

FRIENDS OF THE FOND DU LAC SENIOR CENTER

# AMONG FRIENDS

NEWSLETTER

OCTOBER 2021



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

Did you ever have one of those tickles in your throat? The kind where one spot in your throat was a little dry and you knew that if you didn't get a glass of water – and fast – that you would start coughing like crazy?

Well, that happened to me the other day, and worse yet, it was in public. What I realized also happens now when you cough in public, is that people give you what I call the “death glare”. Have you seen this? Someone coughs or sneezes in public, and everyone turns and glares at them? It feels like it's the same look that many parents use when their kids decide not to behave in public.

I know we're living in a pandemic and we all need to be cognizant of minimizing the spread of germs, but realistically, people are still going to cough and sneeze! That whole experience made me long for the good old days – you know the ones – where you could cough freely (into your elbow of course!), and not be judged. Ohhhh the good old days.

Anyway, speaking of the good old days, we keep hearing from people that they wish the Center could go back to the way it was before the pandemic. I completely understand. The good news is that **so many** of our programs and activities are back! The monthly calendar that we publish in the newsletter has gotten so full that we couldn't fit everything on one page this month – that's progress!

Thank you to all of you that have been so supportive of Sarah and me during the last year and a half. We will continue to do our best to provide programs and activities at our Center while keeping your health and safety our main priority. Maybe these aren't the “good old days”, but there are many, many good days right now – enjoy!

Happy October and hope to see you soon.

Cathy





## Veteran's Day Pancake Breakfast

Join us as we honor our Veteran's with our annual Pancake Breakfast.  
Friday, November 12  
8:30 - 10:00 a.m.



RSVP Required (920) 322-3630 by Noon, Friday November 5th.  
Watch November's newsletter to see if this event will be in-person or "drive through".  
Thank you Lake View Senior Living for helping to sponsor this event.



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## 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.



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. 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.



## FALL WORDS CRYPTOGRAM

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
4				26									19					24							



$$\begin{array}{r} A \qquad \qquad \qquad N \\ 4 \ 11 \ 13 \ 10 \ 19 \end{array}$$

$$\begin{array}{r} A \qquad \qquad \qquad E \\ 4 \ 6 \ 6 \ 17 \ 26 \end{array}$$

$$\begin{array}{r} \qquad \qquad \qquad N \\ 11 \ 13 \ 10 \ 19 \end{array}$$

$$\begin{array}{r} E \qquad \qquad \qquad N \\ 26 \ 2 \ 23 \ 21 \ 19 \ 13 \ 3 \end{array}$$

$$\begin{array}{r} \qquad \qquad \qquad A \\ 12 \ 13 \ 13 \ 20 \ 7 \ 4 \ 17 \ 17 \end{array}$$

$$\begin{array}{r} A \qquad \qquad \qquad E \\ 22 \ 4 \ 9 \ 10 \ 21 \ 25 \ 26 \end{array}$$

$$\begin{array}{r} A \qquad \qquad \qquad E \\ 16 \ 4 \ 11 \ 14 \ 26 \ 20 \end{array}$$

$$\begin{array}{r} E \ A \qquad \qquad E \ S \\ 17 \ 26 \ 4 \ 8 \ 26 \ 24 \end{array}$$

$$\begin{array}{r} A \qquad \qquad \qquad E \\ 15 \ 4 \ 6 \ 17 \ 26 \end{array}$$

$$\begin{array}{r} \qquad \qquad \qquad \qquad \qquad N \\ 6 \ 23 \ 15 \ 6 \ 14 \ 21 \ 19 \end{array}$$

$$\begin{array}{r} A \qquad \qquad \qquad E \\ 10 \ 4 \ 14 \ 26 \end{array}$$

$$\begin{array}{r} S \qquad A \qquad \qquad E \\ 24 \ 11 \ 4 \ 10 \ 26 \ 11 \ 10 \ 13 \ 5 \end{array}$$

$$\begin{array}{r} S \qquad \qquad N \qquad \qquad \qquad E \\ 24 \ 23 \ 19 \ 12 \ 17 \ 13 \ 5 \ 26 \ 10 \end{array}$$

$$\begin{array}{r} \qquad \qquad \qquad \qquad \qquad E \\ 20 \ 23 \ 10 \ 14 \ 26 \ 9 \end{array}$$





# GROUPS/CLUBS

## COIN CLUB

Tuesday, October 12  
6:00 p.m.

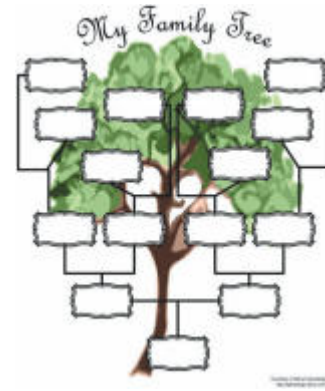


2nd Tuesday of the Month

New Members Welcome!

## GENEALOGY GROUP

Wednesday October 13 & 27  
1:00 p.m.



2nd and 4th Wednesdays  
New members always welcome!

To Register Call (920)322-3630

## STAMP CLUB

Wednesday, October 20  
6:30 p.m.



3rd Wednesday of the Month

New Members Welcome!

## SENIOR SNAPPERS

Wednesday, October 6 & 20  
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





## IN THE HEIGHTS



Thursday, October 7 AND  
Wednesday, October 20

12:30 p.m. Doors open at 12:15p.m.  
\*Note Start Time  
PG-13 · 2021 · Musical/Drama · 2h 23m

**Starring:** Lin-Manuel Miranda, Anthony Ramos, Melissa Barrera, Leslie Grace

**Summary:** Washington Heights, N.Y., the scent of warm coffee hangs in the air just outside of the 181st St. subway stop, where a kaleidoscope of dreams rallies a vibrant and tight-knit community. At the intersection of it all is a likable and magnetic bodega owner who hopes, imagines and sings about a better life.

Lawn Chairs Welcome!

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

## 12 MIGHTY ORPHANS



Wednesday, October 13 AND  
Thursday, October 28

12:30 p.m. Doors open at 12:15 p.m.  
\*Note Start Time  
PG-13 · 2021 · Sport/Drama 1h 58m

**Starring:** Rooster McConaughey, Luke Wilson, Robert Duvall, Jake Austin Walker

**Summary:** During the Great Depression, Rusty Russell gives up a privileged position to coach football at an orphanage in Fort Worth, Texas. Whipping his young players into shape, they soon become an inspiration to their city, state and an entire nation. Based on a true story.

Lawn Chairs Welcome!

Limited Space Available. Pre-Registration is Required  
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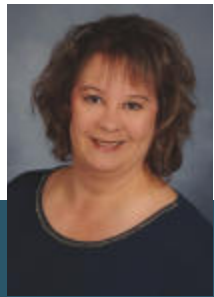
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*The former Senior Benefit Specialist for Fond du Lac County. Julie has been serving older adults for over 15 years. She continues to provide the same experience and expertise as she did with Fond du Lac County. Julie will specialize in Medicare, Individual/Group 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.  
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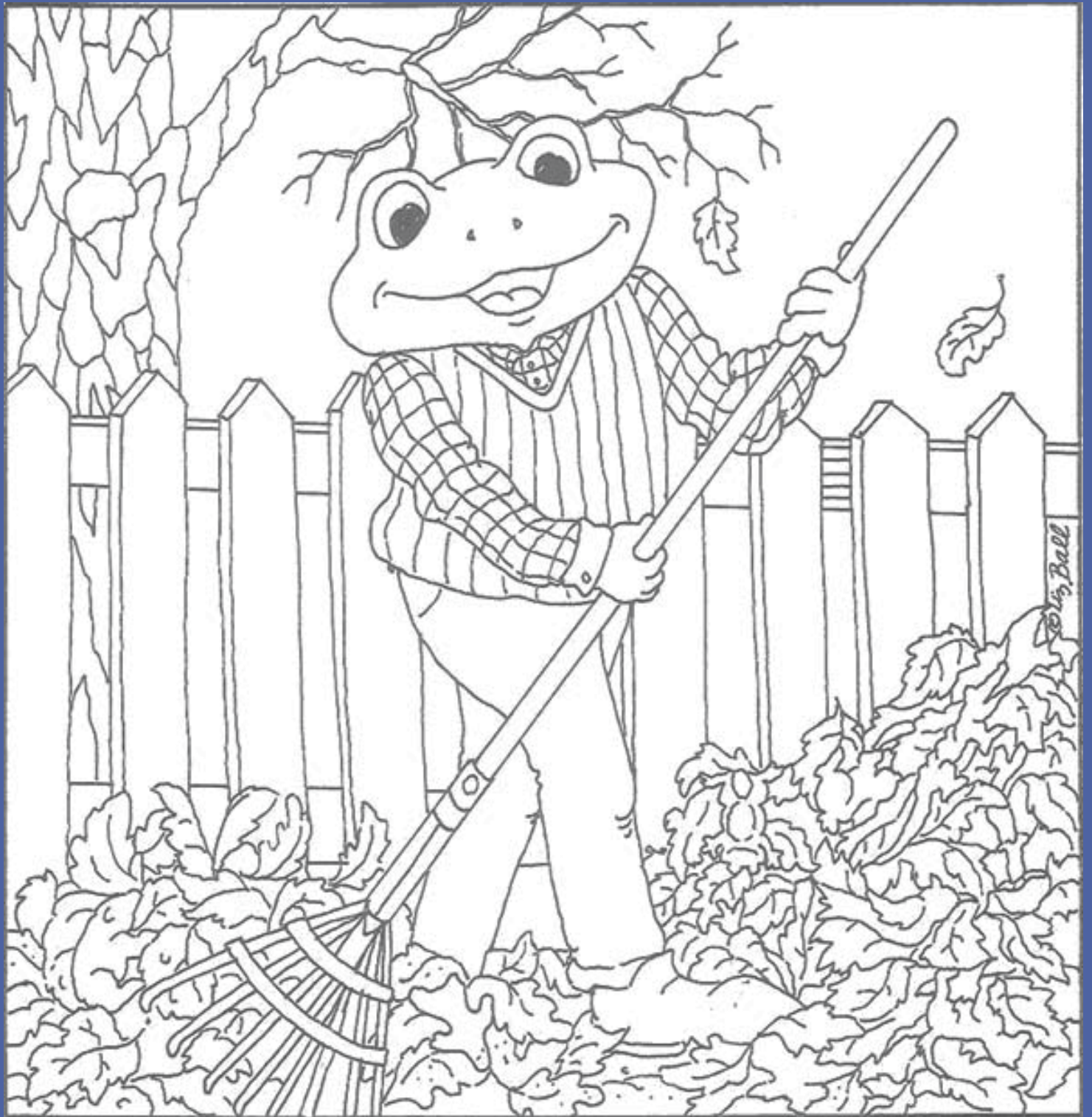
109 W. Main St.  
Campbellsport  
920-533-4422

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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**

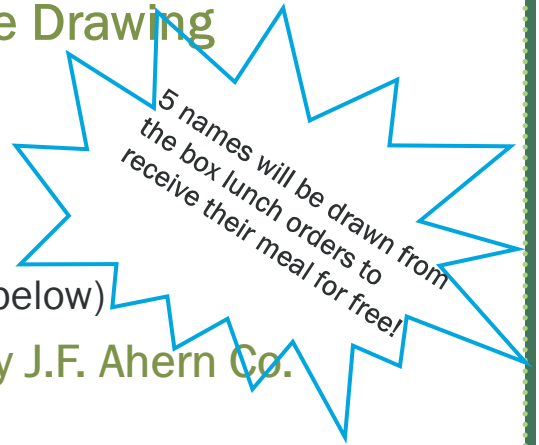
**October 13, 2021**

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—\$10.00 each*

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 & Thursdays at the Center  
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 & 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

## 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

5 class punch card for \$10.00  
Available from Instructor Mike Seurer

## GAME DAY

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



## PUMPKIN SPICE CHEESECAKE ENCHILADAS WITH CARAMEL DRIZZLE

Tuesday, October 19  
1:30 p.m.



Join us in person or on Facebook Live as we make these tasty fall treats.  
Must register ahead if attending in person  
(920)322-3630



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our Community!*



# OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>4</b> 9:00 Balance and Stretch 9:00 Wood Carving 11:00 Drive Up Senior Dining Meal 12:00 Euchre 12:30 Bunco 12:00 Sewing 1:00 German 2:00 Cardio Drumming	<b>5</b> 9:00 Tech Tyme 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 12:30 Cribbage 1:00 Beading Buddies 1:00 Stitchery/Knitting/Crochet	<b>6</b> 10:00 Ukulele Group 11:00 Drive Up Senior Dining Meal 12:30 Canasta 1:00 Senior Snappers	<b>7</b> 9:30 Scrapbooking 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 12:30 Cribbage 12:30 Movie- In the Heights 5:30 Parents of Angels 5:30 Beginning Line Dancing 6:30 Line Dancing	<b>1</b> 9:00 Game Day 9:00 Video Walk to Fitness 10:00 Memory Writers 11:00 Drive Up Senior Dining Meal <u>2 Saturday</u> 10:00 Walking Group <u>3 Sunday</u>
<b>11</b> 9:00 Balance and Stretch 9:00 Wood Carving 11:00 Drive Up Senior Dining Meal 12:00 Sewing 12:00 Euchre 12:30 Bunco 1:00 German 2:00 Cardio Drumming	<b>12</b> 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 12:30 Cribbage 1:00 Beading Buddies 1:00 Stitchery/Knitting/Crochet 1:00 Parkinson's Support Group 2:00 Parkinson Movement & Music 6:00 Coin Club	<b>13</b> 10:00 Ukulele Group 11:00 Drive Up Senior Dining Meal 12:30 Canasta 12:30 Movie-12 Mighty Orphans 1:00 Genealogy 5:00 Fall Social Supper 6:00 Raffle Drawing	<b>14</b> 9:30 Scrapbooking 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 12:30 Cribbage 5:30 Beginning Line Dancing 6:30 Line Dancing 7:00 Sunset Stitches	<b>15</b> 9:00 Game Day 9:00 Video Walk to Fitness 10:00 Memory Writers 11:00 Drive Up Senior Dining Meal <u>16 Saturday</u> 10:00 Walking Group <u>17 Sunday</u>
<b>18</b> 9:00 Balance & Stretch 9:00 Wood Carving 11:00 Drive Up Senior Dining Meal 12:00 Sewing 12:00 Euchre 12:30 Bunco 1:00 German 2:00 Cardio Drumming	<b>19</b> 9:00 Tech Tyme 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 12:30 Cribbage 1:00 Beading Buddies 1:00 Stitchery/Knitting/Crochet 1:30 Clever Cook	<b>20</b> 10:00 Ukulele Group 11:00 Drive Up Senior Dining Meal 12:00 Lunch & Learn 12:30 Canasta 12:30 Movie- In the Heights 1:00 Senior Snappers 6:30 Stamp Club	<b>21</b> 9:30 Scrapbooking 10:00 Walking Group 11:00 Drive 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	<b>22</b> 9:00 Game Day 9:00 Video Walk to Fitness 10:00 Memory Writers 11:00 Drive Up Senior Dining Meal <u>23 Saturday</u> 10:00 Walking Group <u>24 Sunday</u>



<b>25</b> 9:00 Balance and Stretch 9:00 Wood Carving 11:00 Drive Up Senior Dining Meal 12:00 Euchre 12:30 Bunco 1:00 German 2:00 Cardio Drumming	<b>26</b> 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 12:30 Cribbage 1:00 Beading Buddies 1:00 Stitchery/Knitting / Crochet 2:00 Parkinson Movement & Music	<b>27</b> 10:00 Ukulele Group 11:00 Drive Up Senior Dining Meal 12:30 Canasta 1:00 Genealogy 1:30 Halloween Bingo	<b>28</b> 9:30 Scrapbooking 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 12:30 Cribbage 12:30 Movie-12 Mighty Orphans 5:30 Beginning Line Dancing 6:30 Alzheimer's Support Group	<b>29</b> 9:00 Game Day 9:00 Video Walk to Fitness 10:00 Memory Writers 11:00 Drive Up Senior Dining Meal <b>30 Saturday</b> 10:00 Walking Group <b>31 Sunday</b>
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## FALL WORD SUDOKU

Fill in the grids so that each letter in each word listed at the bottom of each grid occurs only once in a row, column and the block!

	F	A		
A			F	
	A		E	
F				L

LEAF

	K			E
			K	
R			A	
			E	R

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[gwaar.org/senior-medicare-patrol](http://gwaar.org/senior-medicare-patrol)

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

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

## TECH TYME

Tuesday , October 5 & 19  
9:00 - 11:00 a.m.  
BY APPOINTMENT ONLY



Bring in your tablet, smart phone, iPad or other electronic device and get one on one help with your device.

To register call (920) 322-3630

*All sessions are limited to 30 minutes*

## HALLOWEEN BINGO

Wednesday, October 27  
1:30 - 3:00 p.m.



Dust off your costumes and come and join us for a fun-filled afternoon of Bingo.  
Best costume wins a prize!

To Register call (920) 322-3630

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## Where in Fond du Lac are Cathy & Sarah



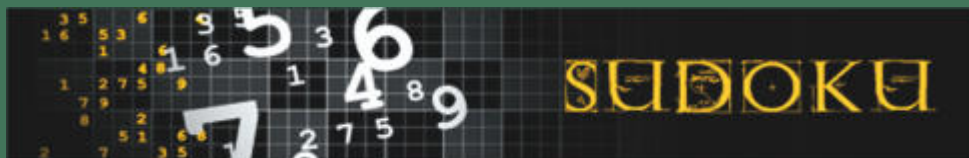
We are at the newly renovated Lakeside Park Pavilion! Please join us on October 13th at the Pavilion for the Friends of the Fond du Lac Senior Center Fall Social and Raffle Drawing.

More information about the event can be found on Page 10.

## Guess How Many



Guess how many pieces of candy are in the pumpkin. Closest guesser wins the candy. One guess per person. Call (920) 322-3630



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



## 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

## STITCH, KNIT, CROCHET OR CRAFT

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

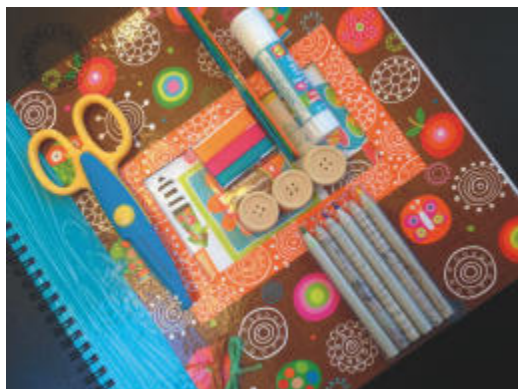
Bring your project and join us!



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, October 14  
7:00 p.m.



Meeting the 2nd Thursday of the month.

New Members Welcome!

# 2021 Dine Out Books



52 Coupons  
 40+ Local Businesses  
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 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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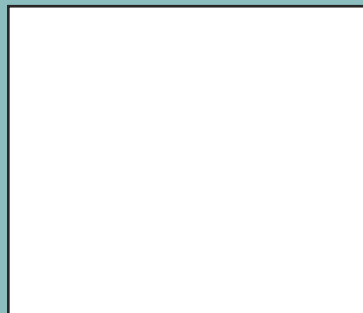
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 (near the Aurora Clinic)

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



# CLASSES, SUPPORT GROUPS AND RESOURCES<sup>21</sup>



We are happy to announce that WPA's Movement & Music Class and Support Group have returned for October.

## PARKINSON'S MOVEMENT & MUSIC

Tuesday, October 12 & 26 at 2:00 p.m.

Free class which includes chair and standing movements to music in a group setting for fun, fitness, and socialization.

Meets the 2nd & 4th Tuesdays of the month.

**\*\*Proof of Vaccination Required for this class**

For questions and registration  
call (920) 322-3630

## PARKINSON'S SUPPORT GROUP

Tuesday, October 12 at 1:00 p.m.

This group meets the 2nd Tuesday of the month

Please visit their website at  
[www.wiparkinson.org](http://www.wiparkinson.org) or call **414.312.6990**  
for more information.

**Alzheimer's Support Group  
Meets at the Senior Center  
October 28th  
(4th Thursday of every month)  
6:30 p.m.**

Please visit [alz.org/wi](http://alz.org/wi) or call **800.272.3900** for more information about family caregiver, education, and support groups programs offered via live webinar or teleconference.



## 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!

**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**

## 911 CELL PHONES AVAILABLE



Don't be this lady! Get your 911 Cell Phone today!  
Call (920) 322-3630 for details

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!

## October 2021 Fond du Lac County Senior Dining

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																				
<table border="1" style="margin: auto; border-collapse: collapse;"> <caption>Sep 2021</caption> <thead> <tr> <th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th></tr> </thead> <tbody> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td></tr> </tbody> </table>		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				<table border="1" style="margin: auto; border-collapse: collapse;"> <caption>Nov 2021</caption> <thead> <tr> <th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th></tr> </thead> <tbody> <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></td><td></td><td></td><td></td><td></td></tr> </tbody> </table>		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						<p><b>1</b></p> <ul style="list-style-type: none"> <li>Chicken Breast</li> <li>Mashed Potatoes</li> <li>Green Beans</li> <li>Sundae Cup</li> <li>Pineapple Tidbits</li> <li>Sliced Bread</li> </ul>
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<p><b>4</b></p> <ul style="list-style-type: none"> <li>Salisbury Steak</li> <li>Mashed Potatoes</li> <li>Mixed Vegetables</li> <li>Choc Cloud Torte</li> <li>Pear Slices</li> <li>Sliced Bread</li> </ul>	<p><b>5</b></p> <ul style="list-style-type: none"> <li>Escaloped Potatoes and Ham Casserole</li> <li>Tossed Salad</li> <li>Apple Slices</li> <li>P-nut Butter Cookie</li> <li>Dinner Roll</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>Pork Jaegerschnitzel</li> <li>Mashed Potatoes</li> <li>Pickled Beet Salad</li> <li>Butterscotch Pud.</li> <li>Peach Slices</li> <li>Sliced Bread</li> </ul>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>Chicken Marsala</li> <li>Baked Potato</li> <li>Copper Penny Sal.</li> <li>Birthday Cake</li> <li>Honeydew Melon</li> <li>Dinner Roll</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>Hawaiian Meatballs</li> <li>Calico Bean Cass.</li> <li>Broccoli Cuts</li> <li>Petite Banana</li> <li>Cookie</li> <li>Sliced Bread</li> </ul>																																																																																				
<p><b>11</b></p> <ul style="list-style-type: none"> <li>Roast Pork Loin</li> <li>Mashed Potatoes</li> <li>Baby Carrots</li> <li>Applesauce</li> <li>Spice Cake</li> <li>Sliced Bread</li> </ul>	<p><b>12</b></p> <ul style="list-style-type: none"> <li>Baked Chicken</li> <li>Garlic Mashed Pot.</li> <li>Three Bean Salad</li> <li>Ambrosia Dessert</li> <li>Apricot Halves</li> <li>Vanilla Pudding</li> <li>Dinner Roll</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>Glazed Ham</li> <li>Sweet Potato Bake</li> <li>Cole Slaw</li> <li>Tropical Fruit Salad</li> <li>Cinnamon Roll</li> <li>Sliced Bread</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>Crispy Fish Fillet</li> <li>German Pot Salad</li> <li>Winter Blend Veg</li> <li>Orange Sherbet</li> <li>Apple Slices</li> <li>Rye Dinner Roll</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>Beef Stroganoff</li> <li>Spinach Salad with Rasp. Vinaigrette</li> <li>Cantaloupe Slice</li> <li>Cream Sicle Torte</li> <li>Sliced Bread</li> </ul>																																																																																				
<p><b>18</b></p> <ul style="list-style-type: none"> <li>Roast Turkey</li> <li>Mashed Potatoes</li> <li>Squash</li> <li>Cranberry Gelatin</li> <li>Vanilla Pudding</li> <li>Sliced Bread</li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li>Lasagna Casserole</li> <li>Mixed Italian Salad</li> <li>Key Lime Pie</li> <li>Pear Slices</li> <li>French Bread</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>Meatloaf</li> <li>Baked Potato</li> <li>Corn</li> <li>Choc. Chip Cookie</li> <li>Fruit Cocktail</li> <li>Sliced Bread</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>Orange Chicken</li> <li>Baby Red Potatoes</li> <li>Broccoli Cuts</li> <li>Petite Banana</li> <li>Tapioca Pudding</li> <li>Dinner Roll</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>Hamburger on a Whole Wheat Bun</li> <li>Baked Beans</li> <li>Green Beans</li> <li>Honeydew Melon</li> <li>Fudge Brownie</li> </ul>																																																																																				
<p><b>25</b></p> <ul style="list-style-type: none"> <li>Honey Mustard Meatballs</li> <li>Brown Rice</li> <li>Calif. Blend Veg.</li> <li>Sugar Cookie</li> <li>Fruited Gelatin</li> <li>Sliced Bread</li> </ul>	<p><b>26</b></p> <ul style="list-style-type: none"> <li>Baked Chicken</li> <li>Twice Bk Style Pot.</li> <li>Peas/Cheese Salad</li> <li>Applesauce Cake</li> <li>Peach Slices</li> <li>Dinner Roll</li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>Pork Steak</li> <li>White Bean Salad</li> <li>Swiss Spinach</li> <li>Cantaloupe Slice</li> <li>Choc. Pudding</li> <li>Sliced Bread</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>Beef Stew</li> <li>Tossed Salad</li> <li>Ice Cream Cup</li> <li>Tropical Fruit Salad</li> <li>Cheddar Biscuit</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>Chopped Steak in Burg/Mush Sauce</li> <li>Mashed Potatoes</li> <li>Peas and Carrots</li> <li>Pumpkin Cake</li> <li>Apple Slices</li> <li>Sliced Bread</li> </ul>																																																																																				



## Costume Store Word Scramble

TWCIH \_\_\_\_\_

OMEZIB \_\_\_\_\_

WRZDAI \_\_\_\_\_

TOROB \_\_\_\_\_

KOTESLEN \_\_\_\_\_

BOCOYW \_\_\_\_\_

IESRDP \_\_\_\_\_

UKMNIPP \_\_\_\_\_

ARYFI \_\_\_\_\_

EALGN \_\_\_\_\_

MYMUM \_\_\_\_\_

OWLGN \_\_\_\_\_

PEHRSERUO \_\_\_\_\_

OCASCWERR \_\_\_\_\_

TOHSG \_\_\_\_\_

EISNRPSC \_\_\_\_\_

RMNEAIF \_\_\_\_\_

IDELV \_\_\_\_\_

EMIRPVA \_\_\_\_\_

ANIJN \_\_\_\_\_

ARPEIT \_\_\_\_\_

EMMIRDA \_\_\_\_\_



# 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





## OPEN POOL

Mondays - Thursdays  
9:00 a.m.- 3:00 p.m.



Pool League is being postponed due to surging Covid numbers. Watch future newsletters for more info.

## MEMORY WRITERS

Fridays  
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  
12:30 - 2:30 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

# NEVER MISS A NEWSLETTER!

Sign up to have our newsletter  
emailed to you at  
[www.mycommunityonline.com](http://www.mycommunityonline.com)





# 2021 Friends Membership Application

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

October 2021 Newsletter    \_\_\_\_\_ Card File    \_\_\_\_\_ Computer

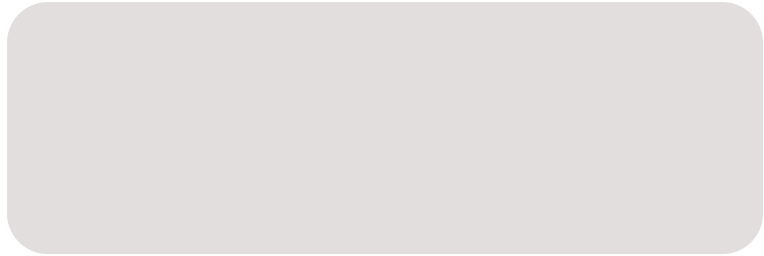


## Fond du Lac Senior Center

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.*