

FOND DU LAC SENIOR CENTER

# AMONG FRIENDS

NEWSLETTER

MAY 2022



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

I've always heard it said that time goes faster as you get older. There are some really interesting articles and research papers that try to explain the science behind why this is ... most of which are WAY over my head (they have words like electro physical undulations, neural metronome, and cesium atom vibrations!). But I think most of us are referring to how days and weeks pass and pretty soon another year has gone by.

That being said, what I really want to talk about this month is May being National Mental Health Awareness Month ... so why am I talking about the passage of time? Because more and more frequently, people at the Center are talking about what the last two years did to their mental health. Even though the world was shut down, time still passed, and many people are sharing that they feel those two years were stolen from them. A lot happens in two years, births, deaths, changes in health and independence, but it feels like those natural changes have been amplified by the social isolation and loneliness that many of us have experienced over the last two years. Many people are angry and others are sad. Many still haven't even processed all of the thoughts and feelings that they are experiencing.

Even though things are returning to normal, these feelings are still valid!

Mental Health includes our emotional and psychological health as well as our social well-being - that's a lot of different parts of our overall well-being, but for some reason we aren't nearly as willing to talk about our mental health as we are about our physical health. People will share about their latest colonoscopy or mammogram, but how many are willing to share when they are feeling sad, or that they talked to their doctor about feeling depressed?

One of the goals of Mental Health Awareness Month is to raise awareness of people living with mental or behavioral health issues and to reduce the stigma so many experience. One of the phrases that I've starting seeing more and more is:

**It's ok to not be ok.**

Those words are powerful. And resources are available. Even more importantly, talking about it is ok! Fond du Lac County has some great resources working to address the mental health needs of our residents. NAMI's information can be found at <https://namifonddulac.org/> and also on page 21 of this newsletter, and Comprehensive Service Integration (CSI) can be found at <https://www.csifdl.org/>. CSI is also having a special Community Night BINGO event on May 23rd, and more information can be found on page 17.

Thanks for reading - and feel free to reach out for more information. Hope to see you soon.

*Cathy*

## OLDER AMERICANS MONTH ROOT BEER FLOAT EVENT

Tuesday, May 17  
1:30—2:00 p.m.

Happy Older Americans Month! To celebrate we are giving out root beer floats in the “back” parking lot located on Gillett Street.

Come and get yours and celebrate with us!  
If the weather is nice bring your lawn chairs to socialize outdoors.

If the weather is unfavorable we will be handing root beer floats out of the drive up window located on the west side of the building.

Must register By Friday, May 13  
(920) 322-3630



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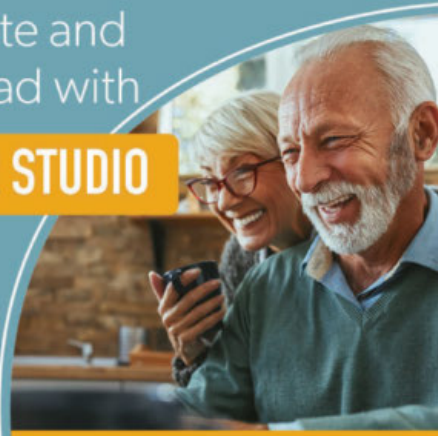


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Friends of Fond du Lac Sr. Center, Fond du Lac, WI

A 4C 01-1122

# 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

## SMOKE ALARMS SAVE LIVES!

Working smoke alarms can cut the risk of death from a home fire in half. That's why we are partnering with the American Red Cross, the Fond du Lac Fire Department, Mercury, Festival Foods, Nicholas Family Foundation and the ADRC of Fond du Lac County to:

## SOUND THE ALARM!

Together, we're installing **FREE** smoke alarms in Fond du Lac County. Request a smoke alarm installation today!

**Who:** Fond du Lac County home owners

**What:** Free alarms, fire safety plans and education

**When:** Wednesday, May 11 11:00 a.m. to 1:30 p.m. and  
Wednesday, May 18 11:00 a.m. to 12:00 p.m.  
Stop at the Center to see available equipment options - smoke detectors, "bed shaker" alarms, and more will be on display.

Equipment installation will be held:

Tuesday, May 24 9:00 a.m. to 3:00 p.m. and  
Wednesday, May 25 4:00 p.m. to 8:00 p.m.

**Sign up:** At the Center or by calling (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

## GERMAN FOR BEGINNERS

Mondays  
1:00– 2:30 p.m.



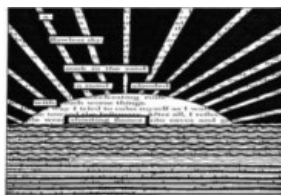
**New Learners Always Welcome!**  
To Register Call (920) 322-3630

## LEARN HOW TO DO BLACKOUT POETRY

Wednesday, May 11  
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.



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  
1:00 p.m.



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

To Register Call (920) 322-3630



## A JOURNAL FOR JORDAN



Thursday, May 5 AND Wednesday, May 18

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

PG-13 · 2021 · Drama · 2h 11m

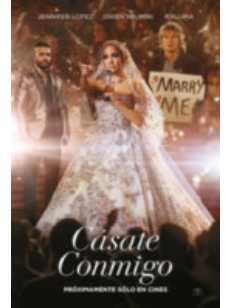
**Starring:** Michael B. Jordan, Chanté Adams, Jalon, Christian,, Tamara Tunie, Robert Wisdom

**Summary:** Deployed to Iraq, First Sgt. Charles Monroe King starts to keep a journal of love and advice for his infant son. Back at home, Dana Canedy, a senior editor for The New York Times, revisits the story of her unlikely, life-altering relationship with King and his enduring devotion to his beloved family.

Lawn Chairs Welcome!

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

## MARRY ME



Thursday, May 12 AND Wednesday, May 25

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

RPG-13 · 2022 · Romance/Comedy · 1h 52m

**Starring:** Jennifer Lopez, Owen Wilson, Maluma, John Bradley, Chloe Coleman, Sarah Silverman

**Summary:** Pop superstar Kat Valdez is about to get married before an audience of her loyal fans. However, seconds before the ceremony, she learns about her fiancé's cheating ways and has a meltdown on stage. In a moment of inspired insanity, Kat locks eyes with a total stranger in the crowd and marries him on the spot. As forces conspire to separate the unlikely newlyweds, they must soon decide if two people from such different worlds can find true love together.

Lawn Chairs Welcome!

Limited Space Available. Pre-Registration is Required  
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*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 • juliehilbert@mtins.net

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## GARDENING FOR YOUR HEALTH

Wednesday, May 11  
1:30 p.m.



Please join us as Cindy Boudry, Master Gardener comes back to the Center to teach us how to garden for our health.

To Register Call (920)322-3630

## BOOSTING MOOD WITH FOOD

Thursday, May 19  
1:30 p.m.



Please join Sandra (Sandi) Stahl from Humana to learn about "Boosting your Mood with Food and Fitness!" During this educational program Sandi will discuss the difference between moods and mood disorders, the surprising things that may affect your mood, and how food and mood are connected. Finally she will discuss how exercise and physical activity can impact your frame of mind.

To Register Call (920) 322-3630

**Humana**

## MIND OVER MATTER (M.O.M.)

June 8, 22, & July 6  
Ripon Public Library  
10 a.m. - 12:00 p.m.

This evidence based, 3 session workshop is designed to give women aged 50 or older the tools they need to take control of bladder and bowel leakage. Learn strategies for preventing or lessening symptoms including information-sharing, group activities, simple exercises, and dietary changes. With practice, the new skills learned in this workshop are proven to help you avoid or reduce leakage so you can stay active and engaged in the activities you love.



*\*Must be able to attend all three sessions.*

**Space is Limited!**  
**Pre-Registration is Required**  
**920) 322-3630**



## BECOME CYBER SMART

PROTECTING YOUR ASSETS  
AS YOU AGE

Wednesday, May 11 at 10:30

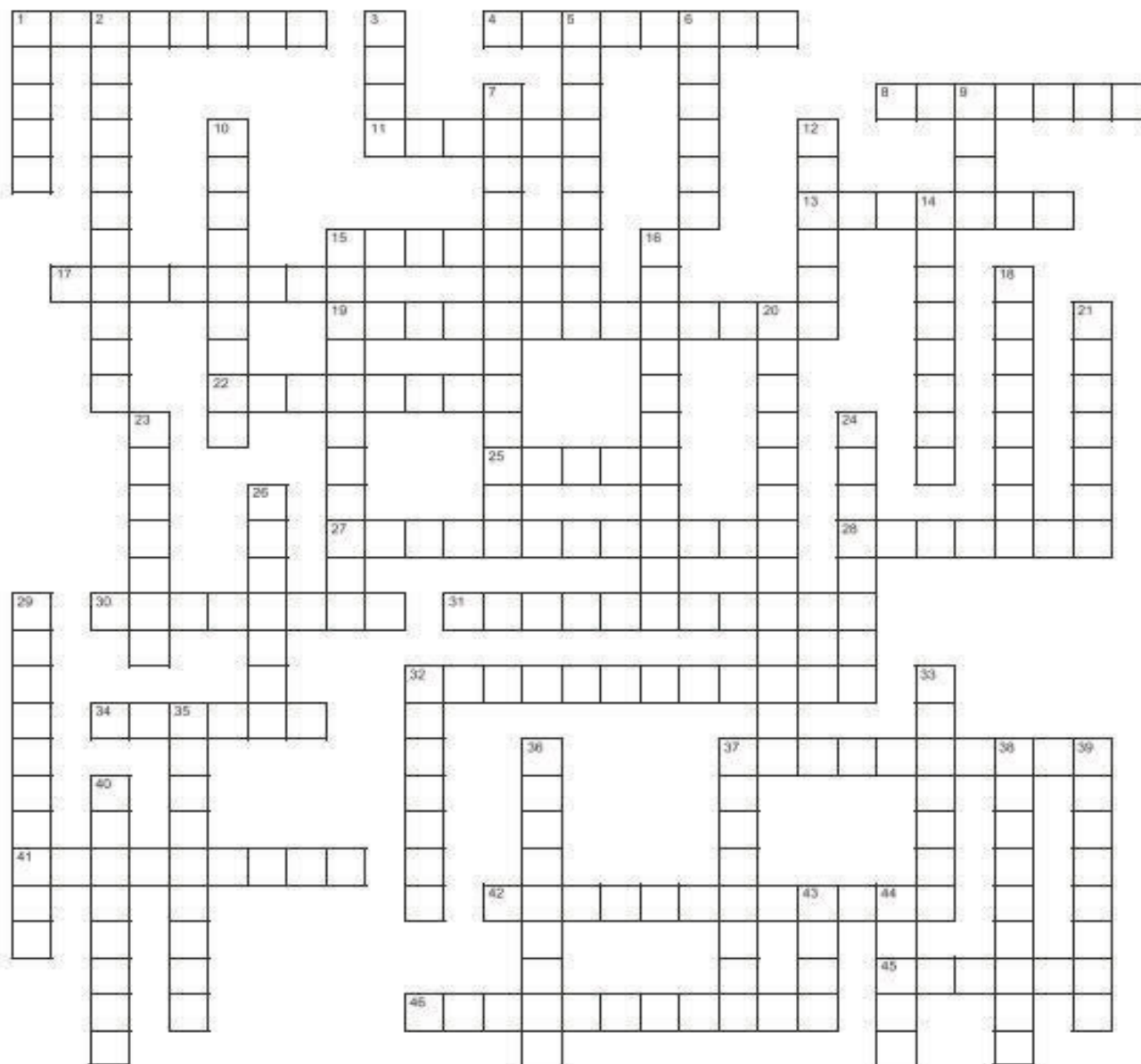
Join us at the Center as Kirsten Quam from Fox Valley Savings Bank presents on:

- ♦ How to safely use the internet
- ♦ What not to share on the internet
- ♦ How to recognize and prevent identity theft
- ♦ Resources that are available to victims of identity theft



To Register Call (920) 322-3630

## US State Nicknames



### Across

1. Great Lakes State
4. Sooner State
8. Equality or Cowboy State
11. Aloha State
13. Green Mountain State
15. Treasure State
17. Show Me State
19. Palmetto State
22. Prairie State
25. Lone Star State
27. Keystone State
28. Yellowhammer State
30. Old Dominion State

### Down

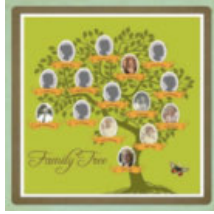
31. Peace Garden State
32. Granite State
34. Sunflower State
37. Golden State
41. Volunteer State
42. Mountain State
45. Last Frontier
46. Mount Rushmore State
1. Pine Tree State
2. Constitution State
3. Beehive State
5. Pelican State

6. Beaver State
7. Bay State
9. Buckeye State
10. Badger State
12. Silver State
14. Old Line State
15. Magnolia State
16. Ocean State
18. Cornhusker State
20. Tar Heel State
21. Grand Canyon State
23. Peach State
24. First State
26. Hoosier State

29. Evergreen State
32. Empire State
33. Sunshine State
35. Land of Enchantment
36. North Star State
37. Centennial State
38. Garden State
39. Natural State
40. Bluegrass State
43. Hawkeye State
44. Gem State

## GENEALOGY GROUP

Wednesday, May 11 and 25  
1:00 p.m.



2nd and 4th Wednesdays  
New members always welcome!

To Register Call (920)322-3630

## SENIOR SNAPPERS

Wednesday, May 4 and 18  
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, May 10  
6:00 p.m.



2nd Tuesday of the Month

New Members Welcome!

## FLYING GEESE QUILTERS

Thursday, May 5  
1:00 p.m.



Meeting the 1st Thursday of every month.

New Members Welcome!

## STAMP CLUB

Wednesday, May 18  
6:30 p.m.



3rd Wednesday of the Month

New Members Welcome!

## SUNSET STITCHERS QUILT GUILD

Thursday, May 12  
7:00 p.m.



Meeting the 2nd Thursday of the month.

New Members Welcome!

## SEWING CLASS

Thursdays May 12, & 19  
12:00-3:00 p.m.



Questions about the sewing class call (920) 322-3630

## SLOW ROLL FONDY

*2nd Tuesday of the month*  
Tuesday, May 10 at 6:30 p.m.  
Meet at the Children's Museum

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!**



## BOOK CLUB

Thursday, May 12  
10:00 a.m.

BOOK OF THE MONTH:

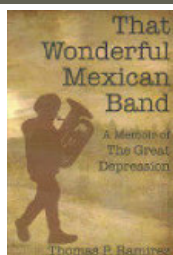
"That Wonderful Mexican Band" by Thomas Ramirez

Welcome to Fond du Lac, Wisconsin, a small

Midwestern town struggling through the Great Depression. The misadventures of a poor minority family with big dreams, as told by oldest son Thomas, reveal a deep love in the face of serious struggles and a rich life in spite of poverty. The Ramirezes' story is humorous, bittersweet, and above all-honest. That Wonderful Mexican Band is sure to strike a chord with anyone who grew up during the Great Depression or ever wondered what it was like to live "way back then."

*All books are due back by May 12*

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.



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

Thursday, May 26 at 1:30 p.m.

Registration Required (920)322-3630



## 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

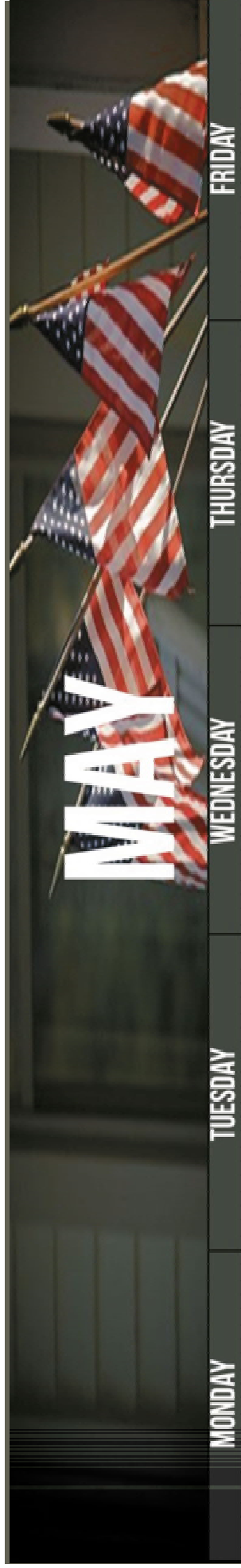
Thursdays at 8:30 a.m.  
Beginning May 12



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



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| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|--|--|--|--|
| <b><u>1 Sunday</u></b><br><br><b>2</b><br>9:00 Open Pool<br>9:00 Wood Carving<br>11:00 Drive Up Senior Dining Meal<br>12:30 Bunco<br>12:30 Euchre<br>1:00 German<br>5:30 Zumba Gold | <b>3</b><br>9:00 Open Pool<br>10:00 Stretch & Strength<br>10:00 Walking Group<br>11:00 Drive Up Senior Dining Meal<br>12:00 Mah Jongg<br>1:00 Cribbage   | <b>4</b><br>9:00 Open Pool<br>10:00 Fondy Sunshine Strummers<br>11:00 Drive Up Senior Dining Meal<br>12:00 Canasta<br>12:30 Hand & Foot<br>1:00 Senior Snappers  | <b>5</b><br>9:00 Balance & Stretch<br>9:00 Open Pool<br>10:00 Walking Group<br>11:00 Drive Up Senior Dining Meal<br>12:00 Mah Jongg<br>12:30 Movie- A Journal For Jordan<br>1:00 Cribbage<br>1:00 Flying Geese Quilters<br>5:30 Beginning Line Dancing<br>5:30 Parents of Angels<br>6:30 Line Dancing            | <b>6</b><br>9:00 Open Pool<br>9:00 Video Walk to Fitness<br>11:00 Drive Up Senior Dining Meal<br>12:00 Game Day<br>1:00 Memory Writers<br><b>7 Saturday</b><br>10:00 Walking Group<br><b>8 Sunday</b>                              |
| <b>9</b><br>9:00 Memory Screenings<br>9:00 Open Pool<br>9:00 Wood Carving<br>11:00 Drive Up Senior Dining Meal<br>12:30 Bunco<br>12:30 Euchre<br>1:00 German<br>5:30 Zumba Gold     | <b>10</b><br>9:00 Open Pool<br>10:00 Stretch & Strength<br>10:00 Walking Group<br>11:00 Drive Up Senior Dining Meal<br>12:00 Mah Jongg<br>1:00 Cribbage<br>1:00 Parkinson's Support Group<br>2:00 Parkinson Movement & Music<br>6:00 Coin Club<br>6:30 Slow Roll | <b>11</b><br>9:00 Open Pool<br>10:00 Blackout Poetry<br>10:00 Fondy Sunshine Strummers<br>10:30 Become Cyber Smart<br>11:00 Drive Up Senior Dining Meal<br>11:00 Sound the Alarm Display<br>12:00 Canasta<br>12:30 Hand & Foot<br>1:00 Genealogy<br>1:30 Gardening For Your Health | <b>12</b><br>8:30 Men's Golf<br>9:00 Balance & Stretch<br>9:00 Open Pool<br>10:00 Book Club<br>10:00 Walking Group<br>11:00 Drive Up Senior Dining Meal<br>12:00 Mah Jongg<br>12:00 Sewing<br>12:30 Movie-Marry Me<br>1:00 Cribbage<br>5:30 Beginning Line Dancing<br>6:30 Line Dancing<br>7:00 Sunset Stitchers | <b>13</b><br>9:00 Open Pool<br>9:00 Video Walk to Fitness<br>11:00 Drive Up Senior Dining Meal<br>12:00 Game Day<br>1:00 Memory Writers<br><b>14 Saturday</b><br>10:00 Walking Group<br><b>15 Sunday</b>                           |
| <b>16</b><br>9:00 Open Pool<br>9:00 Wood Carving<br>9:30 LPGA<br>11:00 Drive Up Senior Dining Meal<br>12:30 Bunco<br>12:30 Euchre<br>1:00 German<br>5:30 Zumba Gold                 | <b>17</b><br>9:00 Open Pool<br>10:00 Stretch & Strength<br>10:00 Walking Group<br>11:00 Drive Up Senior Dining Meal<br>12:00 Mah Jongg<br>1:00 Cribbage<br>1:30 Older Americans Month Event  | <b>18</b><br>9:00 Open Pool<br>9:30 LPGA<br>10:00 Blackout Poetry<br>10:00 Fondy Sunshine Strummers<br>11:00 Drive Up Senior Dining Meal<br>11:00 Sound the Alarm Display<br>12:00 Canasta<br>12:30 Movie- A Journal For Jordan<br>12:30 Hand & Foot<br>1:00 Senior Snappers       | <b>19</b><br>8:30 Men's Golf<br>9:00 Balance & Stretch<br>9:00 Open Pool<br>10:00 Book Club<br>10:00 Walking Group<br>11:00 Drive Up Senior Dining Meal<br>12:00 Mah Jongg<br>12:00 Sewing<br>1:00 Cribbage<br>1:30 Boosting Mood With Food<br>5:30 Beginning Line Dancing                                       | <b>20</b><br>9:00 Open Pool<br>9:00 Video Walk to Fitness<br>11:00 Drive Up Senior Dining Meal<br>12:00 Game Day<br>1:00 Memory writers<br><b>21 Saturday</b><br>10:00 Friends Brat Fry<br>10:00 Walking Group<br><b>22 Sunday</b> |





# CATARACTS



# YOU

get to choose drop-free  
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Dr. Gerald Clarke  
509 S. Washburn  
Oshkosh  
920-236-4160

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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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D 4C 01-1122



## MEMORY SCREENING

2nd Monday of the month  
Monday, May 9  
9 a.m.- 3 p.m.



A memory Screen is a wellness tool that help Identify possible changes in memory and cognition. It creates a baseline so that future changes can be monitored. Come in to the Center and get your **FREE** screening! It only takes 15 minutes! All memory screenings and results are kept private and confidential.



To Register Call  
(920) 322-3630



## BLOOD PRESSURE CLINIC

Wednesday, May 25  
9:00– 10:00 a.m.



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

Sponsored By:



CSI Fond du Lac's Mental Health Access Committee has organized a **FREE Community BINGO night** to bring awareness to mental health. Join us for your chance to win local business prize baskets.

Monday, May 23rd  
Doors open at 5:00, play starts at 5:30  
Brothertown Indian Nation Community Center  
311 Winnebago Drive Fond du Lac

Family Friendly!

## 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 are at the Center with Calie from the FDL Fire Department getting ready for the Sound the Alarm event. See P. 5 for more details about this awesome event!

## GUESS HOW MANY

March 17 of 2020 we handed out the first meal for the drive-thru meal program at the Center. Guess how many meals we gave out from March 17 of 2020 to March 17 of 2022?



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

# Sparky's **HIDDEN PICTURE PUZZLE**



The following objects are hidden in this picture: ☐ battery, ☐ smoke alarm, ☐ candle, ☐ flashlight, ☐ pencil, ☐ sailboat, ☐ banana, ☐ golf club, ☐ bell, ☐ sock, ☐ ruler, ☐ ring, ☐ cup, and a ☐ button!

For more FUN STUFF, visit [SPARKY.ORG](http://SPARKY.ORG)

The name and image of Sparky are trademarks of the NFPA.



## 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  
12:00– 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

## Brat Fry Time!

Get a yummy lunch and support the friends!

FDL Festival Foods

May 21 • June 18 • July 16

10:00 a.m. – 4:00 p.m.



We need your help! If you would like to help out at the brat fry, please call (920) 322-3630  
Thank you!

## 2022 Dine Out Books



Over 50 coupons to  
40+ Local Businesses

Get yours today for only  
\$7.00!

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of Fond du Lac

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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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- ✓ Utilities Included\*
- ✓ Small pets welcome\*  
(\*some restrictions apply)

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Campbellsport, WI

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of being of sound moral principle,  
honesty, sincerity.

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or (800) 950-9952 x2538



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



## PARKINSON'S MOVEMENT & MUSIC

Tuesday, May 10 & 24 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, May 10 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

May 26

(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 - May 5

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. 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!

## May 2022 Fond du Lac County Senior Dining

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday  |
|---|--|---|---|---|
| <div> <b>May 2022</b><br/> M T W T F S S<br/> <br/> 1<br/> 2 3 4 5 6 7 8<br/> 9 10 11 12 13 14 15<br/> 16 17 18 19 20 21 22<br/> 23 24 25 26 27 28 29<br/> 30 31 </div> | <div> <b>Jul 2022</b><br/> M T W T F S S<br/> <br/> 1 2 3<br/> 4 5 6 7 8 9 10<br/> 11 12 13 14 15 16 17<br/> 18 19 20 21 22 23 24<br/> 25 26 27 28 29 30 31 </div> | <b>1</b><br>Baked Chicken<br>Twice Bk Style Pot<br>Copper Penny Sal.<br>Peach Slices<br>Cookie<br>Sliced Bread              | <b>2</b><br>Chili Casserole<br>Spinach Salad with<br>Rasp. Vinaigrette<br>Birthday Cake<br>Petite Banana<br>Cornbread         | <b>3</b><br>Pepper Steak<br>Baby Red Potatoes<br>Three Bean Salad<br>Chocolate Pudding<br>Fruited Gelatin<br>Sliced Bread |
| <b>6</b><br>BBQ Pork Outlet<br>White Bean Salad<br>Broccoli Cuts<br>Choc Cloud Torte<br>Tropical Fruit Salad<br>Sliced Bread  | <b>7</b><br>Roast Beef<br>Mashed Potatoes<br>Carrots<br>Butterscotch Pud<br>Peach Slices<br>Dinner Roll  | <b>8</b><br>Baked Spaghetti<br>Calif. Blend Veg.<br>Applesauce Cake<br>Pineapple Tidbits<br>French Bread                    | <b>9</b><br>Chicken Teriyaki<br>Brown Rice<br>Tossed Salad<br>Orange<br>Sugar Cookie<br>Dinner Roll                           | <b>10</b><br>Country Fried Steak<br>Mashed Potatoes<br>Corn<br>Choc. Sundae Cup<br>Fruit Cocktail<br>Sliced Bread         |
| <b>13</b><br>Glazed Ham<br>Squash<br>Cole Slaw<br>Frosted Cake<br>Applesauce<br>Sliced Bread  | <b>14</b><br>Honey Mustard<br>Meatballs<br>Baked Potato<br>Peas and Carrots<br>Raspberry Sherbet<br>Fruited Gelatin<br>Dinner Roll                                 | <b>15</b><br>Salisbury Steak<br>Mashed Potatoes<br>Swiss Spinach<br>Spice Cake<br>Apple Slices<br>Sliced Bread              | <b>16</b><br>Beef Frank on a Bun<br>Baked Beans    Corn<br>Vanilla<br>Pudding<br>Cantaloupe Slice                             | <b>17</b><br>Chicken, Broccoli &<br>Rice Casserole<br>Tossed Salad<br>Choc. Chip Cookie<br>Petite Banana<br>Sliced Bread  |
| <b>20</b><br>Swiss Steak<br>Mashed Potatoes<br>Mixed Vegetables<br>Applesauce Cake<br>Pear Slices<br>Sliced Bread   | <b>21</b><br>Baked Chicken<br>Garlic Mashed Pot.<br>Three Bean Salad<br>Pineapple Tidbits<br>Oatmeal-Raisin<br>Cookie<br>Dinner Roll                               | <b>22</b><br>Meatloaf<br>Sweet Potato Bake<br>Health Slaw<br>Tapioca Pudding<br>Tropical Fruit Salad<br>Sliced Bread        | <b>23</b><br>Chicken Cacciatore<br>Baby Red Potatoes<br>Mixed Italian Salad<br>Red Velvet Cake<br>Apple Slices<br>Dinner Roll | <b>24</b><br>Pork Jaegerschnitzel<br>Mashed Potatoes<br>Pickled Beet Salad<br>Apricots<br>Cinnamon Roll<br>Sliced Bread   |
| <b>27</b><br>Chicken Breast<br>Mashed Potatoes<br>Baby Carrots<br>Fruited Gelatin<br>Cookie<br>Sliced Bread   | <b>28</b><br>Cranberry & Kraut<br>Meatballs<br>Baked Potato<br>Corn<br>Key Lime Pie<br>Orange<br>Dinner Roll   | <b>29</b><br>Smoked Sausage<br>Calico Bean Cass.<br>German Cole Slaw<br>Butterscotch Pud.<br>Honeydew Melon<br>Sliced Bread | <b>30</b><br>Hamburger on a Bun<br>German Pot. Salad<br>Peas and Carrots<br>Fudge Brownie<br>Petite Banana                    |   |



**DIRECTIONS:**  
Find and circle the  
vocabulary words  
in the grid. Look  
for them in all  
directions including  
backwards and  
diagonally.

A and W  
Arby's  
Burger King  
Carl's Jr.  
Chipotle  
Chuck E. Cheese's  
Church's Chicken  
Cinnabon  
Dairy Queen  
Domino's  
Dunkin' Donuts  
Five Guys  
Hardee's  
Jack in the Box

# Fast Food Restaurants

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



|                    |                   |
|--------------------|-------------------|
| Jollibee           | Starbucks         |
| KFC                | Subway            |
| Little Caesars     | Taco Bell         |
| Long John Silver's | TCBY              |
| McDonald's         | The Pizza Company |
| Panda Express      | Tim Hortons       |
| Papa John's Pizza  | TKK Fried Chicken |
| Pizza Hut          | Wendy's           |
| Popeyes            | Wingstop          |
| Quiznos            | WingStreet        |

## 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)

## 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



## PUZZLE SOLUTIONS



Are you stumped? Call us for hints or answers! (920) 322-3630

## MAY DAY WORD SCRAMBLE

Rearrange the letters in each word or phrase below to make a list of words related to May Day

1. AOLBR NVMMTEOE

---

2. DINNAGC

---

3. AOPMELY

---

4. EWRSELF

---

5. AEGTAPN

---

6. REAPAD

---

7. RMODEEF

---

8. LEIRLSA

---

9. IGRSPN

---

10. SADRLANG

---

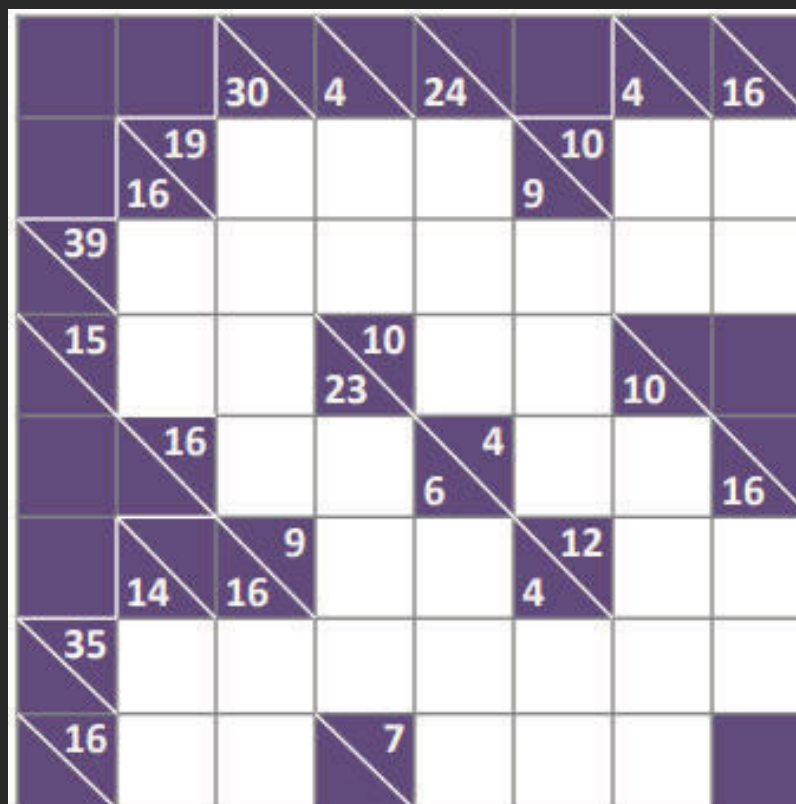
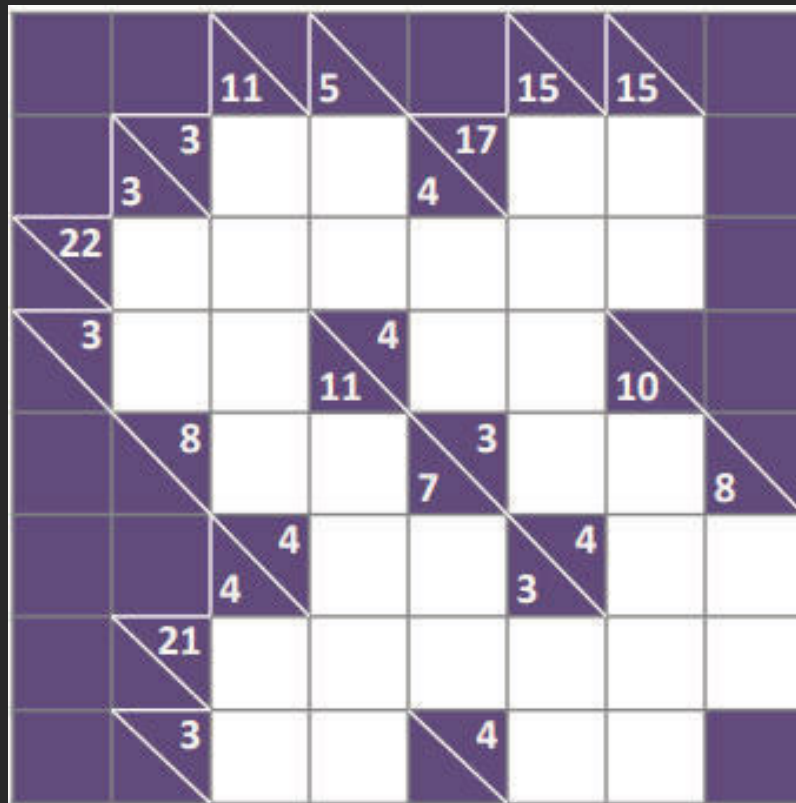




# KAKURO PUZZLES

25

Just like in Sudoku, fill in the grid with the digits from 1 to 9. Each group of digits must add up to the number that is just to the left or above it. No group can repeat the same digit twice.



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

F 4C 01-1122

# 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   |  |
| <input type="checkbox"/> I'D LIKE TO GO GREEN! RATHER THAN U.S. MAIL, PLEASE E-MAIL MY MONTHLY NEWSLETTER TO THE EMAIL ADDRESS ABOVE |  |

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

## CHOICE OF SUPPORT:

**THANK YOU FOR SUPPORTING THE FRIENDS!**

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

☐ **\$ \_\_\_\_\_ 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

May 2022 Newsletter

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

\_\_\_\_\_ Computer





## Fond du Lac Senior Center

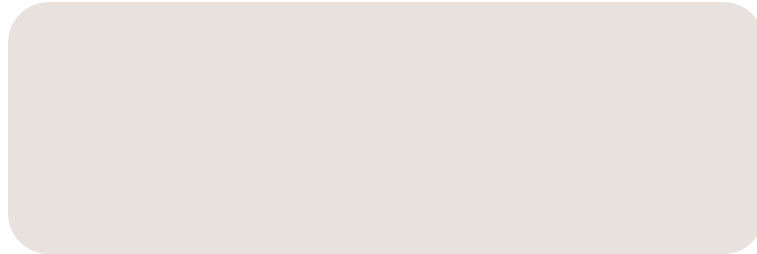
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FOND DU LAC, WIS  
PERMIT NO. 129

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- 3:30 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  
**facebook** 

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Fond du Lac Senior Center  
is a member of WASC

Wisconsin  
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### FRIENDS BOARD OF DIRECTORS

Kevin Dickie  
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Cathy Loomans, Center Director

*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.*