

FRIENDS OF THE FOND DU LAC SENIOR CENTER

# AMONG FRIENDS

NEWSLETTER

MARCH 2022



Proudly serving the Fond du Lac Community for over 55 years!  
...where friends meet!

Have you ever seen the Broadway musical "Rent"? There is a song in the show that talks about measuring a year of life and the 525,600 minutes that make up that year. As we inch closer to the two year anniversary of the Covid-19 pandemic, I was thinking about the 525,600 x 2 minutes that we have been living in a world that has been so dramatically different than it was before.

If I look at those 1,000,000+ minutes and think about what I have witnessed, I believe these two years have shown us the best and the worst in people. Being the eternal optimist, I like to focus on all the good that has come about because of the pandemic.

One thing that I think most of us have done remarkably well, is adapted to change. Change can be REALLY hard to accept - but we really didn't have a choice. We flattened the curve, we masked, we soaped, we distanced, we washed, we isolated, we sanitized, we went virtual, we door dashed, we picked up and carried out, and even more importantly, we supported and helped each other.

I hesitate to say too much because I don't want to jinx things, but as I write this, it seems that things may be returning to the next level of "normal". Many of our community partners have been given the green light to begin offering programs to the public again. This is really exciting for us because we rely heavily on these great organizations to help us provide programs and activities to our participants.

As you look through this month's newsletter, you will see the addition of several things that have not been offered in person since March of 2020. Your participation is a great way to thank our partners for investing their time in our Center. I would encourage you to take advantage of these programs - whether it's an educational session, an exercise class, or an opportunity to socialize.

I don't know about you, but I plan on making the most of my 525,600 minutes. I hope you do too!

Hope to see you soon.

*Cathy*

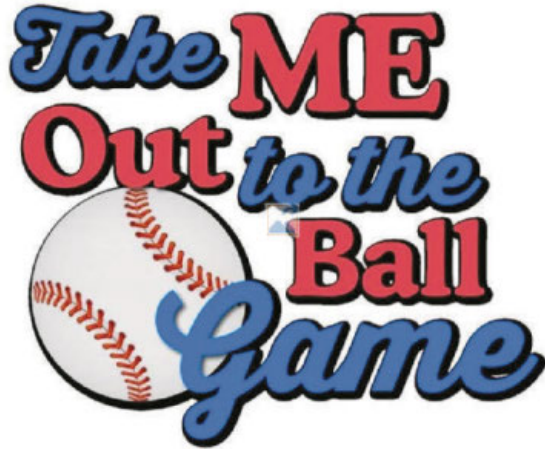
P.S. If you are a Fantastic or Fabulous Friend of the Center, please stop in to get your Dine Out Book! We appreciate your support!

## ME OUT TO THE BALL GAME PARKING LOT COOK OUT

Thursday, March 31

1:30 – 2:30 p.m.

Let's Celebrate the start of baseball season!



### Meal Includes:

- Your choice of a brat or hot dog
- Bag of Cracker Jacks
- Bag of peanuts
- Soda

Must Register by Monday, March 28  
(390)322-3630



If the weather is unfavorable all meals will be served out of the drive-up window located on the west side of the building.

If it's nice outside don't forget your lawn chairs to sit and chat!

**GROW YOUR BUSINESS  
BY PLACING AN AD HERE!**

**CONTACT US!**

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.



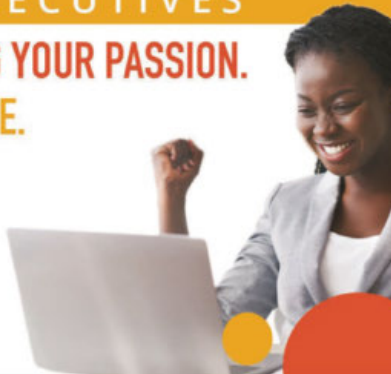
inclusa.org | 877-376-6113

## WE'RE HIRING

AD SALES EXECUTIVES

**BE YOURSELF. BRING YOUR PASSION.  
WORK WITH PURPOSE.**

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



Contact us at [careers@4lpi.com](mailto:careers@4lpi.com)  
[www.4lpi.com/careers](http://www.4lpi.com/careers)



# GET MOVING

## STRETCH & STRENGTH

Tuesdays at 10:00 a.m.



This in person class includes a head to toe stretch with some body weight strengthening which can be modified to any skill level.

To Register call (920) 322-3630

Sponsored by:



## BALANCE & STRETCH

Thursdays at 9:00 a.m.

**Now in Person or on Demand!**

Get a good stretch in and improve your balance all in 30 minutes! Join us for this ongoing weekly program that helps participants improve their balance in a variety of situations.

**All skill levels welcome!**

To Register For In Person Call (920)3223630

On demand! Check out links on Facebook or on the Fond du Lac Senior Center YouTube channel.



## VIDEO WALK TO FITNESS

Fridays  
9:00 a.m.



Drop in for a quick workout - start your weekend off right!

To Register Call (920)322-3630

## CARDIO DRUMMING

Tuesdays at 2:00 p.m.  
**Now in Person or on Demand!**

Join us for this fun drumming workout using a pair of drumsticks, a yoga ball and a bucket or laundry basket. Give it a try! New Drummers welcome!

On demand! Check out links on Facebook or on the Fond du Lac Senior Center YouTube channel.



## 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) 322-36305

class punch card for \$10.00

Available from Instructor Mike Seurer

## 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/>

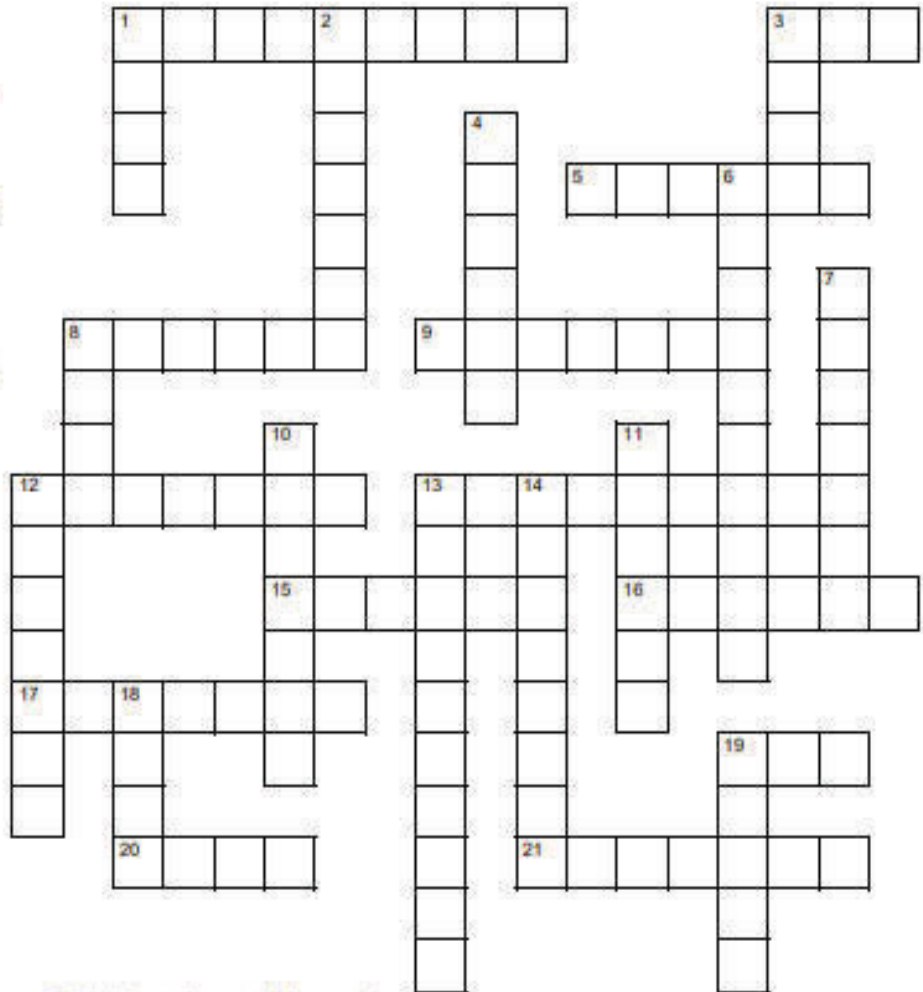
**New Walkers Always Welcome!**

For details call (920) 322-3630

## Word Bank

BASE, BATTER, BLEACHERS,  
BULLPEN, BUNT, CAP,  
CATCHER, CROWD,  
DIAMOND, DUGOUT, FLY,  
FOUL, GRANDSTAND,  
HOME RUN, HOT DOG,  
INNING, MITT, OUTFIELD,  
PEANUTS, PITCHER,  
POPCORN, SCOREBOARD,  
SHORTSTOP, SINGLE,  
STADIUM, STRIKE, TEAM

## Baseball Time



### Across

1. Simple seating for the fans.
3. Ball that is hit to the outfield.
5. This hit gets the batter to first base.
8. Player who is ready to swing.
9. Puffed corn snack.
12. Roasted, salty snack.
13. His position is between second and third base.
15. Where the team sits when not playing.
16. There are nine of these in a game.
17. Four base hit.
19. Baseball player headwear.
20. Group of players.
21. Part of the field between the bases.

### Down

1. Batter's very short hit.
2. Position behind home plate.

3. Hit that is out of bounds.
4. Frankfurter in a bun.
6. Seating in a large stadium.
7. Pitcher's place to warm up.
8. Baseball runner's destination.
10. Large structure where baseball is played.
11. There of these and you are out.
12. He throws the ball.
13. Where the game tally is shown.
14. Area of the field outside of the diamond.
18. Catcher's protective glove.
19. Large group of people.



# GROUPS/CLUBS

## FLYING GEESE QUILTERS

Thursday, March 3  
1:00 p.m.



Meeting the 1st Thursday of every month.

New Members Welcome!

## SENIOR SNAPPERS

Wednesday, March 2 and 16  
1:00 p.m.

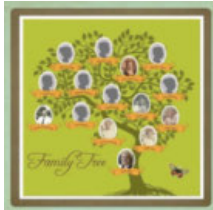


1st and 3rd Wednesdays. No experience necessary! Meet other people who have a passion for Photography, share pictures and maybe even swap techniques.

To Register Call (920)322-3630

## GENEALOGY GROUP

Wednesday, March 9 and 23  
1:00 p.m.



2nd and 4th Wednesdays  
New members always welcome!

To Register Call (920)322-3630

## STAMP CLUB

Wednesday, March 16  
6:30 p.m.



3rd Wednesday of the Month

New Members Welcome!

## COIN CLUB

Tuesday, March 8  
6:00 p.m.



2nd Tuesday of the Month

New Members Welcome!

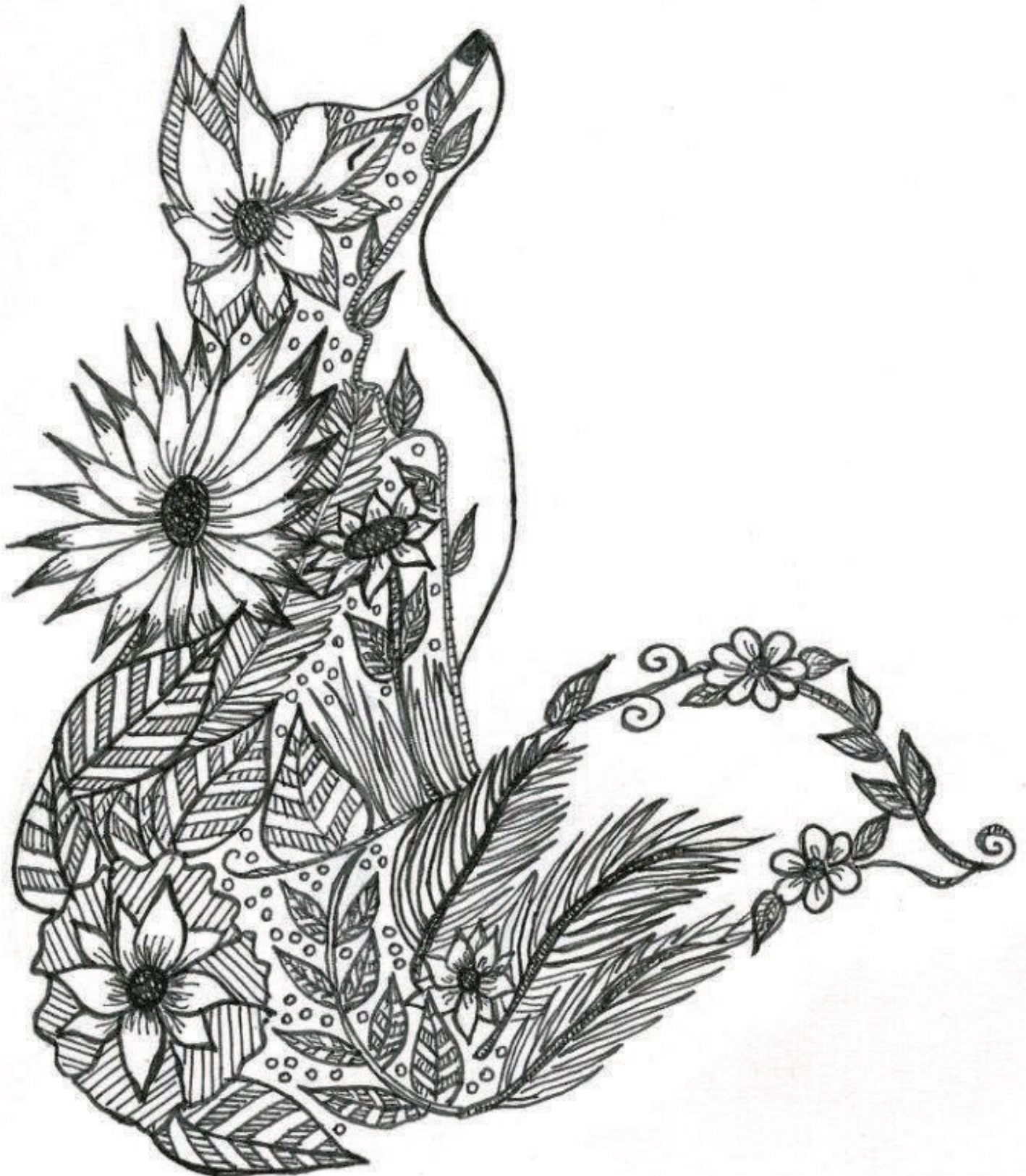
## SUNSET STITCHERS QUILT GUILD

Thursday, March 10  
7:00 p.m.



Meeting the 2nd Thursday of the month.

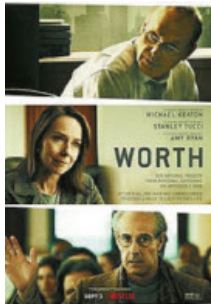
New Members Welcome!



## WORTH

Wednesday, March 9 AND Thursday, March 24

12:30 p.m. Doors open at 12:15p.m.  
 \*Note Start Time  
 PG-13 · 2020 · Drama/Biography · 1h 58m



**Starring:** Michael Keaton, Stanley Tucci, Amy Ryan, Laura Benanti

**Summary:** Following the horrific 2001 attacks on the World Trade Center and Pentagon, Congress appoints attorney and renowned mediator Kenneth Feinberg to lead the September 11th Victim Compensation Fund. When Feinberg locks horns with Charles Wolf, a community organizer mourning the death of his wife, his initial cynicism turns to Compassion as he begins to learn the true human costs of the tragedy.

Lawn Chairs Welcome!

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

## MASS

Thursday, March 17 AND Wednesday, March 30

12:30 p.m. Doors open at 12:15 p.m.  
 \*Note Start Time  
 RPG-13 · 2021 · Drama · 1h 50m



**Starring:** Reed Birney, Ann Dowd, Jason Isaacs, Martha Plimpton, Breeda Wool, Michelle N. Carter

**Summary:** Years after an unspeakable tragedy tore their lives apart, two sets of parents agree to talk privately in an attempt to move forward.

Lawn Chairs Welcome!

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

Affordable 55+ Senior Apartment Community

St. Peter's Place  
 1 & 2-BEDROOM APARTMENTS  
 CALL (920) 322-1111  
 StPetersPlaceApts.com • 50 E. 1<sup>st</sup> 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

ADT 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 18 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 • juliehillbert@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



## GROWING HERBS & USING THEM IN YOUR HOME

Tuesday, March 29  
1:30 p.m.



Join us as Cindy Boudry, Master Gardener teaches us all about growing herbs and using them in your home.

To Register Call (920) 322-3630

## PELVIC AND PROSTATE HEALTH

Tuesday, March 15  
1:30 p.m.

Speaker: Tiffany Fisher, DPT Physical Therapist



This presentation is for both men and women. Learn the proper techniques to build and maintain strength for optimal bowel and bladder control.

To Register Call (920) 322-3630



## DRY NEEDLING: WHAT IS IT & CAN IT HELP ME?

Thursday, March 10  
1:30 p.m.

Speaker: Kyle Borowitz, OTR, MPT, CHT

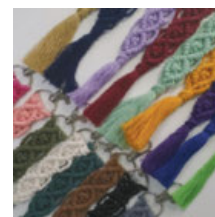


If you suffer from chronic muscle pain this presentation is definitely for you. Come and join us as Kyle teaches all about Dry Needling.

To Register Call (920) 322-3630

## LEARN HOW TO MACRAMÉ

Saturday, April 9  
1:00 p.m.  
Cost: \$15:00



Macramé is back and more popular than ever! Come and join us and learn how to do macramé! During this class you will learn the basic knotting techniques and then apply them as you make a key chain and small wall hanging (all materials needed are included in the price of the class).



Must register and pay class fee by  
Thursday, April 7.

*Hurry and register today as space is  
limited!*

## St. Patrick's Day

Find and circle all of the words that are hidden in the grid.  
The remaining 34 letters spell a secret message.

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

BEER  
BELFAST  
BISHOP  
CABBAGE  
CELEBRATION  
CELTIC CROSS  
CHRISTIAN  
CLOVER  
CORK  
CORNED BEEF

DANCING  
DUBLIN  
EVENTS  
FEAST DAY  
FESTIVAL  
GREEN  
GUINNESS  
HERITAGE  
HISTORY  
HOLIDAY

HOLY DAY  
IRELAND  
IRISH  
LEPRECHAUN  
LIMERICK  
MARCH  
MISSIONARY  
MUSIC  
PARADE  
PATRON SAINT

POTATOES  
SEVENTEENTH  
SHAMROCK  
SNAKES  
SODA BREAD  
TRADITION  
YEARLY

## TECH TYME

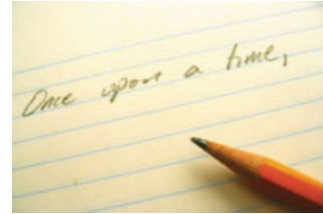
Days and times will vary depending on MPTC IT Club students' schedules.  
Call for availability (920) 322-3630

Bring in your tablet, smart phone, iPad or other electronic device and get one on one help with your device.  
*All sessions are limited to 30 minutes*



## MEMORY WRITERS

Fridays  
10:00 -11:30 a.m.



Join us to share and preserve life experiences and family history. **New Memories and Members Welcome.**

To Register Call (920) 322-3630

## GAME DAY

Fridays  
9:00-11:00 a.m.



Bring your favorite game and join us for some fun.  
**New Gamers Always Welcome!**

To Register Call (920)322-3630

## GERMAN FOR BEGINNERS

Mondays  
1:00– 2:30 p.m.



**New Learners Always Welcome!**

To Register Call (920) 322-3630

## WOOD CARVING

Mondays  
9:00 a.m.



Never carved before? No problem– Come and learn!  
**New Carvers Welcome!**

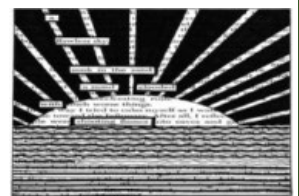
To Register Call (920) 322-3630

## LEARN HOW TO DO BLACKOUT POETRY

Wednesday, March 9  
9:00 a.m.

Blackout Poetry is the art of taking written text from a book, magazine or newspaper and blacking out words in order to come up with your own poetry. Come and check it out!

To Register Call (920)322-3630



**BOOK CLUB INFORMATIONAL MEETING**

Thursday, March 10  
10:00 a.m.



If you like to read this is the group for you!

To Register Call (920) 322-3630

**SLOW ROLL FONDY**

2nd Tuesdays of the month  
Beginning in May

Coming  
Soon

Slow Roll is a social group bike ride that has Expanded into a global network of community rides. Slow Roll began in 2010 in Detroit as a free and inclusive way to bring people together and connect the community. Slow Roll is open to bikers of all ages, so bring your friends and family!

This is not a race– it is a SLOW ROLL!

Watch future newsletters for more details!



Wednesday, March 16 at 1:30 p.m.

Come and play some Bingo, do some socializing, and have some fun! See you there!

Registration Required (920)322-3630

Sponsored by:

**FONDY SUNSHINE STRUMMERS**

Wednesdays  
10:00 a.m.



Grab your ukulele, guitar, banjo or other stringed instrument and come and play with us!  
New strummers always welcome!

Call Joanne Michaels at (920) 922- 2068  
with any questions  
To Register Call (920) 322-3630

**SCAMP BAND**

Will be returning soon!  
Stay tuned!



New musicians always welcome!

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

**OPEN POOL**

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

# 2022 Mah Jongg Rule Cards



We are now taking orders for the 2022 Mah Jongg Rule Cards  
Standard print \$9.00  
Large print \$10.00  
Call and get yours today!  
(920)322-3630

## It's Back!



Mondays at 5:30  
Beginning March 7

\$5.00 walk in or a 10 class punch card for \$40.00  
Available from instructor Kirsten Quam



# SUPPORT THE ADVERTISERS

*that Support our Community!*



# MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 9:00 Open Pool 10:00 Stretch & Strength 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 1:00 Cribbage 2:00 Cardio Drumming	<b>2</b> 9:00 Open Pool 10:00 Fondy Sunshine Strummers 11:00 Drive Up Senior Dining Meal 12:30 Canasta 12:30 Hand & Foot 1:00 Senior Snappers	<b>3</b> 9:00 Balance & Stretch 9:00 Open Pool 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 1:00 Flying Geese Quilters 5:30 Beginning Line Dancing 5:30 Parents of Angels 6:30 Line Dancing	<b>4</b> 9:00 Game Day 9:00 Video Walk to Fitness 10:00 Memory Writers 11:00 Drive Up Senior Dining Meal <b>5 Saturday</b> 10:00 Walking Group <b>6 Sunday</b>	
<b>7</b> 9:00 Open Pool 9:00 Wood Carving 11:00 Drive Up Senior Dining Meal 12:30 Bunco 12:30 Euchre 1:00 German 2:00 Cardio Drumming 5:30 Zumba Gold	<b>8</b> 9:00 Open Pool 10:00 Stretch & Strength 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 1:00 Cribbage 1:00 Parkinson's Support Group 2:00 Cardio Drumming 2:00 Parkinson Movement & Music 6:00 Coin Club	<b>9</b> 9:00 Blackout Poetry 9:00 Open Pool 10:00 Fondy Sunshine Strummers 11:00 Drive Up Senior Dining Meal 12:30 Canasta 12:30 Hand & Foot 12:30 Movie - Worth 1:00 Genealogy	<b>10</b> 9:00 Balance & Stretch 9:00 Open Pool 10:00 Book Club 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 1:30 Dry Needling Presentation 1:30 Drive-Thru Popcorn Event 5:30 Beginning Line Dancing 6:30 Line Dancing 7:00 Sunset Stitchers	
<b>14</b> 9:00 Open Pool 9:00 Wood Carving 11:00 Drive Up Senior Dining Meal 12:30 Bunco 12:30 Euchre 1:00 German 1:30 Pi Day Drive- Thru Event 2:00 Cardio Drumming 5:30 Zumba Gold	<b>15</b> 9:00 Open Pool 10:00 Stretch & Strength 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 1:00 Cribbage 1:30 Pelvic & Prostate Health 2:00 Cardio Drumming	<b>16</b> 9:00 Open Pool 10:00 Fondy Sunshine Strummers 11:00 Drive Up Senior Dining Meal 12:30 Canasta 12:30 Hand & Foot 1:00 Senior Snappers 1:30 Nickel Bingo 6:30 Stamp Club	<b>17</b> 9:00 Balance & Stretch 9:00 Open Pool 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 12:30 Movie - Mass 1:00 Cribbage 5:30 Beginning Line Dancing 6:30 Line Dancing	
<b>21</b> 9:00 Open Pool 9:00 Wood Carving	<b>22</b> 9:00 Open Pool 10:00 Stretch & Strength	<b>23</b> 9:00 Open Pool 9:00 Blood Pressure Clinic	<b>24</b> 9:00 Balance & Stretch 9:00 Open Pool	<b>25</b> 9:00 Game Day 9:00 Video Walk to Fitness



# 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

*Living Long. Living Well.*

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



Call us for more information!  
920.921.9520

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



DHS Approval 5/2/18

**GROW YOUR BUSINESS  
BY PLACING AN AD HERE!**

**CONTACT US!**

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



**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](mailto:smp-wi@gwaar.org)

**[www.smpwi.org](http://www.smpwi.org)**

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.



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

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

D 4C 01-1122



Name: \_\_\_\_\_ Date: \_\_\_\_\_



## Saint Patty's Sudoku

DIRECTIONS: Fill in the grids so that each horizontal row contains each letter exactly once, each vertical column contains each letter exactly once, and each subgrid contains each letter exactly once. We recommend you use a pencil.

RAINBOWS

	B					R
		B	N	R		O
W					I	
	S					I
N			O			W
						S
	R	S		N		B

CLOVER

			V	E	
L					
			C		
		L			V
					E
R	L				

DUBLIN

	N	U	D		
N					
			L		D
	B				
	D		U	I	

SHAMROCK

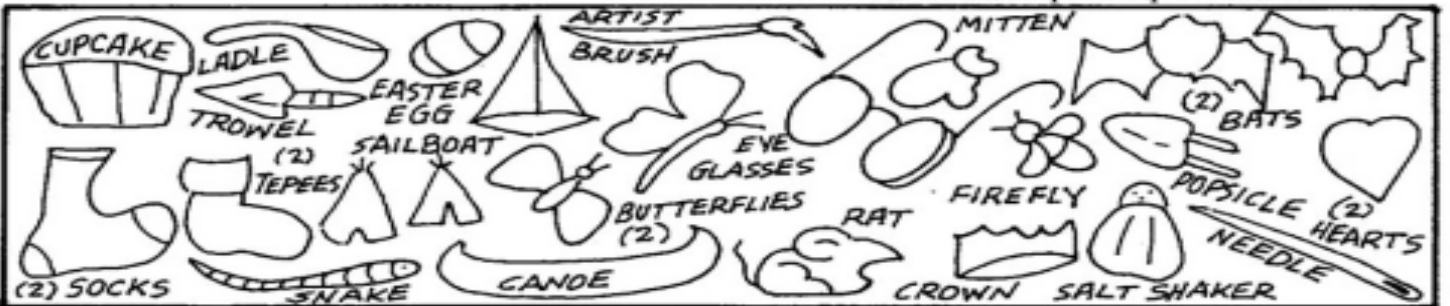
C	M				
					A
A				O	C
O		K	R	A	S
	H				O
R		K		C	
	A	H			
			O		R



# HIDDEN PICTURE PUZZLE



www.hiddenpicturepuzzles.com



## MAH JONGG

Tuesdays & Thursdays  
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

## BUNCO

Mondays  
12:30 – 3:00 p.m.



Come and shake it up with us!  
**New Players Welcome!**

To Register Call (920) 322-3630

## CRIBBAGE

Tuesdays & Thursdays  
1:00 – 3:00 p.m.



Come and join the Cribbage Crew!  
**New Players Welcome!**

To Register Call (920) 322-3630

## EUCHRE

Mondays  
12:30 –2:30 p.m.



Come join us! **New Players Welcome!**

Call To Register:(920) 322-3630

## CANASTA

Wednesdays  
12:30 – 3:00 p.m.



**New Players Welcome!**

To Register Call (920) 322-3630

## HAND & FOOT

Wednesdays  
12:30-3:00



**New Players Welcome!**

To Register Call (920) 322-3630

## LADIES PLAYFUL GOLF GROUP

The Ladies Playful Golf Club (LPGC) is not a league, but an informal way to get together and socialize with other ladies who like to golf. It's all about fun and making new friends. The club is open to any lady golfer with the basic knowledge of golf.

*Partners are randomly chosen each time.*



Watch the April newsletter for more details.

## MEN'S SENIOR CENTER GOLF LEAGUE

Thursdays at 8:30 a.m.  
Season starts May 6



*An informational meeting will be held at Whispering Springs on April 22 at 9:00 a.m.*

Call John Paluchniak (920) 753-5126 with all questions.

*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](http://www.themeadowsfdl.com)

*Kurki*  
Funeral Chapel & Crematory

Serving the Fond du Lac area since 1892

920-921-4420

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

Don Kurki - Owner/Funeral Director

**NOW LEASING**  
~ 62 & Better ~

- ✓ 1 Bedrooms
- ✓ Rent based on income
- ✓ Utilities Included\*
- ✓ Small pets welcome\*  
*(\*some restrictions apply)*

**Mabess Manor Apts.**  
(920) 533-6090  
Campbellsport, WI

**J&H CONTROLS**

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

[www.jhcontrols.com](http://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](http://WoodlandsSeniorPark.com)**

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



WISCONSIN  
PARKINSON  
ASSOCIATION

## PARKINSON'S MOVEMENT & MUSIC

Tuesday, March 8 & 22 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, March 8 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 March 24 (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 ms  
offered via live webinar or  
teleconference.



## 911 CELL PHONES AVAILABLE



Don't be this woman! Get your 911 phone today.  
Call (920) 322-3630 for details.

Please consider donating your old cell phones to this  
program and dropping them off at the Center.

## TOPS - #-0566

TAKE OFF POUNDS SENSIBLY



Church of Peace - Activity Room  
158 S Military Rd FdL  
Thursdays 5:30 - Weigh In 6:00 Meeting

## LOCAL PARENTS OF ANGELS



1st Thursday - March 3  
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



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. Call us at 920.979.0512

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!

## March 2022 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;">Feb 2022</p> <table style="width: 100%; border-collapse: collapse; font-size: small;"> <tr> <td style="border: 1px solid black;">M</td> <td style="border: 1px solid black;">T</td> <td style="border: 1px solid black;">W</td> <td style="border: 1px solid black;">T</td> <td style="border: 1px solid black;">F</td> <td style="border: 1px solid black;">S</td> <td style="border: 1px solid black;">S</td> </tr> <tr> <td style="border: 1px solid black;">1</td> <td style="border: 1px solid black;">2</td> <td style="border: 1px solid black;">3</td> <td style="border: 1px solid black;">4</td> <td style="border: 1px solid black;">5</td> <td style="border: 1px solid black;">6</td> <td style="border: 1px solid black;"></td> </tr> <tr> <td style="border: 1px solid black;">7</td> <td style="border: 1px solid black;">8</td> <td style="border: 1px solid black;">9</td> <td style="border: 1px solid black;">10</td> <td style="border: 1px solid black;">11</td> <td style="border: 1px solid black;">12</td> <td style="border: 1px solid black;">13</td> </tr> <tr> <td style="border: 1px solid black;">14</td> <td style="border: 1px solid black;">15</td> <td style="border: 1px solid black;">16</td> <td style="border: 1px solid black;">17</td> <td style="border: 1px solid black;">18</td> <td style="border: 1px solid black;">19</td> <td style="border: 1px solid black;">20</td> </tr> <tr> <td style="border: 1px solid black;">21</td> <td style="border: 1px solid black;">22</td> <td style="border: 1px solid black;">23</td> <td style="border: 1px solid black;">24</td> <td style="border: 1px solid black;">25</td> <td style="border: 1px solid black;">26</td> <td style="border: 1px solid black;">27</td> </tr> <tr> <td style="border: 1px solid black;">28</td> <td style="border: 1px solid black;"></td> <td style="border: 1px solid black;"></td> <td style="border: 1px solid black;"></td> <td style="border: 1px solid black;"></td> <td style="border: 1px solid black;"></td> <td style="border: 1px solid black;"></td> </tr> </table> </div> <div style="margin-bottom: 10px;"><b>1</b></div> <div> <p>Roast Beef Mashed Potatoes Peas and Carrots Butterscotch Pud. Fruited Gelatin Dinner Roll</p> </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							<div style="margin-bottom: 10px;"><b>2</b></div> <div> <p>Breaded Fish Fillet German Pot. Salad Broccoli Cuts Raspberry Sherbet Cantaloupe Slice Sliced Bread</p> </div>	<div style="margin-bottom: 10px;"><b>3</b></div> <div> <p>Chicken Teriyaki Baked Potato Three Bean Salad Birthday Cake Apple Slices Dinner Roll</p> </div>	<div style="margin-bottom: 10px;"><b>4</b></div> <div> <p>Vegetarian Lasagna Casserole Mixed Italian Salad Sugar Cookie Petite Banana French Bread</p> </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																																														
<div style="margin-bottom: 10px;"><b>7</b></div> <div> <p>Roast Pork Loin Mashed Potatoes Baby Carrots Ice Cream Cup Applesauce Sliced Bread</p> </div>	<div style="margin-bottom: 10px;"><b>8</b></div> <div> <p>Beef Stroganoff Casserole Broccoli Cuts Choc. Rasp. Torte Peach Slices Dinner Roll</p> </div>	<div style="margin-bottom: 10px;"><b>9</b></div> <div> <p>Liver and Onions Garlic Mashed Pot. Corn Tapioca Pudding Fruited Gelatin Sliced Bread</p> </div>	<div style="margin-bottom: 10px;"><b>10</b></div> <div> <p>Bratwurst on a Bun Baked Beans Health Slaw Choc. Chip Cookie Petite Banana</p> </div>	<div style="margin-bottom: 10px;"><b>11</b></div> <div> <p>Macaroni &amp; Cheese Tossed Salad Green Beans Cantaloupe Slice Fudge Brownie Sliced Bread</p> </div>																																										
<div style="margin-bottom: 10px;"><b>14</b></div> <div> <p>Chicken Breast Mashed Potatoes Mixed Vegetables Dream Sicle Torte Apple Slices Sliced Bread</p> </div>	<div style="margin-bottom: 10px;"><b>15</b></div> <div> <p>Beef Stew Spinach Salad with Honey/French Dress Applesauce Cake Fruited Gelatin Cheddar Biscuit</p> </div>	<div style="margin-bottom: 10px;"><b>16</b></div> <div> <p>Baked Ckicken Garlic Mashed Pot. Three Bean Salad Oatmeal-Raisin Cookie Orange Sliced Bread</p> </div>	<div style="margin-bottom: 10px;"><b>17</b></div> <div> <p>Corned Beef Baby Red Potatoes Cabbage &amp; Carrots Key Lime Pie Pear Slices Dinner Roll</p> </div>	<div style="margin-bottom: 10px;"><b>18</b></div> <div> <p>Tuna Casserole Broccoli Cuts Ambrosia Dessert Petite Banana Sliced Bread</p> </div>																																										
<div style="margin-bottom: 10px;"><b>21</b></div> <div> <p>Ham Roll Sweet Potato Bake Cole Slaw Orange Sherbet Fruit Cocktail Sliced Bread</p> </div>	<div style="margin-bottom: 10px;"><b>22</b></div> <div> <p>Country Fried Steak Mashed Potatoes Swiss Spinach Cinnamon Roll Peach Slices Dinner Roll</p> </div>	<div style="margin-bottom: 10px;"><b>23</b></div> <div> <p>BBQ Meatballs Red Beans &amp; Rice Winter Blend Veg. Vanilla Pudding Cantaloupe Slice Sliced Bread</p> </div>	<div style="margin-bottom: 10px;"><b>24</b></div> <div> <p>Orange Chicken Baby Red Potatoes Tossed Salad Snickerdoodle Pineapple Tidbits Dinner Roll</p> </div>	<div style="margin-bottom: 10px;"><b>25</b></div> <div> <p>Salmon Loaf Baked Potato Peas &amp; Pearl Onions Spice Cake Tropical Fruit Salad Sliced Bread</p> </div>																																										
<div style="margin-bottom: 10px;"><b>28</b></div> <div> <p>Salisbury Steak Mashed Potatoes Carrots Chocolate Pudding Applesauce Sliced Bread</p> </div>	<div style="margin-bottom: 10px;"><b>29</b></div> <div> <p>Baked Chicken American Pot. Salad Calif. Blend Veg. P-nut Butter Cookie Pear Slices Dinner Roll</p> </div>	<div style="margin-bottom: 10px;"><b>30</b></div> <div> <p>Pork Steak Mashed Potatoes Corn Fudge Brownie Apple Slices Sliced Bread</p> </div>	<div style="margin-bottom: 10px;"><b>31</b></div> <div> <p>Honey Mustard Meatballs Baked Beans Broccoli Cuts Choc. Sundae Cup Honeydew Melon Dinner Roll</p> </div>	<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center; margin: 0;">Apr 2022</p> <table style="width: 100%; border-collapse: collapse; font-size: small;"> <tr> <td style="border: 1px solid black;">M</td> <td style="border: 1px solid black;">T</td> <td style="border: 1px solid black;">W</td> <td style="border: 1px solid black;">T</td> <td style="border: 1px solid black;">F</td> <td style="border: 1px solid black;">S</td> <td style="border: 1px solid black;">S</td> </tr> <tr> <td style="border: 1px solid black;"></td> <td style="border: 1px solid black;"></td> <td style="border: 1px solid black;"></td> <td style="border: 1px solid black;"></td> <td style="border: 1px solid black;">1</td> <td style="border: 1px solid black;">2</td> <td style="border: 1px solid black;">3</td> </tr> <tr> <td style="border: 1px solid black;">4</td> <td style="border: 1px solid black;">5</td> <td style="border: 1px solid black;">6</td> <td style="border: 1px solid black;">7</td> <td style="border: 1px solid black;">8</td> <td style="border: 1px solid black;">9</td> <td style="border: 1px solid black;">10</td> </tr> <tr> <td style="border: 1px solid black;">11</td> <td style="border: 1px solid black;">12</td> <td style="border: 1px solid black;">13</td> <td style="border: 1px solid black;">14</td> <td style="border: 1px solid black;">15</td> <td style="border: 1px solid black;">16</td> <td style="border: 1px solid black;">17</td> </tr> <tr> <td style="border: 1px solid black;">18</td> <td style="border: 1px solid black;">19</td> <td style="border: 1px solid black;">20</td> <td style="border: 1px solid black;">21</td> <td style="border: 1px solid black;">22</td> <td style="border: 1px solid black;">23</td> <td style="border: 1px solid black;">24</td> </tr> <tr> <td style="border: 1px solid black;">25</td> <td style="border: 1px solid black;">26</td> <td style="border: 1px solid black;">27</td> <td style="border: 1px solid black;">28</td> <td style="border: 1px solid black;">29</td> <td style="border: 1px solid black;">30</td> <td style="border: 1px solid black;"></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	
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																																									

## Saint Patrick's Day Scramble

Ginger McNugget mixed up his favorite words. Can you help the leprechaun unscramble the words, then put the numbered letters in order to answer the riddle?



1. \_ \_ \_ 7

4. \_ 6 \_ \_ 8 2 \_

2. \_ 12 \_ 3 \_ 5 \_ \_ \_ \_

5. \_ \_ 9 \_ \_ 4

3. \_ \_ \_ \_ \_ 13

6. \_ 1 \_ \_ \_ \_ 11 10 \_

*Where can you always find gold?*

1 2 3 4 5 6 7 8 9 10 11 12 13 !

## 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





## BLOOD PRESSURE CLINIC

Wednesday, March 23  
9:00– 10:00 a.m.



The 4th Wednesday of the month.  
Drop in and get your blood pressure taken.

Sponsored by:  Sage Meadow  
ASSISTING LIVING & MEMORY CARE

## NATIONAL POPCORN DAY DRIVE-THRU EVENT

Thursday, March 10  
1:30– 2:00 p.m.



If you love popcorn this is your day! Drive through and get your popcorn at the drive-thru window located on the west side of the building. See you there!  
To Register Call (920) 322-3630

## PI DAY DRIVE THRU EVENT

Monday, March 14  
1:30-2:30

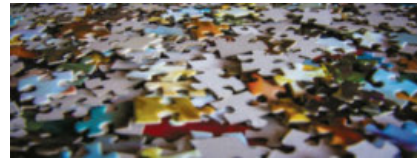
Come and help us celebrate National Pi Day! We will be handing slices of pie out through the drive-thru window located on the West side of the building.



To Register Call (920) 322-3630

Sponsored By:  Lake View Place  
Senior Living

## PUZZLES



Are you looking for ways to “maintain your brain”?

Studies have shown that working on jigsaw puzzles can improve cognition and visual-spatial reasoning.

If you need a puzzle to work on, let us know! We have puzzles to loan out!  
(920) 322-3630

## WHERE IN FDL ARE CATHY & SARAH



There are some very exciting things happening at the Fond du Lac County Aging and Disability Resource Center! Stay tuned for more information next month! (Psst - that's not Sarah, it's Jaclyn from the ADRC)

## GUESS HOW MANY

March is National Noodle month. Guess how many noodles are in the jar . Closest guess wins a prize. All guesses due by March 31.

Call (920) 322-3630 or visit our Facebook page to enter your guess!



# NEVER MISS A NEWSLETTER!

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



# 2022 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 2022 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)

**\$\_\_\_\_\_ SPECIAL DONATION** Thank you to all who include an additional donation with their membership. These funds help offset operational costs for the Friends organization. Your donation for 2022 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. Your Fantastic Friends membership includes one (1) 2022 Dine Out Books 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. Your Fabulous Friends membership includes two (2) 2022 Dine Out Books 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** (Special 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.

## FOR OFFICE USE ONLY

DATE PAID \_\_\_\_\_ CASH AMT \_\_\_\_\_ CHECK AMT \_\_\_\_\_ CHECK # \_\_\_\_\_ Receipt Given \_\_\_\_\_

NEW 2022 Member    Renewal   Receptionist Initials \_\_\_\_\_

FANTASTIC FRIENDS \$50    FABULOUS FRIENDS \$100

Dine Out Book—1 for Fantastic or 2 for Fabulous Memberships

Received Among Friends Newsletter

February 2022 Newsletter

\_\_\_\_\_ Card File

\_\_\_\_\_ Computer

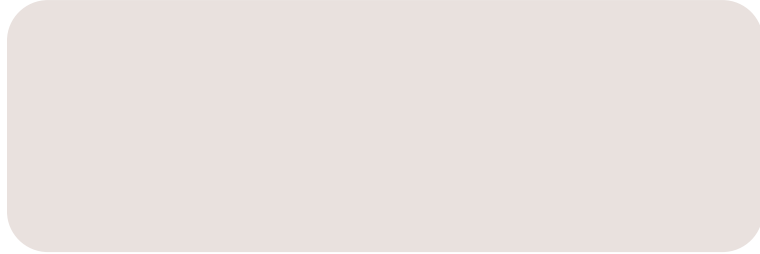


## Fond du Lac Senior Center

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.*

### MISSION

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

Visit us online at  
[www.fdlseiorcenter.com](http://www.fdlseiorcenter.com)

### VISION

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



@FondduLacSeniorCenter

Fond du Lac Senior Center  
is a member of WASC

Wisconsin  
Association of  
Senior  
Centers



### FRIENDS BOARD OF DIRECTORS

Kevin Dickie  
Kirsten Quam  
Terri Resop  
Kathy Schreiber  
Dick Taddey  
Mary Sue Waffle  
Everett Werth  
Cathy Loomans, Center Director

*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.*