

FRIENDS OF THE FOND DU LAC SENIOR CENTER

# AMONG FRIENDS

NEWSLETTER

DECEMBER 2021



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

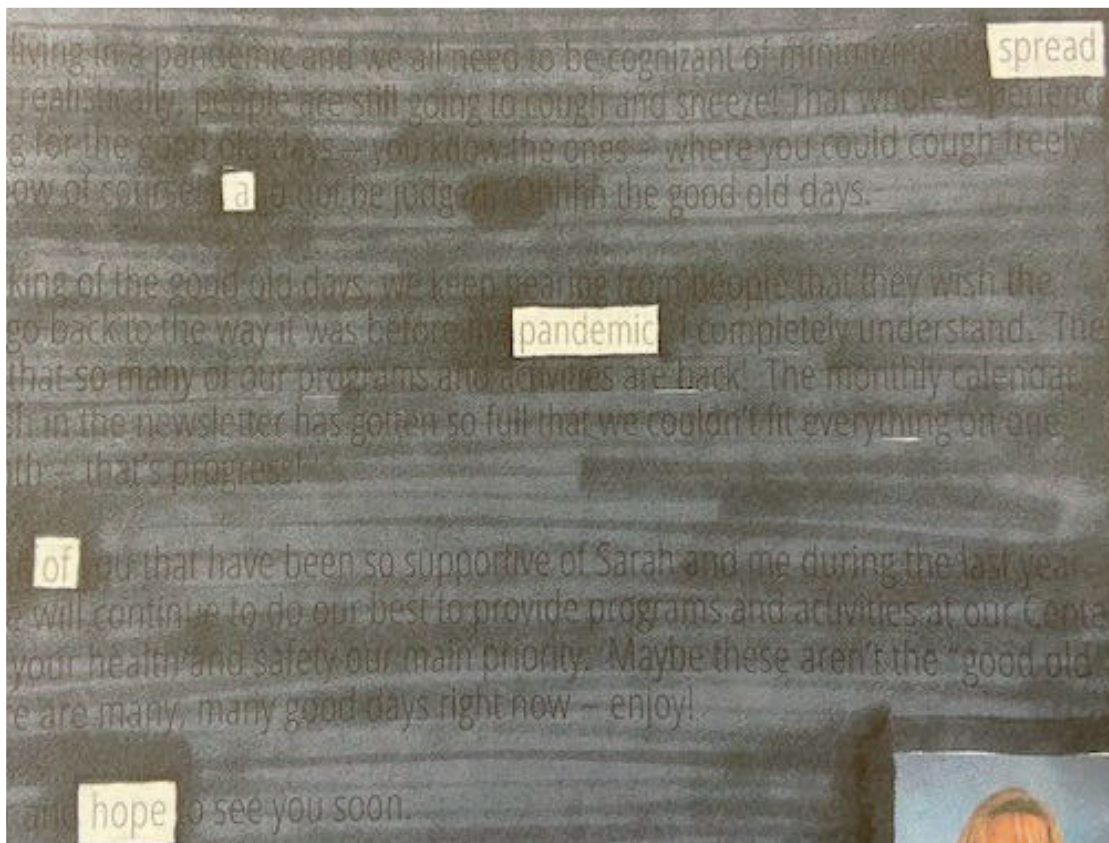
We offered a new program here last month called Blackout Poetry. The premise is that you create a poem by taking a printed page, newspaper article, etc., and redact words, leaving only enough words to express a thought.

I mention this because someone dropped off this “blacked out” version of one of the articles I had in the newsletter a couple of months ago. I thought the message was fitting - “spread a pandemic of hope”. I don’t know about you, but I’m always looking for little signs to brighten each day, and this definitely made me smile. If you’re interested in trying Blackout Poetry, come and join us! There’s more information on Page 17.

Speaking of hope, this is the time of year that always gives me the most hope. Christmas carols sing of “peace on earth” and “goodwill to men”. Many of the them include lyrics like “joyful”, “true love”, “jolly”, “glorious”, “calm”, “fun”, “bright” and “glad tidings”. To me, these words paint a picture of a happy, patient, hopeful world. These are all the things I wish for you, not just during the holidays but all year round.

Have a wonderful holiday, and during this season I encourage you to spread a pandemic of hope!

Hope to see you soon!



*Cathy*

Cover photo: [digitalblasphemy.com](http://digitalblasphemy.com)

## CHRISTMAS DRESS UP FOR LUNCH DAY Friday, December 17

Tis the season to be jolly! Get out those Christmas sweaters and spread some holiday cheer!



Call (920) 322-3630 to sign up for a drive up meal and celebrate with us!  
Menu available on Page 22

**AVAILABLE FOR A LIMITED TIME!**

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



**"It's my life and they respect that."**

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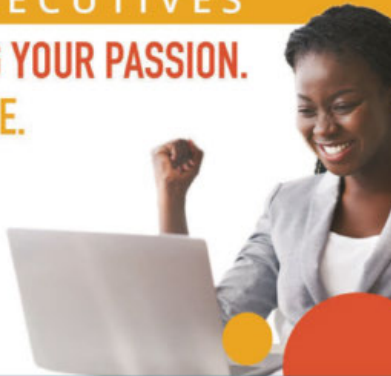
[inclusa.org](http://inclusa.org) | 877-376-6113

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[www.4lpi.com/careers](http://www.4lpi.com/careers)

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## BALANCE & STRETCH



Now on Demand! Check the link 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

## WALKING/HIKING GROUP

This group meets to walk on Tuesday, Thursday and Saturday mornings at 10:00 a.m.



if you are interested in joining in, call us for details (920) 322-3630, or check out our Facebook Page at <https://www.facebook.com/FondduLacSeniorCenter/> Walking poles welcome. For details call (920) 322-3630

## CARDIO DRUMMING

**What is it?** A drumming workout using a pair of drumsticks, a yoga ball and a bucket or laundry basket.

**Where can I do it?** In the comfort of your home!

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

Give it a try!





## CHRISTMAS TREATS

P	D	T	M	F	M	S	S	A	H	P	H	L	K	N
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BUCHE DE NOËL  
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 CLOVES  
 COOKIES  
 CRANBERRIES  
 EGGNOG  
 FLAT BREAD

FRUITCAKE  
 FUDGE  
 GINGERBREAD  
 GOOSE  
 GRAVY  
 HAM  
 MINCEMEAT  
 NUTS

ORANGES  
 PUMPKIN PIE  
 SCRUMPTIOUS  
 STUFFING  
 SUGARPLUMS  
 SWEET POTATOES  
 TURKEY



# GROUPS/CLUBS

## COIN CLUB

Tuesday, December 14  
6:00 p.m.



2nd Tuesday of the Month  
New Members Welcome!

## STAMP CLUB

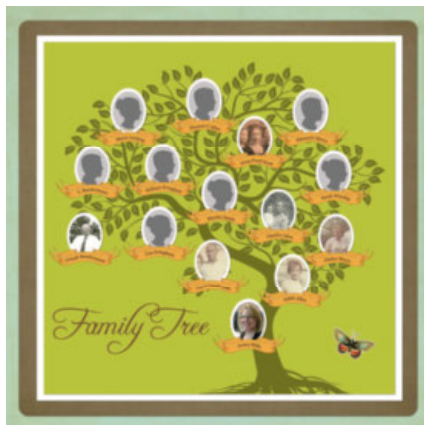
Wednesday, December 15  
6:30 p.m.



3rd Wednesday of the Month  
New Members Welcome!

## GENEALOGY GROUP

Wednesday, December 8 & 22  
1:00 p.m.



2nd and 4th Wednesdays  
New members always welcome!

To Register Call (920)322-3630

## SENIOR SNAPPERS

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



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

To Register Call (920)322-3630



## RESPECT



Thursday, December 2 AND  
Wednesday, December 8

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

\*Note Start Time

PG-13 · 2021 · Musical/Drama · 2h 25m

**Starring:** Jennifer Hudson, Marlon Wayans, Mary J. Blige, Audra McDonald

**Summary:** Following the rise of Aretha Franklin's career -- from a child singing in her father's church choir to her international superstardom -- it's the remarkable true story of the music icon's journey to find her voice.

Lawn Chairs Welcome!

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

## A GIFT FROM BOB



Wednesday, December 15

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

\*Note Start Time

PG · 2020 · Drama/Family · 1h 32m

**Starring:** Luke Treadaway, Kristina Tonteri-Young, Daisy Badger, Nina Wadia

**Summary:** A struggling street musician finds himself the target of an animal welfare investigation that threatens to take away his beloved cat at Christmas.

Lawn Chairs Welcome!

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

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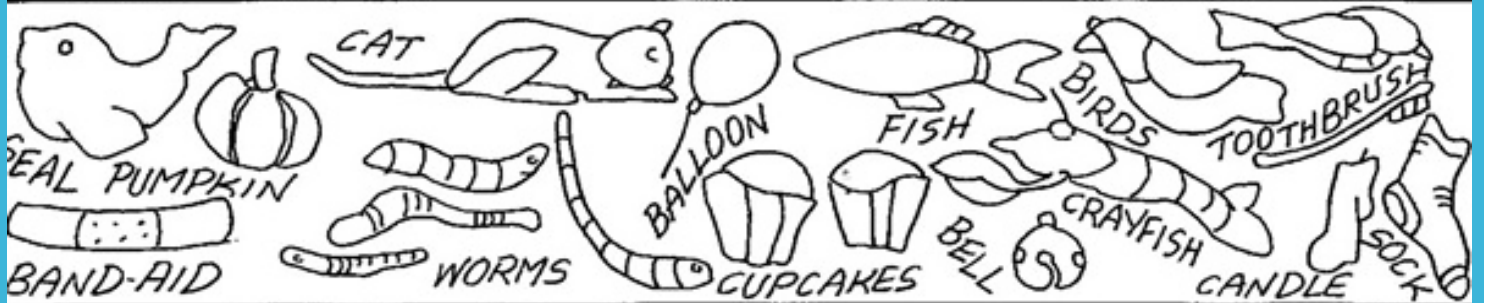
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# HIDDEN PICTURES



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



## CRIBBAGE

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



Come and join the Cribbage Crew!  
New Players Welcome!

To Register Call (920) 322-3630

## CANASTA

Wednesdays  
12:30 – 3:00 p.m.



New Players Welcome!

To Register Call (920) 322-3630

## BUNCO

Mondays  
12:30 – 3:00 p.m.



Come and shake it up with us!

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

## UKULELE GROUP

Wednesdays  
10:00 a.m.



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

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

To Register Call (920) 322-3630

## SCAMP BAND PRACTICE

See you in 2022!



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

## BEGINNING COUNTRY LINE DANCING

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



## COUNTRY LINE DANCING

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

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

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

## GAME DAY

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



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

To Register Call (920)322-3630

## SNOWSHOE DEMONSTRATION

Kiekhaefer Park  
Wednesday, January 26 at 1:00 p.m.  
&  
Thursday, February 10 at 10:00 a.m.



Meet at Kiekhaefer Park and learn about snowshoeing from the staff at Attitude Sports.  
*Snowshoes will be available to try.*


To Register Call (920) 322-3630



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ADVERTISERS**  
*that Support  
our Community!*



# DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>6</b></p> <p>9:00 Balance and Stretch 9:00 Wood Carving 11:00 Drive Up Senior Dining Meal 12:30 Bunco 12:30 Euchre 1:00 German 2:00 Cardio Drumming</p>	<p><b>7</b></p> <p>9:00 Tech Tyme 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 1:00 Cribbage 1:00 Creator's Corner</p>	<p><b>1</b></p> <p>10:00 Ukulele Group 11:00 Drive Up Senior Dining Meal 12:30 Canasta 12:30 Hand &amp; Foot 1:00 Senior Snappers</p>	<p><b>2</b></p> <p>10:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 12:30 Movie- Respect 1:00 Cribbage 1:00 Flying Geese Quilters 5:30 Parents of Angels 5:30 Beginning Line Dancing 6:30 Line Dancing</p>	<p><b>3</b></p> <p>9:00 Game Day 9:00 Video Walk to Fitness 10:00 Memory Writers 11:00 Drive Up Senior Dining Meal <u>4 Saturday</u> 10:00 Walking Group <u>5 Sunday</u></p>
<p><b>6</b></p> <p>9:00 Balance and Stretch 9:00 Wood Carving 11:00 Drive Up Senior Dining Meal 12:30 Bunco 12:30 Euchre 1:00 German 2:00 Cardio Drumming</p>	<p><b>7</b></p> <p>9:00 Tech Tyme 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 1:00 Cribbage 1:00 Creator's Corner</p>	<p><b>8</b></p> <p>9:00 Blackout Poetry 10:00 Ukulele Group 11:00 Drive Up Senior Dining Meal 12:30 Canasta 12:30 Hand &amp; Foot 12:30 Movie- Respect 1:00 Genealogy</p>	<p><b>9</b></p> <p>10:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 1:00 Cribbage 5:30 Beginning Line Dancing 6:30 Line Dancing 7:00 Sunset Stitchers</p>	<p><b>10</b></p> <p>9:00 Game Day 9:00 Video Walk to Fitness 10:00 Memory Writers 11:00 Drive Up Senior Dining Meal <u>11 Saturday</u> 10:00 Walking Group <u>12 Sunday</u></p>
<p><b>13</b></p> <p>9:00 Balance and Stretch 9:00 Wood Carving 11:00 Drive Up Senior Dining Meal 12:30 Bunco 12:30 Euchre 1:00 German 2:00 Cardio Drumming</p>	<p><b>14</b></p> <p>10:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 1:00 Cribbage 1:00 Creator's Corner 1:00 Parkinson's Support Group 2:00 Parkinson Movement &amp; Music 6:00 Coin Club</p>	<p><b>15</b></p> <p>10:00 Ukulele Group 11:00 Drive Up Senior Dining Meal 12:30 Canasta 12:30 Hand &amp; Foot 12:30 Movie- A Gift From Bob 1:00 Senior Snappers 6:30 Stamp Club</p>	<p><b>16</b></p> <p>10:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 1:00 Cribbage 1:30 Bingo 5:30 Beginning Line Dancing 5:30 Parents of Angels 6:30 Line Dancing 6:30 Alzheimer's Support Group</p>	<p><b>17</b></p> <p>9:00 Game Day 9:00 Video Walk to Fitness 10:00 Memory Writers 11:00 Drive Up Senior Dining Meal <u>18 Saturday</u> 10:00 Walking Group <u>19 Sunday</u></p>
<p><b>20</b></p> <p>9:00 Balance &amp; Stretch 9:00 Wood Carving 11:00 Drive Up Senior Dining Meal 12:30 Bunco 12:30 Euchre 1:00 German 2:00 Cardio Drumming</p>	<p><b>21</b></p> <p>9:00 Tech Tyme 10:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 1:00 Cribbage 1:00 Creator's Corner</p>	<p><b>22</b></p> <p>10:00 Ukulele Group 11:00 Drive Up Senior Dining Meal 12:30 Canasta 12:30 Hand &amp; Foot 1:00 Genealogy</p>	<p><b>23</b></p> <p>10:00 Walking Group 11:00 Drive Up Senior Dining Meal 12:00 Mah Jongg 1:00 Cribbage 5:30 Beginning Line Dancing 6:30 Line Dancing</p>	<p><b>24</b></p>  <p><b>Closed</b> <u>25 Saturday</u></p>

<p><b>27</b>                  9:00 Balance and Stretch                  9:00 Wood Carving                  11:00 Drive Up Senior Dining Meal                  12:30 Bunco                  12:30 Euchre                  1:00 German                  2:00 Cardio Drumming</p>	<p><b>28</b>                  10:00 Walking Group                  11:00 Drive Up Senior Dining Meal                  12:00 Mah Jongg                  1:00 Cribbage                  1:00 Creator's Corner                  2:00 Parkinson Movement &amp; Music</p>	<p><b>29</b>                  10:00 Ukulele Group                  11:00 Drive Up Senior Dining Meal                  12:30 Canasta                  12:30 Hand &amp; Foot</p>	<p><b>30</b>                  10:00 Walking Group                  11:00 Drive Up Senior Dining Meal                  12:00 Mah Jongg                  1:00 Cribbage                  5:30 Beginning Line Dancing                  6:30 Line Dancing</p>	<p><b>31</b>  <i>Closed</i></p>
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DHS Approval 5/2/18

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

D 4C 01-1122



## LEARN HOW TO DO BLACKOUT POETRY

Wednesday, December 8

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

## GERMAN FOR BEGINNERS

Mondays  
1:00– 2:30 p.m.



To Register Call (920) 322-3630

## TECH TYME

Tuesday , December 7 & 21  
9:00 - 11:00 a.m.  
BY APPOINTMENT ONLY



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

To register call (920) 322-3630

*All sessions are limited to 30 minutes*

## HAND & FOOT

Wednesdays  
12:30-3:00



To Register Call (920) 322-3630

## VOLUNTEERS NEEDED

We have had requests for the following types of classes and are looking for volunteers to help us get them started.



- ◆ Calligraphy
- ◆ TaiChi/Chair Tai Chi
- ◆ Yoga/Chair Yoga
- ◆ Strength and Balance
- ◆ How to Use a Cricut
- ◆ Other art, cooking, or exercise classes
- ◆ Cryptocurrency
- ◆ Spanish

If you'd like to share your talents with our participants, please give us a call! (920) 322-3630

## GUESS HOW MANY

'Tis the season for cookie baking! Guess how many cookie cutters are in the basket. Closest guess wins a prize! All guesses due by December 31



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

## FRIENDS OF THE FOND DU LAC SENIOR CENTER ANNUAL MEETING

January 20th, 2022  
3:00 p.m.



Friends members are welcome to attend to hear updates on the Friends 2021 fundraising activities.

Call (920) 322-3630 to register.

## 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

## FLYING GEESE QUILTERS

Thursday, December 2  
1:00 p.m.



Meeting the 1st Thursday of every month.

New Members Welcome!

## CREATOR'S CORNER

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



Tired of working on that project by yourself? Bring it with you to the Center and socialize while you work.

To Register Call (920) 322-3630



Thursday, December 16  
1:30-3:00 p.m.

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

Registration Required (920)322-3630

Sponsored by:



## SUNSET STITCHERS QUILT GUILD

Thursday, December 9  
7:00 p.m.



Meeting the 2nd Thursday of the month.

New Members Welcome!

# 2022 Dine Out Books



Over 50 coupons to  
40+ Local Businesses

\$7.00

# Where In FDL Are Cathy & Sarah

Frontida Assisted Living has two locations in Fond du Lac providing both assisted living and memory care services. Frontida is another of our amazing community sponsors. Join us for Bingo this month—sponsored by Frontida!



*the Meadows*  
of Fond du Lac

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

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



WISCONSIN  
PARKINSON  
ASSOCIATION

## PARKINSON'S MOVEMENT & MUSIC

Tuesday, December 14 & 28 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, December 14 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  
December 16  
(4th Thursday of every month)  
6:30 p.m.**

Due to the holiday this group will meet  
the 3rd Thursday in December  
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.



## DRUG DISPOSAL BAGS



Deactivate & destroy your prescription drugs in 3 easy steps. Help keep prescription drugs off the streets - pick up some disposal bags today at the Center.

## LOCAL PARENTS OF ANGELS



**1st & 3rd Thursday  
5:30 - 7:30pm**

The Local Parents of Angels is a support group for parents who have lost a child - it can be a recent or a long-term loss.  
**Everyone is welcome!**



**The Gratitude Club, Inc.** is a local non-profit recovery club established in 1980 to provide a meeting place and an outlet for fellowship. More than 250 individuals come through our doors on a weekly basis. The Gratitude Club is host to over 30 12-step meetings per week and sponsors numerous family-oriented activities. Call Us at 920.921.0143



NAMI Fond du Lac is the local affiliate of the National Alliance of Mental Illness (NAMI), a grass roots organization founded in 1979, with a mission to empower those young and old affected by mental illness and reduce stigma through support, education and outreach. 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!

## December 2021 Fond du Lac County Senior Dining

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																											
<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <p style="text-align: center; margin: 0;">Nov 2021</p> <table style="width: 100%; border-collapse: collapse; font-size: small;"> <tr><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td></td><td></td><td></td><td></td><td></td></tr> </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						<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <p style="text-align: center; margin: 0;">Jan 2022</p> <table style="width: 100%; border-collapse: collapse; font-size: small;"> <tr><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table> </div>	M	T	W	T	F	S	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							<p style="font-size: 2em; margin: 0;"><i>1</i></p> <p style="margin: 5px 0 0 20px;">Smoked Sausage Red Beans &amp; Rice Cole Slaw Raspberry Sherbet Peach Slices Sliced Bread</p>	<p style="font-size: 2em; margin: 0;"><i>2</i></p> <p style="margin: 5px 0 0 20px;">Orange Chicken Baby Red Potatoes Mixed Vegetables Birthday Cake Petite Banana Dinner Roll</p>	<p style="font-size: 2em; margin: 0;"><i>3</i></p> <p style="margin: 5px 0 0 20px;">Crispy Fish Fillet German Pot Salad Calif. Blend Veg. Orange Cookie Onion Rye Bread</p>
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<p style="font-size: 2em; margin: 0;"><i>6</i></p> <p style="margin: 5px 0 0 20px;">Country Fried Steak Mashed Potatoes Swiss Spinach Choc Rasp Torte Applesauce Sliced Bread</p>	<p style="font-size: 2em; margin: 0;"><i>7</i></p> <p style="margin: 5px 0 0 20px;">Glazed Ham Sweet Potato Bake Tossed Salad Vanilla Pudding Pineapple Tidbits Dinner Roll</p>	<p style="font-size: 2em; margin: 0;"><i>8</i></p> <p style="margin: 5px 0 0 20px;">Chicken, Broccoli &amp; Rice Casserole Brussels Sprouts Pumpkin Cake Pear Slices Sliced Bread</p>	<p style="font-size: 2em; margin: 0;"><i>9</i></p> <p style="margin: 5px 0 0 20px;">Cranberry/Kraut Meatballs Au Gratin Potatoes Wax Beans Cantaloupe Slice Cookie Dinner Roll</p>	<p style="font-size: 2em; margin: 0;"><i>10</i></p> <p style="margin: 5px 0 0 20px;">Pork Steak Mashed Potatoes Red Cabbage Sundae Cup Apple Slices Sliced Bread</p>																																																																																											
<p style="font-size: 2em; margin: 0;"><i>13</i></p> <p style="margin: 5px 0 0 20px;">Meatloaf Baked Potato Corn Cinnamon Roll Fruited Gelatin Sliced Bread</p>	<p style="font-size: 2em; margin: 0;"><i>14</i></p> <p style="margin: 5px 0 0 20px;">Baked Chicken Garlic Mashed Pot. Health Slaw Molasses Cookie Tropical Fruit Salad Dinner Roll</p>	<p style="font-size: 2em; margin: 0;"><i>15</i></p> <p style="margin: 5px 0 0 20px;">Pot Roast Baby Red Potatoes Baby Carrots Applesauce Cake Peach Slices Sliced Bread</p>	<p style="font-size: 2em; margin: 0;"><i>16</i></p> <p style="margin: 5px 0 0 20px;">White Chicken Chili Tossed Salad Alexander Torte Pineapple Tidbits Dinner Roll</p>	<p style="font-size: 2em; margin: 0;"><i>17</i></p> <p style="margin: 5px 0 0 20px;">Swedish Meatballs Mashed Potatoes Peas and Carrots Petite Banana Butterscotch Pud. Sliced Bread</p>																																																																																											
<p style="font-size: 2em; margin: 0;"><i>20</i></p> <p style="margin: 5px 0 0 20px;">Pork Jaegerschnitzel Mashed Potatoes Pickled Beet Salad Apricot Halves Sugar Cookie Sliced Bread</p>	<p style="font-size: 2em; margin: 0;"><i>21</i></p> <p style="margin: 5px 0 0 20px;">Chicken Tetrizzini Casserole Spinach Salad with Rasp Vinaigrette Tapioca Pudding Cantaloupe Slice Dinner Roll</p>	<p style="font-size: 2em; margin: 0;"><i>22</i></p> <p style="margin: 5px 0 0 20px;">Pepper Steak Calico Bean Cass. Chinese Ramen Sal. Cinnamon Roll Apple Slices Sliced Bread</p>	<p style="font-size: 2em; margin: 0;"><i>23</i></p> <p style="margin: 5px 0 0 20px;">Roast Turkey Mashed Potatoes Glazed Baby Carrots Red Velvet Cake Petite Banana Dinner Roll</p>	<p style="font-size: 2em; margin: 0;"><i>24</i></p> <p style="margin: 5px 0 0 20px;">Christmas Eve</p>																																																																																											
<p style="font-size: 2em; margin: 0;"><i>27</i></p> <p style="margin: 5px 0 0 20px;">BBQ Pork Cutlet Baked Potato Broccoli Cuts Cinnamon Roll Pear Slices Sliced Bread FDL County Only</p>	<p style="font-size: 2em; margin: 0;"><i>28</i></p> <p style="margin: 5px 0 0 20px;">Chopped Steak in Burg/Mush Sauce Mashed Potatoes Peas and Carrots Vanilla Pudding Peach Slices Dinner Roll</p>	<p style="font-size: 2em; margin: 0;"><i>29</i></p> <p style="margin: 5px 0 0 20px;">Baked Chicken Twice Bk Style Pot Three Bean Salad Choc/Ban Cookie Applesauce Sliced Bread</p>	<p style="font-size: 2em; margin: 0;"><i>30</i></p> <p style="margin: 5px 0 0 20px;">Lasagna Casserole Mixed Italian Salad Choc. Sundae Cup Fruited Gelatin French Bread</p>	<p style="font-size: 2em; margin: 0;"><i>31</i></p> <p style="margin: 5px 0 0 20px;">New Year's Eve</p>																																																																																											

**Feil's Catering - Randolph, Wisconsin**

## Christmas Carol Cryptogram

Here is a list of 18 Christmas Carols whose titles have all been written in the same secret code. Can you figure out what the titles are? (Hint: replace the letter P with a C.)

1. Q PQOR WYY VR JWFNSJBY
2. AFYRUN UFTSN, SQYV UFTSN
3. IRPZ NSR SWYYA DFNS MQBTSA QJ SQYYV
4. SWXZ! NSR WUTRYA AFUT
5. NSR JFXAN UQRY
6. DR DFAS VQB W ORXXV PSXFANOWA
7. FN PWOR BLQU NSR OFIUFTSN PYRWX
8. F'O IXRWOFUT QJ W DSNR PSXFANOWA
9. WDWV FU NSR OWUTRX
10. AWUNW PYWBA FA PQOFUT NQ NQDU
11. AFYERX MRYYA
12. YFNNYR IXBOORX MQV
13. TQI XРАН VR ORXXV TRUNYRORU
14. XBIQYLS NSR XRI UQARI XRFUIRRX
15. F AWD OQOOV ZFAAFUT AWUNW PYWBA
16. KFUTYR MRYYA
17. SWER VQBXARYJ W ORXXV YFNNYR PSXFANOWA
18. Q PSXFANOWA NXRR



## LIKE US ON FACEBOOK



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

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

## ZOOM MEETING INFO FOR ALL ZOOM EVENTS



For all programs that are offered on Zoom, here is the meeting information:

Go to: <https://zoom.us/join>  
and enter:

Meeting ID 582 875 5438

Password: 54935

Call (920)322-3630 with any questions.

## JOKE OF THE DAY HOTLINE

Don't forget to call our Joke of the Day Hotline for a laugh a day (or maybe a groan!)

(920) 322-3634



## SENIOR CENTER UPDATES



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

## PUZZLE SOLUTIONS

Are you stumped? Call us for hints or answers!

(920) 322-3630





## OPEN POOL

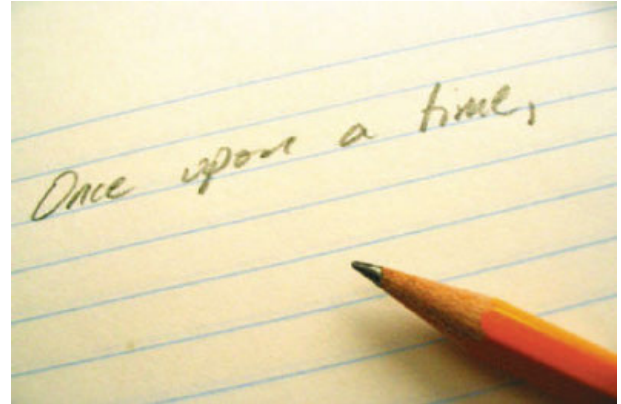
Mondays - Thursdays  
9:00 a.m.-3:00 p.m.



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

## MEMORY WRITERS

Fridays  
10:00—11:30 a.m.



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

To Register Call (920) 322-3630

## EUCHRE

Mondays  
12:30 - 2:30 p.m.



Come join us! Space is limited.

Call To Register:  
(920) 322-3630

## WOOD CARVING

Mondays  
9:00 a.m.



Never carved before?  
No problem— Come and learn!

To Register Call (920) 322-3630

# NEVER MISS A NEWSLETTER!

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



# 2022 Friends Membership Application

To join the FRIENDS of the FOND DU LAC SENIOR CENTER or to renew your membership, please complete this application and return it to the Fond du Lac Senior Center. Membership is for the 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

December 2021 Newsletter    \_\_\_\_\_ Card File    \_\_\_\_\_ Computer

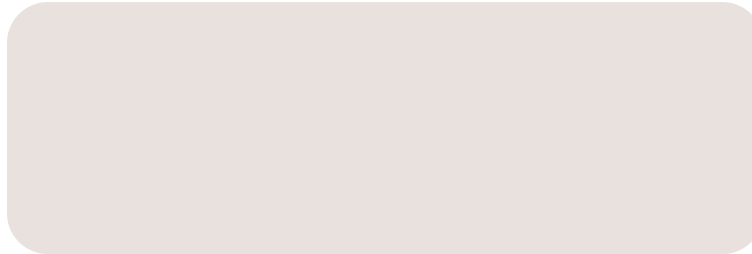


## Fond du Lac Senior Center

151 E. First Street  
Fond du Lac, WI 54935

NON PROFIT ORG  
U.S. POSTAGE  
**PAID**  
FOND DU LAC, WIS  
PERMIT NO. 129

OR CURRENT RESIDENT



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

### STAFF

#### DIRECTOR

Cathy Loomans 322-3632  
cloomans@fdl.wi.gov

#### PROGRAM/OUTREACH COORDINATOR

Sarah Docter 322-3641  
sdocter@fdl.wi.gov



### Fond du Lac Senior Center

151 E. 1st St.  
Fond du Lac, WI 54935  
Phone (920)322-3630  
Email senior@fdl.wi.gov  
Hours M-F 8:00 am- 4:30 pm

*The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those with disabilities. Participants must be independent of activities of daily living in order to attend, or if they are not independent, a caregiver must accompany them.*

### FRIENDS BOARD OF DIRECTORS

*Kevin Dickie  
Robert Katzfey  
Terri Resop  
Kathy Schreiber  
Mary Sue Wafle  
Judi Walters  
Everett Werth  
Cathy Loomans, Center Director*



@FondduLacSeniorCenter

### MISSION

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

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

Fond du Lac Senior Center  
is a member of **WASC**

Wisconsin  
Association of  
Senior  
Centers



### VISION

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

*The Friends of the FDL Senior Center assume no responsibility for advertising content, mistakes or omissions. Programs and events are subject to change or cancellation without notice. No partial sessions or refunds on classes.*