



Among Friends

MAY 2012



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

~ Proudly serving the seniors in the Fond du Lac community for 45 years! ~

A day of games, fitness, food, & fun!



SENIOR

SUMMER GAMES

- ✿ Scenic Walk
- ✿ Picnic lunch available
- ✿ Live KFIZ Remote
- ✿ Water Aerobics
- ✿ Karaoke
- ✿ Horseshoes
- ✿ Bingo
- ✿ Yolf
- ✿ Ladder ball
- ✿ Board Games & Cards
- ✿ Bean Bag Toss

WEDNESDAY, JUNE 20

9:30 a.m.—1:30 p.m.

TAYLOR PARK

SEE PAGE 9 FOR MORE INFORMATION—this picnic replaces the Senior Center annual August picnic this year.

WELCOME TO THE FOND DU LAC SENIOR CENTER

May 2012

A Free Monthly Publication
Vol. 3 • No. 5

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Fond du Lac Senior Center

151 E. 1st St.
Fond du Lac, Wisconsin 54935
Phone..... (920)322-3630
Email..... dwinkelmann@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.*

IMPORTANT NOTICE

If you move, please contact the Senior Center so that we can have your newsletter mailed to the correct address.

If you have recently moved or will be temporarily away and have asked the Post Office to hold or forward your mail, PLEASE CALL THE RECEPTION DESK at 322-3630 TO LET US KNOW! Because of the bulk mailing status for our *Among Friends* newsletter, any newsletters that cannot be mailed are returned to the Senior Center and *the Center is charged*. We have been getting many newsletters back each month and this can be quite costly. *Thank you for your cooperation.*



Thank you to all who donated baked goods for our Election Day Bake Sale. The fundraiser was a success—bringing in \$184 for the Friends organization.



Let's make it a date...

**Join the FRIENDS
for lunch or dinner!**

The Friends of the FDL Senior Center will hold several brat fry fundraisers in May and June at Piggly Wiggly. **It takes more than 100 volunteers for this undertaking.** There are several key coordinators that get the fundraiser organized and then all of the grillers and servers that make it happen. We appreciate all of the work that goes into this. THANK YOU to our volunteers! Not a brat fry volunteer? You can STILL help...

**Stop by and buy
some tasty brats,
burgers or hot dogs!**



**Mark your calendar and come to the
Piggly Wiggly (in front on the east side)
and buy lunch or dinner.**

**YOUR HELP WILL MAKE THIS
FUNDRAISER A SUCCESS!**

Where:
Piggly Wiggly
10 a.m. - 6 p.m.

When:
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

Why:
Good food for
a good cause—
EVERYBODY WINS!

**WATCH FOR YOUR
2012 RAFFLE TICKETS**

**WHICH WILL BE INCLUDED IN
NEXT MONTH'S NEWSLETTER!**

MAY FLOWER CONTEST

CELEBRATE SPRING! After wet and gloomy April, dozens of species of flowers bloom out of their winter hibernation in May and completely transform the landscape with their vibrant and brilliant colors. They say “April showers brings May flowers” and it truly does. Below is a list of only some of the flowers that make their debut in the month of May, along with some interesting facts about their meaning and symbolism.



Tulip Although different tulip colors carry distinct meanings - yellow tulips symbolizing cheerful thoughts, white conveying forgiveness and purple representing royalty - a Turkish legend may be responsible for the red tulip's symbolism. The story goes that a prince named Farhad was love struck by a maiden named Shirin. When Farhad learned that Shirin had been killed, he was so overcome with grief that he killed himself - riding his horse over the edge of a cliff. It's said that a scarlet tulip sprang up from each droplet of his blood, giving the red tulip the meaning "perfect love." The 11th wedding anniversary flower, it's said that the tulip's velvety black center represents a lover's heart, darkened by the heat of passion. With the power to rival roses in their red variety and the sweet charm to express simple joy when yellow, it's no wonder that in addition to all its other symbolism, in the language of flowers, a tulip bouquet represents elegance and grace.



Rose Each color offers a distinct meaning: red, the lover's rose, signifies enduring passion; white, humility and innocence; yellow, expressing friendship and joy; pink, gratitude, appreciation and admiration; orange, enthusiasm and desire; white lilac and purple roses represent enchantment and love at first sight. The number of stems in a rose bouquet can also express specific sentiments. The June birth flower and the 15th wedding anniversary flower, roses are also the national flower of the United States. And, not surprisingly, June - the month so often associated with weddings - is National Rose Month.



Daffodil Symbolizing rebirth and new beginnings, the daffodil is virtually synonymous with spring. Though their botanic name is narcissus, daffodils are sometimes called jonquils, and in England, because of their long association with Lent, they're known as the "Lent Lily." Lore connecting the daffodil to not only a sign of winter's end but a lucky emblem of future prosperity is found throughout the world. In Wales, it's said if you spot the first daffodil of the season, your next 12 months will be filled with wealth, and Chinese legend has it that if a daffodil bulb is forced to bloom during the New Year, it will bring good luck to your home. The March birth flower and the 10th wedding anniversary flower, a gift of daffodils is said to ensure happiness. But always remember to present daffodils in a bunch - the same legends that associate this cheerful flower with good fortune warn us that when given as a single bloom, a daffodil can foretell misfortune.



Hyacinth Legend has it the origin of hyacinth, the highly fragrant, bell-shaped flower, can be traced back to a young Greek boy named Hyacinthos. As the story goes, two gods - Apollo the sun god, and Zephyr the god of the west wind - adored Hyacinthos and competed for his attention. One day, while Apollo was teaching Hyacinthos the art of throwing a discus, Zephyr, in a jealous rage, blew the discus back, killing Hyacinthos with a strike to the head. Apollo named the flower that grew from Hyacinthos's blood hyacinth. Symbolizing sport or play in the language of flowers, hyacinth represent constancy, while blue hyacinth expresses sincerity.



Sweet Pea With its richly colored yet small, delicate flowers, the sweet pea's history can be traced back to 17th century Italy, when a Sicilian monk, Franciscus Cupani, sent its seeds to England. Although that original sweet pea bore little resemblance to the flower we know today, when Harry Eckford, a Scottish nurseryman, crossbred the original flower, he created the colorful, ornamental and sweetly scented sweet pea we know today. Meaning delicate or blissful pleasure in the language of flowers, this enchanting flower remains a favorite fragrant blossom.



Peony With a recorded history that dates back thousands of years, it's not surprising that even the mythology surrounding the origin of the peony has multiple versions. One legend has it that the peony is named after Paeon, a physician to the gods, who received the flower on Mount Olympus from the mother of Apollo. And another tells the story of that same physician who was "saved" from the fate of dying as other mortals by being turned into the flower we know today as the peony. The 12th wedding anniversary flower, peonies are known as the flower of riches and honor. With their lush, full, rounded bloom, peonies embody romance and prosperity and are regarded as an omen of good fortune and a happy marriage.



Iris The iris's mythology dates back to Ancient Greece, when the goddess Iris, who personified the rainbow (the Greek word for iris), acted as the link between heaven and earth. It's said that purple irises were planted over the graves of women to summon the goddess Iris to guide them in their journey to heaven. Irises became linked to the French monarchy during the Middle Ages, eventually being recognized as their national symbol, the fleur-de-lis. The February birth flower, the 25th wedding anniversary flower, the iris's three upright petals are said to symbolize faith, valor and wisdom.



Lilac The story of lilac, according to Greek mythology, begins with a beautiful nymph named Syringa (lilac's botanical name). Captivated by her beauty, Pan, the god of the forests and fields, chased Syringa through the forest. Frightened by Pan's affections, Syringa escaped him by turning herself into an aromatic bush - the flower we now refer to as lilac. The 8th wedding anniversary flower, lilacs are frequently considered a harbinger of spring, with the time of their bloom signaling whether spring will be early or late. In the language of flowers, purple lilacs symbolize the first emotions of love, while white lilacs represent youthful innocence.

Now for the fun part...Hidden in this newsletter are the eight "May flowers" above (images will be exactly like above except smaller). Find all eight, neatly write their location on a piece of paper along with your name and phone number (or use the answer form available at the front desk) and hand it in to the front desk. One lucky winner, chosen at random among all correct entries received by May 31, will receive a \$25 Sears Gift Card. Good luck!

Congratulations to Bernie Bonlander, winner of March's Lucky Charms contest!

UPCOMING PROGRAMS

HOBB'S WOODS HIKE

Tuesday—May 1, at 10 a.m.

The Senior Center Hikers are inviting newcomers to join them on a hike at scenic Hobbs Woods! The hike will last about an hour, but you may stop and turn back at any time. There are also benches along the way for resting. If you would like to carpool, meet at the Center at 9:30 a.m. or meet at Hobb's Woods at 10 a.m. If there is questionable weather that day, call 322-3630 for info as to whether the hike is cancelled and when it would be rescheduled.

BAGELS WITH A BROKER

Monday—May 7, 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.

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 to present **Outlook and 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. Please call 322-3630 to register by *May 14*.

GOLF

GOLF LESSONS: It's still not too late to sign up for Golf Lessons with Jeff Kemp. The lessons take place at **1 p.m.** on **Thursdays in May** (May 3, 10, 17, 24, rain date May 31) at Oakgreen Golf Course. The \$30 cost covers four sessions of instruction, 9 holes of golf and a bucket of balls each week. Friends membership is also required.

LADIES GOLF: The Ladies Poor Golf Club golf every **Monday and Wednesday morning** at Oakgreen Par 3 Golf Course, May 2 through August 31, at **8:45 a.m.** (Tee Time is 9 a.m.) All lady golfers interested in golfing, beginner to advanced, are invited to join the fun. This is not a league, and no scoring is recorded – just a chance to get out and **4** golf and socialize with the ladies.

WHEN I'M 65

NOTE DATE CHANGE

Wednesday—May 16, 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.*

DRIVER SAFETY CLASS

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 for AARP members (bring your card); \$14 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.

UPCOMING PROGRAMS

HOMEOWNER LOANS

Wednesday—June 6, at 1:30 p.m.

HOME REPAIR HEADACHES?

If you are a homeowner in the City of Fond du Lac, there may be help available to cure your home repair headaches. No Interest! No monthly payments! Income eligible residential property owners can correct energy and other housing code problems with no interest deferred payment loans. You must own the home and have the home as your primary residence. This informational program will further explain this opportunity. Call the Senior Center at 322-3630 by *Monday, June 4*, if you plan to attend. If you are interested but unable to attend the meeting, call Debbie Wegner in the City of Fond du Lac's Community Development Department at 322-3440.



GALLOWAY HOUSE TOUR

Monday—June 11, at 10 a.m.



Sometimes the most interesting places can be found right in your own backyard. Such is the case with the historic Galloway House & Village. The FDL County Historical Society's "living museum" is the former residence of lumber mogul, Edwin Galloway. The 30-room mansion was the "farmhouse" of the Galloway family for three generations. Purchased from Salim Newton as a simple but decorative house, the Galloways built ornate additions to turn the house into a showplace of gracious living and entertaining. The hand-carved woodwork, etched glass, and hand-stenciled ceilings are a few of the marvels of the lifestyle of a bygone era. Each building of the village is its own step-back-in-time from a country church and one-room schoolhouse to a grist mill and more.



Tour participants will meet in the Galloway House parking lot at 10 a.m. to receive an admittance ticket. Participants will have the option of taking part in the guided tour or touring on their own, at their own pace. The guided tour will be in groups of 15–20 and will take approximately 2 hours. After the tour, participants will also have the option of eating lunch under the pavilion, if bringing your own bag lunch—just like those school field trips so many years ago!

NOTICE: There is a great deal of walking and some stair climbing involved with this tour. Those with mobility challenges or who need a walker or wheelchair will have limitations if participating in this tour.

Registration is required and payment is expected at the time of registration. The cost is \$6.

BEAD CLASS

**Monday—June 11
at 10:30 a.m.**



You are invited to meet two of Dottie Winkelmann's sisters-in-law and do some "girl stuff" with them. Join Linda Hillman from Seattle, Washington (Lin is married to Dottie's youngest brother Tom) for a Beginners Bead Class from 10:30–11:30 a.m. on Monday, June 11, to make a fancy—but easy—stretch bracelet and over-the-head necklace using lightweight acrylic beads. Bring your own crimping tool or use Lin's. Also meet Marlene Hillman (married to Dottie's oldest brother Steve) from Sault Ste. Marie, Michigan. Marlene will share the simple picture book she created after a trip to Haiti, helping at a friend's orphanage.

The cost is \$12 per person and includes a necklace, bracelet, refreshments, and door prize drawing. *Please sign up by June 1.* There will be a limit of 10.

LAKE WINNEBAGO BOAT RIDE

Thursday—June 28, at 10 a.m.

Get ready for a boat ride on Lake Winnebago!

Karin Whealon of the Fond du Lac Yacht Club has offered to organize boats for a relaxing boat ride. We will meet at the Yacht Club (on the harbor in Lakeside Park) at 1 p.m. and the boats will be back to dock by 2:30 p.m. The Yacht Club has invited participants to stay for a banana split treat after the ride.

YOU MUST REGISTER TO PARTICIPATE. Call the Senior Center to register *by Friday, June 22*, to participate. You will need to give the following information: your name, your phone number, the number of people you would like to reserve space for on the Senior Center Boat Ride, and your boat preference—sail boat or power boat.

A contribution of \$5 per person toward gas and other expenses will be helpful and is appreciated. It will be collected the day of the boat ride. In order to participate, you must be physically stable enough to enter and exit from the boat with very little assistance. Please be on time as the boats will be leaving shortly after 1 p.m., as planned.

If the weather is questionable on ride day, contact the Senior Center at 322-3630 after 11 a.m. By that time a decision will be made as to whether the boat ride will take place. There is no rain date for the boat ride—even if the boat ride is cancelled due to weather that day, the banana splits are still on—participants are still invited to stop down to the Yacht Club for a refreshing ice cream treat.





HAPPY TRAVELERS

YOUR DESTINATION FOR SUMMER FUN!

Doris Zimmermann, Travel Coordinator

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

GAITHER HOMECOMING CONCERT

Sunday—May 20

Resch Center Green Bay Cost: \$64

JUST ADDED!



Seven-time-Grammy Award winner Bill Gaither will host a spectacular evening of music featuring an all-star line-up of Gospel music's finest artists, including the multi-award winning Gaither Vocal Band.



For nearly a half-century, Bill and Gloria Gaither have blazed a trail of unprecedented leadership in Gospel music, awarded as ASCAP's Songwriters of the Century, in addition to multiple Grammy Awards, Gospel Music Association Dove Awards and countless others. They have served as mentors and champions for numerous artists who went on to enjoy long, successful careers. Their best-selling Homecoming DVD series has drawn millions of listeners to the timeless message of Gospel music. As songwriters, they have contributed such gospel standards as "Because He Lives" and "He Touched Me," along with more than 700 others.

Among the talented roster of artists featured on this special evening with Gaither and the Gaither Vocal Band (featuring Mark Lowry, David Phelps, Michael English and Wes Hampton) are The Nelons, The Martins, Gordon Mote, Charlotte Ritchie, Gene McDonald and Kevin Williams.

The Gaithers have also provided 2 jumbo screen monitors. The concert begins at 4:00 p.m. and lasts 3½ hours with some intermissions. Our tickets are on the 2nd level which is also where the concessions stands are located. Here you can purchase a variety of sandwiches and drinks. An elevator or stairs takes us to our seating area Rows N, O and P.

PRAIRIE DU CHIEN

Wednesday—Friday, August 9—11

Monroe, Prairie du Chien & Wisconsin Dells

Cost: Double Occupancy \$363

A wonderful 3-day getaway...

Includes four meals and 2 continental breakfasts and two nights at the Country Inn & Suites by Carlson

Day 1: Monroe—"Swiss Cheese Capital of the USA"

- ◆ Tour of the National Cheese Making Museum
- ◆ Guided tour through historic downtown Monroe
- ◆ Tour of Minhas Craft Brewery—nation's second oldest brewery. Includes "Thank you" pack.

Day 2: Prairie du Chien—Wisconsin's 2nd oldest community

- ◆ Guided tour of Prairie du Chien, St. Feriole Island and Villa Louis
- ◆ Shopping at Cannery Antiques & Gifts
- ◆ Riverboat cruise aboard the *Mississippi Explorer* through the Mississippi River Wildlife Refuge
- ◆ Optional evening at the Lady Luck Casino Marquette

Day 3: Baraboo and Wisconsin Dells

- ◆ Scenic drive through Pike's Peak State Park
- ◆ 50-minute train ride through scenic Baraboo Hills
- ◆ Tommy Bartlett Water Show

STOP IN FOR COMPLETE DETAILS

NEW TRIP—JUST ADDED!

MANNHEIM STEAMROLLER

Saturday—November 24

Fox Cities PAC, Appleton Cost: \$145

Includes bus transportation, ticket, a meal at Golden Coral and driver tip. Five tickets are already gone—only 25 remain. *The Christmas Music of Mannheim Steamroller* has been America's favorite holiday celebration for over 25 years. Grammy Award winner Chip Davis has created a show that features beloved Christmas music along with dazzling multimedia effects performed in an intimate setting. The spirit of the season comes alive with the signature sound of Mannheim Steamroller. Don't miss this ultimate holiday tradition from the #1 Christmas music artist in history!

ONEIDA CASINO TRIPS

Cost: \$54

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

THURSDAY, MAY 24 Dinner: Jim & Linda's

THURSDAY, JULY 26 Dinner: Red Cabin at Green Acres

THURSDAY, AUGUST 30 Dinner: Schwarz's at St. Anna

6



HAPPY TRAVELERS

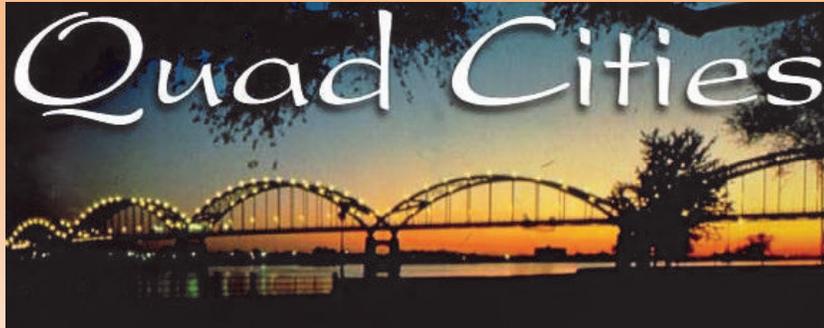
YOUR DESTINATION FOR SUMMER FUN!



Quad Cities & Big Band Cruise

Rock Island & Moline, IL and Bettendorf & Davenport, IA

June 13 – 15 (Wednesday – Friday)



Single Occupancy: \$450.00

Double Occupancy: \$360.00

Triple Occupancy: \$330.00

Quad Occupancy: \$315.00

**A Deposit of \$50.00
is required at sign up.**

4 Cities = 4 times the fun!

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.

Friends membership is required to travel with the Happy Travelers. Membership is \$10 for a single and \$15 for a couple. 7

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								
103-483-31283	Tuesday	May 8, 15, 22	3 wks	1:00—4:00 p.m.	9 hrs	JoAnne Smith	\$4.00	\$31.96
103-483-10239	T, W, R	July 17, 18, 19	3 days	9:00 a.m.—Noon	9 hrs	JoAnne Smith	\$4.00	\$33.23
103-483-20874	T, W, R	August 21, 22, 23	3 days	9:00 a.m.—Noon	9 hrs	JoAnne Smith	\$4.00	\$33.23

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								
103-485-31279	Wednesday	May 9, 16, 23	3 wks	9:00 a.m.—Noon	9 hrs	JoAnne Smith	\$4.00	\$31.96
103-485-10236	T, W, R	June 5, 6, 7	3 days	1:00—4:00 p.m.	9 hrs	Karen Beaman	\$4.00	\$33.23
103-485-20875	T, W, R	August 21, 22, 23	3 days	1:00—4:00 p.m.	9 hrs	JoAnne Smith	\$4.00	\$33.23

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								
103-490-31286	Wednesday	May 9, 16, 23	3 wks	1:00—4:00 p.m.	9 hrs	JoAnne Smith	\$4.00	\$31.96
103-490-10237	Wednesday	June 13, 20, 27	3 wks	9:00 a.m.—Noon	9 hrs	Karen Beaman	\$4.00	\$33.23
103-490-10240	T, W, R	July 17, 18, 19	3 days	1:00—4:00 p.m.	9 hrs	JoAnne Smith	\$4.00	\$33.23

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								
103-491-10238	Thursday	June 14, 21, 28	3 wks	1:00—4:00 p.m.	9 hrs	Karen Beaman	\$4.00	\$33.23

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.

BEGINNING DIGITAL CAMERAS								
105-605-10234	Monday	July 16	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								
105-609-21288	Monday	August 20	1 time	Noon—4:00 p.m.	4 hrs	JoAnne Smith	\$18.63	\$23.50

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

Senior Summer Games

Sponsored by the Fond du Lac Senior Center & Senior Wellness Coalition

Wednesday – June 20, 2012

9:30 a.m. – 1:30 p.m.

Taylor Park s. Hickory-Ruggles-Emma-Marys Ave.



A picnic lunch will be offered by the Friends of Taylor Park for **\$6.50** and includes a brat or burger, potato salad, baked beans, chips, dessert, and beverage. Pre-register and pay the \$6.50 lunch at the Fond du Lac Senior Center, 151 E. 1st St., by Wednesday, June 13. **NOTE:** The lunch is a **fundraiser** to support Taylor Park.

Although the Senior Summer Games are **FREE** for participation, pre-registration is encouraged. To help with planning, please pre-register by **Wednesday, June 13**, so that schedules can be arranged, games finalized, and certificates printed.

Which games would you like to participate in? We will show you how the games are played. No experience is needed. Certificates will be awarded to all participants, prizes for some of the games, and door prize drawing for all who attend.

9:30 – 11:30 a.m.

Summer Games – see list below & please pre-register by June 13

KFIZ broadcasting LIVE! during games – listen to KFIZ 1450AM radio

FDL City Ambulance Tour & Police Radar Throw – free and open to the public

Taylor Park History Display – support Taylor Park by becoming informed

Low Impact Water Aerobics Class – bring your swimming suit for this free class

10:30 – 11 a.m.

11 – 11:30 a.m.

11:30 a.m.

NOON – 1 p.m.

1 p.m.

Bingo – try your luck

Picnic Lunch – sponsored by Friends of Taylor Park (must pre-register by June 13)

Karaoke Entertainment for Fun

Awards & Door Prize Drawing

Please bring your own lawn chair. There are a limited number of picnic tables.



Please mail to the Fond du Lac Senior Center or drop off at 151 E. 1st Street by Wednesday, June 13. The first 75 to pre-register will receive a goodie

NAME _____

ADDRESS _____

PHONE _____

YES, I will have the picnic lunch: Brat **OR** Burger

\$6.50 Payment Check # _____ **OR** Cash Date _____ Clerk _____

NO THANKS, I do not want the lunch.

Don't forget to bring your lawn chair!

PLEASE REGISTER ME FOR:

- | | | |
|---|---|--|
| <input type="checkbox"/> Ladder Ball | <input type="checkbox"/> Bean Bag Toss | <input type="checkbox"/> Simple Board Games & Cards |
| <input type="checkbox"/> Horseshoes | <input type="checkbox"/> Taylor Park Scavenger Hunt | <input type="checkbox"/> Walk path around the park |
| <input type="checkbox"/> Yolf (<i>we'll teach you</i>) | <input type="checkbox"/> Bingo 11 – 11:30 a.m. | <input type="checkbox"/> Karaoke – I'd love to sing! |
| <input type="checkbox"/> Low Impact Water Aerobics Class held at the pool from 10:30 – 11:00 a.m. | | |

MONTHLY MOVIE

“WAR HORSE” ~ Thursday, May 10 or Monday, May 14

11:45 a.m. Lunch (optional)

MENU MAY 10: Baked Ham in Pineapple Sauce, Garlic Mashed Potatoes, Green Bean Casserole, Tossed Salad with Ranch Dressing, Marble Rye Bread, Banana Cake and Milk

MENU MAY 14: Sliced Turkey, Mashed Potatoes, Gravy, Squash, Cranberry Sauce, Wheat Bread, Carrot Cake and Milk



12:30 p.m. Movie

Based on the Tony Award-winning play, and set against the sweeping canvas of WWI, this tale begins with the remarkable friendship between a feisty colt named Joey and his young trainer Albert (Jeremy Irvine). When they're forced apart by war, the film follows Joey's extraordinary journey as he changes and inspires the lives of everyone he meets—British cavalry, German soldiers, and a French farmer and his granddaughter. No matter where they go or what they experience, both boy and horse keep forging ahead, driven by devotion and the hope of returning home—before the story reaches its emotional climax in the heart of No Man's Land. **Director:** Steven Spielberg. **Stars:** Jeremy Irvine, Peter Mullan, Emily Watson, Niels Arestrup, David Thewlis, Tom Hiddleston. 2011, *Rated: PG-13, 146 min., Adventure.*

You must register separately for each activity. Call 929-3937 by 1 p.m. *on the day before*, 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)

ACACIA Home Care (even months)

2nd Tuesday: Comfort Keepers

3rd Tuesday: Walnut Grove

4th Tuesday: Rehab Arisces (even months)

Philip Shepherd, Attorney (odd months)

5th Tuesday: Roto-Rooter

BOOK CLUB

3rd Monday at 9:30 a.m.

May 21 *Night Road*
by Kristen Hannah

June 18 *Lone Wolf*
by Jodi Picolti

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.

CRIBBAGE

Looking for players! Call 322-3630 if you would like to play.

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.

MODEL RAILROAD HOBBYISTS

2nd Sunday at 6:00 p.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, May 3, at noon

Seasons 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, May 18

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

Northwinds Supper Club

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)

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



Let's Go Biking!

Join us on Wednesday, May 9, at 11 a.m. at the Fairgrounds swimming pool parking lot on Martin Road. From there, riders will bike Martin Road to the 151 Bike Trail to Peebles

stop & go lights and back to the Fairgrounds. This ride will be 10–12 miles on paved trails. Call 322-3630 to register. 50¢ donation. Cancellations on ride day, call Dick Weisbach at 922-2044 before 9 a.m. Bring water and money for lunch. Rain date May 16.

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**



TAI JI

A new session will begin on May 13 and end June 26. The classes meet 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, please call 322-3630.

WALKING CLASS

The walking class meets at 3:45 p.m. Mondays and Thursdays. Wear walking shoes for comfort. 50¢ donation. To register or for more info, please call 322-3630.



OTHER EXERCISE

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
14Call 920-606-9078 for more information

HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by Agnesian HealthCare
Friday, May 11 8–9 a.m. *2nd Friday of the month*
No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by Lutheran Homes & Health Services
Friday, May 11 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 8 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, May 10, 17, 31
Cost: \$20.00; Call 322-3630 for appointment

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center
Friday, June 8 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, May 22 10 a.m. through the day
Usually 4th Tuesday of the month
Cost: \$20 for 30 minute session; Call 322-3630 for appointment

VITAMIN D TESTING

Sponsored by Consultants Lab – A member of Agnesian HealthCare
25OH Vitamin D test
Tuesday, May 8 8:30 – 11 a.m.
2nd Tuesday in February, May, August, November
Cost: \$40. Call 322-3630 for appointment

NEW!

SUPPORT GROUPS

DIABETIC SUPPORT GROUPS

Tuesday, May 1, from 5:30–6:30 p.m. (*1st Tuesday of the month*)
Agnesian Health Care, 430 E. Division St., 6th floor meeting room
Wednesday, May 23, from 3–4 p.m. (*4th Wednesday of the month*)
Aurora Health Care Center, 210 Wisc. American Dr., American Rm

GLUTEN FREE SUPPORT GROUP

Next meeting: Tuesday, May 15, from 6:30–8 p.m.
Fond du Lac Senior Center, 151 E. First 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

Learn to Prevent Falls

Thursday, May 3

10–11 a.m.

Betsy Soukup, Physical Therapist Assistant at Harbor Haven Health & Rehabilitation, will talk about falls at home, in home safety check, tips to prevent falls, simple exercises to improve strength and balance, and tools available to assess balance.



Health Screenings: May 11 8–9 a.m.

Blood Sugar Screening by Lutheran Homes & Health Services

Blood Pressure Screening by Agnesian HealthCare

DVD May 11 9–10 a.m.

Whole Foods for Optimum Health

Dr. Anthony Goodman will tell us the benefits of whole foods compared to supplements in this 30 minute DVD. Discussion will follow.

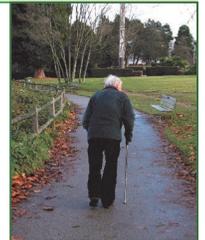
What is your Vitamin D3 Level?



Research shows that seniors with low levels of Vitamin D were more likely to have diabetes, high blood pressure and diseased heart muscle. Check your level of Vitamin D on **May 8**, with a \$40 test at the Senior Center by Consultants Lab. Call 322-3630 to register.

Three Lonely Seniors

This is the number of people on our waiting list for the Senior Outreach Program. Would you consider giving an hour a week to a senior who is homebound and without family nearby? If you would like to make a difference in someone's life, please give Jean a call at 322-3636.



GLUTEN-FREE SUPPORT GROUP

The next meeting for this new group will be on Tuesday May 15, from 6:30–8 p.m. at the Fond du Lac Senior Center. 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>. A Wild Tree Representative will be there to talk about the companies gluten free products. We will also share about gluten free items at area restaurants.

LOOK GOOD . . . FEEL BETTER

The American Cancer Society is sponsoring a "Look Good...Feel Better" program at the Senior Center on **Wednesday, June 13, 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 with cosmetics donated by top name companies.

Look Good...Feel Better.



SENIOR OUTREACH PROGRAM



COMMUNITY CARES

Volunteers will visit **Walnut Grove**, 154 S. Pioneer Parkway, from **2–3 p.m.** on **Tuesday, May 22.** 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 322-3630.



SENIOR OUTREACH PROGRAM

Volunteers will meet on **Thursday, May 3, at 9 a.m.** to turn in reports, provide support and info. This will be followed by a **Falls Prevention presentation at 10 a.m.** There are more deaths from falls than from auto accidents for those over 65 years of age. Betsy Soukup, PTA, has worked with the elderly for 17 years and will share how falls can be prevented.

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

For details about Red Hat Honeys activities, you must pick up a newsletter at the front desk, request to get on the Red Hat e-mail list, or check out information on the web at www.fldsniiorcenter.com. The Chapter is open to ladies of all ages and membership is on-going. We have 60+ members at this time. **NEW MEMBERS WELCOME!**

Red Hat Honeys General Meeting

Thursday—May 10
10:00 a.m.

ALL Red Hat Honeys are encouraged to attend!

Wednesday at the Windhover

Wednesday—May 16
11:30—1:30 p.m.

Luncheon & Crowning of the new Queen Bee

Thursday—June 28
Red Cabin at Green Acres
11:00 a.m. social/Noon lunch

1-Day Mystery trip

Thursday—July 5
This is a full day of fun limited to 34 and is half full already!



THIS 'n THAT Craft & Gift Shoppe

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



Pat Lefeber, Craft Shoppe Coordinator, holds a newly crafted stained-glass sign made by Ed Vallner, who graciously donated the sign to our Craft Shoppe. Stop in and



see this beautiful sign, as well as some of Ed's other stained-glass masterpieces that are on sale in the shop—beautifully made and affordable priced!

SPECIAL EVENT



Senior Day at the Forest Mall

Wednesday—May 9

9:00 a.m. – 2:30 p.m.

- ◆ 9 a.m.—1 p.m.: Health screenings & Information booths
- ◆ 10—10:45 a.m.: Fashion Show
- ◆ Noon: Entertainment provided by the Windhover Center for the Arts with lunch available
- ◆ 1—2 p.m.: Bingo sponsored by the FDL Senior Center
- ◆ 2 p.m.: Prize Give-Aways

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

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	Cost
Oil Painting	Tuesday	10 a.m.—noon	4	\$15
April 10, 17, 24, May 1		May 8, 15, 22, 29		
June 5, 12, 19, 26		July 3, 10, 17, 24		
Watercolor	Tuesday	1—3 p.m.	4	\$15
April 10, 17, 24, May 1		May 8, 15, 22, 29		
June 5, 12, 19, 26		July 3, 10, 17, 24		
Mixed Media	Tuesday	3—4:30 p.m.	4	\$10
April 10, 17, 24, May 1		May 8, 15, 22, 29		
June 5, 12, 19, 26		July 3, 10, 17, 24		
Drawing	Wednesday	6—8 p.m.	4	\$15
April 4, 11, 18, 25		May 2, 9, 16, 23		
May 30, June 6, 13, 20		June 27, July 11, 18, 25		
Line Dancing	Thursday	6—7:30 p.m.	4	\$10
April 5, 12, 19, 26		May 3, 10, 17, 24		
June 7, 14, 21, 28		July 5, 12, 19, 26		
Sewing Lab	Wednesday	3:30-6:30 p.m.	4	\$12
April 4, 11, 18, 25		October 3, 10, 17, 24		
Singing	Wednesday	10—11 a.m.	6	\$20
April 11, 18, 25, May 2, 9, 16		Another session will be held in fall.		
Intro to Line Dancing	Monday	1—2:30 p.m.	4	\$10
June 4, 11, 18, 25		July 2, 9, 16, 23		
August 6, 13, 20, 27		September 3, 10, 17, 24		

NEW!

SCRAPBOOK CROPS ✂---✂ ---✂

Danielle Mader has three upcoming Saturday Scrapbooking Crops scheduled at the Senior Center: May 19, June 30, August 25. The crops go 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.

Kim Stern will hold a Scrapbooking Crop & Workshop at the Senior Center on Saturday, July 28, from 9 a.m. to 9 p.m. All skill levels and all ages are welcome. The \$18 registration fee includes lunch and dinner, a “make & take” and a large space to scrapbook away. For more details or to register, contact Kim at 517-1108.

EASY TECHNOLOGY:

Overview of iPad, iPhone, Kindle, & Nook

Jen Winkelmann will give a simple overview and Q&A on these devices at the Senior Center on Thursday, June 21, at 1:30 p.m.. You will be so surprised at how simple these are to learn. Pre-register by calling 322-3630.



Do you own an iPad? We are looking for possible tutors to help seniors with questions about their new iPad. *The Friends of the FDL Senior Center may purchase an iPad if we can recruit tutors.* Please call Dottie Winkelmann at 322-3630 if you would be willing to help with this OR if you are someone who would like a tutor!

INTRO TO LINE DANCING CLASSES

New Country Line Dancing Classes for the Beginner

Mike Seurer, Country Line Dance instructor, will be teaching an Introduction to Country Line Dancing Class from 1—2:30 p.m. on Monday afternoons at the Senior Center this summer. The class will be set up in 4 week sessions that will be offered June—September. You do not



have to take all four offerings. The cost of the 4-week session is \$10. Payment is expected at the time of registration. This class is geared towards seniors who have little or no experience with line dancing. Mike will teach the common steps used in line dancing step-by-step. This is a fun way to reap the benefits of exercise. Give it a try! Call 322-3630 for more information.

CARD MAKING CLASS

Tuesday, May 8
Two sessions: 3:30—6 p.m.
or 6:30—8 p.m.



Make five cards/projects for \$10 or FREE with a minimum \$20 product order. Please RSVP to Jana at 920-979-5262 or email stampinjana@charter.net before Monday, May 7, to insure enough supplies are available.

Bring your own scissors and adhesive if you are able.

COMMUNITY

DE CLUTTERING FOR A CAUSE

It's that time of year for spring cleaning. Do you have a closet full of craft supplies you no longer use? Boxes of craft projects you never finished? Lake View Estates Crafty Ladies are looking for miscellaneous craft supplies. They could use any craft items you no longer need, such as scrap material, yarn, pom poms, pipe cleaners, popsicle sticks, beads, craft paint, felt, styrofoam shapes, just to name a few. Any and all type of craft items would be great. They also need coffee can lids for one particular project. Whatever you have, they will put it to good use. Get your summer off to a clean start by donating any craft items for the Crafty Ladies at Lake View Estates. No donations are too big or too small. They can even pick up, if needed. Thank You!



**Please drop off craft supply donations at:
Lake View Estates, 517 Luco Road
or call 926-1100 to have them picked up**

AARP MEETING

Upcoming general meeting of AARP Chapter #614:

Thursday, May 17, at 1:30 p.m.

Jessica King, District 18 Wisconsin State Senator, will be the guest speaker. She will discuss issues of interest to the seniors. 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. The cost to join the local AARP chapter is \$3.

WATCH THE JUNE NEWSLETTER FOR DETAILS ABOUT THE ANNUAL AARP PICNIC TO BE HELD ON JUNE 27.

Attention Navy, Marine and Coast Guard Veterans:

A local chapter of the **NAVY CLUB** meets on the 3rd Thursday of the month at 7 p.m. at the American Legion

500 Fond du Lac Avenue

For more information, contact Robert Lowery at 920-960-2577



VOLUNTEERS NEEDED

The Galloway House & Village is looking for summer volunteers. Many positions are available. Call FDL County Historical Society Volunteer Coordinator, Polly May, at 922-3452 for more information.

FDL County Senior Dining Program is seeking Kitchen Volunteers for the Riverview Dining Site to cover two to four times per month from 10:30 a.m.—1:00 p.m.

18 Call 929-3114 for more information.

MASTER GARDENER PLANT SALE



HAENTZE FLORAL and UW-FDL have teamed together to offer this great fundraiser to further the Master Gardener mission of teaching sustainable horticultural practices in the community.

There are two ways YOU can help:

1) Purchase plants at HAENTZE FLORAL on June 2 & 3.

All store merchandise is included in the fundraiser. 10% of all HAENTZE FLORAL purchases will be donated to MASTER GARDENER ASSOCIATION.

To ensure that the Fond du Lac County Master Gardener Association gets proper credit, bring this slip with you to the checkout when you are finished shopping.

← TEAR AT PERFORATION

HAENTZE FLORAL

658 Fond du Lac Avenue
Fond du Lac

June 2 & 3

10 % of all purchases will be donated to the FDL COUNTY MASTER GARDENERS ASSN.

Total amount of purchase: \$ _____ Transaction # _____



Serving Customers Since 1858

2) Purchase plants from the plant sale at UW-FDL on June 2, from 9 a.m. to 3 p.m.

← TEAR AT PERFORATION

PLANT SALE COUPON

**\$2 off one Master Gardener plant item
One per customer**

**Saturday, June 2
9 a.m. to 3 p.m.**

UW-Fond du Lac

400 University Drive—UW Commons
920 929-3172

EAST Parking Lot

Gold Sponsor—HAENTZE FLORAL

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 MAY NEWSLETTER **19**



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

ADDRESS SERVICE
REQUESTED

■

FOND DU LAC SENIOR CENTER 920-322-3630

STAFF

DIRECTOR

Dottie Winkelmann
322-3630
dwinkelmann@fdl.wi.gov

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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.