays
Beginning September 17
10:00–11:30 a.m.



Join us to share and preserve life experiences and family history.

To Register Call (920) 322-3630

EUCHRE

Mondays
12:00 -3:00 p.m.



Come join us! Space is limited.

Call To Register:
(920) 322-3630

WOOD CARVING

Mondays
9:00 a.m.



Never carved before?
No problem– Come and learn!

To Register Call (920) 322-3630

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D 4C 01-1122



SEWING CLASS

Mondays, 12:00– 3:00 p.m.
 October 4, 11, 18, , November 1 & 8
 Cost \$15

Join us for this 5 week sewing class taught by Carol Lamont.

All skill levels are welcome!

To Register Call (920)322-3630



GERMAN FOR BEGINNERS

Mondays
 1:00– 2:30 p.m.



To Register Call (920) 322-3630



WHEN I'M 65

Wednesday, September 29
 1:00 p.m.

Speaker: Julie Hilbert, McNamara & Theil

Are you nearing the age of retirement and wondering what impact turning 65 will have on you? Learn the various parts of Social Security and Medicare, what choices you need to make when you become eligible, and what the timelines are for those choices. This program is not just for those turning 65—but for anyone who has benefit concerns and questions.

To Register Call (920) 322-3630

DOTS & BAMS & CRAKS, OH MY! HOW TO MAH JONGG

Thursday, September 16
 1:00 p.m.



Have you ever wanted to come and play Mah Jongg but haven't because you don't know how? Join us for this informational Mah Jongg Presentation that will have you Mah Jongging in no time.

To Register Call (920)322-3630

MATH RIDDLES

CRAZY 8S



Using only addition, add eight 8s to get the number 1,000.

INHERITANCE



Old Granny Adams left half her money to her granddaughter and half that amount to her grandson. She left a sixth to her brother, and the remainder, \$1,000, to the dogs' home.
How much did she leave altogether?

AGE GAP



One brother says of his younger brother: "Two years ago, I was three times as old as my brother was. In three years' time, I will be twice as old as my brother." How old are they each now?

BEADING BUDDIES

Tuesdays
1:00-3:00 p.m.



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

To Register Call (920) 322-3630

STITCHERY / KNITTING

Tuesdays
1:00-3:00 p.m.

Bring your project and join us!



To Register Call (920) 322-3630

SCRAPBOOKING

Thursdays
9:30-11:30 a.m.



Bring your project and join us.
New Scrapbookers Welcome!

To Register Call (920) 322-3630

SUNSET STITCHERS QUILT GUILD

Thursday, September 9
7:00 p.m.



Meeting the 2nd Thursday of the month.

New Members Welcome!

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!

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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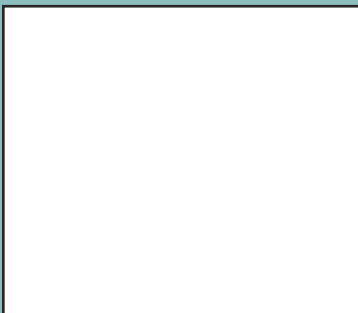
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There are many opportunities through the **Alzheimer's Association** for family caregiver and general awareness education and support groups offered via live webinar/teleconference during this time. Please visit alz.org/wi or call **800.272.3900**.

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



Lakeland Care, Inc. (LCI) is a Wisconsin-based managed care organization (MCO) providing long-term care services and supports to eligible frail elders through Wisconsin's Family Care program. Contact the ADRC of Fond du Lac County for more information - (920) 929-3466

Guess How Many

It's back to school time! Guess how many pencils there are. The person who guesses closest wins a prize!



Call (920) 322-3630 with your guess!

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!

September 2021 Fond du Lac County Senior Dining

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																											
<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p style="text-align: center; margin: 0;">Aug 2021</p> <table style="width: 100%; border-collapse: collapse; font-size: small;"> <tr><td style="border: none;">M</td><td style="border: none;">T</td><td style="border: none;">W</td><td style="border: none;">T</td><td style="border: none;">F</td><td style="border: none;">S</td><td style="border: none;">S</td></tr> <tr><td style="border: none;"></td><td style="border: none;"></td><td style="border: none;"></td><td style="border: none;"></td><td style="border: none;"></td><td style="border: none;"></td><td style="border: none; text-align: center;">1</td></tr> <tr><td style="border: none;">2</td><td style="border: none;">3</td><td style="border: none;">4</td><td style="border: none;">5</td><td style="border: none;">6</td><td style="border: none;">7</td><td style="border: none;">8</td></tr> <tr><td style="border: none;">9</td><td style="border: none;">10</td><td style="border: none;">11</td><td style="border: none;">12</td><td style="border: none;">13</td><td style="border: none;">14</td><td style="border: none;">15</td></tr> <tr><td style="border: none;">16</td><td style="border: none;">17</td><td style="border: none;">18</td><td style="border: none;">19</td><td style="border: none;">20</td><td style="border: none;">21</td><td style="border: none;">22</td></tr> <tr><td style="border: none;">23</td><td style="border: none;">24</td><td style="border: none;">25</td><td style="border: none;">26</td><td style="border: none;">27</td><td style="border: none;">28</td><td style="border: none;">29</td></tr> <tr><td style="border: none;">30</td><td style="border: none;">31</td><td style="border: none;"></td><td style="border: none;"></td><td style="border: none;"></td><td style="border: none;"></td><td style="border: none;"></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 style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p style="text-align: center; margin: 0;">Oct 2021</p> <table style="width: 100%; border-collapse: collapse; font-size: small;"> <tr><td style="border: none;">M</td><td style="border: none;">T</td><td style="border: none;">W</td><td style="border: none;">T</td><td style="border: none;">F</td><td style="border: none;">S</td><td style="border: none;">S</td></tr> <tr><td style="border: none;"></td><td style="border: none;"></td><td style="border: none;"></td><td style="border: none;"></td><td style="border: none;"></td><td style="border: none;"></td><td style="border: none; text-align: center;">1 2 3</td></tr> <tr><td style="border: none;">4</td><td style="border: none;">5</td><td style="border: none;">6</td><td style="border: none;">7</td><td style="border: none;">8</td><td style="border: none;">9</td><td style="border: none;">10</td></tr> <tr><td style="border: none;">11</td><td style="border: none;">12</td><td style="border: none;">13</td><td style="border: none;">14</td><td style="border: none;">15</td><td style="border: none;">16</td><td style="border: none;">17</td></tr> <tr><td style="border: none;">18</td><td style="border: none;">19</td><td style="border: none;">20</td><td style="border: none;">21</td><td style="border: none;">22</td><td style="border: none;">23</td><td style="border: none;">24</td></tr> <tr><td style="border: none;">25</td><td style="border: none;">26</td><td style="border: none;">27</td><td style="border: none;">28</td><td style="border: none;">29</td><td style="border: none;">30</td><td style="border: none;">31</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	<p style="font-size: 2em; font-weight: bold; margin: 0;">1</p> <p>Pork Steak Mashed Potatoes Red Cabbage Butterfinger Torte Tropical Fruit Salad Sliced Bread</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">2</p> <p>Chili Casserole Tossed Salad Mand. Orange Gel. Birthday Cake Cornbread</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">3</p> <p>Hamburger on a Whole Wheat Bun Baked Beans Cole Slaw Fudge Brownie Apple Slices</p>
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<p style="font-size: 2em; font-weight: bold; margin: 0;">6</p> <p>Closed Labor Day</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">7</p> <p>Orange Chicken Baby Red Potatoes Broccoli Cuts Molasses Cookie Pineapple Tidbits Dinner Roll</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">8</p> <p>Country Fried Steak Mashed Potatoes Baby Carrots Applesauce Cake Apricot Halves Sliced Bread</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">9</p> <p>Sweet & Sour Pork over Brown Rice Brussels Sprouts Raspberry Sherbet Pear Slices Dinner Roll</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">10</p> <p>Crispy Fish Fillet Cheesy Potato Bake Tossed Salad Honeydew Melon Cookie Onion Rye Bread</p>																																																																																											
<p style="font-size: 2em; font-weight: bold; margin: 0;">13</p> <p>Baked Chicken Twice Bk Style Pot. Three Bean Salad Vanilla Pudding Apple Slices Sliced Bread</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">14</p> <p>Baked Spaghetti Italian Blend Veg. Red Velvet Cake Cantaloupe Slice French Bread</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">15</p> <p>Swiss Steak Mashed Potatoes Swiss Spinach Choc. Chip Cookie Applesauce Sliced Bread</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">16</p> <p>Smoked Sausage Baked Potato Mixed Vegetables Fruited Gelatin Cinnamon Roll Dinner Roll</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">17</p> <p>Liver and Onions Garlic Mashed Pot. Corn Petite Banana Ice Cream Cup Sliced Bread</p>																																																																																											
<p style="font-size: 2em; font-weight: bold; margin: 0;">20</p> <p>Roast Pork Loin Mashed Potatoes Carrots Pineapple Tidbits Fudge Brownie Sliced Bread</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">21</p> <p>Pepper Steak Baby Red Potatoes Tossed Salad Coconut Cream Pie Honeydew Melon Dinner Roll</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">22</p> <p>Swedish Meatballs Mashed Potatoes Peas/Pearl Onions Chocolate Pudding Tropical Fruit Salad Sliced Bread</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">23</p> <p>Chicken Teriyaki Brown Rice Health Slaw Apple Slices Cookie Dinner Roll</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">24</p> <p>Beef Frank on a Whole Wheat Bun Calico Bean Cass. Broccoli Cuts Frosted Cake Fruited Gelatin</p>																																																																																											
<p style="font-size: 2em; font-weight: bold; margin: 0;">27</p> <p>Chicken Tetrizzini Casserole Spinach Salad with Rasp. Vinaigrette Cantaloupe Slice Cinnamon Roll Sliced Bread</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">28</p> <p>Pot Roast Baby Red Potatoes Baby Carrots Pumpkin Cake Peach Slices Dinner Roll</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">29</p> <p>Baked Chicken Garlic Mashed Pot. Copper Penny Salad Tapioca Pudding Applesauce Sliced Bread</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">30</p> <p>BBQ Pork Cutlet White Bean Salad Calif. Blend Veg. Orange Sherbet Petite Banana Dinner Roll</p>																																																																																												

Back to School Scramble



Everything was almost ready to start the new school year but the labels for the classroom got jumbled. Can you unscramble the letters to form the names of 24 things you might find in your classroom? Watch out, one of the objects is formed from two words.

IRCAH _____

FGAL _____

BKOENOTO _____

CDLNARAE _____

REEARS _____

LSARTPE _____

EGLU _____

IRFLEAAMR _____

CNLEPI _____

KSED _____

OASOCBEK _____

TXOKBTOE _____

CRTOLUALCA _____

RRAMEK _____

KACKCBAP _____

ROSSSICS _____

CKALH _____

OLCKC _____

CATEEHR _____

MSOACPS _____

ENDUSTT _____

GLEBO _____

NIBDRE _____

APPRE _____

WHAT'S GOING ON

LIKE US ON FACEBOOK



Don't miss out! Like us on Facebook for the most up to date information, live events, additional programs and activities, and special announcements .

[HTTPS://WWW.FACEBOOK.COM/
FONDDULACSENIORCENTER](https://www.facebook.com/fonddulacseniorcenter)

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



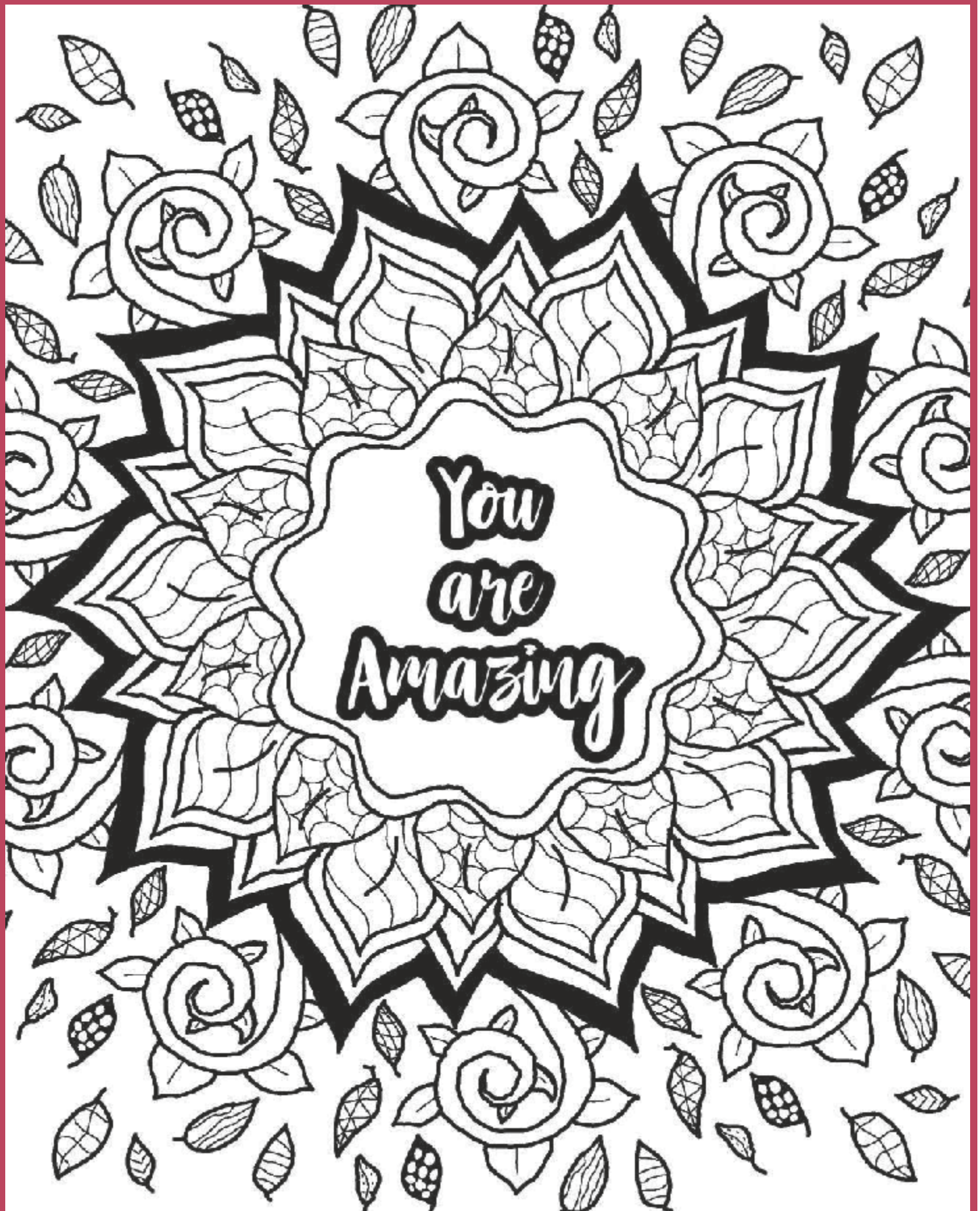
Want the latest information on programs and activities that are going on at the Center? You can call our Update Hotline at (920) 322-3636 for monthly updates!

PUZZLE SOLUTIONS

Are you stumped? Call us for hints or answers!

(920) 322-3630





NEVER MISS A NEWSLETTER!

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



2021 Friends Membership Application

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

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

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

NAME(s) (both, if couple)	
MAILING ADDRESS (with apt #)	
CITY, STATE, ZIP	
PHONE NUMBER	
BIRTHDATE (optional)	
E-MAIL	

I'D LIKE TO GO GREEN! RATHER THAN U.S. MAIL, PLEASE E-MAIL MY MONTHLY NEWSLETTER TO THE EMAIL ADDRESS ABOVE

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

CHOICE OF SUPPORT:

THANK YOU FOR SUPPORTING THE FRIENDS!

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

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

\$50.00 FANTASTIC FRIENDS membership support – Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of our Center and is much appreciated. Due to Covid-19, the 2021 Dine Out Books are on hold at this point, however if things change and Dine Out Books are printed, you will be contacted to pick up a free book in appreciation of your support. The **FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership** and additional donation to Friends to help with the operation of our Center.

\$100.00 FABULOUS FRIENDS membership support – Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. Due to Covid-19, the 2021 Dine Out Books are on hold at this point, however if things change and Dine Out Books are printed, you will be contacted to pick up a free book in appreciation of your support. The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.

_____ **TOTAL ENCLOSED** (Utility Donation and Friends Membership **can** be on the same check.)
Because the Friends is a 501(c)(3) nonprofit organization, your contribution is tax deductible.

Please note that 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

September 2021 Newsletter

_____ Card File

_____ Computer



Fond du Lac Senior Center

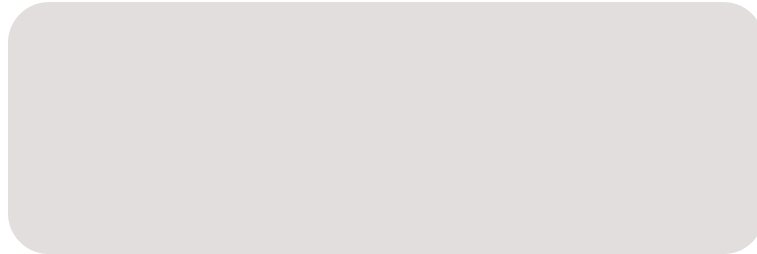
151 E. First Street
Fond du Lac, WI 54935

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

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.