

FRIENDS OF THE FOND DU LAC SENIOR CENTER

# AMONG FRIENDS

NEWSLETTER

APRIL 2022



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

So often during my tenure here at the Center, I have talked with people that were looking for aging related resources within the city or county, and many times, there has been a lot of confusion about which organization to go to for information on a specific service.

While the Senior Center is a department of the City of Fond du Lac, many other senior resources are provided by Fond du Lac County. We are fortunate to partner with the County to provide some of these services - things like the in-person congregate dining site pre-Covid and the current drive up meal program, as well as offering many educational presentations, including the "When I'm 65" preparing for Medicare presentation with the County's Elder Benefit Specialist (EBS), Healthcare and Financial Power of Attorney programs, the Stepping On Falls Prevention class, and more.

The County also houses the "Aging Unit" - the governmental organization that receives federal funding to provide and support programs and services for seniors.

On March 15<sup>th</sup>, 2022, the County Board approved a plan to integrate the existing county departments that housed various senior related programs into one new Division. Previously the two departments were the Department of Senior Services and the Aging and Disability Resource Center (ADRC). This new Division has been named the Aging and Disability Resource Center (ADRC) and Aging Division.

Why is this important to us and the people we serve? One of our goals at the Center is to connect people to resources and to try and help people understand how important it is to know what is available ... BEFORE they need it. So many times people wait until a critical time to look for help, housing, meals, transportation, and the list goes on, and then they are making choices and decisions while they are under a lot of stress.

We are excited that this new ADRC and Aging Division will be able to provide information about ALL county resources – a one stop shop so to speak. And we are also excited about additional partnership opportunities that will be coming. Keep an eye on this newsletter over the next few months for more information!

To explain more about these services, check out Page 5 in this month's newsletter as I was able to talk with Jaclyn Jaekels, the Manager of the ADRC and Aging Division about her vision as she moves this new division forward.

And don't worry, nothing is changing as far as what we do here at the Center. We will be here to help answer questions, connect you with resources, and offer programs and activities to keep you active and engaged.

Hope to see you soon!

*Cathy*

## NATIONAL PET DAY DRIVE-THRU EVENT

Monday, April 11  
1:30 – 2:00 p.m.



Bring your pet to the drive thru window for a treat for them and a little treat for you too!

To Register Call (920)322-3630

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[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:



Mondays at 5:30

10 class punch card for \$30.00  
Available from instructor Kirsten Quam

## 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

## 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

## 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

## What is the ADRC and Aging Division of Fond du Lac County?

In the state of Wisconsin, all 72 counties have an Aging and Disability Resource Center (ADRC). In most counties the ADRC and the Aging Unit are already a combined unit. In Fond du Lac County, we are now a combination the original ADRC services as well as Aging Unit Services under the Older American's Act. With this newly created division, we will jointly continue the services we have been doing, such as: Information and Assistance, Options Counseling, Prevention and Wellness, Nutrition, Transportation, Caregiver Programs and Benefit Specialists, Youth Transition and Adult Protective Services.

## Where are you located?

We continue to be located in two locations at 50 N Portland and 160 S. Macy with a plan to move all services to 50 N Portland in the next few months. Watch for updates with address information when the move happens.

## Who does an ADRC serve?

An ADRC is available to serve any adult focusing on the target groups of: older adults and individuals with disabilities, whether that be physical or developmental. We typically work with individuals, family members, caregivers, and collaborate with community partners such as senior centers, home health care agencies, medical providers, emergency services, and many more.

## Will any services be eliminated?

Specifically with this integration, no services will be eliminated. We hope to continue the services we have been providing and enhance services in areas where they may be needed.

## Will any services be added?

With the Governor's last budget, the State recognized the prevalence of people living with dementia as well as the importance of caregivers within our state. This recognition expanded the Dementia Care Specialist positions to every ADRC in the state and we are excited because our Dementia Care Specialist joined us in February 2022. We also modified a position to focus on health prevention and wellness as well as outreach and education. With the addition of these positions, we hope to strengthen our community partnership and provide additional services. Keep an eye on the ADRC and Senior Center newsletters as we begin offering more programs in our communities.

## Do I need to make an appointment to talk to someone?

Our phone is answered by a real person weekdays from 8am-4:30pm. Although we do make appointments with people, you can call at any time during our office hours. After hour calls are returned the next business day. Walk-ins are also welcome and we offer after hours appointments upon request.

## Where do I find out more about the ADRC and Aging Division?

We can be reached several ways, our phone number is (920) 929-3466, via email, [adrc@fdlco.wi.gov](mailto:adrc@fdlco.wi.gov), our website, [www.fdlco.wi.gov/adrc](http://www.fdlco.wi.gov/adrc) has a lot of great information, our quarterly newsletter is available both online or you can be added to our mailing list, and you can like and follow us on Facebook at <https://www.facebook.com/ADRC.Fdl>. Our resource guide is available upon request and can be found on our website or at county senior centers.

## What are some of the biggest benefits of this integration?

Some of the main benefits of the integration are a streamline of services to really follow the "One Stop Shop" philosophy. Another benefit will be a decrease in confusion between our Division and other community partners such as the ARC and the Senior Centers, due to us having similar names and serving similar populations. If we can't help you, we are happy to provide additional community resources that may be available to meet your needs.

We are so excited to continue strengthening all of our services as well as our community partnerships to best serve Fond du Lac County residents.

## WOOD CARVING

Mondays  
9:00 a.m.



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

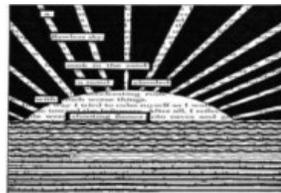
## LEARN HOW TO DO BLACKOUT POETRY

**New Time!**

Wednesday, April 13  
10:00 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



## GAME DAY

Fridays  
12:00– 3:00 p.m.

**New Time!**



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

To Register Call (920)322-3630

## TECH TYME

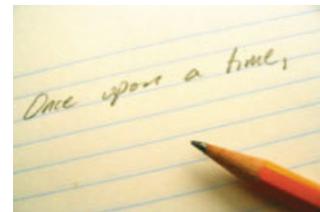
Days and times will vary depending on MPTC IT Club students' schedules.  
Call for availability (920) 322-3630



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*

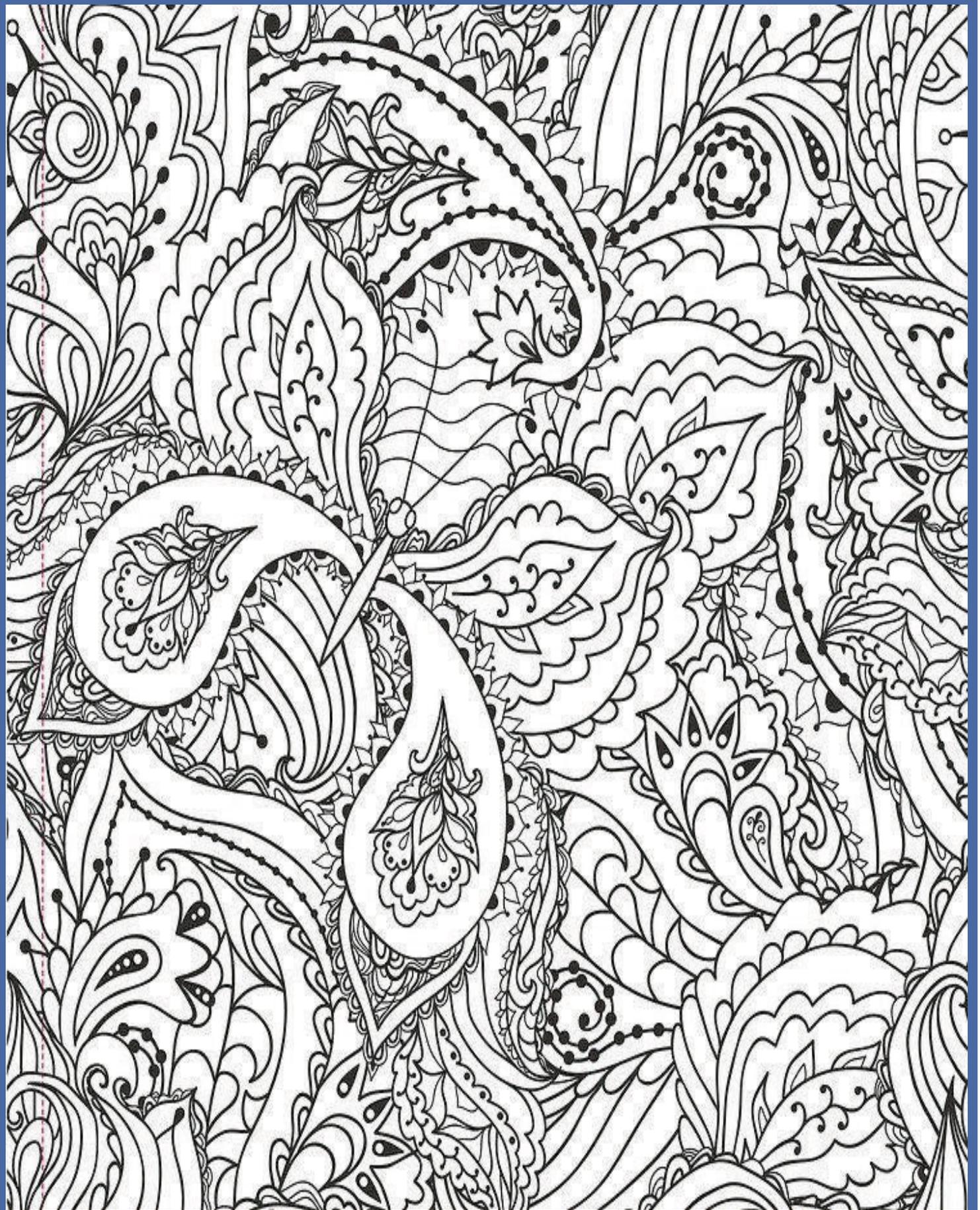
## MEMORY WRITERS

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



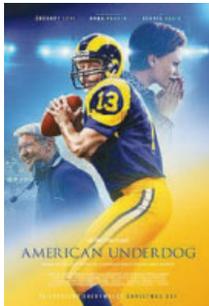
## AMERICAN UNDERDOG

Wednesday, April 6 AND Thursday, April 21

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

PG · 2021 · Drama/Biography · 1h 52m

Starring: Zachary Levi; Anna Paquin; Dennis Quaid



**Summary:** The inspirational true story of Kurt Warner, who overcomes years of challenges and setbacks to become a two-time NFL MVP, Super Bowl champion, and Hall of Fame quarterback. Just when his dreams seem all but out of reach, it's only with the support of his wife, Brenda, and the encouragement of his family, coaches and teammates that Warner perseveres and finds the strength to show the world the champion that he already is.

Lawn Chairs Welcome!

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

## THE HOUSE OF GUCCI

Thursday, April 7 AND Wednesday, April 27

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

R · 2021 · Drama · 2h 37m

Starring: Lady Gaga; Adam Driver; Jared Leto; Jeremy Irons; Salma Hayek; Al Pacino



**Summary:** When Patrizia Reggiani, an outsider from humble beginnings, marries into the Gucci family, her unbridled ambition begins to unravel the family legacy and triggers a reckless spiral of betrayal, decadence, revenge -- and ultimately murder.

Lawn Chairs Welcome!

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

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Contact us for more information or to schedule an appointment.  
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## TRUSTS/ESTATE PLANNING

Wednesday, April 13  
1:30 p.m.

Speaker: Joseph McCleer  
McCleer Law Office, LLC

Don't let the state create your estate plan! Join us and learn about several affordable and easy steps that you can take now to potentially lower the eventual costs for you and your family pertaining to preparing an estate plan, administering an estate, and preserving your assets.

To Register Call (920) 322-3620



## WHAT IS CBD OIL AND WHAT CAN IT DO FOR YOU?

Wednesday, April 20  
1:30 p.m.

Speaker: Doug Paust  
Green Acres CBD

With over 20 years experience in retail pharmacy and degrees in Biochemistry and Molecular Biology Doug Paust will explain the chemistry behind the use of cannabidiol (CBD) in the body, and some of its benefits.



To Register Call  
(920) 322-3630

## INSTANT POT FOR BEGINNERS

Thursday, April 28  
1:00 p.m.



Are you trying to decide if you want an instant pot or maybe you already have one but are too afraid to use it; **YOU'RE NOT ALONE!**

Join us as Julie, an instant pot enthusiast teaches us how to get started with our instant pots, cleaning tips, safety, and a new recipe or two!

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



## "HOW TO BE SCAM SAVVY"

PROTECTING YOUR ASSETS AS YOU AGE

Wednesday, April 13 10:30a.m.

Scams are everywhere these days. It makes sense to educate yourself and be prepared. Join us during this session where we discuss all of the scams that are hitting our area. We will also learn how to spot a scam and become scam savvy.

Don't be a victim to a scam! Join us as Kirsten Quam from Fox Valley Savings Bank presents this important program.



To Register Call (920) 322-3630



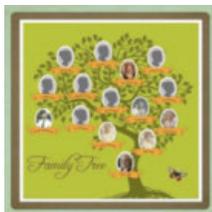
# Baseball Word Scramble



- |     |              |       |
|-----|--------------|-------|
| 1.  | aidnmod      | _____ |
| 2.  | ctrphie      | _____ |
| 3.  | ohstsrtop    | _____ |
| 4.  | omherun      | _____ |
| 5.  | ugduot       | _____ |
| 6.  | enidrfiel    | _____ |
| 7.  | sbae         | _____ |
| 8.  | doumn        | _____ |
| 9.  | hctearc      | _____ |
| 10. | iteksr       | _____ |
| 11. | laeeug       | _____ |
| 12. | knucklllbea  | _____ |
| 13. | rwnoudn      | _____ |
| 14. | dltoufei     | _____ |
| 15. | iafirsce     | _____ |
| 16. | astudim      | _____ |
| 17. | rrero        | _____ |
| 18. | kiofpcf      | _____ |
| 19. | opbackts     | _____ |
| 20. | odulberedhae | _____ |

## GENEALOGY GROUP

Wednesday, April 13 and 27  
1:00 p.m.



2nd and 4th Wednesdays  
New members always welcome!

To Register Call (920)322-3630

## SENIOR SNAPPERS

Wednesday, April 6 & 20  
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

## COIN CLUB

Tuesday, April 12  
6:00 p.m.



2nd Tuesday of the Month

New Members Welcome!

## FLYING GEESE QUILTERS

Thursday, April 7  
1:00 p.m.



Meeting the 1st Thursday of every month.

New Members Welcome!

## STAMP CLUB

Wednesday, April 20  
6:30 p.m.



3rd Wednesday of the Month

New Members Welcome!

## SUNSET STITCHERS QUILT GUILD

Thursday, April 14  
7:00 p.m.



Meeting the 2nd Thursday of the month.

New Members Welcome!

# JOIN US

## SEWING CLASS

Thursdays April 14, 21, 28, May 12, & 19  
12:00-3:00 p.m.  
Cost: \$1500



To Register Call (920) 322-3630  
*Must register and pay class fee by Wednesday, April 13*

*Space is Limited!*

## SLOW ROLL FONDY

2nd Tuesday of the month  
Beginning in May



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!



## BOOK CLUB

Thursday, April 14  
10:00 a.m.



BOOK OF THE MONTH:

“Pack Up The Moon” by Kristan Higgins  
Every month, a letter. That's what Lauren decides to leave her husband when she finds out she's dying. Each month, she gives Josh a letter containing a task to help him face this first year without her, leading him on a heartrending, beautiful, often humorous journey to find happiness again  
Copies available at the Senior Center  
*All books are due back by April 14*

To Register Call (920) 322-3630

## 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

## OPEN POOL



Monday– Friday  
9:00 a.m.-3:00 p.m.



Thursday, April 14 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

*Door Prizes Sponsored by:*



## LADIES PLAYFUL GOLF CLUB

Mondays and Wednesdays at 9:30 a.m.  
Beginning May 16

Must call to register (920)322-3630

The Ladies Playful Golf Club is not a league, but rather an informal way to get together and socialize with other ladies who like to golf. It's all about fun and making new friends.

This club is open to any lady golfer with the basic knowledge of golf.

*Partners are randomly chosen each time.*

There are golf fees, which can be paid at the golf course each time you play



Call Alice Dann (920) 753-5126 with all questions.

## MEN'S SENIOR CENTER GOLF LEAGUE

Thursdays at 8:30 a.m.  
Beginning May 12



*An informational meeting will be held at Whispering Springs on April 21 at 10:00 a.m.*

Call John Paluchniak (920) 960-8688 with all questions.



# SUPPORT THE ADVERTISERS

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# APRIL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>4</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 5:30 Zumba Gold</p>	<p><b>5</b> 9:00 Open Pool 10:00 Stretch &amp; Strength 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 1:00 Cribbage</p>	<p><b>6</b> 9:00 Open Pool 10:00 Fondy Sunshine Strummers 11:00 Drive Up Senior Dining Meal 12:30 Canasta 12:30 Hand &amp; Foot 12:30 Movie - American Underdog 1:00 Senior Snappers</p>	<p><b>7</b> 9:00 Balance &amp; Stretch 9:00 Open Pool 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 12:00 Movie - House of Gucci 1:00 Cribbage 1:00 Flying Geese Quilters 5:30 Beginning Line Dancing 5:30 Parents of Angels 6:30 Line Dancing</p>	<p><b>8</b> 9:00 Open Pool 9:00 Video Walk to Fitness 10:00 Memory Writers 11:00 Drive Up Senior Dining Meal 12:00 Game Day <b>9 Saturday</b> 10:00 Walking Group 1:00 Learn How To Macramé <b>10 Sunday</b></p>
<p><b>11</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 Pet Day Event 5:30 Zumba Gold</p>	<p><b>12</b> 9:00 Open Pool 10:00 Stretch &amp; 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 Parkinson Movement &amp; Music 6:00 Coln Club</p>	<p><b>13</b> 9:00 Open Pool 10:00 Blackout Poetry 10:00 Fondy Sunshine Strummers 10:30 How To Be Scam Savvy 11:00 Drive Up Senior Dining Meal 12:30 Canasta 12:30 Hand &amp; Foot 1:00 Genealogy 1:30 Trusts/ Estate Planning</p>	<p><b>14</b> 9:00 Balance &amp; Stretch 9:00 Open Pool 10:00 Book Club 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 12:00 Sewing 1:00 Cribbage 1:30 Nickel Bingo 5:30 Beginning Line Dancing 6:30 Line Dancing</p>	<p><b>15</b> 9:00 Open Pool 9:00 Video Walk to Fitness 10:00 Memory Writers 11:00 Drive Up Senior Dining Meal 12:00 Game Day <b>16 Saturday</b> 8:30 Shred Day - FVSB 10:00 Walking Group <b>17 Sunday</b></p>
<p><b>18</b> 9:00 Open Pool 9:00 Wood Carving</p>	<p><b>19</b> 9:00 Open Pool 10:00 Stretch &amp; Strength</p>	<p><b>20</b> 9:00 Open Pool 10:00 Fondy Sunshine Strummers</p>	<p><b>21</b> 9:00 Balance &amp; Stretch 9:00 Open Pool</p>	<p><b>22</b> 9:00 Open Pool 9:00 Video Walk to Fitness</p>



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Center (ADRC).

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DHS Approval 5/2/18

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D 4C 01-1122

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

Tuesday, April 19  
12:00 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

## BLOOD PRESSURE CLINIC

Wednesday, April 27  
9:00– 10:00 a.m.



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

Sponsored by:  Harbor Haven  
Health & Rehabilitation

## SHRED DAY

Saturday, April 16  
8:30-11:00 a.m.  
Fox Valley Savings Bank

Have you been hanging onto those private documents because you are too worried to throw them in the garbage? Take them to Shred day and protect yourself against identity theft .



## 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



We're at ATI Physical Therapy located at 727 W Johnson Street with Sarah Zenner. ATI is one of our amazing community partners. Sarah comes to the Center every Tuesday and does an exercise program called Stretch & Strength. Come on in and check it out!

## GUESS HOW MANY

On March 14 we celebrated Pi Day by giving out pies. How many pies did we give away on that day? Closest guess wins a prize! One guess per person please. Thank you to Lake View Place for Sponsoring Pi Day!



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

www.Highlights.com

## Hidden Pictures®

### Time to Wake Up

By Kary Davis



In the big picture, find these objects.



baseball cap



banana



wishbone



heart



mushroom



feather



tack



seashell



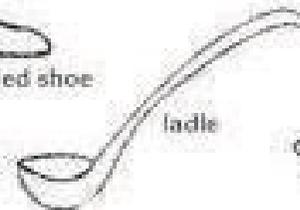
fishhook



trowel



high-heeled shoe



ladle



worm

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## BUNCO

Mondays  
12:30 – 3:00 p.m.



Come and shake it up with us!  
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

## CRIBBAGE

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



Come and join the Cribbage Crew!  
New Players Welcome!

To Register Call (920) 322-3630

## 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

## EUCHRE

Mondays  
12:30 –2:30 p.m.



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

Call To Register:(920) 322-3630

## HAND & FOOT

Wednesdays  
12:30-3:00

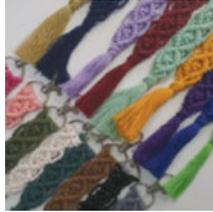


**New Players Welcome!**

To Register Call (920) 322-3630

## LEARN HOW TO MACRAME

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).



To Register Call (920) 322-3630  
*Must register and pay class fee by Thursday, April 7.*

*Hurry and register today as space is limited!*

## 2022 Dine Out Books



Over 50 coupons to  
40+ Local Businesses

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SEEN IT BEFORE

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ASSISTED LIVING

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

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Don Kurki - Owner/Funeral Director

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



WISCONSIN  
PARKINSON  
ASSOCIATION

## PARKINSON'S MOVEMENT & MUSIC

Tuesday, April 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, April 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

April 28

(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.

## EYE GLASSES

Now accepting used eye glasses to donate to  
local community partners.



Consider donating your old eye glasses today by  
dropping them off at the Senior Center

## LOCAL PARENTS OF ANGELS



1st Thursday - April 7

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



FULL OF HOPE

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  
National Alliance on Mental Illness

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!

## April 2022 Fond du Lac County Senior Dining

Mar 2022						
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			

May 2022						
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					

**1**  
Breaded Fish Fillet  
Baby Red Potatoes  
Cole Slaw  
Cinnamon Roll  
Tropical Fruit Salad  
Sliced Bread

<p><b>4</b></p> <p>Swiss Steak Mashed Potatoes Peas and Carrots Butterscotch Pud. Apricots Sliced Bread</p>	<p><b>5</b></p> <p>Chili Casserole Corn Cantaloupe Slice Applesauce Cake Cornbread</p>	<p><b>6</b></p> <p>Teriyaki Chicken Brown Rice Broccoli Cuts Sugar Cookie Pineapple Tidbits Sliced Bread</p>	<p><b>7</b></p> <p>Mushroom Pork Mashed Potatoes Carrots Birthday Cake Fruited Gelatin Dinner Roll</p>	<p><b>8</b></p> <p>Vegetarian Lasagna Italian Blend Veg. Orange Sherbet Petite Banana French Bread</p>
<p><b>11</b></p> <p>Chopped Steak in Burg/Mush Sauce Mashed Potatoes Mixed Vegetables Vanilla Pudding Pear Slices Sliced Bread</p>	<p><b>12</b></p> <p>Honey Mustard Meatballs Baked Potato Calif. Blend Veg. Fudge Brownie Apple Slices Dinner Roll</p>	<p><b>13</b></p> <p>Baked Chicken Garlic Mashed Pot. Three Bean Salad Choc. Chip Cookie Fruit Cocktail Sliced Bread</p>	<p><b>14</b></p> <p>Glazed Ham Sweet Potato Bake Health Slaw Tapioca Pudding Peach Slices Dinner Roll</p>	<p><b>15</b></p> <p>Tuna Casserole Broccoli Cuts Frosted Cake Apple Sliced Sliced Bread</p>
<p><b>18</b></p> <p>Chicken Breast Mashed Potatoes Spinach Salad with Rasp. Vinaigrette Choc. Sundae Cup Fruited Gelatin Sliced Bread</p>	<p><b>19</b></p> <p>Meatloaf Baked Potato Peas/Pearl Onions Choc. Cloud Torte Applesauce Dinner Roll</p>	<p><b>20</b></p> <p>Pork Jaegerschnitzel Mashed Potatoes Baby Carrots Apricots Cookie Sliced Bread</p>	<p><b>21</b></p> <p>Pepper Steak Baby Red Potatoes Brussels Sprouts Spice Cake Tropical Fruit Salad Dinner Roll</p>	<p><b>22</b></p> <p>Beef Frank on a Bun Baked Beans Corn Cantaloupe Slice Ice Cream Cup</p>
<p><b>25</b></p> <p>Cranberry/Kraut Meatballs Brown Rice Swiss Spinach Chocolate Pudding Apple Slices Sliced Bread</p>	<p><b>26</b></p> <p>Baked Chicken Twice Bk Style Pot. Copper Penny Sal. Cookie Fruit Cocktail Dinner Roll</p>	<p><b>27</b></p> <p>Baked Spaghetti Broccoli Cuts Key Lime Pie Orange French Bread</p>	<p><b>28</b></p> <p>Escalloped Potatoes and Ham Casserole Three Bean Salad Honeydew Melon Butterscotch Pud. Dinner Roll</p>	<p><b>29</b></p> <p>Chicken Marsala Baked Potato Carrots Petite Banana Frosted Cake Sliced Bread</p>



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

ATMOSPHERE  
 BIODEGRADABLE  
 CLEAN  
 CONSERVATION  
 DISPOSABLE  
 DISPOSAL  
 EARTH

ECOLOGY  
 EMPTY  
 ENERGY  
 ENVIRONMENT  
 FAUCET  
 GLASS  
 METAL

PAPER  
 PLANET  
 PLASTIC  
 POLLUTE  
 POLLUTION  
 PROCESS  
 PROTECT

SAVE  
 SOLAR  
 RECYCLE  
 REDUCE  
 REUSABLE  
 WASTE  
 WATER

# 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!

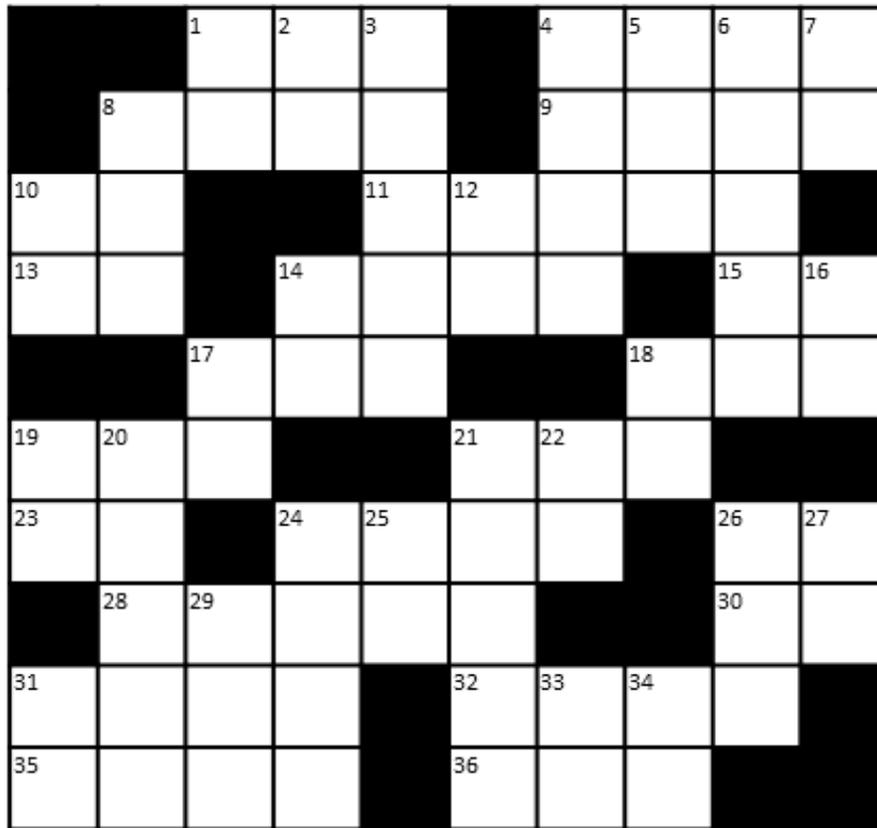
## PUZZLE SOLUTIONS

Are you stumped? Call us for hints or answers!

(920) 322-3630



## Cross Number #2



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### ACROSS

1.  $1408 - 427$
4.  $1627 + 6068$
8.  $601 + 3466$
9.  $6046 - 2918$
10.  $9 + 18$
11.  $84863 - 2084$
13.  $24 + 21$
14.  $2109 + 7810$
15.  $58 - 4$
17.  $420 - 105$
18.  $40 + 946$
19.  $219 + 501$
21.  $499 - 15$

23.  $2 + 37$
24.  $401 + 2294$
26.  $28 + 53$
28.  $23833 - 11720$
30.  $62 - 5$
31.  $328 + 1133$
32.  $10074 - 261$
35.  $2826 + 3220$
36.  $142 + 442$

### DOWN

1.  $172 - 82$
2.  $115 - 29$
3.  $27929 - 10034$
4.  $4734 + 2645$
5.  $138 + 479$
6.  $90348 + 2610$
7.  $105 - 47$
8.  $779 - 304$
10.  $1 + 23$
12.  $2 + 19$
14.  $20 + 71$
16.  $9 + 37$
17.  $20 + 10$
18.  $167 - 73$
19.  $1 + 72$
20.  $25695 + 3445$
21.  $70644 - 21249$
22.  $21 + 64$
24.  $1300 + 816$
25.  $110 - 49$
26.  $1207 - 354$
27.  $1 + 16$
29.  $54 + 210$
31.  $1 + 15$
33.  $50 + 38$
34.  $5 + 9$

# 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

April 2022 Newsletter

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

\_\_\_\_\_ Computer

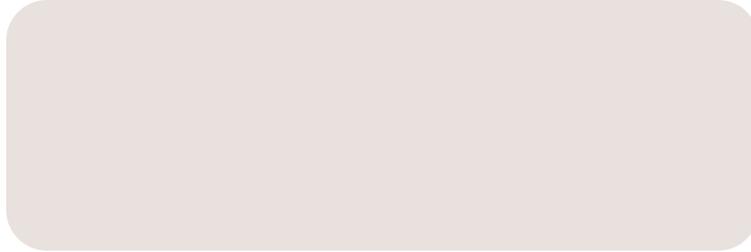


## Fond du Lac Senior Center

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## FOND DU LAC SENIOR CENTER 920-322-3630

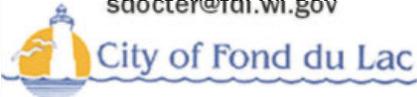
### STAFF

#### 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

Like Us On  
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**@FondduLacSeniorCenter**

Fond du Lac Senior Center  
is a member of WASC

Wisconsin  
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Centers



### FRIENDS BOARD OF DIRECTORS

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*The Fond du Lac Senior Center assumes 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.*