



Among Friends

MARCH 2012



Fond du Lac Senior Center ...where friends meet!

SPRING into WELLNESS

Friday, April 13



Living Healthy in Your Golden Years

9—10 a.m. Health Screenings ▪ Health Info Booths ▪ Demonstration
FAST REQUIRED FOR SUGAR 10+ HEALTH BOOTHS CHAIR EXERCISE

10—11 a.m. Speaker: **Dr. Scott Suprenand**, Chiropractor

For most older people, good health and an active lifestyle is an achievable goal with proper nutrition, medical check-ups, treatment of common risk factors, exercise and attention to personal safety.

DOOR PRIZES ▪ HANDOUTS ▪ REFRESHMENTS

For planning purposes, call 322-3630 to pre-register.



The Senior Wellness Morning is held on the 2nd Friday of EVEN months from 9—11 a.m.
April's Senior Wellness Morning is sponsored by WINK CHIROPRACTIC.

WELCOME TO THE FOND DU LAC SENIOR CENTER



March 2012

A Free Monthly Publication
Vol. 3 • No. 3

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Fond du Lac Senior Center

151 E. 1st St.
Fond du Lac, Wisconsin 54935
Phone (920)322-3630
Email..... dwinkelman@fdl.wi.gov
Hours M-F 8:00 a.m.- 4:30 p.m.

*The Fond du Lac Senior Center
provides equal services to
all individuals 50 years and over,
including those individuals
with disabilities.*

YOUR UNDERSTANDING IS APPRECIATED

Senior Center participants: Thank you for your cooperation when the rooms need to be juggled due to our tight room schedule. Implementation of the Tax Aide Program requires space, including our computer lab, during February, March and April. There are so many other activities going on that activities have been moved and groups asked to change times. Thanks for your understanding as we try to keep the Center active and also offer this worthwhile community service!

BRAT FRY WORKERS NEEDED

The Friends of the Fond du Lac Senior Center will again sponsor several brat fry weekends in May and June. Can you help out on any of these three weekends? We need LOTS of volunteers for this annual fundraiser! If you would be willing to help grill or serve, please call the Senior Center at 322-3630. Mark your calendar to stop by the Piggly Wiggly for a brat, hamburger, or hotdog on the following dates:



2012 Brat Fry Schedule at Piggly Wiggly

Friday, May 11	Saturday, May 12	Sunday, May 13
Friday, May 18	Saturday, May 19	Sunday, May 20
Friday, June 1	Saturday, June 2	Sunday, June 3

YOUR HELP WILL MAKE THIS FUNDRAISER A SUCCESS!

DINE OUT COUPON BOOKS

Featuring 44 coupons for dining at 37 area restaurants, coupon books offers savings of more than \$150. The book costs just \$5 and offers discounts that are good through December 2012. Purchase coupon books in the This 'n That Craft & Gift Shoppe, located inside the Senior Center, Monday - Friday, from 9 a.m. to 4 p.m.



Visit us online at:
www.fdlSeniorcenter.com

Lucky Charms Contest

Did you ever wonder why some objects are considered lucky? Here's some interesting facts behind some lucky legends...

Four Leaf Clover—a renowned symbol that means good luck to the person who finds one. What do the leaves symbolize? One leaf is for FAITH... The second for HOPE... The third for LOVE... And the fourth for LUCK! In Irish tradition the Shamrock or Three-leaf Clover represents the Holy Trinity: one leaf for the Father, one for the Son and one for the Holy Spirit. When a Shamrock is found with the fourth leaf, it represents God's Grace.



Horseshoe—used to be hung in many homes to protect and attract good fortune for the family residing inside. Horseshoes were also considered lucky because they were made by blacksmiths, which is also considered a very lucky trade. Because they worked with elemental fire and magical iron, they were thought to have special powers.



Rabbit's Foot—Rabbits and hares were considered very lucky animals as they were associated with spring and the return of flowers and other plants. Spring was also a time of fertility and so rabbits were considered good luck to be seen running through the fields. To see a rabbit running through your yard meant that it would be a good year to have children or that your garden would be especially fertile this year. The manner in which rabbits run gave birth to the superstition about rabbit's feet. Apparently their unusual stride makes the back feet touch the ground ahead of their front feet and so the back feet were considered especially lucky.



Penny—Many superstitions center around money. Almost all forms of currency superstitions associated with them. A superstition heard today, with respect to the penny, is the rhyming verse: "Find a penny, pick it up, and all day long you'll have good luck."



Wishbone—a common tradition at Thanksgiving, Christmas & Easter dinners. The general rule is that the wishbone is saved from the turkey or chicken dinner and dried overnight. The next day, two people snap it while making a wish. Each person uses their pinky finger to pull on an end. After the bone has broken, the one with the larger bit is granted their wish.



Seven—The Lucky number seven is often associated with gambling. But where did the Lucky Number seven come from? The number seven is not Lucky in all cultures, for instance in Chinese the number seven is not Lucky at all and is sometimes considered unlucky. This is why Boeing Aircraft Co. did not sell a lot of 777s to the Chinese. Nevertheless, in Western societies we think of 7 as lucky. Many believe that 7 symbolizes health, a clear conscience and connection between body and soul; clarity if you will.



Now for the fun part...



Hidden in this newsletter are all six "lucky charms" above (images will be exactly like above except smaller). Find all six, neatly write their location on a piece of paper along with your name and phone number and hand it in to the front desk. One lucky winner, chosen at random among all correct entries received by March 30, will receive a \$25 Target Gift Card. *Good Luck!*

Newsletter Staff

Editor.....Dottie Winkelmann
Coordinator/
Design/Writer.....Judy Lange
Writer.....Jean Holzman
Mail Coordinator.....Vivian Gorden
Labels.....Sandy Gerlach
Mail Crew.....20+ volunteers!

Newsletter Deadline

The deadline for submission of Information for the April newsletter is Monday, February 9. Give information to Judy Lange.

Newcomer Tour

Call 322-3630 if you would like a tour of the Senior Center and to learn about our programs and activities. This tour is for new members or those who have not been very active but want to find out more about the Senior Center.

Up-to-Date Information

Tune in to KFIZ-AM 1450 Monday mornings at 9:10 a.m. for the Director's Senior Center report.



The One You Depend On
WWW.KFIZ.COM

Dottie Winkelmann, Senior Center Director, is guest of Wade Bates on his *After Breakfast Show* on KFIZ 1450 AM every Monday morning. Dottie visits the radio station to give a report about upcoming activities and events at the Senior Center.

**FREE TAX ASSISTANCE
OFFERED THROUGH**



TAX-AIDE

The Fond du Lac Senior Center Tax-Aide site (151 E. First Street) operates each Tuesday, Wednesday & Thursday from 8:30 a.m. to 4:00 p.m. through April 12 to provide federal tax, state tax, and homestead credit assistance.

Appointments for FREE tax assistance can be made by calling 322-3630.

Walk-ins will be accommodated as time allows, but it is recommended that you make an appointment. One tax return per appointment (if you need two tax returns done, you will need to schedule two appointments).

UPCOMING PROGRAMS

BAGELS WITH A BROKER

Monday—March 5, at 9 a.m.

Have a bagel and chat with Ben Baertschy, Financial Advisor with Edward Jones, on the **1st Monday of each month at 9 a.m.** Chat includes market update and Q&A of market, economy, investments, and strategies. Bagels by "The Bagelmeister." Free to attend.

Card Making Class!!



come learn how to make your very own greeting cards for ANY occasion!

Tuesday—March 13 Two sessions available:
3:30—6 p.m. OR 6:30—8 p.m.

Jana Secord will hold two Card Making Workshops at the Senior Center. Cards will be made using Spring colors, Easter elements and new "occasions" products. The cost will be \$10 for 5 projects/cards or FREE if you place an order of \$20 or more with her. Bring your own scissors and adhesive if you have them available. For more information, please call Jana at 979-5262 or email her at stampinjana@charter.net. Jana also has a card making class planned for Tuesday, April 10.

AARP MEETINGS

Upcoming general meetings of AARP Chapter #614:



**Thursday, March 15,
at 1:30 p.m.**

Alan Buechel, Fond du Lac County Executive, will be the guest speaker.

Thursday, April 19, at 1:30 p.m.

Michelle Wix, Representative for Above & Beyond Care Solutions, will be the guest speaker.

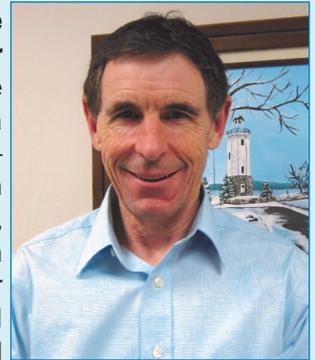
Meetings are held at the Senior Center every 3rd Thursday of the month at 1:30 p.m. They are free to attend and open to the public — all ages are welcome.

4 The cost to join the local AARP chapter is \$3.

INVESTMENT WORKSHOP with Jeff Kemp

**Mondays – March 5 through April 18
from 3:00 – 4:30 p.m.**

Are you interested in making more informed decisions with your investments? Each spring, the Fond du Lac community has a unique opportunity to get non-biased information on personal investing. Jeff Kemp, a financial educator from Oshkosh, comes to the Senior Center every March and April to present his financial



workshop, a series of seven lessons. Jeff Kemp is a financial educator, not a broker or financial planner. He teaches personal finance classes at Oshkosh North and West High Schools, MPTC, UW-Oshkosh and Senior Centers in Oshkosh, Appleton, and Manitowoc, and offers his financial expertise free of charge as a community service. All information presented is non-biased. The course is designed to provide the fundamental investment basics needed to make more informed financial decisions.

All ages and all levels of investors are encouraged to attend. The classes are FREE and open to the public. You do not need to attend all seven sessions – attend as few or as many as you like. If you have not done much saving or investing for your future or you would like to learn how to be your own financial manager, these classes are for you!

Topics include:

WEEKS 1 & 2 Investing in the stock market through mutual funds

WEEK 3 Bond investing

WEEK 4 Understanding what economic forces move markets

WEEK 5 Building a sound asset allocation

WEEK 6 Taxes and investing; exchange traded funds

WEEK 7: How to build and manage your own portfolio

You need not attend all sessions - attend as few or many as you like. For planning purposes, registration is requested by calling 322-3630.

UPCOMING PROGRAMS

DRIVER SAFETY CLASS

Monday, April 16, from 8:30 a.m.–12:30 p.m.

(deadline to register: Thursday, April 12)

OR Thursday, May 24, from 12–4 p.m.

(deadline to register: Monday, May 21)

This one-day senior driver refresher course consists of ALL IN-CLASS learning – NO tests and NO driving. The cost is \$12.00 for AARP members (bring your card) and \$14.00 for non-members. Pre-registration is required.

Why Take a Driver Safety Class?



The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older. Through 35 years, it has helped millions of drivers remain safe on today's roads. The program is a 4-hour classroom refresher that can help you learn the effects of aging on driving

and how you can adjust your driving. It is designed to help you:

- Tune up your driving skills; Update your knowledge of the rules of the road.
- Learn about normal age-related physical changes, and how to adjust your driving to allow for these changes.
- Reduce your traffic violations, crashes, and chances for injuries.
- Get an auto insurance discount. Many insurance companies provide a multiyear discount to AARP graduates! Check with your insurance provider.

For more information or to register, call 322-3630.

FINANCIAL SEMINAR

Wednesday, May 16, at 10 a.m.

**Ben Baertschy,
Financial Advisor,
Edward Jones**

Ben Baertschy, Financial Advisor with Edward Jones, will be at the Senior Center on **Wednesday, May 16, at 10 a.m.** to present: **Outlook**

& Opportunities: Economic Recovery—Progress, Not Perfection. This seminar will address investor concerns surrounding the slow pace of economic recovery, rising deficits and debt, changing interest rates and municipal bonds. The seminar also examines where to look for investment opportunities in today's market.

This program is free of charge and open to the public. Light refreshments will be served. Call 322-3630 to register. *Registration deadline: Monday, May 14.*



MEN'S GOLF LEAGUE INFORMATIONAL MEETING

Thursday, April 19, at 9 a.m.

The boys will be back at Whispering Springs Golf Course for the Senior Center's Men's League, which will run every Thursday morning from early May through early October. This 22-week handicap league is



made up of 2-man teams with an 8 a.m. tee time. An organizational meeting will be held *at the Senior Center* on Thursday, April 19, at 9:00 a.m. to discuss the details of the league. If you can't attend the meeting, but would still like to join the league, you should call LeRoy right away. If you have questions about the meeting or the golf league, contact LeRoy Walters at 517-3755 or Mike Meyer at 922-6737.

WHEN I'M 65

Wednesday, May 9, at 1 p.m.

**Julie Hilbert, Benefit Specialist,
FDL County Dept. of Senior Services**

Are you nearing the age of retirement and wondering what impact turning 65 will have on you?

"When I'm 65" is a program presented by Julie Hilbert, Senior Benefit Specialist with the Department of Senior Services for Fond du Lac County. Learn the various parts of Social Security and Medicare, what choices you need to make when you become eligible, and what the timelines are for those choices. Learn answers to questions such as:

- How do I sign up for Medicare?
- What if I'm covered under my spouse's insurance?
- I am still working...Do I need Medicare?
- What exactly are Medicare Parts A, B, C and D?
- What are the new private Medicare plans?

This program is not just for those turning 65—but for anyone who has benefit concerns or questions.

The program will also cover:

- ◆ Working Past Retirement Age ◆ Supplemental Insurance
- ◆ Medicare Advantage Plans ◆ Social Security

Call the Senior Center at 322-3630 to register. *The deadline to register is Monday, May 7.*



HAPPY TRAVELERS

Doris Zimmermann, Travel Coordinator

Office Hours: Monday through Thursday, 1–4 p.m. Call 322-3635

CLAUSEN GOSPEL MUSIC

Thursday—May 17 Cost: \$64

Barn Theater—Coloma, WI

When you visit the Barn Theater, the first thing you hear as you are walking up the ramp (no stairs, handicapped-accessible) are the strains of a Ragtime piano playing and the smell of popped popcorn. With a circular stage up front and plenty of seating, an enthusiastic crowd can enjoy the ambiance of the rustic wood interior as they listen to good old fashioned fiddle music, accordion playing, and banjo ringing. Sprinkled into the mix for good measure are comedy and a great variety of costumes. The Clauson's have created an environment of a time era from the 1900's on up to the present day with the antique tractors, cars, and trucks they have on the farm. An added special attraction is a tractor hay ride that shuttles folks right to the door. When the barn show begins, kick off your shoes and stay awhile as they play your favorite music. Come on out and make some memories while you experience great music on the farm.



This dinner show features Gospel music, hymns and inspirational music. Menu: Chicken, Beef, Ham, Potatoes & Gravy, Rolls, Fruit Salad, Dessert, Coffee, Tea and Milk.

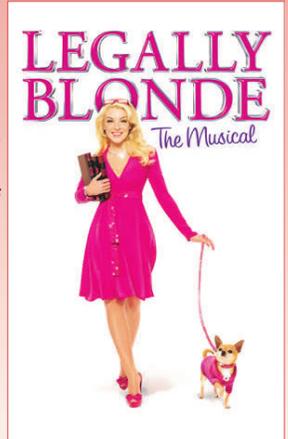
Leave FDL: 10:00 a.m. Home: 6:30 p.m.

LEGALLY BLONDE

Saturday—May 26 Cost: \$93

Fireside Theater—Fort Atkinson

Elle Wood – sorority sister; beauty queen; fashionista; ATTORNEY AT LAW? Scores of folks have been enchanted by the merry misadventures of Harvard's most unlikely (and most glamorous) law student. LEGALLY BLONDE was one of the most popular movies of the last decade and The Fireside is the first professional theatre in the area to produce the hit Broadway musical. LEGALLY BLONDE tells the tale of a determined young woman who rises above everyone else's expectations and pre-judgments to her ultimate triumph over the naysayers in a show filled with bright music and dancing and laughs galore. It is a delightful and engaging musical for audiences of every age.



Menu: Tomato Bisque Soup with Grilled Cheese Slider, Chicken Breast, Baked Pineapple & Macadamia Nut Souffle, Stir Fried Asian Rice with Vegetables & Canadian Bacon, Banana Crème Brulee, Coffee, Tea and Milk.

Leave FDL: 8:15 a.m. Home: 9:45 p.m.

MAGGIE MAE'S BARN DANCE

Thursday—June 7

Oxford, WI Cost: \$64

Buffet lunch includes: Salad, Two Meats, Potato Salad, Vegetable, Homemade Corn Fritters, Roll, Dessert, and Beverage. There are picnic tables and chairs to sit down.



After lunch Maggie Mae and her band will entertain with two full hours of country music—perfect for whirling around the barn dance floor or just sitting back and tapping toes to the music.

After the show, we'll go to see Maggie Mae's Cafe in Oxford and stop at Borud True Value Hardware Store, which has "just about anything." Travelers receive a coupon good for 20% off any purchase.

Leave: 9:30 a.m. Home: 5:45 p.m.

ARLINGTON RACES

Wednesday—June 27

Arlington Park—Arlington Heights, IL

Cost: \$53

A list of the races will be available when you arrive at the track. Will your horse WIN, PLACE OR SHOW?



Before the races we'll stop for a delicious lunch at the Avalon Restaurant, Dutch treat. The Avalon is an excellent restaurant with reasonable prices and good service.

We will also stop at the Racine Culver's for dinner (also Dutch treat) before heading home.

Leave FDL: 8:00 a.m. Home: 9:45 p.m.

HAPPY TRAVELERS

Doris Zimmermann, Travel Coordinator

Office Hours: Monday through Thursday, 1–4 p.m. Call 322-3635

Quad Cities & Big Band Cruise **June 13 – 15, 2012 (Wednesday – Friday)** (Moline & Rock Island, IL, Bettendorf & Davenport, IA)

Single Occupancy: \$450.00 Double Occupancy: \$360.00

Triple Occupancy: \$330.00 Quad Occupancy: \$315.00

A Deposit of \$50.00 is required when you sign up.



On Day 1: We will depart Holiday Inn at 6:00 a.m. with a break at the Petro Truck Stop at approximately 8:45 a.m. Lunch will be at Ryan's Steak House in Moline, Illinois. Next we will have a 1 ½ hour tour of the John Deere Factory In East Moline. We will check in at Jumer's Casino & Hotel mid-afternoon and at 5:30 p.m. depart for Circa '21 Dinner Theatre, where we will have a buffet dinner and see the musical show, "Legally Blonde the Musical." In this smash Broadway Musical sorority star Elle Woods doesn't take "no" for an answer. After being dumped by her boyfriend, Elle puts down the credit card, hits the books and sets out to go where no Delta NU has gone before, Harvard Law.

On Day 2: After a light breakfast we depart for a tour of Rock Island Arsenal. (No luggage or backpacks will be allowed on the bus and you must have your picture ID.) Here you can view a large collection of U.S., foreign, military and civilian firearms. Next we'll board the *Celebration Belle* for the Big Band Cruise on the Mississippi River. This includes *sticky rolls and fresh fruit, a Hot Lunch Buffet and afternoon snacks*. Later we'll stop at the John Deere Pavilion and Collection Center and shop at Watermark

Corners just across from the Pavilion. We'll return to Jumer's Hotel for dinner and free time at the Casino.

On Day 3: We depart Jumer's Casino & Hotel for Amana Colonies. We have a step-on guide with stops at Village Hearth Bakery, Amana Church and Butcher Shop and Smoke Tower. We will eat at the Ox-Yoke Restaurant. Menu: *Smoked Pork Chop, Oven Baked Steak and Fried Chicken, Salads, Potatoes, Gravy, Vegetable, Sauerkraut, Cottage Cheese, White & Rye Bread, Beverages and Rhubarb Custard Pie with Streusel Topping*. (Note: You may purchase pies at \$8.95 per pie; Rhubarb Custard, Chocolate Cream, Cherry, or Apple must be ordered ahead of time – please let me know when you sign up for the trip.). There is time for shopping in the area. Approximate departure time is 3:00 p.m. and Fond du Lac arrival time is about 9:00 p.m.

Leave Holiday Inn: Wednesday, 6:00 a.m. Arrive Fond du Lac: Friday, 9:00 p.m.



ONEIDA CASINO TRIPS

Cost: \$54

Includes \$25 for gambling, meal, & bus transportation. Leave: 10 a.m.; Home: 7p.m.

THURSDAY, MARCH 29 Dinner: Kodiak Jack's in Oshkosh

THURSDAY, APRIL 26 Dinner: Schwarz's in St. Anna

THURSDAY, MAY 24 Dinner: Jim & Linda's

THURSDAY, JULY 26 Dinner: Red Cabin at Green Acres

MPTC COMPUTER CLASSES

The Fond du Lac Senior Center is proud to partner with MPTC to bring you these classes. These computer classes are set up through Moraine Park Technical College and held in the Computer Lab at the Senior Center. The classes are taught at a relaxed pace and are open to ALL ages.



MORAINÉ
PARK
TECHNICAL COLLEGE

HOW TO REGISTER Register at MPTC in person (use the C-1 Main Entrance) or by telephone at **922-8611** (ask for registration desk). You will need the course number to register.

COURSE #	DAY	DATE	WKS	TIME	HOURS	INSTRUCTOR	COST (62+)	COST (<62)
COMPUTER BASICS 1								
103-483-31277	T, W, R	April 17, 18, 19	3 days	9:00 a.m.—Noon	9 hrs	Karen Beaman	\$4.00	\$31.96
103-483-31283	Tuesday	May 8, 15, 22	3 wks	1:00—4:00 p.m.	9 hrs	JoAnne Smith	\$4.00	\$31.96

Learn how to turn on equipment; what to expect once it is on; and how to use a mouse, run software and give commands to the computer. Hands-on experience is emphasized. This beginning-level course introduces basic computer information. Each student is required to bring a jump drive to class.

COMPUTER BASICS 2								
103-485-31275	Friday	March 30, April 6, 13	3 wks	9:00 a.m.—Noon	9 hrs	Karen Beaman	\$4.00	\$31.96
103-485-31279	Wednesday	May 9, 16, 23	3 wks	9:00 a.m.—Noon	9 hrs	JoAnne Smith	\$4.00	\$31.96

Learn how to create and save documents; bold, italicize and format documents; and work with files and folders on a computer. Hands-on experience is emphasized. Each student is required to bring a jump drive to class.

COMPUTER BASICS 3								
103-490-31278	T, W, R	April 24, 25, 26	3 days	1:00—4:00 p.m.	9 hrs	Karen Beaman	\$4.00	\$31.96
103-490-31286	Wednesday	May 9, 16, 23	3 days	1:00—4:00 p.m.	9 hrs	JoAnne Smith	\$4.00	\$31.96

Learn how to browse and search web pages as well as send and receive email. Build on the skills learned in Computer Basics for Beginners 1 and 2. Each student is required to bring a jump drive to class.

COMPUTER BASICS 4								
103-491-31276	Monday	April 16, 23, 30	3 wks	1:00—4:00 p.m.	9 hrs	Karen Beaman	\$4.00	\$31.96

Explore in-depth concepts of computer software and hardware. This advanced computer basics course builds upon the knowledge and application technique skills learned in Computer Basics for Beginners 1, 2 and 3. Each student is required to bring a jump drive to class.

EXCEL WORKSHOP								
103-452-31281	Friday	April 27	1 time	9:00 a.m.—Noon	3 hrs	Karen Beaman	\$4.00	\$9.59
103-452-31282	Thursday	May 3	1 time	1:00—4:00 p.m.	3 hrs	Karen Beaman	\$4.00	\$9.59

Introduces students to basic spreadsheet techniques including formulas, graphs and function wizards. Students will be able to build a simple spreadsheet and use formatting and other enhancements to make it look professional.

BEGINNING DIGITAL CAMERAS								
105-605-31270	Monday	May 7	1 time	Noon—4:00 p.m.	4 hrs	JoAnne Smith	\$18.63	\$23.50

Examine the features of digital cameras. Learn the technology and jargon associated with digital cameras such as "megapixel" and "flash memory." Experiment with different types of digital cameras and learn how to share your digital photos with friends and family by e-mail and over the Internet.

INTERMEDIATE DIGITAL CAMERAS								
105-609-31271	Monday	May 14	1 time	Noon—4:00 p.m.	4 hrs	JoAnne Smith	\$18.63	\$23.50

Discover tools to improve both your digital pictures and your digital photography skills.

DIGITAL PHOTO FUN								
203-625-31279	Friday	April 13	1 time	12:30—4:30 p.m.	4 hrs	JoAnne Smith	\$18.63	\$23.50
203-625-31287	Thursday	May 10	1 time	Noon—4:00 p.m.	4 hrs	JoAnne Smith	\$18.63	\$23.50

Learn to edit photos and create digital scrapbook pages to share with your family and friends. Digital scrapbooking programs and other online possibilities will be explored. Bring your photos on a jump drive or CD to use in class.

INTERGENERATIONAL PROGRAM



EASTER



EGGSTRAVAGANZA



**Wednesday, April 4
3:30—4:30 p.m.**

BRING THE KIDS!

Seniors are invited to celebrate Easter fun with their grandchildren or other special youngster. There will be Easter egg decorating, an egg hunt, snack, and visit from the Easter Bunny! What a great way to spend time with that special little somebunny! **YOU MUST REGISTER FOR THIS EVENT** by calling 322-3630. There is no cost to attend, but space is limited. Register early!



HOP IN AND JOIN THE FUN!

MONTHLY MOVIE

“HUGO” ~ Wednesday, March 14

One of the most legendary director's of our time takes you on an extraordinary adventure...

11:45 a.m. Lunch (optional)

MENU: Roast Pork Loin in Gravy, Sweet Potatoes, Red Cabbage, Copper Penny Salad, Wheat Bread, Peach Crisp, & Milk

12:30 p.m. Movie: *Hugo*

Martin Scorsese's first foray into children's material. Based on Brian Selznick's magic-themed children's novel "The Invention of Hugo Cabret," which centers on a 12-year-old orphaned boy who secretly lives in the walls of a busy train station in 1930's Paris, where he looks after the clocks. But when his world suddenly interlocks with an eccentric girl, the owner of a small toy booth in the train station, and a mechanical man, Hugo's undercover life, and his most precious secret, are put in jeopardy. Director: Martin Scorsese. Stars: Asa Butterfield, Chloe Moretz, Christopher Lee, Jude Law, Ben Kingsley. 2011, Rated: PG, 126 min., Fantasy.



You must register separately for each activity. Call 929-3937 by 1 p.m. on Tuesday, March 13, to register for the FDL Senior Dining Program lunch (recommended donation of just \$3.00 for those age 60 years or older). Call 322-3630 to register to attend the movie so that adequate seating & refreshments can be planned. Movies are free and open to the public. FREE popcorn and refreshments.

Special thanks to **Family Video**, 32 E. Johnson Street, for generously allowing the Senior Center one free movie rental per month.

RECREATION

Call 322-3630 for more information about any of these activities. [New members are always welcome!](#)

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION – and is not required for participation.

ART CLUB

Thursdays at 1:00 p.m.

Welcoming new members of any media!

BINGO

50¢ for 2 cards

Tuesdays at 1:00 p.m.

Thanks to our Bingo Sponsors who provide prizes, treats, and caller.

1st Tuesday: ManorCare (odd months)
or Rehab Arisces (even months)

2nd Tuesday: Comfort Keepers

3rd Tuesday: Walnut Grove

4th Tuesday: ACACIA Home Care
or Philip Shepherd, Attorney

5th Tuesday: Roto-Rooter

BOOK CLUB

3rd Monday at 9:30 a.m.

*An apple a day is good for the body...
A chapter a day is good for the mind.
Join us!*

**March 19 Sarah's Key
by Tatiana de Rosnay**

*Pick up a synopsis of book club selections
at the front desk.*

BRIDGE

\$1 donation

Tuesdays at 12:45 p.m.

*For information or to play, call Joan Christ
at 921-9526.*

Thursdays at 12:45 p.m.

*For information or to play, call Hilda
Feldmann at 921-2889.*

CANASTA

1st & 3rd Wednesdays at 1:00 p.m.

COIN CLUB

2nd Tuesday (May–October) at 6:30 p.m.

DANCES

\$3.00 fee

Wednesdays at 7:30–10:00 p.m.

DOMINOES

3rd Wednesday at 12:30 p.m.

GERMAN CLUB

Mondays at 1:00 p.m.

HANDCHIME CHOIR

Wednesdays at 9:00 a.m.

Thursdays at 9:00 a.m.

LINETTES

Wednesdays at 9:00 a.m.

PINOCHLE

Fridays at 1:00 p.m.

POKER

Mondays at 1:00 p.m.

POOL

**Open Pool daily (8:00 a.m.–4:30 p.m.)
except during league play)**

Leagues

8-Ball Tuesdays 8:30 a.m.–1 p.m.

9-Ball Wednesdays 8:30 a.m.–1:30 p.m.

Call LeRoy Walters at 921-0671 for info.

QUILTING

Flying Geese Quilting Club

1st Thursday at 1 p.m.

Call Nancy at 923-4494 for info.

Sunset Stitchers Quilt Guild

2nd Thursday at 7:00 p.m.

Call Laura at 923-1693 for info.

R.O.M.E.O. *All men are welcome
to join the "Retired Old Men Eating Out"*

**Thursday, March 1, at noon
Rolling Meadows Family Restaurant**

**Thursday, April 5, at noon
Gino's Italian Restaurant**

SCAMP (Senior Center Band)

Wednesdays at 8:30 a.m.

SCRAPBOOK CLUB

First three Thursdays at 10:00 a.m.

Char-tastic Crafters

1st & 3rd Thursday from 6–8 p.m.

SHEEPSHEAD

\$1 donation

Mondays at 1:15 p.m.

Jack of Diamonds

Wednesdays and Fridays at 1:15 p.m.

Black Queens

SKAT

Tuesdays at 9:00 a.m.

SPANISH CLUB

Wednesdays at 1:30 p.m.

STAMP CLUB

3rd Wednesday at 7:30 p.m.

STITCHERY CLUB

2nd & 4th Tuesday at 1:00 p.m.

SUPPER CLUB

Dutch Treat. Everyone welcome!

*You **MUST** call the Center if attending.*

Friday, March 16

Social: 5:00 p.m.; Dinner: 5:30 p.m.

Knights of Columbus Hall

TOPS (Take Off Pounds Sensibly)

Chapter #1159

Mondays at 5:00 p.m.

Chapter #0566

Thursdays at 6 p.m.

WACKY RACES

4th Tuesday at 3:00 p.m. (after Bingo)

We'll be racing LUCKY CHARMS on March 27.

Wii BOWLING

2nd & 4th Thursdays at 1:00 p.m.

Open Bowling

Fridays at 12:30 and 2:00 p.m.

League Play

WINNEBAGO WOODWORKERS

2nd Tuesday from 6:00–8:00 p.m.

General meeting held at the FDL Senior Center

Other Tuesdays from 6:00–8:00 p.m.

Workshop meetings at Horace Mann High
School, North Fond du Lac.

Contact Dave Jackson at 923-5233 for
more information.

WOODCARVERS GROUP

Mondays at 9:00 a.m.

WRITERS GROUP

Fridays at 1:00 p.m.

HEALTH & WELLNESS

TAI JI

A new Tai Ji session will begin on March 13 and end May 1 for a total of 8 weeks. The classes are held on Tuesdays mornings from 9–10 a.m. The cost is \$45. Participants should wear loose comfortable clothing and tennis shoes for these classes. Friends Membership is required. To register or for more information, please call 322-3630. Men & women are welcome!



WALKING CLASS

Would you rather walk indoors in the cold weather? Come check out our new walk class that will be walking in place for one mile.

Each week will emphasize different muscle groups. Total time will be about one half hour. The class meets at 3:45 p.m. Mondays and Thursdays. 50¢ Donation. For information or to register call 322-3630.



EXERCISE CLASSES

Men & Women Welcome!

LOW IMPACT EXERCISE

Mondays 8:55 – 9:25 a.m.
Sponsored by **All About Life**

EXERCISE VIDEO

Wednesdays 10:15 – 10:45 a.m.
Video furnished by **Lutheran Homes and Health Services**

BIKE RIDES RETURN IN APRIL

Spring is about to arrive and it is time to get your bike tuned up and ready to roll. Watch the April newsletter for details.



OTHER EXERCISE

Bikers Monthly rides April through October
Hikers Tuesday & Thursday mornings
Line Dancing.... Thursdays 6–7:30 p.m.; \$10 for 4 weeks
Water Exercise..... Daily 8 a.m. at the Aquatic Center
..... \$3.75 per session
Zumba Gold ... Mondays at 6:30 p.m. at St. Patrick's Gym
14 Call 920-606-9078 for more information

HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by Generations
Friday, March 9 8 – 9 a.m.
2nd Friday of the month
No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by Lutheran Homes & Health Services
Friday, March 9 8 – 9 a.m.
2nd Friday of the month
No appointment needed; Donations accepted.
12-hour fast is required.

CHOLESTEROL SCREENING

Sponsored by Consultants Lab – A member of Agnesian HealthCare
Lipid Panel + Glucose screening
Tuesday, May 15 8:30 – 11 a.m.
2nd Tuesday in February, May, August, November
Cost: \$20. Call 322-3630 for appointment
12-hour fast is required.

FOOT CARE (ROUTINE NAIL CARE)

Sponsored by FDL County Health Department
Thursday, March 9, 16, 23
Cost: \$20.00; Call 322-3630 for appointment

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center
Friday, April 13 9 – 10 a.m.
FREE Hearing Screenings and FREE Hearing Aid Cleanings
2nd Friday of the even months
Call 322-3630 for appointment; Donations accepted.

MASSAGE, REFLEXOLOGY, IRIS

Renee Waters, Certified Massage Therapist & Naturopath;
Owner of Country Doctor
Tuesday, March 27 10 a.m. through the day
Usually 4th Tuesday of the month
Cost: \$20 for 30 minute session; Call 322-3630 for appointment

SUPPORT GROUPS

DIABETIC SUPPORT GROUP (*1st Tuesday of the month*)
Next meeting: **Tuesday, March 6**, from 5:30–6:30 p.m.,
Agnesian Health Care, 430 E. Division St., 6th floor meeting room

DIABETIC SUPPORT GROUP (*4th Wednesday of the month*)
Next meeting: **Wednesday, March 28**, from 3–4 p.m.
Aurora Health Care Center, 210 American Drive, American Room

GLUTEN FREE SUPPORT GROUP
Next meeting: **Friday, March 16**, from 9–10 a.m.
Festival Foods, Conference Room, 1125 E. Johnson Street

PROSTATE CANCER (*2nd Tuesday of the month*)
Next meeting: **Tuesday, February 14**, at 8:30 a.m.
Rolling Meadows Restaurant, 947 S. Rolling Meadows Drive

HEALTH & WELLNESS

March 9

HEALTH SCREENINGS 8–9 a.m.

Blood sugar screening by Lutheran Homes & Health Services
Blood Pressure by Generations Home Care & Hospice

DVD 9–10 a.m. *The Role of Supplements*

We will look at supplements with a very interesting 30 minute presentation by Dr. Anthony Goodman followed by a discussion. Come share what works well for you.

Next Senior Wellness Morning: April 13

Health Screenings, Displays and Demonstration of chair exercise 9–10 a.m.

Exhibitors: FDL Senior Services, Learning in Retirement, Acacia Home Care, Sterling House, Country Doctor, Second Set of Hands, Wink Chiropractor & more.

Speaker—Dr. Scott Suprenand 10–11 a.m.:

How to Live Healthy During Your Senior Years



VACCINATIONS FOR SHINGLES Thursday, March 1 10-11 a.m.

Diane Cappozzo, RN, FDL County health officer, states “Vaccinations are not just for children.” Come and learn what adult vaccinations are recommended and when. Bring your questions.

VOLUNTEERS NEEDED

The Senior Outreach Program is looking for caring people willing to commit an hour a week to make a difference in a lonely senior’s life. In 2012 we matched 12 seniors with volunteers. Help us break last year’s record, learn new information, make new friends, and make a difference in our community. Together we can make a difference one life at a time. We provide training, support, and suggestions to assist you. If you would like more information, please call Jean at 322-3636.



LOOK GOOD . . . FEEL BETTER

The American Cancer Society is sponsoring a “Look Good...Feel Better” program at the Senior Center on **Wednesday, April 11, from 9–11 a.m.** This is a free program created for women of any age undergoing cancer treatment to look good and manage treatment and recovery with greater confidence. Advance registration is required. To register, call the American Cancer Society toll free at 1-800-227-2345. Each participant will receive a complimentary beauty kit.



GLUTEN-FREE SUPPORT GROUP

The next meeting for this new group will be on **Friday, March 16, from 9–10 a.m., at Festival Foods, 1025 E. Johnson St.** in the conference room. Gluten-free refreshments will be served. If you have questions call 322-3636 for information. Check out the group’s website at <http://fdlglutenfreesupportgroup.weebly.com>. The site includes information on meetings, foods, restaurants, recipes, and much more. The topic for March will be gluten-free grains.

SENIOR OUTREACH PROGRAM



COMMUNITY CARES

Volunteers will visit **ManorCare**, 265 S. National Avenue, Fond du Lac from **2–3 p.m.** on **Tuesday, March 27.**

Volunteers go to a different local nursing home or assisted living facility each month to visit residents who may not have family or friends nearby. Using grant money, a small gift is provided for those visited. Volunteers can be any age and may visit just one time. This community outreach is a fun activity usually done in pairs. You can make a difference in someone’s life. Call the Senior Center with questions or to register at 322-3636.

OUTREACH MEETING

Senior Outreach Program volunteers will meet on **Thursday, March 1, at 9 a.m.** to turn in reports, provide support, info and camaraderie for each other. This will be followed by a presentation at **10 a.m.** **Diane Cappozzo will be speaking on Shingles Vaccinations.** She will also talk about other types of vaccinations for adults including Tdap and Pneumococcal. A question time will follow.

The Senior Outreach Program is funded in part by:

Friends of the Fond du Lac Senior Center
Fond du Lac County Department of Community Programs
Fond du Lac Area United Way; Fond du Lac Area Foundation

RED HAT HONEYS

THE FOND DU LAC SENIOR CENTER
CHAPTER OF THE RED HAT SOCIETY

SIGN UP IN 3-RING BINDER FOR ALL OF THESE EVENTS
Please pick up detailed newsletter at the front desk.

St. Pat's Lunch at Faro's

Saturday—March 17

11:30 a.m. Cocktails / Noon Lunch
Order corned beef & cabbage
or off the menu.

Hostesses: Lorna Kloetzke, Carole Shaw,
and Donna Draves



Lunch & Meeting

(regarding our Chapter)

Thursday—March 22

11:45 a.m. optional lunch with Senior Dining Program

You must register on your own (check 3-ring binder for details)

12:45 p.m. Meeting regarding our Chapter and how to get more
members involved in being a Hostess and talk about future
plans. There was another similar meeting in February and this
is for those who missed that meeting...or you can attend both.

Hostess: Dottie Winkelmann

Winter's Almost Over! Lunch at Pizza Ranch

Thursday—March 28 11:30 a.m.

\$10 per person covers pizza, hot dish, salad, desserts,
soda or coffee, plus ice cream!

Hostesses: Gen Stratz, LaVerne Kabat, Gloria Pfeifer, and Cathy Stratz

THIS 'n THAT Craft & Gift Shoppe

OPEN TO THE PUBLIC
Monday—Friday 9 a.m.—4 p.m.

GREETING CARDS GALORE

Make us your stop
for Greeting Cards...
large selection...
many occasions...
affordably priced
at 25¢ - 95¢



Also
check out our
nice selection
of beautiful
handmade cards
\$1.20 and less

SERVICES

- Free computer/Internet access in Lab & Lobby for members only
- Information or referral on many senior citizen related topics
- Car Fit service available by appt—have a perfect fit to your car
- Photo copies 5¢ each page; FAX send/receive; Laminating
- Document shredder available for your use
- Income tax assistance (free) during tax season
- Books, magazines, puzzles, videos available to borrow FREE
- Weight scale in Health Room
- Newcomer tour: Call for a personal appointment or just stop in
- Magnified reader for visually impaired or for reading fine print
- Telephone Reassurance Calls: Mornings (Monday—Friday)
- This 'n That Craft Shoppe open weekdays 9 a.m.—4 p.m.
Craft Intake held every Tuesday from 9:30 a.m.—1:00 p.m.
Crafters welcome to inquire about consignment opportunities
- FDL County Department of Senior Services Dining Program
Meals served at Senior Center Monday—Thursday at 11:45 a.m.
Reservations for meals are made by calling 929-3937 and MUST be made by
1 p.m. the day before you will attend. Menus are available at the front desk.
Suggested donation of \$3 for those 60 years of age or older or married to
someone 60 or older; required fee of \$9.25 for those younger than 60.

16 • FDL County Department of Senior Service Benefit Specialist
Julie Hilbert can be reached at 929-3521.

COMPLIMENTARY TICKETS TO SCHOOL EVENTS

The Fond du Lac School District has generously sent the Senior Center ten complimentary tickets for admission to regular season athletic contests and music department concerts presented by district schools for the public. These tickets are to be used by seniors on a shared basis—anyone who is interested in attending a specific event may pick up a complimentary ticket at the Senior Center, use it for that particular event, and return it to the Center for use by others. The tickets are available at the front desk.

SOUP DRIVE OVER 2000 CANS COLLECTED!

The Soup Drive to benefit the Salvation Army Food Pantry continues. Please drop your donations in the large soup pots located in the front and back lobbies. Because the Salvation Army helps feed almost 400 families each month, these donations have been deeply appreciated, especially in the cold winter months.



WARM THE HEARTS AND SOULS OF THOSE IN NEED...
KEEP THOSE CANS COMING IN AND THANK YOU!

CLASSES & CROPS

ART & RECREATION CLASSES

Listed below are the art and recreational classes offered at the Senior Center. Registration for these classes is required—register at the front desk. Payment is expected at that time and can be made with cash or check made payable to *Friends, Inc.*

Class	Day	Time	Weeks per Session	Cost per Session
Oil Painting	Tuesday	10 a.m.—noon	4	\$15
		March 6, 13, 20, 27 April 10, 17, 24, May May 8, 15, 22, 29		
Watercolor	Tuesday	1—3 p.m.	4	\$15
		March 6, 13, 20, 27 April 10, 17, 24, May 1 May 8, 15, 22, 29		
Mixed Media	Tuesday	3—4:30 p.m.	4	\$10
		March 6, 13, 20, 27 April 10, 17, 24, May May 8, 15, 22, 29		
Drawing	Wednesday	6—8 p.m.	4	\$15
		March 7, 14, 21, 28 April 4, 11, 18, 25 May 2, 9, 16, 23 May 30, June 6, 13, 20		
Country Line Dancing	Thursday	6—7 p.m.	4	\$10
		March 1, 8, 15, 22 April 5, 12, 19, 26 May 3, 10, 17, 24 June 7, 14, 21, 28		
Sewing Lab	Wednesday	3:30-6:30 p.m.	4	\$12
		April 4, 11, 18, 25 October 3, 10, 17, 24		

SCRAPBOOK CROPS ✂---✂---✂

Colette Jaeger will hold Scrapbooking Crop at the Senior Center on **Saturday, March 10, from 9 a.m. to 9 p.m.** The cost is \$20 and includes lunch, dinner, and a large space to scrapbook away. For more information, please call Colette at 602-2486.

Danielle Mader will hold Scrapbooking Crop at the Senior Center on **Saturday, March 17, from 9 a.m. to 11 p.m.** The cost is \$20 and includes lunch, dinner, and a large space to scrapbook away. For more information, call Danielle at 517-3496 or email her at creativemomto3peas@yahoo.com.



Card Making *Explore your creative side!*

Tuesday—March 13
Two sessions available:
3:30—6 p.m. OR 6:30—8 p.m.
See page 4 for more details...

STEPPING ON:

An effective fall prevention program

Next Class: April 11—May 23 at the Aging & Disability Resource Center

50 N. Portland Street

Did you know that falling is not a normal part of aging? Many older adults fear falling, and with good reason as a fall can be very serious and lead to reduced activities, placement in a nursing home, or even death. There are ways to learn how to greatly lessen the risk of falling. “Stepping On” is a FREE evidence-based fall prevention program. It will be offered in Fond du Lac beginning on April 11 through May 23. The program will be held for seven consecutive weeks on Wednesday mornings from **9:30 – 11:30 a.m.** at the Aging & Disability Resource Center of Fond du Lac County. Topics include:

- Simple and fun balance and strength training
- The role vision plays in keeping your balance
- How medications can contribute to falls
- Ways to stay safe out in the community
- What to look for in safe footwear
- How to check your home for safety

To register, call All About Life Rehabilitation Center at 920-923-7040 and ask for Jaime Krueger-Roth.

This program is coordinated and sponsored by: The Falls Prevention Coalition of FDL County, FDL County ADRC, Rehab Arisces, All About Life Rehab Center, and the Wisconsin Institute for Healthy Aging



Stepping On

Building confidence and reducing falls

LIVING WELL WITH CHRONIC CONDITIONS



Put LIFE Back in Your Life!

*Feel Better...Be in Control...
Do the things you want to do*

April 11—May 16 ~ 1—3:30 p.m.

Aging & Disability Resource Center, 50 N. Portland Street

Are you dealing with an ongoing health condition? In this Living Well with Chronic Conditions Workshop you will:

- Get the support you need
- Find practical ways to deal with pain and fatigue
- Discover better nutrition and exercise choices
- Understand new treatment choices
- Learn ways to talk with your doctor and family about your health
- If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or anxiety, the Living Well Workshop can help you take charge of your life

To register, please call 920-929-3114. There is no cost to participate, but registration is required and space is limited, so register as soon as possible.

COMMUNITY

The Fond du Lac County Department of Senior Services offers the following **TRANSPORTATION SERVICES** to seniors in our community:

Walk-on (Regular-sized van):

- For people aged 60 or over
- Must be able to step up into a van
- Curb to curb service
- Can be used for any purpose
- The cost is \$2.50 per way
- Reservations can be made up to two weeks in advance
- **Call 920-929-3936 to make a reservation**



Escort Service (Regular-sized car):

- Provides transportation *on a prioritized basis to frail individuals.*
- Must have a physician sign an authorization for this specialized transportation *Can be used for medical purposes only*
- The cost is \$2.00 each way within Fond du Lac County and \$5.00 each way outside of Fond du Lac County
- Reservations can be made up to one month in advance
- **Call 920-929-3936 to make a reservation**

Handi-van (Lift-equipped van):

- For people in wheelchairs or mobility challenged citizens.
- Can be used for any purpose
- The cost is \$3.00 per way
- Reservations can be made up to two weeks in advance
- **Call 920-929-3110 to make a reservation**



Department of Senior Services City-County Building 3rd Floor
Office Hours: 8 a.m. to 4:30 p.m. Monday through Friday

VOLUNTEERS NEEDED

Fond du Lac County Senior Dining Program is in need of Kitchen Volunteers for the Riverview Dining Site (101 Western Avenue). Volunteers are needed to cover two to four times per month from 10:30 a.m.—1:00 p.m. Volunteers will receive a complimentary meal on the day they work. No special "skills" or "experience" is necessary – will train. Desired qualities: Capable, dependable, friendly and willing to work as a team!



Benefits of Volunteering

Meet people. Make friends. A way to have fun while giving back to your community. Volunteers 55 years and older may qualify for Mileage Reimbursement, Secondary Accident & Liability Insurance to and from volunteer site.

18 Call 920-929-3114 or 1-800-215-5494 to volunteer or for more information.

JOHN MUIR FIELD TRIP

Sponsored by the Fond du Lac County Audubon Society

On April 28, Fond du Lac County Audubon is sponsoring a field trip to Marquette County's Muir Park and the boyhood haunts of John Muir, often considered the father of our national parks. Leading the trip will be Joel Burbach, who also led the producers of Yosemite National Park's video on Muir. This will be a rare opportunity to hear about John Muir's Wisconsin life from a well-informed source.

Saturday, April 28, 8 a.m.—3 p.m.

Muir Park and More

Meet at the south end of Fleet Farm parking lot to form a carpool/caravan at 8 am.

Follow Joel Burbach of the John Muir Legacy Group on a guided tour of the Marquette County spots where John Muir spent his youth.

Contact Kathleen Stetter for field trip/workshop reservations: 920-872-2250 or Stetter@Centurytel.net

2012 FRIENDS MEMBERSHIP APPLICATION

2012 membership valid NOW through December 31, 2012

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 on-going throughout the whole year.

Please make check payable to: "FRIENDS, INC."

Fond du Lac Senior Center
151 E. 1st Street
Fond du Lac, Wisconsin 54935

NAME(s) (both, if couple)	
ADDRESS	
CITY, STATE, ZIP	
PHONE	
BIRTHDATE (optional)	
E-MAIL (absolutely confidential)	
CITY RESIDENT?	<input type="checkbox"/> City of Fond du Lac Other: _____

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

CHOICE OF SUPPORT:



- \$10.00 Single**
- \$15.00 Couple** (Husband and Wife)
- \$_____ Utility Donation for the City of Fond du Lac** Last year we asked members to give \$25 or whatever they could afford. A \$10,000 donation was made by the Friends Board of Directors on September 14, 2011 to City Council to help with the cost of utilities at the Senior Center. Thank you to all who helped with donations last year...250 of our 2,446 members made a donation. Your donation for 2012 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 the Center and is much appreciated. You will receive a 2012 Dine Out Coupon Book in appreciation of your fantastic donation. You can pick it up at the front desk. The FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership and additional donation to Friends to help with the operation of the Senior Center.
PLEASE CHECK: Yes, you CAN include my name when listing publicity. No, please do NOT list my name.
- \$100.00 FABULOUS FRIENDS membership support** – Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. Recognition of your support will be in the Senior Center's October newsletter, and you will receive 2 new 2012 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* 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.
PLEASE CHECK: Yes, you CAN include my name when listing publicity. No, please do NOT list my name. _____

TOTAL ENCLOSED (Utility Donation and Friends Membership can be on the same check.)

Because the Friends is a 501(c)(3) nonprofit organization, your contribution is tax deductible.

FOR OFFICE USE ONLY

DATE PAID _____ CASH _____ CHECK _____ CHECK # _____

NEW 2012 Member Renewal Receptionist Initials _____

FANATASTIC FRIENDS \$50 FABULOUS FRIENDS \$100 UTILITY DONATION: \$ _____

Received Among Friends Newsletter Received Happy Travelers Information MAR NEWSLETTER **19**



Fond du Lac Senior Center

151 E. First Street
Fond du Lac, WI 54935

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PAID
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■

FOND DU LAC SENIOR CENTER 920-322-3630

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Vickie Michels
322-3639

CRAFT SHOPPE COORDINATOR

Patsy Lefeber
322-3638

PROGRAM/OFFICE ASSISTANT

Mary Schneider
322-3640

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Kathryn Curran

Joyce Dille

Vivian Gorden

Barbara Lukas

Mary Kind

Jim Sabel

Donna Jean Trapp

Judi Walters

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

Wisconsin
Association of
Senior
Centers



MISSION

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