

Among Friends



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

July 2012

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

Ice Cream Social



Thursday, August 23

1:00 - 2:30 p.m.

Lakeside Park Pavilion

Entertainment: Bob & Marilyn's Old Tyme DJ
Musical entertainment from 1—2 p.m.

Raffle drawing at 2:00 p.m.

Who will SCOOP UP big winnings?

RESERVATION FORM FOR ICE CREAM—REQUIRED

Return this reservation form to the Fond du Lac Senior Center
by Tuesday, August 21. Please make checks payable to: FRIENDS, INC.
COST: \$1.00 per person – No refunds

Name (Couples include BOTH names please)

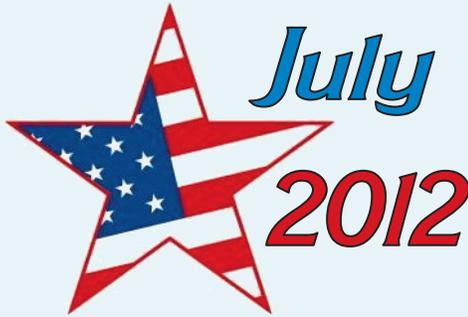
Address

Phone

Special thanks to Kelley Country Creamery
for donating the ice cream for this event!



WELCOME TO THE FOND DU LAC SENIOR CENTER



♥ God Bless America ♥

A Free Monthly Publication
Vol. 3 • No. 7

What's Inside

Fundraisers.....	2
Raffle Prize List.....	3
Upcoming Programs	4-5
Happy Travelers Trips	6
MPTC Computer Classes	7
Volunteer Appreciation Party	8-9
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 and News & Notes.....	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.*

FUNDRAISERS

Proceeds from fundraising are used to provide programs and services to the older adults in our community. Center programs include education, health screenings, exercise and wellness, travel, social gatherings and recreational activities, outreach, computer lab, meal site, and volunteer opportunities. Thank you for your support!

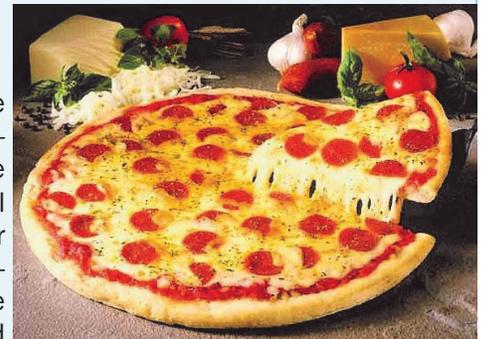
RAFFLE TICKETS *Keep those tickets coming in!*

Last month we included 12 raffle tickets in your newsletter. The tickets are \$1 each or 6 for \$5. We are hoping that ALL Friends members will either buy the tickets or find a friend or family member to purchase the tickets. The tickets – and money – have been coming in. Thank you for your support! If you have not already turned in your tickets and money, you can drop them off or mail them in. Make checks payable to: “Friends, Inc.” and mail to the Senior Center as soon as possible. If you sell these and are willing to sell additional tickets, please stop by the front desk at the Senior Center and pick up more. *If you do not plan to buy the tickets or sell them to friends, please RETURN the tickets to the Senior Center.* We'll be selling raffle tickets right up until the drawing on August 23.

CASA ANNA PIZZAS

You can taste the freshness!

Did you know Casa Anna Cheese Store offers fresh, handmade take-and-bake pizzas? These pizzas are made fresh to order using real Wisconsin cheeses and all your favorite fresh ingredients. As an ongoing fundraiser, the Friends of the FDL Senior Center sell coupons good



for a 12-inch one-topping pizza for \$5. Please consider Casa Anna pizzas for all your special event or party needs. The Senior Center receives 35% for each coupon sold. Coupons have no expiration date, and can be purchased in the Senior Center's This 'n That Craft & Gift Shoppe. *What a tasty way to support our Center!*

THANKS FOR BUYING BRATS!

The Friends of the Fond du Lac Senior Center sponsored three brat fry weekends in May and June at the Piggly Wiggly. Thank you to the DOZENS of volunteers (over 100) who helped with this fundraiser. Special thanks to Maury Immel, Irv Pea and Rosemary Schorse for your extraordinary effort in making this fundraiser a success! We also appreciate those who stopped by to buy lunch or dinner. This year's brat fry fundraisers raised \$3500 for the Friends organization.

DINE OUT COUPON BOOKS

Books feature 43 coupons for dining at 36 area restaurants and savings of more than \$150! The coupon book costs just \$5 and offers discounts that are good through December 2012. Purchase books in the This 'n That Craft & Gift Shoppe, located inside the Senior Center, Monday – Friday, from 9 a.m. to 4 p.m.

big savings.

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*



Get your tickets now for your chance to **SCOOP** up big prizes! **OVER \$5000 in CASH & PRIZES** will be awarded. Winners will be drawn at our Ice Cream Social at the Lakeside Park Pavilion on Thursday, August 23.

- **\$150 Gift Certificate** *Busy Acres Nursery*
- **Night Stay** – value up to \$150 *Holiday Inn*
- **\$100 Cash** *Calvary Cemetery*
- **\$100 Cash** *Michels Corporation*
- **\$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)
- **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*

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 Crew

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 August newsletter is Monday, July 9. Give information to Judy Lange.

Up-to-Date Information

Tune in to KFIZ-AM 1450 Monday mornings at 9:10 a.m. for the 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.

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.



Don't forget to write your name and phone number on the back of any raffle tickets you buy or sell. If your name is on the back of the \$500 cash prize winning ticket— YOU WIN \$100!

UPCOMING PROGRAMS

BAGELS WITH A BROKER

Monday—July 2, at 9 a.m.

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

Card Making Class!!



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

Tuesday, July 10

3 sessions (NEW SHORTER SUMMER SESSIONS):

3:15—4:45 p.m. or

5:15—6:45 p.m. or

7:00—8:15 p.m.

Sign Up Now!

Make three cards/projects for \$6 or FREE with a minimum \$15 product order. To attend, please RSVP to Jana at 920-979-5262 or stampinjana@charter.net before Monday, July 9, to insure enough supplies are available. Please bring your own scissors and adhesive if you are able.

HABITAT FOR HUMANITY

Thursday, July 12, at 1 p.m.

Paul Osterholm, Executive Director of Habitat for Humanity of Fond du Lac County, will be at the Senior Center to discuss the history of this non-profit organization, the home build at 357 4th Street, and the Restore and its community mission.

Habitat for Humanity believes that every person should have a decent, safe and affordable place to live. Through volunteer labor and donations, Habitat and its homeowner families have built or rehabilitated more than 500,000 houses. A nonprofit, nondenominational Christian housing ministry, Habitat invites people of all backgrounds, races and religions to build together in partnership.



**Habitat
for Humanity®**

4

CarFit offered at Senior Center

Thursday, July 19, from 1-3 p.m.

OR Friday, August 17, from 10-noon



Personal mobility is critical to safe driving. As we age, changes in our vision, flexibility, strength, range of motion, and even height, may require vehicle modifications to help us feel more confident and comfortable behind the wheel. The CarFit Program could help.

CarFit, a new service for seniors, will be offered at the Fond du Lac Senior Center this summer on the two dates above. This is a national program designed to give a quick (15 minutes) comprehensive check on how well an older driver and their vehicle work together. Trained volunteers Kate Barr and Irv Pea will review a CarFit check list for a better "fit" for the driver, which will provide the driver with greater comfort and better vehicle control. A 15 minute appointment is needed and can be made by calling 322-3630. Seniors will drive their car to the Senior Center, 151 E. 1st Street, to the back parking lot on Gillett Street. The driver remains in their car while Kate and Irv take the driver through an observation and questionnaire session. Upon completion of the CarFit check, participants will receive a coupon for a free A&W root beer float. *Thank you to A&W for the support of this free safety program – and to Kate and Irv, too.*

CLOSED FOR HOLIDAY

The Senior Center will be closed on **Wednesday, July 4, in observance of the Independence Day holiday.**

Have a safe and happy holiday!



AFTERNOON CLOSING

The Senior Center will close at 11 a.m. on **Friday, July 13, for the Volunteer Appreciation Party at Theisen Middle School that afternoon (see pages 8-9 for details).** The health screenings and DVD presentation scheduled for that morning (see page 15) will go on as planned.

UPCOMING PROGRAMS

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 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 Thumb Garden Club of Fond du Lac. 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. To attend, call the Center at 322-3630 to register by July 20.

The Green Thumb Garden Club will hold their monthly meeting after the program. Interested gardeners are invited to stay for the meeting and learn what the garden club is all about. The Green Thumb Garden Club of Fond du Lac provides education, resources and opportunities for its members to promote and share the love of gardening, floral design and civic and environmental responsibility.



WHEN I'M 65

Monday, July 30, at 1 p.m.

Julie Hilbert, Benefit Specialist,
FDL County Department 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 designed to answer this question. 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 by Thursday, July 28.

CANDY BAR BINGO

Thursday,
August 9
2–3 p.m.
Bring your
grandchildren!



This FREE Intergenerational *annual* event has become popular with kids and seniors alike. It is open to all seniors and their grandchildren or great-grandchildren. Seniors can also come without bringing children. We’ll have all sizes of candy bars as prizes for an hour of sweet fun. Call the Senior Center at 322-3630 by Monday, August 6, to attend. For planning purposes, we will also need to know how many children you will be bringing.

PAINTING CLASS

Saturday, August 18
10 a.m.—4 p.m.

Dorothy Curry, Certified Bob Ross
Painting Instructor

Oil paints will be used to paint this picture. Paintings will be ready to take home by the end of this class.



The painting that will be created in this class is “*In the Stillness of the Morning*.” Participants should bring a 16” x 20” canvas (preferably a Bob Ross or Frederick canvas – available at Michael’s Craft Stores or Hobby Lobby); a smock, apron, or old shirt; and a roll of Bounty paper towels. Canvasses will also be available for a \$10 fee payable to Dorothy on that day. Paint, brushes, and other supplies will be provided. This class is especially suited for beginners; *you need no previous experience to participate*. Participants will have a completed painting to take home and will have a day spent experiencing the true joy of painting. This is a different painting than the paintings that were done in the other Bob Ross classes – students who participated in those are welcome to participate again. The cost for the class is \$55.00 and *must be paid at the Senior Center front desk at the time of registration*. Space is limited, so if you would like to participate, *register as soon as possible*. Absolutely NO art experience needed. Explore your creative side!

HAPPY TRAVELERS

Doris Zimmermann, Travel Coordinator 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.

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
Twins/Tigers Ball Game, Casino & Cruise

Single Occupancy: \$346; Double Occupancy: \$308
A Deposit of \$50 is required at sign up.

On Day 1: We'll depart Holiday Inn at 6 a.m. with a break at McDonald's in the La Crosse 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 (about 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.

UPCOMING CASINO TRIPS

OVERNIGHT GAMBLING Island Resort & Casino—Harris, Michigan COST: \$95 double \$115 single
NOVEMBER 6-7 Includes: ◦ Stop at Oneida Casino on the way ◦ \$65 total for gambling (\$25 at Oneida and \$40 at Harris) ◦ \$5 breakfast coupon ◦ Transportation ◦ Lodging - Palms Tower Resort

ONEIDA CASINO DAY TRIPS

Cost: \$54

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



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. Register at MPTC in person (use the C-1 Main Entrance) or by telephone at **922-8611**.

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								
103-485-20875	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								
103-490-10240	T, W, R	July 17, 18, 19	3 days	1:00—4:00 p.m.	9 hrs	JoAnne Smith	\$4.00	\$33.23
103-490-21510	T, W, R	September 18, 19, 20	3 days	1:00—4:00 p.m.	9 hrs	Karen Beaman	\$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								
103-491-21511	T, W, R	September 18, 19, 20	3 days	9:00 a.m.—Noon	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.

MICROSOFT EXCEL—LEVEL 1								
103-456-21512	Thursday	Sept. 27, Oct. 4	2 weeks	Noon—4:30 p.m.	9 hrs	Karen Beaman	\$4.00	\$33.23

Provides a basic introduction to electronic spreadsheet software using Office XP. Spreadsheets enable you to enter data into rows and columns and then perform calculations on that data. Activities are focused on planning and creating a spreadsheet with emphasis on replicating, formatting and printing.

BEGINNING DIGITAL CAMERAS								
105-605-10234	Monday	July 16	1 time	Noon—4:00 p.m.	4 hrs	JoAnne Smith	\$18.63	\$23.50
105-605-21513	Tuesday	September 11	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

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

DIGITAL PHOTO FUN								
203-625-21514	Wednesday	September 12	1 time	Noon—4:00 p.m.	4 hrs	JoAnne Smith	\$18.63	\$23.50

Learn fun and creative ways to use those digital photos you've taken. The class will touch on the techniques used in digital scrapbooking and how to create photo wear and gifts. Several software packages will be demonstrated to help you create photo "stories" to share! Come join in the fun!

DIGITAL SCRAPBOOKING								
306-623-21515	Thursday	September 13	1 time	9:00 a.m. —1:00 p.m.	4 hrs	JoAnne Smith	\$25.94	\$33.25

Use Microsoft Office 2007 PowerPoint and Picture Manager to edit photos and create digital scrapbook pages to share with your family and friends. Digital scrapbooking programs and other online possibilities will be explored. Bring your photos on a jump drive or CD to use in class.

Batter up!

Just as any winning team needs players who will **STEP UP TO THE PLATE**, we need volunteers who will **GO TO BAT** for the Senior Center. As volunteers go, we hit a **GRAND SLAM!** We want to thank you for being a Senior Center **ALLSTAR...**

The Fond du Lac Senior Center cordially invites you to a celebration to recognize and honor our team of MVP's (Marvelous Volunteer People)...

Volunteer Appreciation Party

Friday, July 13

11:30 a.m.—2:00 p.m.

Theisen Middle School Cafeteria & Auditorium

The party will include a simple ballpark lunch (hot dog & chips) in the cafeteria followed by a showing of the baseball-themed movie "The Rookie" in the auditorium.

This special event is for our 2011 volunteers. **YOU MUST RSVP IF YOU PLAN TO ATTEND.** Stop at the front desk or call 322-3630 by Friday, July 6, if you plan to attend.



VOLUNTEER APPRECIATION PARTY

ALL 2011 VOLUNTEERS ARE INVITED....but you must RSVP by July 6.

We'd like to show appreciation for being a big part of OUR WINNING TEAM...

All 2011 volunteers listed here are invited to the "Winning Team" Volunteer Appreciation Party to be held at Theisen Middle School on **Friday, July 13**, from **11:30 a.m.—2:00 p.m.** The Senior Center will close at 11 a.m. and afternoon activities will be cancelled so that our volunteers can be free to attend and staff can set up for the event. The party is **FREE** and will include a simple **BALLPARK LUNCH** (hot dog and chips), a showing of the **BASEBALL-THEMED MOVIE** "The Rookie" and other surprises.

BE A SPORT—stop at the front desk or call 322-3630 to let us know **if you're coming OR NOT** so that plans can be finalized. Don't wait until the **BOTTOM OF THE NINTH INNING**—RSVP by Friday, July 6. Below is the list of **2011 Volunteers** (if we missed you, please let us know):

Abitz, Lois	Evenson, Bonnie	Katzfey, Sr., Bob	Milner, Loi	Schierland, Sandy	Walters, LeRoy
Abitz, Norman	Farina, Lois	Kaufman, Gene	Mowery, Don	Schiller, John	Walters, Michaelin
Abler, Gen	Fauske, Judy	Kaufman, Marge	Mueller, Carol	Schmidt, James	Walz, Kathy
Abler, Shirley	Feldman, Hilda	Kelly, Dee	Mueller, Caroline	Schmidt, Phyllis	Warner, Judy
Ahrens, JoAnne	Fendt, Mary	Kelly, Norb 	Mueller, Irene	Schneider, Rose	Weisbach, Dick
Alf, Jan	Fisher, Pat	Kelly, Paul	Mueller, Orvin	Schneider, Mary	Weisbach, Joan
Arnold, Bette	Fitch, Barb	Kind, Mary	Nehls, Celia	Schorse, Rosemary	Werblow, Carol
Aschenbrenner, Helen	Fleury, Pat	King, Eleanor	Nelson, Charlotte	Schrum, Patricia	White, Deb 
Aschenbrenner, Roger	Flood, Mary Ann	Kiser, Maria	Nelson, Violet	Schultz, Jeff	White, Mary
Asher, Tom	Gau, Marie	Klaperich, Cyril	Nitschke, Sharon	Schwingle-Glass, Lorna	Wild, Shirley
Barbeau, Sally	Gebhardt, Ruby	Knight, Carol	O'Grady, Vicki	Secord, Jana	Wilderman, Marty
Bargenquast, Ruth	Gedlenske, Shirley	Knight, Sid	Oberbeck, Gerritt	Seeman, Gerry	Wilhelms, Marcia
Barr, Kate	Geiger, Marianne	Knubis, Irmgard	Oelke, Darlene	Seemann, Carol	Wilhelms, Myra
Barr, Gene	Gerlach, Sandy	Koenigs, Loretta	Ohlinger, Ardis	Shoemaker, Kris	Winke, Don
Bartelt, Jill	Girard, Sue	Kohlman, Armin	Olig, Rosemary	Shoemaker, Terry	Winke, Rose
Baumhardt, Dick	Goin, Wayne	Kohlman, Barb	Olson, Keith	Shaw, Carole	Winkelmann, Pete
Behen, Sister Angie	Gorden, Ray	Krause, Beth	Olson, Sharon	Shepro, Dave	Wirtz, Paul
Belongia Wayne	Gorden, Vivian	Krebsbach Sylveria	Padrutt, Mary	Silah, John 	Wisdom, Tyrone
Bennot, Judy	Gordon, Jerry	Krebsbach Gerald	Palkovich, Dorothy	Silah, Karen	Witkowski, Norma
Berez, Marlene	Gordon, Marge	Krohn, Lynn	Parish, Bonnie	Sinotte, Mel	Wroblewski, Sandra
Berg, Rosemary	Gorman, Isabelle	Krueger, Fritz	Parman, Alice	Smith, Rose	Yaeger, Eleanor
Blank, Betty	Greuel, Marion	Kuhnz, Marie	Parman, Wayne	Smith, Ruth	Zarling, Ardith
Bond, Elaine 	Groesbeck, Marcella	Lade, Kim	Patchett, Dorothy	Smith, Tanya	Zarling, Ron
Bond, Lucy	Gruenhagen, Gerald	Lamont, Larry	Pea, Arlene	Snyder, Luella	Zettinig, Wendy
Born, Donna	Gudex, Janet	Lange, Carol	Pea, Irv	Spiering, Jane	Ziegler, Jennifer
Borzick, Arlene	Gurath, Shirley	Law, Pat	Pergande, Mary Lee	St. John, Jerry	Zichtella, Gladys
Bovee, Sherley	Gust, Bob	Leeds, Linn	Perrizzo, Darlene	Stauffacher, David	Zimmerman, Gail
Breister, Angie	Gust, Karen	Leisten, Ralph	Perry, Marlene	Stauffacher, Jan	Zinniel, Lois
Breitenfeld, Dorothy	Guttermann, Edwin	Leith, Walter	Peterson, Don	Steffes, Louis	Zinniel, Leo
Breitzman, Bill	Guttermann, Stephanie	Lerch, Madelyn	Pflum, Bob 	Steinke, Mary	Zuehlke, Donna
Brooks, Everet	Gyr, Dorothy	Lettow, Fred	Pflum, Lois	Stern, Kim	
Buday, Barbara	Hackenmiller, Julie	Lettow, Virginia	Pittler, Pat	Stoebauer, Barbara	
Buechel, Yvonne	Hanke, Robert	Lloren, Sally	Pizon, Carol	Stoppeworth, Betty	
Bunkelman, Joanne	Hanke, Shirley	Longrie, James	Pollack, Donna	Stratz, Cathy	
Cameron, Corinne	Hanks, Odelia	Luebke, Marilyn	Pollard, James	Stratz, Gen	
Campagna, Bena	Heller, Katie	Luerblow, Carol	Pratt, Charlie	Strutz, Bernice	
Carey, Bill	Heller, Mel	Lukas, Barbara	Preder, Jane	Stubbe, Jim	
Chicka, Kathy	Heller, Orville	Luna, Max	Purcell, Carol	Stubbe, Bill	
Christ, Joan	Hensel, Eunice	Lutze, Glenn	Purcell, G. Ross	Sweney, Mike	
Commo, Dorothy	Hernandez, Rosie	Lyness, Darlene	Quackenboss, Frances	Thiel, Louise	
Costello, Betty	Heyer, Patricia	Mabie, Lois	Rasmussen, Shirley	Thiel, Wally	
Crites, Charles	Himebauch, Dwayne	Main, Terri	Redman, Lucy	Trapp, Donna Jean	
Culver, Pat	Hintze, Mary	Malley, Karen	Retert, Chris	Troskey, Connie	
Curran, Kathryn	Hoogstra, Wayne	Markholm, Jean	Riedener, Beverly	VandeBerg, Helen	
Dahms, Marion	Huff, Dennis	Marx, Carol	Rieder, Dorothy	VanVeghel, Jerry	
Degeneffe, Debbie	Hungerford, Betty	Mathieu, Audrey	Rieder, Les	Vehmas, Annali	
DeMille, Beverly	Hynek, Ellen 	McLaughlin, Sandra	Riederer, Anna Rose	Verch, Beverly	
Dennis, Susanne	Immel, Arlene	McNinch, Kathy	Roth, Jamie Krueger	Verch, Dwayne	
Dille, Joyce	Immel, Maury	Meis, Sister Mary Rose	Roth, Donna	Vermeer, Janet	
Drake, Marilyn	Jarock, Chuck	Meister, Anton	Rozek, Delores	Voigt, Edith	
Draves, Donna	Johnson Diane	Meixensperger, Mary	Sabel, Jim	Voigt, Vern	
Dreifurest, Lucy	Justman, Rosella	Michels, Bev	Salter, Mary Ann	Wachs, Patty	
Ebert, Grace	Johnson, Joyce	Michels, Diane	Sattler, Al	Wagner, Joan	
Erdman, Nancy	Kabat, LaVerne	Middleton, Bev	Sasada, Elmer	Wall, Jeanette	
Erdman, Ron	Katzfey, Elaine	Miller, Elaine	Schilling, Sister Katie	Walters, Judi	

RSVP BY FRIDAY, JULY 6

With loving appreciation of our volunteers who passed away in 2011-2012:

- ♥ Sandi Gabert
- ♥ Beatrice Lange
- ♥ Marion Leith
- ♥ Bob Moore
- ♥ Jim Nintzel
- ♥ Gordy Oelke
- ♥ Bob Pitler
- ♥ Marian Riese
- ♥ Luther Snyder
- ♥ Mary Tatum
- ♥ Dorothy Van Veghel
- ♥ Les Wilhelms



You will be missed...

MONTHLY MOVIE

“THE ARTIST” Thursday, July 19 OR Wednesday, July 25

11:45 a.m. Lunch (optional)

JULY 19 MENU: Pizza Casserole, Italian Blend Vegetables, Tossed Salad with French Dressing, Fresh Fruit, Sourdough Bread & Milk

JULY 25 MENU: BBQ Ribs, Au Gratin Potatoes, Whole Kernel Corn, Peaches, Russian Rye Bread, Cherry Crisp & Milk

12:30 p.m. Movie

A heartfelt valentine to classic American cinema. Set during the twilight of Hollywood's silent era and shot on location in Los Angeles, the film tells the story of a charismatic movie star unhappily confronting the new world of talking pictures. Mixing comedy, romance and melodrama, the film is an example of the form it celebrates: a black-and-white silent film that relies

on actors, images and music to weave its spell. **Stars:** Jean Dujardin, Berenice Bejo, John Goodman, James Cromwell, Penelope Ann Miller, Malcolm McDowell. 2011, Rated: PG-13, 100 minutes, Comedy-Romance-Drama.

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

No summer meetings

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.



An apple a day is good for your body.

A chapter a day is good for your mind.

JOIN US!

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

No summer meetings

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

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.)

8 Ball & 9 Ball Leagues will resume in fall

QUILTING

Flying Geese Quilting Club

1st Thursday at 1 p.m.

Call Nancy at 923-4494 for info.

Sunset Stitches 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, July 5, at noon

Gino’s Italian Restaurant

Thursday, August 2, at noon

Rolling Meadows 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, July 20

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

Holiday Inn

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

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

HEALTH & WELLNESS

JULY BIKE RIDE

Join us for a bike ride on **Wednesday, July 11**, at **10:00 a.m.** at the Rolling Meadows rest stop (about 1/4 mile south of Rolling Meadows Golf Course on Rolling Meadows Drive). We will ride along the **Wild Goose Trail to Oakfield**. The ride is 10-15 mile roundtrip 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 at Oak Central. Rain date July 18.



WALKING CLASS

Walking class meets every **Monday and Thursday afternoon** at **3:45 p.m.** For comfort, wear walking shoes. 50¢ Donation. For more information or to register, please call 322-3630.

TAI JI



A new session will begin on **August 7** and end **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 required. To register, please call 322-3630.

EXERCISE CLASSES

LOW IMPACT EXERCISE

Mondays 8:55 – 9:25 a.m.
Sponsored by **All About Life**
Men & Women Welcome!

EXERCISE VIDEO

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

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
14**Call 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, July 13 8–9 a.m. *2nd Friday of the month*
No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by Lutheran Homes & Health Services
Friday, July 13 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, 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, July 12, 19, 26
Cost: \$20; Call 322-3630 for appointment.

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center
Friday, August 10 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, July 24 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, August 14 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, 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, July 25, from 3–4 p.m. (*4th Wednesday of the month*)
Aurora Health Care Center, 210 American Drive, American Room

GLUTEN FREE SUPPORT GROUP

Next Meeting: Tuesday, September 18 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, July 10, at 8:30 a.m.
Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Drive

HEALTH & WELLNESS

NOSS NIGHT OWL SUPPORT SYSTEMS

Thursday, July 12, from 10–11 a.m.

Find out if this monitoring and response system for individuals living in the community might give someone you love the assistance they need to stay in their home. Please register by calling 322-3630.

FOR THE HEARING IMPAIRED:

New Equipment—Limited supply

Agnesian HealthCare has donated Ring Elite Deluxe Telephone Signalers. Connect to a lamp that will turn on when your phone rings. Alarm clocks also available. Inquire at the front desk.



LIFE LINE SCREENING:

Thursday, August 16

Appointments begin at 8:30 a.m.

Screenings are fast, painless, and offered at low cost. They use ultrasound technology and scan for potential health problems related to blocked arteries, aortic aneurysms, and plaque buildup in the arteries in the legs which is a strong predictor of heart disease. Bone density screenings are also available. **Calling Life Line Screening at 1-888-653-6441 to make an appointment.**



Health Screenings: July 13, from 8–9 a.m.

Blood Sugar Screening by Lutheran Homes & Health Services
Blood Pressure Screening by Agnesian HealthCare

DVD July 13, from 9–10 a.m.

Movement and Recreation —a.k.a. Exercise

Dr. Anthony Goodman explains that exercise is a key component for long life. For centuries people have just worked their bodies and moved. It doesn't matter how we move. We just need to move. Discussion to follow.

SENIOR WELLNESS MORNING:

Friday, August 10

9–10 a.m. Health Screenings/Displays/Demo

10–11 a.m. Katie Reinke, Pharmacist with Agnesian HealthCare will discuss “blood thinners” including types, reasons for use, risks, complications and drug interactions.

LOOK GOOD...FEEL BETTER

Wednesday, August 8, 9–11 a.m.

The American Cancer Society sponsors “Look Good...Feel Better” programs at the Senior Center. 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 by calling 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 about this program.



SENIOR OUTREACH PROGRAM

Reaching Out – Touching Lives



COMMUNITY CARES

Volunteers will visit **Deerview Meadows, 496 Wisconsin Court, Fond du Lac** from **2–3 p.m. on Tuesday, July 24.** 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.** Please call with questions or to register at 322-3630.

SENIOR OUTREACH PROGRAM

New volunteers are needed. We have a waiting list of clients. To find out more about the program and how you can make a difference in a senior's life, call Jean at 322-3636. Volunteers will meet on **Thursday, July 12, at 9 a.m.** to turn in reports, and provide support and info. This will be followed by a presentation on the Night Owl Support Systems. See details at top of the page.

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

To learn more about Red Hat Honeys activities, you must pick up a newsletter at the front desk, or 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 Queens Club to plan celebration

Planning Meeting: Tuesday, July 10

Traditionally the Queens Club coordinates the annual anniversary party for the Red Hat Honeys chapter. Our chapter's first meeting was September 26, 2002. All Queens and other royalty are encouraged to attend a planning meeting on Tuesday, July 10, at 10 a.m. at the Senior Center. The Center's activity room has been reserved for Thursday, September 27, at 2 p.m., if it would be needed...but a party needs to be planned. Please help!



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

Thursday—July 5 (all day)

You might be able to sign up at the last minute if there is a cancellation. Call the Center at 322-3630 to inquire.

Game Day at Ashwood Grove Club House

Thursday—August 30 1:30—3:30 p.m.

Different tables play different games. Lots of fun!

You can even go swimming—bring your swimsuit.

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.



Stop in and browse our nice assortment of patriotic items...kitchen towels, pot holders, t-shirts, Kleenex box covers, and more...

See something you like, but it's the wrong size or color? Many of the items sold in the shoppe can be custom ordered...stop in for details.

COMMUNITY

ANNUAL TAYLOR PARK PICNIC

Sunday, July 29

Taylor Park Pavilion
Noon to 5 p.m.

ADULTS OF ALL AGES
WELCOME!

Entertainment provided
by "THE RASCALS"

(the Senior Center's very own)



Please bring a dish to pass, your own beverage, and lawn chairs. Come for an afternoon of visiting and relaxing and even bring your swim suits if you like. The Friends of Taylor Park are working hard to ensure that Taylor Pool remains open. This picnic is a fundraiser for the Friends of Taylor Park—who are still dedicated to ensuring that Taylor Pool remain open for citizens of our community. Reservations are appreciated — call Nancy Smet at 922-0430 with questions or to 16 make a reservation.

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
July 3, 10, 17, 24		July 31, August 7, 21, 28		
September 4, 11, 18, 25		October 2, 9, 16, 23		
Watercolor	Tuesday	1—3 p.m.	4	\$15
July 3, 10, 17, 24		July 31, August 7, 21, 28		
September 4, 11, 18, 25		October 2, 9, 16, 23		
Mixed Media	Tuesday	3—4:30 p.m.	4	\$10
July 3, 10, 17, 24		July 31, August 7, 21, 28		
September 4, 11, 18, 25		October 2, 9, 16, 23		
Drawing	Wednesday	6—8 p.m.	4	\$15
June 27, July 11, 18, 25		August 1, 8, 15, 22		
September 5, 12, 19, 26		October 3, 10, 17, 24		
Line Dancing	Thursday	6—7:30 p.m.	4	\$10
July 5, 12, 19, 26		August 2, 9, 16, 23		
September 6, 13, 20, 27		October 4, 11, 18, 25		
Intro to Line Dancing	Monday	1—2:30 p.m.	4	\$10
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 through September. 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! For more information, call the Center at 322-3630.

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: 10:30—11:30 a.m.

Note: The time was incorrectly stated as 5-8 p.m. in the June newsletter—the correct time is 10:30—11:30 a.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). 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 ✂--✂--✂

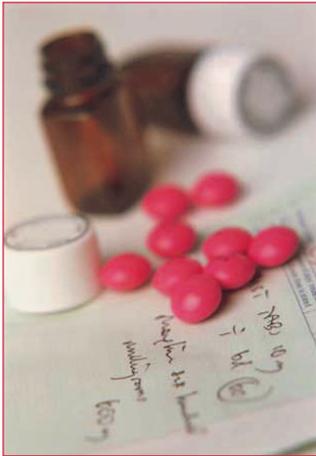
Kim Stern will hold Scrapbooking Crops at the Senior Center on Saturdays, July 28 and October 27, from 9 a.m. to 9 p.m. All skill levels and all ages are welcome. The \$18 registration fee includes lunch and dinner, a “make & take” and a large space to scrapbook away. To register: Kim at 517-1108.

Danielle Mader has upcoming Saturday Scrapbooking Crops scheduled at the Senior Center: **August 25, September 22, and December 1.** 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.

WELLNESS MORNING

The Senior Wellness Morning is held on the 2nd Friday of EVEN months from 9–11 a.m.

ANTICOAGULATION THERAPY (BLOOD THINNERS)



Friday August 10

9–10 a.m.

Health Screenings: Blood Sugar (Fast required),
Blood Pressure, Hearing

Health Info Booths: including

- Above & Beyond Care Solutions
- Clarity Care
- Julie Hilbert—Benefit Specialist, FDL Co. Dept. of Senior Services
- Lutheran Homes & Health Services

Demonstration: Country Line Dancing

10–11 a.m.

**Speaker: Katie Reinke,
Pharmacist,
Agnesian HealthCare**



An overview of the different types of anticoagulation medications, or “blood-thinners”, that are available with focus on the reason for use, what are the risks of taking the medication, potential complications, and drug interactions.

DOOR PRIZES ▪ HANDOUTS ▪ REFRESHMENTS

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

August’s Senior Wellness Morning is sponsored by



NOTES & NEWS

NOTICE – not meeting?

If your activity does not plan to meet as scheduled, please notify staff as soon as your decision to cancel is made so that the room can be used by another group if needed or time is not wasted setting up the room for your activity.

COME AND COOL OFF ACTIVITIES



Don’t let the summer heat get to you – come and cool off at the Senior Center. There are lots of things to do at the Center—see the Recreation page for details (page 13). The lobby has newspapers and magazines, or grab a good book to read or watch TV in our library.

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.

CONTEST WINNER

CONGRATULATIONS to **RAY GORDEN**, winner of the May Flowers contest that appeared in the May newsletter! Ray’s name was randomly drawn among all 47 correct entries. Do you enjoy the contests? Let us know...

Visit us online:

www.fdl seniorcenter.com

Stay up to date with everything happening at the Center!



Follow us on Facebook for pictures, contests and more!



Facebook.com/FondduLacSeniorCenter



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 JULY NEWSLETTER **19**



Fond du Lac Senior Center

151 E. First Street
Fond du Lac, WI 54935

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322-3640

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Kathryn Curran

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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.