

Among Friends



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

June 2012

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

RAFFLE TICKET SALES ARE UNDERWAY

Who will be the BIG winner in this year's Annual Raffle?



IT COULD BE
YOU!

OVER \$5000

in CASH and PRIZES to be awarded!

See page 3 for a complete listing of raffle prizes. See the insert for tickets and information on how you could win \$100 for yourself. The drawing will be held on Thursday, August 23, 2012, at 2 p.m. at the ICE CREAM SOCIAL to be held at Lakeside Park Pavilion. Find out more about this event in the July newsletter.

Your support will make this a success!

WELCOME TO THE FOND DU LAC SENIOR CENTER



A Free Monthly Publication
Vol. 3 • No. 6

What's Inside

Notices.....	2
Raffle Prize List.....	3
Upcoming Programs	4-5
Happy Travelers Trips	6
Senior Summer Games	7
MPTC Computer Classes	8
Senior Wellness Morning.....	9
Sponsors.....	10-12
Monthly Movie	12
Recreation	13
Health & Wellness	14-15
Senior Outreach.....	15
Red Hats Honeys /	
Craft Shoppe / Services	16
Classes & Crops.....	17
Community	18
2012 Friends Membership Form ...	19



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.

SUMMER REMINDER...*Bring a sweater with you*

Sometimes it feels extra cool in the Senior Center compared to the hot temperature outside. Just a little reminder to **please bring a sweater with you** when you come for activities this summer. We try to keep the room temperatures comfortable, but *as hard as we try we cannot please everyone* – especially when some people come in long sleeves and pants and others come wearing shorts with a sleeveless top and sandals. Please remember to dress for air conditioning and not the weather outside. It's best to dress in layers. And no, shivering does not count as exercise...

Does shivering count as exercise?



Many thanks to retiring City Manager Tom Herre for his wonderful support of the Senior Center over the years. He was known for coming to activities and always keeping informed of our events and projects.

*Tom, we sincerely appreciate your dedication to our community and to the seniors who live and play here. We would love to have you **join us** on some trips or at activities.*

Enjoy your retirement!

WE'VE BROKEN THE RECORD

The record-breaking member...**Jan Andrews!** She stopped by the Senior Center's front desk on April 19 to join the Friends of the Fond du Lac Senior Center. Her membership brought the Friends' total membership for 2012 to **2447**, breaking last year's record of 2446 members!



CONGRATULATIONS JAN AND WELCOME ABOARD!

RAFFLE PRIZES

- **\$500 Cash** *J.F. Ahern*
- **\$400 Cash** *Zacherl Funeral Home*
- **Diamond Pendant** (.25 carat 18K Yellow Gold) – value \$695 *The Goldsmith*
- **6' Portable Park Bench** – value \$415 *BCI Burke*
- **4 Rounds of Golf with Cart** – value up to \$300 *South Hills Golf Club*
- **Night Stay** incl. Jacuzzi, \$40 at Cibo's, breakfast for two – value \$269 *Ramada Inn*
- **4 Rounds of Golf with Cart** – value up to \$212 *Whispering Springs*
- **\$150 Gift Certificate** *Busy Acres Nursery*
- **Night Stay** – value up to \$150 *Holiday Inn*
- **\$100 Cash** *Calvary Cemetery*
- **\$100 Cash** *Michels Corp.*
- **\$100 Cash** *Niagara Investments / Joe Ziegler*
- **\$100 Cash** *Uecker-Witt Funeral Home*
- **Night Stay** – value up to \$100 *Comfort Inn*
- **Handmade Trunk** *Waupun Correctional Institute*
- **Autographed Football** *Green Bay Packers*
- **Brewers Tickets** *KFIZ*
- **\$75 Gift Certificate** *C.W. Smith Jewelers*
- **4 Rounds of Golf** *Oakgreen Golf Course*
- **Aaron Rodgers Photo Plaque** *Carey Frameworks*
- **\$50 Gift Certificate** *Ally's Furniture*
- **Gift Basket** *Fox Valley Savings Bank*
- **Gift Basket** *Walnut Grove (2 prizes)*
- **Golf Gift Basket** *International Paper*
- **Gift Basket** *Lake View Estates*
- **\$50 VISA Gift Card** *National Exchange Bank*
- **Gift Basket** *Horicon Bank*
- **Studio Session & 8x10** *Flohr's Photography*
- **\$35 Gift Certificate** *Renaissance Salon & Spa*
- **\$35 Gift Certificate** *Kathryn's Nail Salon*
- **Manicure & Pedicure** – value \$35 *Techniques Salon & Spa (3 prizes)*
- **Medium Cheese & Sausage Tray** *Rick & Vic's Piggly Wiggly (2 prizes)*
- **\$25 Cash** *American Bank* • **\$25 Gift Certificate** *Stuart's Landscaping*
- **\$25 Gift Card** *Gift 'n Gab* • **\$25 Gift Certificate** *Personal Touch*
- **\$25 Gift Card** *Wood's Floral & Gifts* • **\$25 Gift Card** *Wood Sampler*
- **1 Mo. Membership** - Wellness Center *Lutheran Homes & Health Services*
- **\$20 Gift Card** *Gilmore's Liquor* • **\$20 Gift Card** *Pick 'n Save*
- **\$20 Cash** (includes \$200-400 discount on package) *Calvary Cemetery*



**OVER
\$5000
in CASH &
PRIZES will
be awarded**

Numerous prize packages featuring gift certificates from area restaurants and businesses: *Ala Roma; Backyard Grill; Cobblestone Hair Studio; Confection's by Joel; Domino's Pizza; End of the Trail Candy Shoppe; Fond du Lac Seafood; Friar Tuck's; Gino's; Haentze Floral & Gifts; Holiday Auto; Hounsell's Greenhouse; Jet Stream Car Wash; Jim & Linda's Lakeview Supper Club; Ledgerview Lanes; Living Light Studio; Ma & Pa's Miracle Mile; Main Exchange; Model Cleaners; Northwinds Supper Club; Philly's on 4th; Pump & Pantry; Red Cabin at Green Acres; Salty's Seafood & Spirits; Schmitt's Oar House; Sebastian's Steakhouse; Sheriff's Department; Sunset Supper Club; Taycheedah Correctional Institute; Villa Palermo Café; Watkins Natural Products/Bob Hanke; Wendt's on the Lake and more!*

Special thanks to **Mach Funeral Chapel & Crematory**
and **Grande Cheese** for sponsoring the printing of the raffle tickets!

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 July newsletter is Monday, July 2. 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.

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.

**2012
RAFFLE
TICKETS
ARE INCLUDED
IN THIS
NEWSLETTER!**

UPCOMING PROGRAMS

BAGELS WITH A BROKER

Monday—June 4, 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.

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.

BEAD CLASS

Monday—June 11, at 10:30 a.m.

Join Linda Hillman from Seattle, Washington 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 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.

CARD MAKING CLASS

Tuesday, June 12

2 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 June 11 to insure enough supplies are available. Please bring your own scissors and adhesive if you are able.

A new catalog is out with LOTS OF FUN NEW ITEMS – **4** you'll get to try some of them at this class!!

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 school-house 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.

INTERGENERATIONAL

Thursday—June 14

1 p.m.

Wacky Races

This *free* Intergenerational program will feature Wacky Races galore! We'll have numerous racing tables set up and be racing

a wide variety of objects. Fun for kids and seniors alike! The program is open to all seniors and their grandchildren or great-grandchildren. Seniors can also come without bringing children. We'll have a variety of goodies for prizes. Call the Senior Center at 322-3630 to register – we do need to know how many will attend.

UPCOMING PROGRAMS

EASY TECHNOLOGY:

**Overview of iPad, iPhone, Kindle, & Nook
Thursday—June 21, at 1:30 p.m.**

Jen Winkelmann will give an simple overview and Q&A on these devices. 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!*

LAKE WINNEBAGO BOAT RIDE



Thursday—June 28, at 1 p.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.

CRIBBAGE

NEW ACTIVITY!

Do you play Cribbage? If so, please join our new Cribbage group forming at the Senior Center! There have been several



requests to start a Cribbage group, and so here it is! **Cribbage will be played at the Senior Center on WEDNESDAYS at 1 p.m. beginning JUNE 6.** There is no registration required—just come ready to “15-2, 15-4, 15-6” your afternoon away!

GREEN THUMB GARDEN CLUB PRESENTATION

Thursday, July 26, at 1 p.m.

Presenter: Herman Bender

Herman Bender an independent researcher and avid photographer, will present a program entitled

“Storms & Stars & Butterflies & Such”

This Powerpoint presentation is a visual treat, featuring over 150 images—from the very big to the very small. The photographs range from shots of thunderstorms and tornadoes captured during storm-chasing episodes to the delicate detail of butterflies and flowers.

This program is hosted by the Green Garden Garden Club. It is FREE to attend and open to the public. Refreshments will be served. The club will also be showcasing floral arrangements made by members. For planning purposes, call the Senior Center at 322-3630 to register by **Friday, July 20.**

The Green Thumb Garden Club will hold their monthly meeting following the program. Interested gardeners are invited to stay for the meeting and learn what the garden club is all about.



HAPPY TRAVELERS

Doris Zimmermann, Travel Coordinator

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

HELLO DOLLY

Wednesday—September 19

Fireside Theater

Cost: \$96



America's favorite matchmaker is at it again. Meddling, tampering, wheedling and maneuvering; bringing laughter and music with her wherever she goes. Call on Dolly and the first lady of musical comedy will come complete with a carpetbag full of good intentions, clever schemes, hilarious mishaps and some of Broadway's best-loved songs such as "Before the Parade Passes By," "Ribbons Down My Back," "It Only Takes A Moment" and of course the unforgettable "Hello Dolly." Once you meet the irrepressible Dolly you'll hope along with all of us that "Dolly'll never go away again."

Menu: *Fruits and Oriental Vegetables over Fresh Garden Greens, Freshly Baked Breads from The Fireside Ovens, Medallions of Roast Beef Tenderloin and Skinless Breast of Chicken, Seasoned Baked Yukon Gold Potatoes, Fresh Asparagus Spears, Bailey's Irish Cream Cheesecake, Coffee, Tea and Milk.*

Leave Fond du Lac at 8:15 a.m. and return at 6 p.m.

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.

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! SIGN UP NOW BEFORE TICKETS ARE GONE!

MINNEAPOLIS

Sunday, September 30—Monday, October 1
(Sunday - Monday)

**Twins/Tigers Ball Game,
Casino & Cruise**

Single Occupancy: \$346; Double Occupancy: \$308
Triple Occupancy: \$298; Quad Occupancy: \$294

A Deposit of \$50 is required when you sign up.

On Day 1: We'll depart Holiday Inn at 6 a.m. with a break at McDonald's in the LaCrosse area. Lunch will be at the new Target Field, with plenty of concession stands to choose from. Game time is 1:10 p.m. and our seats are behind first base. See Prince Fielder (former Brewers home-run hitter) play for the Detroit Tigers. After the game we depart for Mystic Lakes Casino and Hotel. Your package there will include the following: \$20 gift card to use at the buffet or any of the restaurants, a \$4 breakfast coupon for Monday morning and \$20 for casino play (\$10 for Sunday and another \$10 on Monday). You will need to provide your birth date at sign up.

On Day 2: After breakfast, we will depart for Harriet Island, St. Paul and the 4-hour Lunch and Lock Cruise on the Mississippi River. Boarding is at 10:30 a.m. and the cruise begins at 11 a.m. You will enjoy the beautiful fall colors and sights along this historically narrated cruise, which travels through the Ford Lock and Dam, Lock #1, from St. Paul into Minneapolis and returning. Enjoy live banjo music. The lunch includes the following: *Sunburst Salad, Roast Turkey, Mashed Potatoes and Gravy, Relish Tray, Rolls, Coffee and afternoon cookie treats.* After the cruise (3 p.m.) we will leave for Fond du Lac with a fast food break on our way.



Leave Holiday Inn: Sunday, 6 a.m. Return: Monday, 9 p.m.

ONEIDA CASINO TRIPS

Cost: \$54

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

THURSDAY, JULY 26

Dinner: Red Cabin at Green Acres

THURSDAY, AUGUST 30

Dinner: Schwarz's at St. Anna

THURSDAY, SEPTEMBER 27

Dinner: Sunset Supper Club

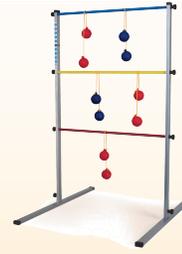
6



Senior Summer Games

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

Wednesday – June 20
9:30 a.m. – 1:30 p.m.
Taylor Park



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
- 10:30 – 11 a.m.** **Low Impact Water Aerobics Class** – bring your swimming suit for this free class
- 11 – 11:30 a.m.** **Bingo** – try your luck
- 11:30 a.m.** **Picnic Lunch** – sponsored by Friends of Taylor Park (**must** pre-register by June 13)
- NOON – 1 p.m.** **Karaoke Entertainment for Fun**
- 1 p.m.** **Awards & Door Prize Drawing**

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

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 bag.



NAME _____

ADDRESS _____

PHONE _____

**Don't forget to bring
your lawn chair!**

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.

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. | | |

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). To pay, you can use a charge card over the telephone, mail in a check, or pay in person at MPTC. You will need the course number when you call MPTC. Some classes may have limits as to the number of students, so prompt registration is encouraged. Classes often fill fast. Note that when classes are full with waiting lists, "no shows" or late cancellations don't allow others to participate.

COURSE #	DAY	DATE	WKS	TIME	HOURS	INSTRUCTOR	COST (62+)	COST (<62)
COMPUTER BASICS 1								
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								
103-485-10236	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								
103-490-10237	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.

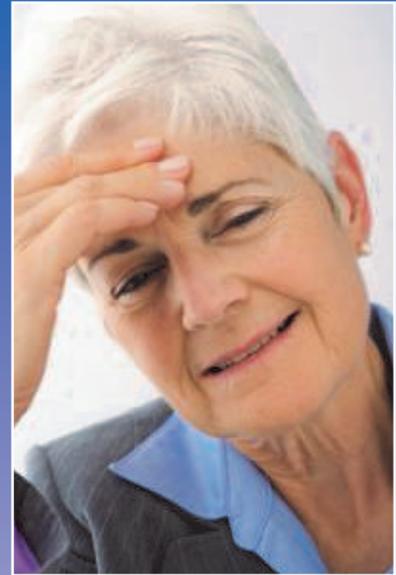
INTERMEDIATE DIGITAL CAMERAS								
105-609-21288	Monday	August 20	1 time	Noon—4:00 p.m.	4 hrs	JoAnne Smith	\$18.63	\$23.50

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

SENIOR WELLNESS MORNING

Friday, June 8

Headache Awareness



DOOR PRIZES ▪ HANDOUTS ▪ REFRESHMENTS

Must visit at least 4 of the dozen booths in order to enter your name in the door prize drawing.

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

9—10 a.m. Health Screenings: Blood Pressure, Blood Sugar (Fast required), Hearing

Health Info Booths: Agnesian Health Shoppe, Alzheimer's Association, Comfort Keepers, Fond du Lac Emergency Medical Services, Galloway House & Village, Generations Home Care & Hospice, Harbor Haven Health & Rehabilitation, Heartland Hospice, Rehab Arisces, Smoking Cessation, Walnut Grove, Wright Elements Massage

Demonstration: Hand Chimes

10—11 a.m. Speaker: Jim Taylor, PT, OCS, Rehab Arisces

Jim graduated from the University of Wisconsin Madison with a Bachelor of Science degree in Physical Therapy and is certified as an Ergo Science evaluator and Orthopaedic Clinical Specialist. In addition, he specializes in Vestibular treatments (inner ear, balance and dizziness disorders).



Topic: **Managing Headaches**

Headaches are one of the most common reasons that people see their primary care physician and they account for 20% of outpatient visits to neurologists. People with chronic headaches report disabling symptoms that interfere with their daily activities. Many seek numerous treatment approaches, accept that their headaches are a fact of life, and become dependent on medications to relieve their symptoms. If you are a headache sufferer and you are looking for a way to manage your headaches beyond using medication, this presentation will provide possible conservative treatment options.

The Senior Wellness Morning is held on the 2nd Friday of each month from 9-11 a.m.

Each month will offer different information booths, health screenings, and demonstrations, as well as a speaker.

This month's Senior Wellness Morning is sponsored by Rehab Arisces.

MONTHLY MOVIE

“THE DESCENDANTS”

Wednesday, June 13 OR Thursday, June 28

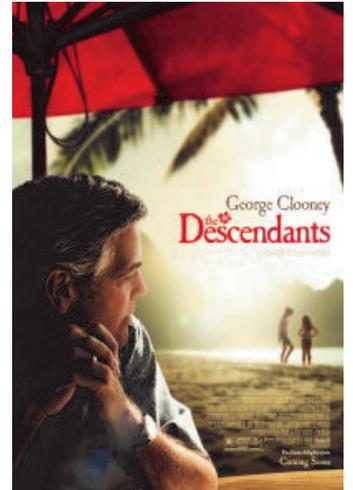
11:45 a.m. Lunch (optional)

JUNE 13 MENU: Roast Beef, Whipped Potatoes, Gravy, Asparagus, Lime Cottage Cheese Salad, White Bread, Blueberry Torte & Milk

JUNE 28 MENU: Pork Chop Suey over Rice, Japanese Blend Vegetables, Apricots, White Bread, Strawberry Shortcake & Milk

12:30 p.m. Movie Matt King, an indifferent husband and father of two girls, is forced to re-examine his past and embrace his future when his wife suffers a boating accident off of Waikiki, putting her into a coma. **Stars:** George Clooney, Shailene Woodley, Amara Miller, Beau Bridges. 2011, Rated: R, 115 minutes, Comedy Drama **NOTE: This movie contains some strong language that some may find offensive.**

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

Will not be meeting in the summer

Thursdays at 1:00 p.m. resumes in fall

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.

June 18 *Lone Wolf* by Jodi Picolti

July 16 *Room* by Emma Donoghue

No August meeting

September 17 *Wing Shooter*

by Nina Revoyr

Book synopses available 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.

CRIBBAGE

Wednesdays at 1:00 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, June 7, at noon

Red Cabin at Green Acres

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.

Saturday, June 16

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

Blanck's Lake Aire 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

Open Bowling by request—
call to reserve day and time

Friday afternoon League Play
resumes in the fall

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

No summer meetings - will resume in
September (**Fridays at 1:00 p.m.**) **13**

HEALTH & WELLNESS

June Bike Ride



Join us Wednesday, June 13, at 11 a.m. at the Target parking lot to ride along the Eldorado Marsh to Eldorado or Rosendale depending on trail conditions. The 16–20 mile roundtrip is on unpaved 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 in Eldorado. Rain date June 20.

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 & Health Services**



TAI JI

A new session begins on August 7 and ends September 25. 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

WALKING CLASS

The walking class meets at 3:45 p.m. Mondays and Thursdays. For comfort, wear walking shoes. 50¢ Donation. For more information or to register, please call 322-3630.



OTHER EXERCISE

Hikers Tuesday & Thursday mornings
Line Dancing.... Thursdays 6–7:30 p.m.; \$10 for 4 weeks
Beginners... Mondays 1–2:30 p.m.; \$10 for 4 weeks
Water Exercise.....Daily 8 a.m. at the Aquatic Center
..... \$3.75 per session
Zumba Gold ... Mondays at 5:30 p.m. at St. Patrick's Gym
14Call 920-606-9078 for more information

HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by Generations Homecare & Hospice. This month the Oxygen level will also be tested.

Friday, June 8 9–10 a.m. *2nd Friday of the month*
No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by Lutheran Homes & Health Services

Friday, June 8 8:30–10 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, August 14 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, June 14, 21, 28
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, June 26 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
250H Vitamin D test

Tuesday, August 14 8:30 – 11 a.m.
2nd Tuesday in February, May, August, November
Cost: \$40. Call 322-3630 for appointment

NEW!

LIFELINE SCREENING

Thursday, August 23 Begins at 8:30 a.m.
Appointment required. Call 1-800-324-1851

SUPPORT GROUPS

DIABETIC SUPPORT GROUPS

Tuesday, Sept. 4, from 5:30–6:30 p.m. (*1st Tuesday of the month*)
Agnesian Health Care, 430 E. Division St., 6th floor meeting room
Wednesday, June 27, from 3–4 p.m. (*4th Wednesday of the month*)
Aurora Health Care Center, 210 American Drive, American Room

HEALTH & WELLNESS

Five Wishes: Have you signed yours?

Thursday, June 7 10–11 a.m.

Ken Hinz, Chaplain with Generations Home Care and Hospice, will inform us about Five Wishes, the first living will that talks about your personal, emotional and spiritual needs, as well as your medical wishes. Come learn more about the document with a heart and a soul. Five Wishes forms are available at the reception desk for \$1. Please register by calling 322-3630.

Four Lonely Seniors

This is the number of people on our waiting list for the Senior Outreach Program. Do you like to visit, crochet, play games, read, go out to eat? Any of these activities can be shared with a homebound senior. For information on how you can make a difference in someone's life, call Jean at 322-3636.



Senior Wellness Morning: June 8

9-10 a.m.

Health Screenings: Blood Sugar by Lutheran Homes & Health Services; Blood Pressure and oxygen level by Generations HomeCare & Hospice; Hearing by Avada

Displays: Homecare, therapy, home health products, nursing home, assisted living info, Alzheimer's Association, massage, smoking cessation, hospice, and more.

10–11 a.m. Headache Awareness by Jim Taylor, Physical Therapist. See page 9 for details.

For the Hearing Impaired:

New Equipment—Limited supply

Agnesian HealthCare has donated Sonic Boom Alarm Clocks—guaranteed to wake even the deepest sleepers. They are combined with a telephone signaler. There are also smaller telephone signalers available. Stop at the front desk if you'd like one.



GLUTEN-FREE SUPPORT GROUP PICNIC JUNE 23 ~ 1-4 p.m.

Fond du Lac Fairgrounds Park; at the shelter nearest to the County Pool on Martin Road. All ages welcome. Bring the family and a gluten free dish to pass. Call Jean at 322-3636 to register or for additional information. Sign up deadline is Monday June 18. Come visit with others that have and understand your dietary restrictions.



Look Good...Feel Better.



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. If you know a lady going thru treatment, tell her of the program.

SENIOR OUTREACH PROGRAM



COMMUNITY CARES

Volunteers will visit **LakeView Estates**, 517 Luco Road, from **2–3 p.m. on Tuesday, June 26.** 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, June 7, at 9 a.m.** to turn in reports, provide support and info. This will be followed by a presentation on the Five Wishes at **10 a.m.** Ken Hinz has worked for seven years as a hospice chaplain and he will share why Five Wishes is his document of choice. He describes this document as the first living will with a heart and soul.

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

Red Hat Honeys activities, you must pick up a newsletter at the front desk, request to get on the Red Hat e-mail list. The Chapter is open to ladies of all ages and the \$5 membership is on-going. We have 60+ members. NEW MEMBERS WELCOME!

Red Hat Honeys General Meeting—For ALL members!

Thursday—June 14 9:00 a.m.

ALL Red Hat Honeys are encouraged to attend!

Luncheon & Crowning of the new Queen Bee

Thursday—June 28

Red Cabin at Green Acres 11:30 a.m. social/Noon lunch
\$12.50 with choice of 3 meals

Come and see who our new Queen Bee will be for July through December 2012. Hail to the Queen!

1-Day Mystery trip—this will be an awesome day!

Thursday—July 5

This is a full day of fun limited to 34 and will be open to ANY interested women if it does not fill. Leave your name at the front desk, if interested! The trip involves lots of walking and climbing steps, too. We assure you it's a FULL day!

Game Day at Ashwood Grove Club House

Thursday—August 30 1:30—3:30 p.m.

Different tables play different games. Lots of fun!

Snacks & beverage will be served. This is a FREE event!

THIS 'n THAT Craft & Gift Shoppe

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



- Nice assortment of purses—perfect for summer!
- Darling “frog stones” for your garden with cute sayings like: “Grow Dang it!”, “Frog Parking—All Others Will Be Toad” and “I fought the lawn and the lawn won.”
- 4th of July and other seasonal items

Stop in....check us out

SPECIAL EVENT

ATTENTION VOLUNTEERS—

SAVE THE DATE

Volunteer Appreciation Party

COMING UP

FRIDAY, JULY 13

Watch the July newsletter for
a complete list of volunteers
and details about the party.

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
June 5, 12, 19, 26		July 3, 10, 17, 24		
July 31, August 7, 21, 28		September 4, 11, 18, 25		
Watercolor	Tuesday	1—3 p.m.	4	\$15
June 5, 12, 19, 26		July 3, 10, 17, 24		
July 31, August 7, 21, 28		September 4, 11, 18, 25		
Mixed Media	Tuesday	3—4:30 p.m.	4	\$10
June 5, 12, 19, 26		July 3, 10, 17, 24		
July 31, August 7, 21, 28		September 4, 11, 18, 25		
Drawing	Wednesday	6—8 p.m.	4	\$15
May 30, June 6, 13, 20		June 27, July 11, 18, 25		
August 1, 8, 15, 22		September 5, 12, 19, 26		
Line Dancing	Thursday	6—7:30 p.m.	4	\$10
June 7, 14, 21, 28		July 5, 12, 19, 26		
August 2, 9, 16, 23		September 6, 13, 20, 27		
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 10, 17, 24, October 1		

INTRODUCTION 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.

NEW MPTC CLASSES COMING IN FALL

Two new classes will be offered at the Senior Center through MPTC in the fall:

QUILTING TECHNIQUES FOR PROFIT

Learn a variety of techniques to plan and sew salable quilted projects. In each session various aspects of small business operation are covered while students work on individual projects. Fall project.



Instructor: Beth Herriges

Cost for the 4-week session:

Age 62 or over—\$4.00; Under 62—\$39.07

Two sessions available:

Course #: 301-404-21536

Dates: Tuesdays—September 4, 11, 18, 25

Time: 5—8 p.m.

Course #: 301-404-21559

Dates: Mondays—October 22, 29, November 5, 12

Time: 1—4 p.m.

BEGINNING YOGA

Introduces students to all the essentials of yoga practice; breathing techniques, safe and relaxing yoga stretches, basic yoga postures, and guided relaxation techniques. Please bring a yoga mat or blanket.



Instructor: Jeanie McDowell

Cost for the 6-week session:

Age 62 or over—25.94; Under 62—\$33.25

Course #: 807-600-21596

Dates: Thursdays—Sept. 20, 27, Oct. 4, 11, 18, 25

Time: 5—8 p.m.

Register for these classes at MPTC in person (use the C-1 Main Entrance) or by telephone at **922-8611** (ask for registration desk). To pay, you can use a charge card over the telephone, mail in a check, or pay in person at MPTC. You will need the course number when you call MPTC. Some classes may have limits as to the number of students, so prompt registration is encouraged. Classes often fill fast.

SCRAPBOOK CROPS ✂---✂---✂

Danielle Mader has several upcoming Saturday Scrapbooking Crops scheduled at the Senior Center: June 30, August 25, and September 22. 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. To register: Danielle at 517-3496.

Kim Stern will hold Scrapbooking Crops at the Senior Center on Saturdays, July 28, and October 27, 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. To register: Kim at 517-1108. **17**

SUMMER FUN IN OUR COMMUNITY

AARP ANNUAL

Summer Picnic Wednesday, June 27

11:30 a.m. Social
12:00 p.m. Luncheon

Followed by Musical Entertainment

NOTE THAT THE PICNIC IS ON A WEDNESDAY, NOT THE USUAL THURSDAY!



**North Fond du Lac
Community Center**
280 Garfield Street
North Fond du Lac

Menu:
Hot Beef & Pork Sandwiches
Baked Beans
Potato Salad
Dessert & Beverage

**Cost: \$10.00
per person**

**Make check
payable to:**
AARP Chapter 614

Fill out the registration form below
and drop off with payment at the
FDL Senior Center, 151 E. First St.
or mail to: Kate Barr,
N6411 Danny Lane,
Fond du Lac, WI 54935

DEADLINE TO REGISTER: June 20, 2012

*Bring a non-perishable food donation
and receive a FREE raffle ticket*

Join us for a fun afternoon!

•DOOR PRIZES •RAFFLE •GREAT FOOD
•ENTERTAINMENT

EVERYONE'S INVITED—ALL ARE WELCOME!
THIS EVENT IS SPONSORED BY AARP CHAPTER 614

Yes! I (We) will be attending the AARP Summer Picnic!

NAME(S) _____

ADDRESS _____

PHONE _____ AMOUNT ENCLOSED _____
18

SUMMER 2012 OUTDOOR CONCERTS



The following FREE summer concerts are sponsored by the FDL Symphonic Band. All concerts are on Wednesday evenings and are held at Buttermilk Creek Park except the July 4 Concert which is held at Lakeside Park. A food concession is available at most performances.

FDL Symphonic Band —Highlights from April's Pops Concert	June 13 at 7:15 p.m.
Oshkosh Symphony Orchestra — Light classics and the complete Beethoven's 5th Symphony	June 20 at 6:00 p.m.
Dorf Kapelle —featuring music of Germany, Austria, Switzerland & Czechoslovakia, plus lots of fun and audience	June 27 at 7:15 p.m.
FDL Symphonic Band —Americana Concert; patriotic favorites & marches	July 4 at 7:30 p.m.
FDL Symphonic Band —Family Night; music for kids of all ages, plus face painting, Teddy Bear parade, contests & more!	July 11 at 7:15 p.m.
FDL Symphonic Band —Wisconsin Bandmasters' Association Concert—founded in FDL in 1937 and celebrating 75 years!	July 25 at 7:15 p.m.
Lighthouse Big Band —Big Band sounds of the '40's through the present day	August 1 at 7:15 p.m.
FDL Symphonic Band —"The Musical Stage," featuring vocalists and instrumental arrangements of music from Broadway, the operatic stage and more	August 8 at 7:15 p.m.
Kids from Wisconsin —Wisconsin's finest young entertainers	August 15 at 7:15 p.m.
FDL Symphonic Band —Night in Old Vienna: waltzes, polkas & marches; Beer, brats, burgers & desserts available	August 22 at 6:15 p.m.



Music Under the Stars is held Monday evenings at Buttermilk Creek Park from 7:00 to 8:30 p.m., with Tuesday as a rain date. The concerts are co-sponsored by the City of Fond du Lac and the Fond du Lac Area Musicians led by Jim Sabel, Program Director. Concerts are FREE. Brats, burgers, and refreshments are available.

2011 Schedule

June 18	Jerry Schneider Band	Polka
June 25	The Downtowners	Variety
July 2	Die Spiel Meisters	Old Tyme
July 9	Page Four Band	Variety
July 16	Just the Two of Us Plus 1	Variety
July 23	Whiskey River Band	Country
July 30	Evergreen by Request	Variety
August 6	Joe Scheibinger & Janice Marie	Variety
August 13	The Groeschel Band	Old Tyme
August 20	J Harrison B Band	Variety

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. _____

2012 membership valid NOW through December 31, 2012.
NEW members should pick up our 20-page "Happy Travelers" trip brochure for 2012 at the Senior Center!

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 JUNE NEWSLETTER **19**



Fond du Lac Senior Center

151 E. First Street
Fond du Lac, WI 54935

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FOND DU LAC SENIOR CENTER 920-322-3630

STAFF

DIRECTOR

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

ASSISTANT DIRECTOR

Judy Lange
322-3633
jlange@fdl.wi.gov

TRAVEL COORDINATOR

Doris Zimmermann
322-3635

WELLNESS COORDINATOR

Jean Holzman
322-3636

OFFICE COORDINATOR

Vickie Michels
322-3639

CRAFT SHOPPE COORDINATOR

Patsy Lefeber
322-3638

PROGRAM/OFFICE ASSISTANT

Mary Schneider
322-3640

FRIENDS BOARD

Kate Barr

Susanne Dennis

Jerry Gordon

Mary Kind

Charlotte Nelson

Irv Pea

Jim Sabel

Ruth Smith

Ron Zarling

SENIOR CITIZEN ADVISORY COMMITTEE

Sr. Angie Behen

Betty Blank

Kathryn Curran

Joyce Dille

Vivian Gorden

Mary Kind

Councilman 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.