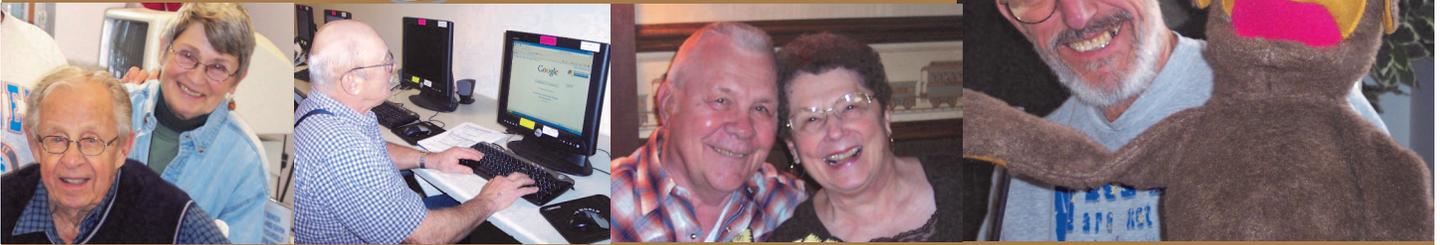


Among Friends



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

September 2012

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

APPLE DAY

2013 Friends Membership Drive Kick Off
Friday—September 28, 2012



FREE
APPLE
DESSERTS



TRY YOUR
LUCK AT
APPLE
RACES



TASTE
APPLE
SAMPLES



ENTER TO WIN
DOOR PRIZES
APPLE
BASKET
& MORE!



DONATE AN
APPLE
for the
UNITED WAY
SEE PAGE 2



RENEW OR JOIN
FRIENDS
TO BE ENTERED INTO
DRAWING TO WIN
\$100 OR OTHER
GREAT PRIZES

Come any time between 1–3 p.m. for APPLE DAY activities. To help with dessert planning, pre-register by calling 322-3630 by Monday, September 24, if you plan to attend. ALSO, if you would be willing to donate an apple dessert: cake, pie, bread, muffins, cookies, crisp, etc., please sign up at the front desk. **DONATIONS APPRECIATED!** The Friends of the Fond du Lac Senior Center is growing and has set a new membership record this year. The exact number will be revealed on September 28th, but we do have more than **2,500 Friends members**—and hope to have everyone renew during our **2013 Membership Drive** from October to December. Renew your membership or join before December 31, 2012, to be entered in the drawing to **WIN \$100 or other great prizes.** Membership dues: \$15 single, \$20 couple, \$50 Fantastic Friend, \$100 Fabulous Friend.

WELCOME TO THE FOND DU LAC SENIOR CENTER



September 2012

A Free Monthly Publication
Vol. 3 • No. 9

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Fond du Lac Senior Center

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

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

UNITED WAY CAMPAIGN KICK OFF

Please support the United Way!

Did you know that the Senior Center's Senior Outreach Program is funded in part by a grant from the Fond du Lac Area United Way?

The United Way community fundraising campaign will be launched September 13. This year is the 125th year of United Way Worldwide. The Fond du Lac Senior Center receives a grant yearly for the Senior Outreach Program. This program matches senior volunteers with lonely seniors living in their homes, apartments, assisted living facilities or nursing homes. We currently have 30 volunteers and are serving 27 clients. Volunteers contact clients weekly to offer companionship and provide information to make their lives more pleasant. We are in the process of making three additional matches and we have clients on a waiting list. This is a program that touches lives and truly makes a difference.

United Way also funds another 22 community programs serving more than 20,000 area residents of all different ages.

Together we can inspire hope and create opportunities
for a better tomorrow...support the United Way!



The Senior Center would like to help with the United Way fundraising campaign. During the month of September, you can make a donation in honor or memory of someone who is "the apple of your eye." A \$1 dollar donation will get a red apple, a \$10 donation a green apple, and a \$20 donation a golden apple. The apples will be displayed on the bulletin board and walls in the main lobby. Let's fill up our Center with support! All donations to

benefit the Fond du Lac Area United Way.

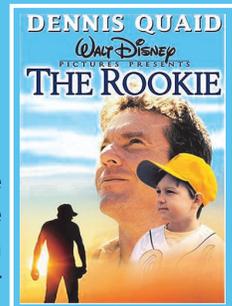
MOVIE: "The Rookie"

Monday, September 10, at 12:30 p.m.

It's never too late to believe in your dreams...

Because of a "technical glitch" at Theisen Middle School, we were unable to show the movie "The Rookie" as planned for our Volunteer Appreciation Party in July. Some came back to the Senior Center where it was shown, but many were unable to do so. For those who would still like to see it, we will reshew it this month. This showing is open to all, whether you attended the Volunteer Party or not. Please register at the front desk or call 322-3630 by Thursday, September 6, so that seating and refreshments can be planned.

The Rookie tells the true story of Jim Morris (Dennis Quaid), a science teacher and high school baseball coach who tries to rejuvenate a fading dream: to play professional baseball.



BRAIN HEALTH / SHEEPSHEAD

BREAKFAST FOR YOUR BRAIN

Use it or lose it...improve your brain's health!

Like your muscles, your brain needs regular workouts to stay healthy and fit as you age. For instance, have you ever tried to complete a crossword puzzle with your other hand? "Breakfast For Your Brain" is a fun interactive wellness workshop for active adults...like you!



During this three-week program, participants will be guided through fun, hands-on, interactive exercises that stimulate brain functioning. This program is co-sponsored by the Fond du Lac Senior Center and Lake View Estates and will be held at Lake View Estates on **Tuesdays and Thursdays from 9:30–10:30 a.m.** The classes will be held the following three weeks in October and November:

October 23 and 25 October 30 and November 1 November 6 and 8

There are a total of **6 sessions** and the expectation is to attend all six. The facilitator is Nan Baumgartner, retired UW—Extension Educator.

The cost for the program is \$15 and the class will be limited to 15, so please register as soon as possible. Each class includes a healthy snack, program handouts and materials. For information, contact Jean Holzman, Wellness Coordinator at 322-3630.

SHEEPSHEAD OPTIONS

Mondays, Wednesdays & Fridays 1:15 p.m. throughout September

We're trying something new at the Senior Center for the month of September. During September there will be 3 CHOICES of Sheepshead held every Monday, Wednesday, and Friday from 1:15–3:30 p.m. at the Senior Center. You do not have to pre-register to participate—just show up and decide how you would like to play Sheepshead...in the usual TOURNAMENT for \$1, NICKEL GAMES, where every hand pays winners; or SOCIAL GAMES, where it is free to play and no prizes are awarded (and sometimes there will be snacks).

For those who play NICKEL GAMES and/or SOCIAL GAMES during the month of September, enter your name into a **Special Drawing** each time you come and play, and on September 28th, we will draw names to win \$10 and other prizes. The Special Drawing is to encourage people to try our new options of Sheepshead in September.

SHEEPSHEAD LESSONS: If you do not know how to play this card game, but would like to learn how to play, Donna Jean Trapp has volunteered to TEACH SHEEPSHEAD to beginners starting on **Tuesday, September 11, at 10 a.m.** After that time, additional times will be set that are convenient to Donna and the seniors learning. If you would like to learn but cannot make the September 11 class, please call and leave your name with the receptionist. Registration is needed for this BEGINNING SHEEPSHEAD class. Call the Senior Center at 322-3630 by Friday, September 7. This is your chance to learn a fun Wisconsin game!

Also new for Sheepshead players: Starting in September, the Friends are requesting a 50¢ donation each time you come for cards. This is a voluntary donation and not a fee. All money collected for card games are returned in prizes.

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 October newsletter is Tuesday, September 4. 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 Center.

The Senior Center will be

CLOSED

on **MONDAY, SEPTEMBER 3,**
in observance of **LABOR DAY.**



UPCOMING PROGRAMS

BAGELS WITH A BROKER

Monday—September 10, at 9 a.m.

Have a bagel and chat with Ben Baertschy, Financial Advisor with Edward Jones. **Because of the Labor Day holiday, Ben will be coming on the second Monday this month, instead of the usual first Monday.** Chat includes market update and Q&A of market, economy, investments, and strategies. Bagels by "The Bagelmeister." Free.

POOL LEAGUE MEETING

Friday—September 7, at 9 a.m.

An organizational meeting will be held at the Senior Center to discuss the details of the fall pool leagues.

Note: Because many of our pool players are also involved in the Whispering Springs Thursday Golf League, the meeting date was changed from Thursday, September 13, due to a scheduling conflict with the Golf League.

Again this year there will be an 8-ball league and a 9-ball league. Leagues are open to both men and women.



Ken Miller is a frequent visitor to the Center's pool room. The pool room is available for Open Pool daily (8:00 a.m.—4:30 p.m. except during league play).

The meeting will take place in the Center's main activity room. Light refreshments will be served. If you would like to participate in pool leagues this year, be sure to attend the meeting. If you would like to attend the meeting, please contact Assistant Director Judy Lange at 322-3633.

WANTED: Lady Pool Players



There have been some requests for starting a **WOMEN ONLY POOL LEAGUE**. Interested ladies should attend the organizational meeting—if there are enough ladies to form a league, we will discuss specifics.

MEDICAL IMAGING

Friday—September 14, at 10 a.m.

Speaker: Bill Daly, Director,

Oncology & Diagnostics, Agnesian HealthCare

Mr. Daly, who has more than 20 years experience in oncology and diagnostics, will discuss all the different types of imaging from x-rays, to cat scans, mammograms, ultrasounds and MRI's. Learn what is seen in each type of image, under what conditions each is used, comparative costs and potential risks and who can not have a certain one such as people with pacemakers or replacement joints. Registration is appreciated by calling 322-3630.



EMERGENCY PREPAREDNESS

Wednesday—September 19, at 1 p.m.

James McNabb, Director of the Fond du Lac County Emergency Management Department, will speak on things you can do to be ready for an emergency or disaster and how they can affect you, your family, friends, and neighbors. Hand-outs will be available. Pre-registration is needed to plan for hand-outs and can be made by calling 322-3630.

UNDERSTANDING

PARKINSON'S DISEASE

Monday—September 17, at 6:30 p.m.

Speaker: Dr. Gary Leo

Neurologist, Parkinson Regional Center

Parkinson disease is a slowly progressive neurodegenerative disorder that occurs when certain nerve cells (neurons) in the midbrain area die or become impaired. More than one million people in the United States have Parkinson disease. Learn about this neurologic disease that affects about 1 in 100 Americans over the age of sixty: what are the symptoms and what treatments are available. A Parkinson's Disease Support Group will be started. This presentation is for anyone who would like to learn more about the disease, has the disease, or has a loved one with the disease. For planning purposes, registration is appreciated by calling 322-3630.



AARP MEETING

Upcoming general meeting of AARP Chapter #614:

Thursday—September 20, at 1:30 p.m.

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

Meetings are held at the Fond du Lac Senior Center every 3rd Thursday of the month at 1:30 p.m. They are free to attend and open to the public — all ages are welcome. Refreshments are served. The cost to join the local AARP chapter is \$3.

BANANA SPLIT BINGO

Tuesday—September 18 ~ 1—3 p.m.

We're going bananas! Each year the Senior Center bids farewell to summer with this special bingo day. There will be a sign up sheet at the front desk. Each person is asked to bring a topping to share. If you do not want to bring a topping, a \$3 cash donation is requested. The cash received will be used to purchase the ice cream.



UPCOMING PROGRAMS

SINGING CLASS

Express yourself in music! You're never too old to sing...

Kathryn Staley-Hamm, voice teacher with Mike's Music, will be back to teach singing classes at the Senior Center this fall. Classes will be held on **Wednesday mornings**:

1) a **BEGINNER CLASS from 9-10 a.m.** is aimed at the more inexperienced singer, including those with absolutely no singing experience.

2) an **INTERMEDIATE CLASS from 10-11 a.m.** for those with more musical skills and experience.

At either level, with Kathryn's basic technique of singing approach, you can learn to sing, improve your talent and have fun experiencing different styles of music.

There will be two 6-week sessions offered:

Session 1 – September 19, 26, October 3, 10, 17, 24

Variety of music including country, gospel and musical theater

Session 2—November 7, 14, 21, 28, December 5, 12

Share the spirit of Christmas in song using "The Twelve Carols of Christmas." There will also be optional solos and community caroling.

Sign-Up Now

The cost is \$25 for each 6 week session. Materials are included: folder, sheet music, practice CDs and books. Register at the front desk. Payment is expected at time of registration. You need not take both sessions—you can take one or both—whatever works best for you!

Sing yourself happy and fit!

Researchers say there is increasing evidence to suggest that singing is good for your health. Singing is beneficial for both physical and mental health and the health benefits are well documented. Give it a try and see what it can do for you! Whether or not you become a world-class singer is not important. Sharing the joy of singing will enrich your life far beyond notes and music. Add a healthy, new dimension to your life—try *SINGING!*

HOBB'S WOODS HIKE

Tuesday—October 2, at 10 a.m.

Enjoy the autumn splendor of Mother Nature's beauty!

The Senior Center Hikers invite newcomers to join them on their fall hike at scenic Hobb's Woods. The hike will last about an hour. There are benches along the way for resting. If you would like to carpool, meet at the Senior Center at 9:30 a.m. or meet at Hobb's Woods at 10 a.m. Call 322-3630 to register if you plan to participate. If there is questionable weather that day, call for info as to whether the hike is cancelled



WHEN I'M 65

Monday—October 1, 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

Please call the Senior Center at 322-3630 to register by Thursday, September 27.

DRIVER SAFETY PROGRAM

Friday—November 9, from 8:30 a.m.—12:30 p.m.

(deadline to register: Tuesday, November 6)

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

NOVEMBER CLASS FREE FOR VETERANS & SPOUSES

To recognize and thank military veterans for their service, AARP Driver Safety is offering this November class free to all members of the U.S. armed forces – active duty, veteran, guard or reserve – and their spouses, widows or widowers.

Why Take a Driver Safety Class?

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

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

For more information or to register, call 322-3630. Early registration is encouraged—the class is limited to 25.



HAPPY TRAVELERS

Doris Zimmermann, Travel Coordinator Call 322-3635

SCROOGE: THE MUSICAL

Wednesday—October 31

Fireside Theater Cost: \$93

Based on the popular musical movie starring Albert Finney, SCROOGE THE MUSICAL tells this time honored tale of redemption and love as only The Fireside can – with a beautiful and rousing musical score (including the well-known “Thank You Very Much”), gorgeous costumes, breath-taking dancing, uproarious comedy, and heart-warming drama – performed by some of the country’s finest Broadway and regional performers. If you have to choose only one Christmas show this season you must come see SCROOGE THE MUSICAL at The Fireside.

Menu: *Gulf Shrimp & New England Scallops with White Wine Cream Sauce, Freshly Baked Breads from The Fireside Ovens, Skinless Breast of Chicken, Sweet Potato Souffle with Pecan Crust, Edamame Soybeans, Sweet Corn and Roasted Red Pepper, Chocolate Cake with Apricot Filling & Cherry Ice Cream, Coffee, Tea and Milk.*

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

MY ONE & ONLY

Wednesday—November 28

Marriott Theater—Lincolnshire, IL Cost: \$71

The roaring ‘20s are back in this Gershwin tap dance extravaganza. An aviator has one ambition...to be the first man to fly non-stop to Paris. But when he meets the girl of his dreams, a dazzling star of the touring European Aquacade, their romantic pursuit gets sidetracked by a series of misadventures. But in the end love conquers all. The incomparable George & Ira Gershwin score including “Funny Face” and “Strike Up the Band” will have you humming “‘S Wonderful...’S Marvelous” all the way home.

DUTCH TREAT: Lunch at the AVALON RESTAURANT in Gurnee, IL. & dinner at Culver’s on the way home.

Leave FDL: 8:00 a.m. Home: 8:30 p.m.

MANNHEIM STEAMROLLER

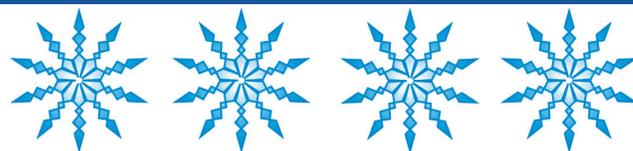
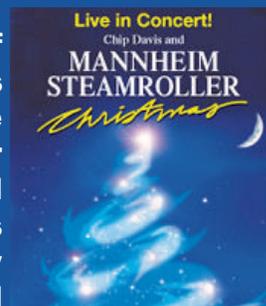
Saturday—November 24

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 spectacular 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!



UPCOMING CASINO TRIPS—Try your luck with the Happy Travelers!

ONEIDA CASINO DAY TRIPS

COST: \$54 Includes \$25 for gambling, meal, & bus transportation. Leave: 10 a.m.; Home: 7 p.m.

THURSDAY, SEPTEMBER 27

Dinner: Sunset Supper Club

THURSDAY, OCTOBER 25

Dinner: Jim & Linda’s Lakeview Supper Club

COST: \$20 Includes: \$25 for gambling, bus transportation, and camaraderie! Leave: 10 a.m.; Home: 4:30 p.m.

TUESDAY, NOVEMBER 27

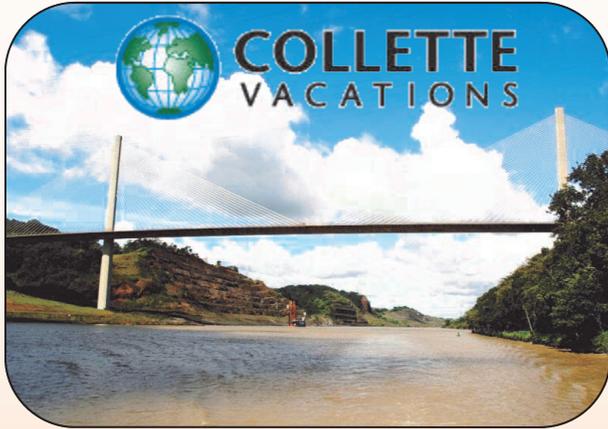
OVERNIGHT GAMBLING Island Resort & Casino—Harris, Michigan

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



9 DAY ADVENTURE OF A LIFETIME!

Exploring PANAMA



**Thursday, February 21—
Friday, March 1, 2013**

\$2743.00 based on double occupancy

with 2-night Playa Bonita Beach
Post Tour Extension

9 Days • 14 Meals

(9 Breakfasts, 1 Lunch, 4 Dinners)
Only 18 seats available—sign up now!

**BOOK BEFORE
OCT. 15
& SAVE**

\$100
per person

The Land Between the Seas

Explore the colors and natural beauty of Panama—a country of lush rainforests, rich history, diverse wildlife and spectacular coastlines. Tour the cosmopolitan city of Panama City. Experience a partial transport through the Panama Canal aboard the Pacific Queen. Visit Panama Viejo Visitor's Center and Cathedral Tower, exploring the ruins of the oldest Spanish settlement in the Pacific. Ride the historic Panama Canal Railway from the Atlantic to the Pacific. Watch ships traverse the Miraflores Locks and learn about this engineering marvel. Enjoy three relaxing nights in a deluxe river view room—complete with balcony and hammock—at Gamboa Rainforest Resort. Try your own steps at a salsa dance lesson and learn about Panamanian folklore music. Learn about tropical ecosystems during a special visit to the Smithsonian Galeta Marine Laboratory.

TRIP HIGHLIGHTS

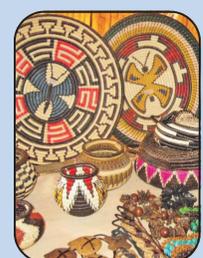
- Panama City
- Panama Viejo
- Casco Antiguo
- Local Markets
- Miraflores Locks
- Gamboa
- Salsa Dance Lesson
- Smithsonian Galeta Marine Laboratory
- Colon Free Zone
- Panama Canal Railway



TRIP PREVIEW

Wednesday, September 12 ~ 1:00 p.m.
Fond du Lac Senior Center

Call the Senior Center at 322-3630 to register to attend.
Refreshments will be served.



MPTC COMPUTER 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 (C-1 Entrance) or by telephone at **922-8611**.

*** = Bring a jump drive to class.**

COURSE #	DAY	DATE	WKS	TIME	HOURS	INSTRUCTOR	COST (62+)	COST (<62)
COMPUTER BASICS 1*								
103-483-21516	Wednesday	October 10, 17, 24	3 weeks	1:00—4:00 p.m.	9 hrs	Karen Beaman	\$4.00	\$33.23
103-483-21522	M, T, W	November 5, 6, 7	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.

COMPUTER BASICS 2*								
103-485-21517	Thursday	October 11, 18, 25	3 weeks	9:00 a.m.—Noon	9 hrs	Karen Beaman	\$4.00	\$33.23

Learn how to create and save documents; bold, italicize and format documents; work with files and folders on a computer. Hands-on experience is emphasized.

COMPUTER BASICS 3*								
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
103-490-21518	Thursday	October 11, 18, 25	3 weeks	1:00—4:00 p.m.	9 hrs	Karen Beaman	\$4.00	\$33.23
103-490-21523	M, T, W	November 6, 7, 8	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.

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.

MICROSOFT EXCEL—LEVEL 1								
103-453-21717	Thursday	Sept. 27, Oct. 4	2 weeks	Noon—4:30 p.m.	9 hrs	Karen Beaman	\$4.00	\$33.23
103-453-21718	Thursday	November 8, 15	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								
105-605-21513	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								
105-609-21519	Monday	October 22	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
203-625-21520	Tuesday	October 23	1 time	9:00 a.m. —1:00 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. —2:00 p.m.	5 hrs	JoAnne Smith	\$25.94	\$33.25

8 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.

Reaching Out –Touching Lives

Senior Outreach Program



MORE VOLUNTEERS NEEDED!
JUST A FEW HOURS OF YOUR TIME CAN MAKE A DIFFERENCE

SIGN UP NOW!

Volunteer Training

9:00 – 11:00 a.m.

Continental Breakfast Served
Fond du Lac Senior Center

Tuesday, October 23

Outreach Program Overview & History – Senior Center Staff
Normal Aging – Mary Jo Hirsch of Touchstone Living Center

Wednesday, October 24

Memory Loss, Dementia & Alzheimer's Disease: The Basics —
Ginny Nyhuis of Alzheimer's Association of SE Wisconsin
Resources in Fond du Lac County –

Sandy Tyron of FDL County Aging & Disability Resource Center

Friday, October 28

Benefits of Volunteering & RSVP – Deb Tauer of ADVOCAP
Certificate Ceremony; Present Volunteers;
Questions & Answers

OPEN TO ALL!
Attend even if you do not intend to volunteer in the program.

These programs are open to the public—*anyone can attend!*
Attend even if you do not intend to volunteer in the program.

Call 322-3630 to sign up for any or all days.
For additional information about the program,
call Jean Holzman, Wellness Coordinator, at 322-3636.



Fond du Lac Area United Way, Inc.

The Senior Outreach Program is funded in part by:
Friends of the FDL Senior Center,
FDL United Way, FDL Area Foundation,
FDL County Department of Community Programs

MONTHLY MOVIE

“WE BOUGHT A ZOO” Thursday, September 20 OR Monday, September 24

11:45 a.m. Lunch (optional)

SEPTEMBER 20 MENU: Salisbury Steak, Whipped Potatoes, Gravy, Baby Whole Carrots, 3-Bean Salad, Wheat Bread, Strawberry Shortcake, Milk

SEPTEMBER 26 MENU: Baked Ham, Scalloped Potatoes, Broccoli Cuts, Pickled Beet Salad, Marble Rye Bread, Hunter's Pudding, Milk

12:30 p.m. Movie

Benjamin Mee (Matt Damon) is a Los Angeles newspaper columnist and adventure writer who, as a single father, faces the challenges of raising his two young children. Hoping that a fresh start and a new life will restore their family spirit, Mee quits his job and buys an old rural house outside the city with a unique bonus feature: a zoo named the Rosemoor Animal Park, where dozens of animals reside under the care of head zookeeper Kelly Foster (Scarlett Johansson) and her dedicated team. With no experience, limited time and a shoestring budget, Mee sets out with the support of his family and the local community to reopen the zoo. Now, Benjamin is no longer reporting an adventure story; he's living it in his own backyard. Based on a true story. **Director:** Cameron Crowe. **Stars:** Matt Damon, Scarlett Johansson, Thomas Haden Church, Colin Ford, Maggie Elizabeth Jones, Angus Macfadyen, Elle Fanning. 2011, *Rated: PG, 124 minutes, Family.*



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

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

RECREATION

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

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

ART CLUB

Thursdays at 1:00 p.m.

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: CRL Senior Living of Oshkosh

BOOK CLUB

3rd Monday at 9:30 a.m.

September 17 *Wing Shooter*
by Nina Revoyr

October 15 *The House I Loved*
Tatiana de Rosnay

November 19 *Lost Horizons*
James Hilton

Book synopses available at 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.

Resumes September 17.

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 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" for lunch...

Good food & fun!

Thursday, September 6, at noon

Pizza Ville

Thursday, October 4, at noon

Fat Joe's

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, September 21

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

Players Bar & Grill (Ripon)

Saturday, October 20

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

Trinity Restaurant & Hall

TOPS (Take Off Pounds Sensibly)

Chapter #1159

Mondays at 5:00 p.m.

Chapter #0566

Thursdays at 6 p.m.

WACKY RACES

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

Wii BOWLING

Open Bowling by request—call to reserve day and time; Friday afternoon League Play resumes in September.

WINNEBAGO WOODWORKERS

2nd Tuesday from 6:00–8:00 p.m.

General meeting held at the FDL Senior Center

Other Tuesdays from 6:00–8:00 p.m.

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

Contact Dave Jackson at 923-5233 for more information.

WOODCARVERS GROUP

Mondays at 9:00 a.m.

WRITERS GROUP

Fridays at 1:00 p.m.

Resumes on September 14

HEALTH & WELLNESS

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*

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



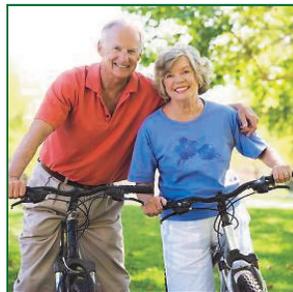
The next session will **begin on October 9 and end November 27.** The classes meet on **Tuesdays mornings from 9–10 a.m.** The cost is \$45. Participants should wear loose comfortable clothing and tennis shoes. Friends Membership is

required. To register or for more information, please call 322-3630.

SEPTEMBER BIKE RIDE

Join us **Wednesday, September 12, at 10 a.m. Meet at DeNeveu Shelter in Lake Side Park.** The ride will be 8-10 miles on a trail to Taycheedah and Sandy Beach.

Lunch will be at A & W Drive In. **Call 322-3630 to register.** 50¢ donation. Cancellations on ride day, please call Dick Weisbach at 922-2044 before 9 a.m. Bring water and money for lunch. *Rain date September 19.*



OTHER EXERCISE

Hikers Tuesday & Thursday mornings

Line Dancing Thursdays 6–7:30 p.m.; \$10 for 4 weeks

Water Exercise Daily 8 a.m. at the Aquatic Center
\$3.75 per session

Zumba Gold Mondays at 5:30 p.m. at St. Patrick's Gym
Call 920-606-9078 for more information

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HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by Agnesian Home Care.

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

BLOOD SUGAR TESTING

Sponsored by Lutheran Homes & Health Services

Friday, September 14 8–9 a.m. *2nd Fri. 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, November 13; 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, September 13, 20, 27
Cost: \$20; Call 322-3630 for appointment.

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

Friday, October 12; 8:30 – 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, September 25; 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, November 13; 8:30 – 11 a.m.
2nd Tuesday in February, May, August, November
Cost: \$40; Call 322-3630 for appointment.

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, Sept. 26 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, September 12, at 8:30 a.m.**
Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Drive

HEALTH & WELLNESS

Friday, September 14

Health Screenings 8–9 a.m.

Blood sugar screening by Lutheran Homes & Health Services

Blood pressure by Agnesian HomeCare
DVD 9–9:45 a.m.:

The Physiology of Muscle

Dr. Anthony Goodman will explain how muscles convert an idea in our brain into purposeful movement.

Presentation: *Medical Imaging* 10–11 a.m.

Bill Daly, Director of Oncology & Diagnostics at Agnesian Healthcare will give a PowerPoint presentation on *Medical Imaging*. Learn why different imaging processes are used and what is observable with each type, risks and costs. Refreshments will be served. Please call 322-3630 to register.



LOOK GOOD...FEEL BETTER

Wednesday, October 10, from 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.



Fond du Lac County Health Department

FLU CLINIC AT THE SENIOR CENTER

Thursday, October 18, from 8 – 10 a.m. *

No Appointment Needed! *get your*



The cost this year is \$25 injectable for those age 50 and over. Also available

will be the pneumococcal vaccine for \$40. (This is

recommended only once for those 65 years and older.) If you have Medicare or a Medicare Advantage plan, they will be billed. If you have private insurance, you will need to pay cash and will be provided a receipt.

*Contingent on vaccine availability.

SENIOR WELLNESS MORNING

Friday, October 12, from 9–11 a.m.

The Senior Wellness Coalition is going to make Senior Wellness Morning a little more interesting. Watch the October newsletter for details.

Health Screenings:

Blood pressure, blood sugar, hearing

Demo: Karaoke with Bob and Marilyn

Speaker: ***Nutrition in the Golden Years***

with Mary Leveille, Nurse Practitioner and Stephanie Schultz, Nutritionist

Sponsored by: Heartland Hospice & Festival Foods. Please call 322-3630 to register.

Door prizes, refreshments and more!

SENIOR OUTREACH PROGRAM

Reaching Out – Touching Lives



COMMUNITY CARES

Needed: New Volunteers

Volunteers will visit Fond du Lac Lutheran Home, 244 North Macy Street, from **2–3 p.m. on Tuesday, September 25.** 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

Volunteers will meet on **Thursday, September 6, at 9 a.m.** to turn in reports, and provide support and info. This will be a **one hour meeting.** The members of the Outreach Advisory Board will be joining us. On Friday, September 14, at 10 a.m., we will have our “continuing education” with a presentation by Bill Daly, Director of Oncology & Diagnostics of Agnesian HealthCare on Medical Imaging. See page 4 for details.

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 FDL 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 75+ members. **NEW MEMBERS WELCOME!**

Hibachi Grill Sushi Buffet Luncheon
Wednesday—September 12 at 11:15 a.m.



How to Fashion Fun & Friendships
OR "Helpful Hints on planning fun activities for your Red Hat Sisters"
Thursday—September 13 at 1:00 p.m.

Chapter 10th Anniversary Party at Senior Center
Thursday—September 27 at 2:00 p.m.

Hobo Party & Chili Dump at Lakeside Park Pavilion
Thursday—October 4 at 5:00 p.m.



Card Making for Red Hatters
Tuesday—October 11 at 1:00 p.m.

Lunch & Tour of St. Agnes Convent
Wednesday—November 14 at 11:30 a.m.

Oneida Casino & dinner at Hibachi Grill Sushi Buffet
Thursday—November 27 (Happy Travelers trip itinerary)

THIS 'n THAT

Craft & Gift Shoppe

OPEN TO THE PUBLIC

Monday—Friday 9 a.m.—4 p.m.

Check out our creative variety of APRONS in the Craft Shoppe...for women, children, AND MEN! And check out this model wearing a John Deere apron for sale in the Shoppe. Do you know this handsome man? He is popular with many of our Senior Center participants. Take a look at his smile and if you know who he is, drop off a note at the Senior Center with your name, address, phone number, and his **FIRST NAME**. We can't tell you the prize for this contest, as it may give away who the "Apron Model" is.



Drop off your entry in the Craft Shoppe by Friday, September 28.

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.

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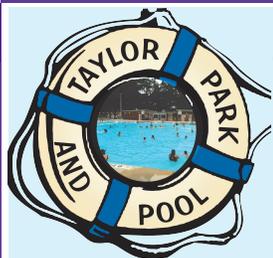
• FDL County Department of Senior Service Benefit Specialist
Julie Hilbert can be reached at 929-3521.

LOGO CONTEST

This winter we will offer polo shirts, t-shirts, and possibly sweatshirts to promote the Senior Center, but we need a LOGO to reflect our wonderful Senior Center. Are you artistic or like to search graphics on the Internet (legal graphics)? Submit your original LOGO ideas to the Senior Center LOGO CONTEST by Monday, October 1. We will gather some judges to narrow the choices to present to the Senior Citizens Advisory Committee and City Staff. Pick up detailed guidelines for the contest at the front desk. The following will need to be included as part of the logo: **Fond du Lac Senior Center OR Fond du Lac Senior Center: *where friends meet.*** The LOGO CONTEST is open to anyone who has an idea! We are working on a prize package for the winning logo and hope to have many submissions. Start thinking!



COMMUNITY



SOCK HOP

**Saturday
September 22
7:30–11:30 p.m.
Knights of Columbus Hall**

Come “HOP” to save our Taylor Park Pool

Sponsored by Friends of Taylor Park & Pool, Inc.

Entertainment by Record Entertainment

Lots of fun and great music!

ALL PROCEEDS GO TO SAVING TAYLOR POOL!

Please bring a can good for our local Food Pantry

Tickets - \$10.00 Available at Kremer Pharmacy, Wegner's Office Supply, or call 922-0430.

UPCOMING PROGRAMS AT THE AGING & DISABILITY RESOURCE CENTER



50 N. Portland Street, Fond du Lac
For more information or to register,
call 929-3466.

Alzheimer's Representative at the ADRC September 5

10 a.m.— 12 p.m.: personal consultation
1– 3:30 p.m.: video and discussion “Momentum in Science-Part I” This is a two part, state-of-the science odyssey that takes viewers inside the laboratories and clinics of 25 leading scientists and physicians, revealing some of the most cutting-edge research advantages.

Falls Prevention Class – “Stepping On” September 18–October 30

This class is for anyone 65 and older that has had a fall in the past year or is fearful of falling, is living in a home or apartment and does not suffer from dementia. Learn about balance and strength training, the role vision plays in keeping your balance, how medications can contribute to falls, ways to stay safe when out and about in the community, what to look for in safe footwear, and how to check your home for safety.

FREE Monthly Medication Review Wednesday, September 26, 9–11 a.m.

A one-on-one confidential medication review with a Walgreen's pharmacist, sponsored by Walgreen's Pharmacy and the ADRC. Bring a bag with all prescription medications, vitamins, herbs and over-the-counter drugs that you currently use, as well as a list of questions or concerns. A family member or friend may accompany you. You do not need to use Walgreen's Pharmacy to take advantage of this opportunity. *No pickup or discarding of personal medications will be done during this consultation.

SENIOR DINING GROUP

The Fond du Lac Senior Dining Group invites all men & women 55 and older to join them on Tuesday nights. The group meets weekly for dining.



**COCKTAILS AT 5:30 P.M.
DINNER AT 6:30 P.M.**

Sept . 4	Gino's	584 W. Johnson St., Fond du Lac
Sept . 11	Alibi	1300 W. Fond du Lac St., Ripon
Sept . 18	Applebee's	841 W. Johnson St., Fond du Lac
Sept . 25	Capone's	Hwy 151 & W, Pipe

For more information on the dining group, please call Max at 920-269-4180 or Mary Jo at 960-2532

WALK TO END ALZHEIMER'S!

**Join the Annual Walk to End Alzheimer's
October 6th at Moraine Park Technical College
8:30am - Registration | 10am - 2 Mile Walk Start**

The Alzheimer's Association Walk to End Alzheimer's™ is the nation's largest event to raise awareness & funds for Alzheimer's care, support & research. Held annually in more than 600 communities nationwide, this inspiring event calls on participants of all ages and abilities to reclaim the future for millions. Together, we can end Alzheimer's disease, the nation's sixth-leading cause of death. Walk to End Alzheimer's unites the entire community in a display of combined strength and dedication in the fight against this devastating disease. While there is no fee to register, each participant is expected to fundraise in order to contribute to the cause and raise awareness. Sign up or make a donation online at www.alz.org or call 414-479-8800 for more information or to register your team. **Can't participate by walking?—consider making a donation!**



MACULAR DEGENERATION SYMPOSIUM

**Thursday, October 18 ~ 9 a.m.—2 p.m.
Alliant Energy Center—Madison, WI**

Take advantage of this FREE opportunity to learn more about the latest advances in, and treatments for, macular degeneration. This symposium is presented by the University of Wisconsin Department of Ophthalmology and Visual Sciences and the Wisconsin Council of the Blind and Visually Impaired. Ophthalmologists from the University of Wisconsin and UW Health Eye Clinics and an expert panel of speakers will discuss important issues, skills and solutions for those facing vision loss due to macular degeneration. Free admission to the public. **Please visit www.wcblind.org or call toll free at 1-800-783-5213 to register.**



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
		September 4, 11, 18, 25	October 2, 9, 16, 23	
		Oct. 30, Nov. 13, 20, 27	December 4, 11, 18 (3 weeks / \$11.25)	
Watercolor	Tuesday	1—3 p.m.	4	\$15
		September 4, 11, 18, 25	October 2, 9, 16, 23	
		Oct. 30, Nov. 13, 20, 27	December 4, 11, 18 (3 weeks / \$11.25)	
Mixed Media	Tuesday	3—4:30 p.m.	4	\$10
		September 4, 11, 18, 25	October 2, 9, 16, 23	
		Oct. 30, Nov. 13, 20, 27	December 4, 11, 18 (3 weeks / \$7.50)	
Singing	Wednesday	<i>Beginners</i> 9—10 a.m.	6	\$25
		<i>Intermediate</i> 10—11 a.m.		
		Sep. 19, 26, Oct. 3, 10, 17, 24	Nov. 7, 14, 21, 28, Dec. 5, 12	
Sewing Lab	Wednesday	3:30—6:30 p.m.	4	\$12
October 3, 10, 17, 24				
Drawing	Wednesday	6—8 p.m.	4	\$15
		September 5, 12, 19, 26	October 3, 10, 17, 24	
		November 7, 14, 21, 28	December 5, 12, 19, 26	
Line Dancing	Thursday	6—7:30 p.m.	4	\$10
		September 6, 13, 20, 27	October 4, 11, 18, 25	
		November 1, 8, 15, 29	December 6, 13, 20, 27	

Note: Due to an unforeseen scheduling conflict with the instructor, the **Introduction to Country Line Dancing** class scheduled for Monday afternoons in September won't be held. We regret any inconvenience.

CAREGIVER CONFERENCE

A Day of Education and Support for Those Who Care

Thursday, November 8 • 8:30 a.m.—3:30 p.m.

Ramada Plaza Hotel

Family & Professional Caregivers Welcome!

Keynote address: *Take This Job and Love It!*

Greg Giles, Executive Director, Fond du Lac YMCA

The conference also includes two break-out workshops, a community resource panel discussion, exhibits and lunch!

Cost: \$5 for Family Caregivers; \$15 Professional Caregivers

Respite care may be available; Registration forms are available at the Senior Center's front desk or contact Ginny with questions

18 at (920) 838-1311.

NEW MPTC CLASS

A fun new class 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.



SCRAPBOOK CROPS ✂--✂--✂

Danielle Mader has two remaining Saturday Scrapbooking Crops scheduled at the Senior Center: **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.

Kim Stern will hold a Scrapbooking Crop at the Senior Center on **Saturday, 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.

CARD MAKING CLASS

Tuesday

September 11

3 sessions

3:15—4:45 p.m. or

5:15—6:45 p.m. or

7:00—8:30 p.m.

Make three cards/

projects for \$6 or FREE with a minimum \$15 product order. To attend, RSVP to Jana at 920-979-5262 or stampinjana@charter.net before Monday, August 13, to insure enough supplies are available. Please bring your own scissors and adhesive if you are able.



SPEAKING OF APPLES...

September is National Apple Month!

We all know that apples are a healthy nutritional choice for our diet, but they are also an important part of our culture. American speech is rich with colorful turns of phrase about apples. Here is the history behind some popular apple sayings:

Adam's apple: This physiological terminology sprung from the conception that the protuberance on a man's throat was caused by a piece of forbidden apple from the Garden of Eden's Tree of Knowledge lodged in Adam's throat (it's actually the thyroid cartilage of the larynx).

An apple a day keeps the doctor away: Derived from the old English saying, "Ate an apfel avore gwain to bed, make the doctor beg his bread," the original author of this most popular apple saying has been lost to history. Today, the expression rings truer than ever, as our knowledge of apples' many and myriad health benefits increases.

Apple eater: A term used to describe one who is easily led astray, its roots are found in the biblical story of the Garden of Eden.

Apple of my eye: This expression dates back to ancient Greece and Rome, when people conceived of the pupil of the eye to be, like the apple, a global object. The word itself comes from the Anglo-Saxon "aepfel", which literally meant both "eye" and "apple." In addition to providing the literal, vital sense of vision, the pupil was also regarded as the figurative "window" to the treasured secrets within each of us. Thus, the "apple of my eye" meant someone very beloved.

Apple polisher: The custom of "apple polishing" hails from the little red schoolhouses of yore. Children whose math skills were less than exemplary sought to win their teacher's favor instead with a gift of a bright, shiny apple. Remember this ditty—"An apple for the teacher will always do the trick when you don't know your lesson in arithmetic."

As American as apple pie: Americans may profess to have invented this quintessentially American dessert, but history books trace pie as far back as 14th Century England. Pie-making skills, along with apple seeds, came over with the Pilgrims, and as the country prospered the rather slim apple pie of colonial times became the deep-dished extravaganza we enjoy today. Through the 19th and early 20th centuries, apple pie became the symbol of American prosperity, causing one American newspaper to proclaim in 1902, "No pie-eating people can be permanently vanquished."

It is better to give than receive: A fourteenth-century version of this Acts 20 Biblical passage used apples symbolically: "Betere is appel y-yeue than y-ete" (better is the apple you give than you get.)

One bad apple spoils the whole bunch: First coined by Chaucer as, "the rotten apple injures its neighbors."

The Big Apple: This nickname for one of our nation's greatest cities, New York, dates from the 1930s and '40s, when jazz jived in clubs across the country. The smoky clubs of New York City were the favorite hotspots of the likes of Charlie Parker and other jazz greats, and Manhattan soon became known for having "lots of apples on the tree" – that is, lots of places to play jazz.

Upper crust: In early America, when times were hard and cooking supplies were scarce, cooks often had to scrimp and save on ingredients. Apple pie was a favorite dish, but to save on lard and flour, only a bottom crust was made. More affluent households could afford both an upper and a lower crust, so those families became known as "the upper crust."



Now for the fun part...Hidden in this newsletter are a dozen apple slices (images will be exactly like the image to the right except smaller). Find all 12, neatly write their location on a piece of paper along with your name and phone number (or ask the receptionist for an entry form) and turn it in at the front desk. One lucky winner, chosen at random among all correct entries received by Johnny Appleseed's birthday (September 26), will receive a \$25 Kohl's Gift Card. *How do you like them apples?*





Fond du Lac Senior Center

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



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