

# Among Friends



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

**October 2012**

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

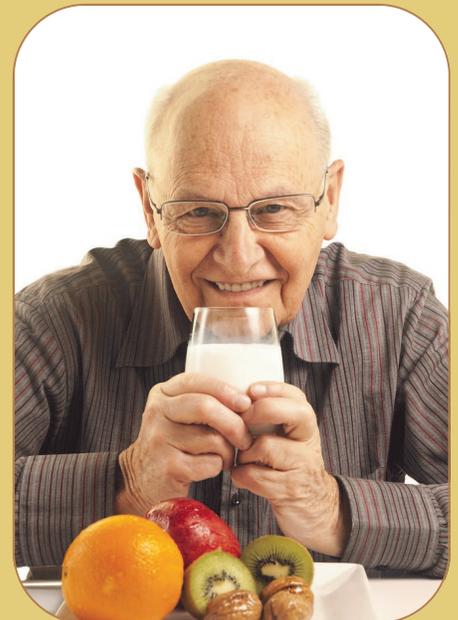
## SENIOR WELLNESS MORNING

# Friday — October 12

## NUTRITION IN THE GOLDEN YEARS

DOOR PRIZES • HANDOUTS • REFRESHMENTS

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



**9—10 a.m.**

- Health Screenings
- Health Info Booths

**10—11 a.m.**

Learn how proper nutrition in the golden years can result in healthy, successful aging

Speakers: **Kimberly Haynes**, RN, Heartland Hospice

**Stephanie Schultz**, Nutritionist, Health & Wellness Director, Festival Foods

Turn to page 15 for more information about this Senior Wellness Morning.

# WELCOME TO THE FOND DU LAC SENIOR CENTER

## October 2012



A Free Monthly Publication  
Vol. 3 • No. 10

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City of Fond du Lac

### Fond du Lac Senior Center

151 E. 1st St.

Fond du Lac, Wisconsin 54935

Phone..... (920)322-3630

Email..... [dwinkelmann@fdl.wi.gov](mailto: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.*

## 2012 RAFFLE WINNERS

This year's raffle was a huge success, with **\$10,889** in ticket sales.

Congratulations to the following winners in this year's raffle:

9th prize	Four Rounds of Golf at <i>Whispering Springs</i>	Dorothy Darch
8th Prize	One Night Stay at <i>Holiday Inn</i>	Dylan Stacey
7th prize	\$150 Gift Certificate at <i>Busy Acres Nursery</i>	Linda Kuehl
6th Prize	Night Stay at <i>Ramada</i> with Jacuzzi, Breakfast for Two, \$40 & 2 Drinks at <i>Cibo's</i>	Mary Serwe
5th Prize	4 Rounds of Golf at <i>South Hills</i>	Joan Gratton
4th Prize	Park Bench donated by <i>BCI Burke</i>	Darlene Hoffman
3rd Prize	Diamond Pendant donated by <i>The Goldsmith</i>	Betty Blank
2nd Prize	\$400 Cash donated by <i>Zacherl Funeral Home</i>	Mary Bord



and the  
Grand Prize Winner...  
**\$500 Cash**  
donated by *J.F. Ahern Co.*

### Elaine Hanson

Elaine (middle) is pictured with Vivian Gorden and Jim Sabel, members of the Raffle Prize Committee

**THANK YOU** to Mach Funeral Chapel & Crematory and to Grand Cheese for the printing of the raffle tickets...to prize donors (over 80 in all)...and to all who supported the Center by purchasing raffle tickets! Thanks also to Carol Lange for record-keeping, and to Vivian Gorden, Charlotte Nelson, Jim Sabel, and Ron Zaring, for their many hours soliciting prizes. A complete list of winners is available at the front desk. [Congratulations to the winners and to those who didn't win... better luck next year!](#)



## ELECTION DAY BAKE SALE

### BAKED GOOD DONATIONS NEEDED!

The Friends will sponsor a Bake Sale at the Senior Center on Tuesday, **November 6**, from 7 a.m. until goodies are gone. The Senior Center is a polling place so we will need lots of baked goods. If you are willing to help bake or man the booth, call the Senior Center at 322-2630 as soon as possible.

## SOUP DRIVE OVER 2200 CANS COLLECTED!

The Soup Drive to benefit the Salvation Army Food Pantry continues. Please drop your donations in the large soup pots located in the front and back lobbies. Because the Salvation Army helps feed almost 400 families each month, these donations have been deeply appreciated. **KEEP THOSE CANS COMING IN!**

**COMING SOON!!!**  
**2013**  
**DINE OUT**  
**COUPON BOOKS**

**It's that time again...**

**time to renew your Friends membership.**

**A 2013 membership application can be found on PAGE 19.**

*Renew*

Reach Out and Touch a Life

# SENIOR OUTREACH PROGRAM

## Volunteer Training

9:00 – 11:00 a.m.

Continental Breakfast Served



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

There are clients on a waiting list – just waiting for a friend like YOU!  
Please consider giving this rewarding volunteer opportunity a try...

### 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

**SIGN UP NOW!**

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.

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



### 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 November newsletter is Monday, October 8. 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.



The One You Depend On  
WWW.KFIZ.COM

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

### 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.

### Leave a Legacy

You can leave a legacy by remembering the FDL Senior Center in your will. Your generosity will enable the Center to continue to provide quality programming, classes and services to the older adults in the FDL community. Please call Dottie Winkelmann, Senior Center Director, to discuss various ways that you can assist the Senior Center in fulfilling its mission.

# UPCOMING PROGRAMS

## BAGELS WITH A BROKER

**Monday—October 1, at 9 a.m.**

**NEW FORMAT! Featured speaker each month**

Have a bagel and chat with Ben Baertschy, Financial Advisor with Edward Jones, on the **1st Monday of each month at 9 a.m.** Beginning in October, Ben will be joined by a special guest speaker each month to address a specific investment topic. **This month: Mike Dearth from Invesco** will discuss the current interest rate environment, as well as opportunities for investors with fixed income investments. Bagels by "The Bagelmeister." Free to attend.

## WHEN I'M 65

**Monday—October 1, at 1 p.m.**

**Julie Hilbert, Benefit Specialist,  
FDL County 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 like::

- 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.

## 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.



**NEW!** Learn about *Pinterest* – the popular web sharing service that lets you organize and share beautiful things you find on the web. People use pinboards to plan weddings, decorate homes, and organize favorite recipes. Browse friends' pinboards and get inspiration from others who share your interests. See MPTC Classes on page 8.

## Fond du Lac County Health Department SENIOR CENTER FLU CLINIC

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

**No Appointment Needed!**

The cost is \$25 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



## AARP MEETING

Upcoming general meeting of AARP Chapter #614:

**Thursday—October 18, at 1:30 p.m.**

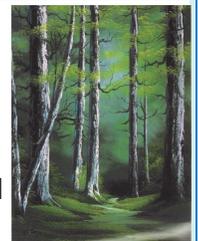
**Paul Osterholm, Executive Director of Fond du Lac, County Habitat for Humanity, will be the guest speaker.**

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.

## PAINTING CLASS

**Saturday, October 20  
10 a.m.—4 p.m.**

**Dorothy Curry and Cheryl Fisher, Certified  
Bob Ross Painting Instructors**



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 "Silent Forest." 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 the instructors 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. 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 to 20 students, so *register as soon as possible.* **Absolutely NO art experience needed. Explore your creative side!**

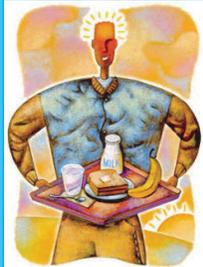
# UPCOMING PROGRAMS

## 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 FDL Senior Center and Lake View Estates and will be held at Lake View Estates on the following Tuesdays & Thursdays from 9:30–10:30 a.m.: **October 23, 25, 30, November 1, 6, 8.** The expectation is to attend all six sessions. Nan Baumgartner, retired UW–Extension Educator, is the facilitator. 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.



## 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. Early registration is encouraged—the class is limited to 25.

**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.**



**NOVEMBER CLASS FREE FOR VETERANS & SPOUSES**

### 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.

## TAX VOLUNTEERS NEEDED

**Training opportunities start soon – call NOW for more information, or to volunteer!**

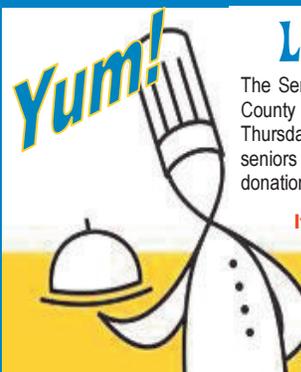
If you are computer literate and good with numbers, have some basic tax knowledge and enjoy helping people, your help is needed during this coming tax season. We provide free personal income tax assistance to elderly and low-to-moderate income taxpayers. The program, Tax Counseling for the Elderly (TCE), is co-sponsored by the IRS and AARP.

Two roles are available: 1) Client facilitators are needed to organize the client's personal information. They will have a short training session of about two hours to prepare for the season. 2) Preparers will use TCE materials to prepare for and complete a proficiency test prior to formal training. They will prepare tax returns for our clients.

Preparers must pass an open-book proficiency test prior to January training. Optional Wednesday sessions in November will provide practice using our tax software and will review tax law. Sessions will be scheduled in December to train new volunteers. Mandatory daytime training sessions will be held **January 16, 17 & 18** at the Senior Center. The sessions will be taught by certified instructors Jim Pollard and Mike Sweney and will train volunteers on Wisconsin tax law, as well as reinforce and expand upon the individual federal preparation.

Preparers and client facilitators are expected to volunteer at least one 4-hour session per week. Many preparers volunteer a full day, or more.

TCE volunteers are people who like to help others. They are also motivated to learn the tax system and apply their knowledge and tax skills to assist others. Jim and/or Mike will be on site every session. Tax appointments will be made Tuesdays, Wednesdays and Thursdays for the ten-week tax season, February 5 to April 11. For more information, contact the Senior Center at 322-3630 or Mike Sweney at 923-1916.



## LET'S DO LUNCH!

The Senior Center is a meal site for the Fond du Lac County Senior Nutrition Program. Served Monday—Thursday at 11:45 a.m., the meal is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over.

**If you haven't tried these delicious, nutritious lunches, what are you waiting for?**

Registration is required by calling 929-3937 at least one day in advance by 1 p.m. Menus are available at the front desk or our website: [fdlseniorcenter.com](http://fdlseniorcenter.com)

# 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.

## 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.

## PEDER EIDE CHRISTMAS

Saturday—December 1

Green Lake Conference Center Cost: \$65

### A Christmas Dinner Celebration with Musician Peder Eide

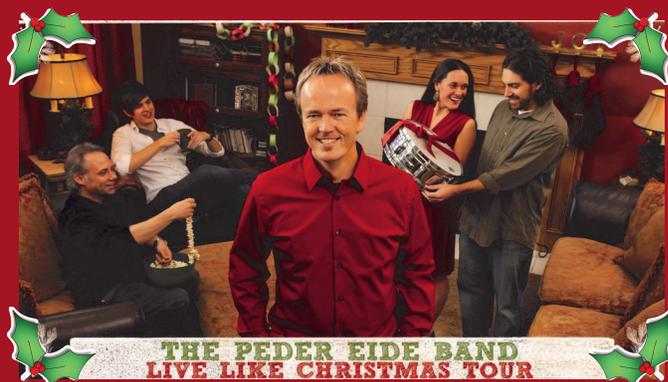


*Take time out during the busy holiday season, relax and enter the Christmas spirit at the beautiful Green Lake Conference Center!*

Begin your celebration of Christmas with a holiday buffet in our elegant Bauer Dining Room followed by a Christmas concert by singer/songwriter/guitarist Peder Eide and his band. Enjoy contemporary selections and classic favorites like *It’s The Most Wonderful Time of the Year*, *Little Drummer Boy* and *Joy To The World!*

Buffet Dinner Menu: *Carved Ham, Roast Turkey, Stuffing, Mashed Potatoes, Gravy, Cranberries, Sweet Potatoes, Vegetable Blend, Salad, Cheese & Crackers, Dinner Rolls, Desserts and Beverages*

Leave: 10:45 a.m. Home: 5 p.m.



THE PEDER EIDE BAND  
LIVE LIKE CHRISTMAS TOUR

## 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, 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

◦ \$65 for gambling (\$25/Oneida & \$40/Harris) ◦ \$5 breakfast coupon ◦ Transportation ◦ Lodging - Palms Tower Resort



# Happy Travelers Special Event



## It's "Doris Day"!

Doris Zimmermann's 85th Birthday Celebration

**Friday—November 30**

**OPEN HOUSE  
9:00—11:00 a.m.**

**Fond du Lac Senior Center**

151 E. 1st Street 920-322-3630

## A BIRTHDAY PARTY & TRIP PREVIEW ALL IN ONE SPECIAL DAY!

Join us on Friday, November 30, for an Open House to pick up a 2013 Happy Travelers Trip Schedule AND to wish Doris Zimmermann, our Travel Coordinator, a happy birthday. Doris will be 85 years young!

If you have EVER traveled on a trip with DORIS, please come and share your memories...and tell Doris HAPPY BIRTHDAY. Doris has been the Travel Coordinator at the Senior Center for over 20 years and still loves to come to work and plan trips. Her favorite saying is: "Travel while you can!" So, travel on down to the Senior Center any time between 9:00 and 11:00 a.m. on November 30th, which is her true birth date. We'll have refreshments, door prizes, and a little treat for you.

There will be a special presentation to Doris at 10:00 a.m. with some birthday gifts—*think giraffe!*

In honor of our annual trip to Arlington Park, we'll have Horse Races—with a twist, which will be optional to play. This is just a fun little addition to the Birthday Party. If you've done our Races, you know the fun.

- 2013 Trip Schedule
- Join or renew your Friends membership
- Door Prizes
- Refreshments
- Races—*optional to play!*
- Treats

Please call the Senior Center if you plan to attend, so that we can plan refreshments and treats.

Call 322-3630 by Monday, November 26.

Doris Day will not be appearing on "Doris Day," but it promises to be a fun event!

# 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**. Classes often fill fast—early registration is recommended. \* = **Bring a jump drive to class.**

COURSE #	DAY	DATE	WKS	TIME	HOURS	INSTRUCTOR	COST (62+)	COST (<62)
<b>COMPUTER BASICS 1*</b>								
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.

<b>COMPUTER BASICS 2*</b>								
103-485-21517	Thursday	October 11, 18, 25	3 weeks	9:00 a.m.—Noon	9 hrs	Karen Beaman	\$4.00	\$33.23
103-485-21526	W, R, F	December 5, 6, 7	3 days	9:00 a.m.—Noon	9 hrs	JoAnne Smith	\$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.

<b>COMPUTER BASICS 3*</b>								
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.

<b>COMPUTER BASICS 4*</b>								
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
103-491-21527	W, R, F	December 5, 6, 7	3 days	1:00—4:00 p.m.	9 hrs	JoAnne Smith	\$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.

<b>MICROSOFT EXCEL—LEVEL 1</b>								
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.

<b>BEGINNING DIGITAL CAMERAS</b>								
105-605-21524	Monday	December 3	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.

<b>INTERMEDIATE DIGITAL CAMERAS</b>								
105-609-21519	Monday	October 22	1 time	Noon—4:00 p.m.	4 hrs	JoAnne Smith	\$18.63	\$23.50
105-609-21525	Tuesday	December 4	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.

<b>DIGITAL PHOTO FUN</b>								
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!

<b>PINTEREST</b>								
103-669-22477	Tuesday	October 23	1 time	2:00—4:00 p.m.	2 hrs	JoAnne Smith	Call 322-3630 for cost of class.	
103-669-22478	Tuesday	December 4	1 time	9:00—11:00 a.m.	2 hrs	JoAnne Smith		



**8** Learn about this popular web sharing service that allows members to "pin" images, videos and other objects to their pinboard.

# PANCAKE BREAKFAST

Enjoy a delicious ALL-YOU-CAN-EAT pancake breakfast at the Fond du Lac Senior Center

## Friday, November 9

### 8 a.m. – 1 p.m.



Stop by for  
health screenings,  
watch a Health DVD,  
EAT PANCAKES,  
and then play  
Bathtub Bingo\*!  
\* Pre-registration is required for Bingo.

All proceeds  
benefit the  
Senior Center  
"Senior Outreach  
Program"  
A United Way Agency

**COST: \$4**

**Includes: All-you-can-eat Pancakes,  
Sausage, Applesauce, and Beverage**

Sponsored by:



## Lake View Estates

A Senior Living Community  
by Assisted Living Concepts, Inc

517 Luco Road • Fond du Lac, WI 54935

(920) 926-1100

RESERVATIONS ARE  
APPRECIATED BY  
CALLING 322-3630

**WALK-INS  
WELCOME**

# MONTHLY MOVIE

## “THE BEST EXOTIC MARIGOLD HOTEL”

Monday, October 8 OR Thursday, October 25

### 11:45 a.m. Lunch (optional)

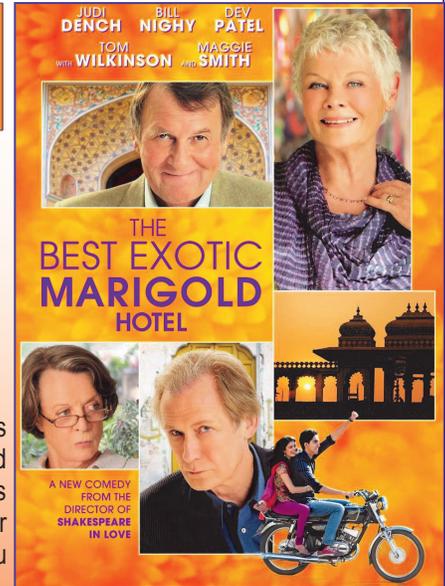
**OCTOBER 8 MENU:** Tender Beef Steaks in Mushroom Gravy, Baked Potatoes, Sliced Beets, Creamy Cole Slaw, White Bread, Carrot Cake, Milk

**OCTOBER 25 MENU:** Roast Beef, Mashed Potatoes with Homemade Gravy, Broccoli, Sunshine Salad, Whole Wheat Dinner Roll, Ranger Cookie, Milk

### 12:30 p.m. Movie

The film follows a group of British retirees who decide to "outsource" their retirement to less expensive and seemingly exotic India. Enticed by advertisements for the newly restored Marigold Hotel and bolstered with visions of a life of leisure, they arrive to find the palace a shell of its former self. Though the new environment is less luxurious than imagined, they are forever transformed by their shared experiences, discovering that life and love can begin again when you let go of the past. **Stars:** Bill Nighy, Maggie Smith, Judi Dench, Tom Wilkinson, Penelope Wilton, Dev Patel. 2011, *Rated: PG-13, 124 min., Drama Comedy.*

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.



**October 15** *The House I Loved*  
Tatiana de Rosnay

**November 19** *Lost Horizons*  
James Hilton

**December** *Christmas Breakfast*  
More info to follow

*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.

## HANDCHIME CHOIR

Wednesdays at 9:00 a.m.

Thursdays at 9:00 a.m.

## LINETTES (EZ Line Dancing)

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, October 4, at noon

Fat Joe’s

Thursday, November 1, at noon

Big Al Capone’s of Pipe

## SCAMP (Senior Center Band)

Wednesdays at 8:30 a.m.

## SCRAPBOOK CLUB

First three Thursdays at 10:00 a.m.

Char-tastic Crafters

1st & 3rd Thursday from 6–8 p.m.

## SHEEPSHEAD

\$1 donation

Mondays at 1:15 p.m.

Jack of Diamonds

Wednesdays and Fridays at 1:15 p.m.

Black Queens

## SKAT

Tuesdays at 9:00 a.m.

## SPANISH CLUB

Wednesdays at 1:30 p.m.

## STAMP CLUB

3rd Wednesday at 7:30 p.m.

## STITCHERY CLUB

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

## SUPPER CLUB

Dutch Treat. Everyone welcome!

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

Saturday, October 20

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

Trinity Restaurant & Hall

Friday, November 15

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

Elk’s Club

## TOPS (Take Off Pounds Sensibly)

Chapter #1159

Mondays at 5:00 p.m.

Chapter #0566

Thursdays at 6 p.m.

## WACKY RACES

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

## Wii BOWLING

Open Bowling by request—call to reserve day

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

League Play

## WINNEBAGO WOODWORKERS

2nd Tuesday from 6:00–8:00 p.m.

General meeting held at the FDL Senior Center

Other Tuesdays from 6:00–8:00 p.m.

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

Contact Dave Jackson at 923-5233 for more information.

## WOODCARVERS GROUP

Mondays at 9:00 a.m.

## WRITERS GROUP

Fridays at 1:00 p.m.

# HEALTH & WELLNESS



## OCTOBER BIKE RIDE

**Don't miss the last ride of the season!** Join us **Wednesday, October 10, at 10 a.m. Meet at Rolling Meadows Rest Stop.**

Parking is available. It is located about 1/4 mile south of Rolling Meadows Golf Course. The ride will be 9-10 miles roundtrip along Hickory Street Road to **Hobbs Woods**. There will be a short hike. Lunch will be at Rolling Meadows Restaurant. **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: October 17.

## 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.

## TAI JI

The next session will **begin on October 9 and end November 27.** The classes meet on **Tuesday 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.



## 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

## HEALTH SERVICES

### BLOOD PRESSURE TESTING

Sponsored by Heartland Hospice

**Friday, October 12; 9–10 a.m.** *2nd Friday of the month*  
No appointment needed. Donations accepted.

### BLOOD SUGAR TESTING

Sponsored by Lutheran Homes & Health Services

**Friday, October 12; 8:30–10 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, October 11, 18, 25**

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, October 23; 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, Oct. 2, from 5:30–6:30 p.m.** (*1st Tuesday of the month*)

Agnesian Health Care, 430 E. Division St., 6th floor meeting room

**Wednesday, Oct. 24, 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: **Friday, November 16, from 9–10 a.m.**

Festival Foods, Conference Room, 1125 E. Johnson Street

### PROSTATE CANCER (*2nd Tuesday of the month*)

Next meeting: **Tuesday, October 9, at 8:30 a.m.**

Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Drive

# HEALTH & WELLNESS



## LIVING A SAFE LIFESTYLE AT HOME

Thursday, October 4  
10 a.m.

Kris Greve, Occupational Therapist with Rehab Arisces, will explain what older adults can do when it becomes difficult to manage daily tasks at home. What steps can be

taken to maintain independence and be safe at home? Kris will highlight effective strategies to incorporate in the home plus demonstrate a variety of adaptive equipment. She works with older adults and families to provide specific recommendations based on individual needs. Please call 322-3630 to register for this program. Refreshments will be provided.

## 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.



## SENIOR WELLNESS MORNING

Friday, October 12, from 9–11 a.m.

### Health Screenings:

- Blood pressure,
- Blood sugar (fast required)
- Hearing

**Booths:** Agnesian Health Shoppe, Comfort Keepers, FDL County Aging & Disability Resource Center, Generations Home Care & Hospice, Heartland Hospice, Help 2 Organize, Kindred Hearts, Second Set of Hands, Wink Chiropractic, & more



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

with Kimberly Hanes, Registered Nurse and Stephanie Schultz, Registered Dietician

**The aging body has special nutrient needs that, when properly addressed, contribute to optimum health in the later years.**

Aging is a normal, gradual process of physical change over time. However, the inevitable consequences of aging are far more pronounced in some individuals than others. Although some health problems are an unavoidable aspect of aging, many more are preventable and can be influenced by eating a healthy diet. Learn how proper nutrition in the golden years can result in healthy, successful aging, which is defined as the ability to maintain a low risk of disease and related disability, good cognitive function, & an active social life.

**Sponsored by:** Heartland Hospice & Festival Foods. Please call the Center at 322-3630 to register. Door prizes, refreshments & more!

Fond du Lac County Health Department

## FLU CLINIC AT THE SENIOR CENTER

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

**See page 4 for more details.**

# SENIOR OUTREACH PROGRAM

*Reaching Out – Touching Lives*



## COMMUNITY CARES

Volunteers will visit **Harbor Haven Health & Rehabilitation**, 459 East First Street, from **1:30–2:30 p.m. (Note Time Change)** Tuesday, October 23. Volunteers go to a different local nursing home or assisted living facility each month to visit residents who have few visitors. 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, October 4, at 9 a.m.** to turn in reports, and provide support and info. The speaker, Kris Greve, Occupational Therapist at Rehab Arisces will speaking on **adaptive equipment and home modifications** to make living at home safer. This month is the **annual outreach training**. New volunteers are required to attend the training. All volunteers are welcome at any or all sessions. See page 7 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.

## WHO WOULD LIKE TO BE OUR NEXT QUEEN?

See Dottie ASAP if you would like to volunteer for this regal position.

REMEMBER TO RENEW YOUR RED HAT MEMBERSHIP WHEN YOU RENEW YOUR FRIENDS MEMBERSHIP. It's just easier!

**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)

**12 Days of Christmas Red Hat Christmas Party**  
Wednesday—December 12  
Watch November newsletter for details



# THIS 'n THAT

Craft & Gift Shoppe

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



## FALL HARVEST OF GOODIES

Come browse our assortment of fall-themed kitchen towels, table runners and placements; pumpkin décor; fall wreaths; Halloween items; and delicious autumn treats like caramel corn, caramel apple dessert mix and hearty soup mixes!

# SERVICES

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

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

# HO HO HOTLINE

VOLUNTEERS ARE NEEDED to help man the phone lines for our Ho Ho Hotline in December. Would you be willing to chat with local children when they call to talk to Santa or Mrs. Claus and share their “wish lists”—both men and women are needed. The Hotline days will be Monday through Friday, December 10—21, provided we have enough volunteers. The hours will be from 3:00—5:00 p.m. at the Senior Center. Please call



the Senior Center at 322-3630 if you could help one or more days. A training could be held, if volunteers feel the need. Otherwise, you answer: “Ho-Ho-Ho” or “I’m sorry but Santa is busy with the reindeer right now, but I am happy to take a message for him.” We did this holiday program years ago and the kids loved it—and so did the volunteers!

# Fond du Lac Senior Center Friends Christmas Party

SPONSORED BY FOND DU LAC SENIOR CENTER HAPPY TRAVELERS



**Tuesday ~ December 4, 2012**

**Knights of Columbus Hall**

795 Fond du Lac Avenue

**5:00 p.m. Social**

**5:30 p.m. Dinner**

**Entertainment Following Dinner:  
SCAMP Senior Center Band**

**\$14.50 per person**

Firm deadline to register is Wednesday, November 21

...UNLESS it fills with 280 before that date.

NO REFUNDS after November 21

- CASH door prizes & 2013 Dine Out Coupon Books
- 2013 Happy Travelers Trip Highlights

## MENU

*¼ Crispy Baked Chicken OR Salisbury Steak w/Gravy  
Dressing ~ Mashed Potatoes & Gravy  
Garden Tossed Salad ~ Vegetable ~ Relishes ~ Rolls  
Coffee or Milk ~ Butter Pecan Ice Cream*

You **MUST** be a Friends member to attend. Space will be **LIMITED to 280** so sign up as soon as possible. Firm deadline to register is Wednesday, November 21, **UNLESS it fills before that date!** We must keep to this deadline and limit of 280 participants.

NAME \_\_\_\_\_  Chicken **OR**  Salisbury Steak \$14.50

NAME \_\_\_\_\_  Chicken **OR**  Salisbury Steak \$14.50

Telephone \_\_\_\_\_ Check Number \_\_\_\_\_ Cash \_\_\_\_\_ **TOTAL PAID** \_\_\_\_\_  
Make check payable to: Friends, Inc.

Date Paid \_\_\_\_\_ Receptionist Initials \_\_\_\_\_  Paid in person  Registered by mail

**CUT THIS RESERVATION FORM AT THE DOTTED LINE AND DROP OFF OR MAIL IN WITH PAYMENT IN OCTOBER.  
LIMIT OF 280 SO PLEASE REGISTER ASAP! IN THE PAST, WE HAVE HAD TO TURN PEOPLE AWAY DUE TO SPACE.**

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# CLASSES & CROPS

# COMMUNITY

## ART & RECREATION CLASSES

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

## SCRAPBOOK CROPS ✂--✂--✂

▪ 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 ages are welcome. The \$18 registration fee includes lunch, dinner, a “make & take” and a large space to scrapbook. To register: Kim at 517-1108.

▪ Danielle Mader has a Saturday Scrapbooking Crop scheduled at the Senior Center on **December 1**. The crop will go from 9 a.m. to 11 p.m. The \$20 cost includes lunch and dinner, and a large space for scrapbooking. To register: Danielle at 517-3496.

## CARD MAKING CLASS

**Make Holiday cards for Thanksgiving & Christmas**

**Tuesday, October 9 ~ 3 sessions**

**3:15—4:45 p.m. or 5:15—6:45 p.m. or 7:00—8:30 p.m.**

Make three holiday cards for \$6 or FREE with a minimum \$15 product order. RSVP to Jana at 920-979-5262 or [stampinjana@charter.net](mailto:stampinjana@charter.net) before Monday, October 8, to insure enough supplies are available. Bring your own scissors **18** and adhesive if you are able.

## HEATS ON PROGRAM

### FREE Service Offered on Saturday, October 6

The Plumbers and Steamfitters Local 400 of the Fox River Valley and the FDL County Department of Senior Services are sponsoring this community assistance program whose goal is to improve the health and welfare of our community by ensuring that heating systems are safe and reliable for the upcoming winter.



Volunteers will come into your home and inspect your heating system, change furnace filters and inspect smoke alarms and put new batteries in them. This will be an annual program for the senior citizens in FDL County. To qualify, you must be 60 years of age or older, be a homeowner and have a current property tax bill, reside in the City of FDL or the Village of NFDL, and be within monthly income guidelines (single \$1,629; couple \$2206). Please contact Julie Hilbert, Benefit Specialist for FDL County Department of Senior Services, at 929-3521 to register for this free community service.

## FREE FALL CLEAN-UP



### Friday, October 26 & Saturday, October 27

Members of the Realtors Association of Northeast Wisconsin and volunteers for Make A Difference Day will be assisting homeowners in need with fall clean-up. Two services are available: 1) Raking of leaves and 2) Washing windows (first-floor, outside windows only). Other jobs or special requests may be considered. Applications for assistance are available at the Senior Center. Please complete the form and return it to the Center by October 12. Contact Deb Tauer at ADVOCAP 920-517-8631 with any questions.

## 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, with cocktails at 5:30 p.m. and dinner at 6:30 p.m.

**Oct. 2 Party Place City T & W, Dotyville**  
**Oct. 9 Blanck's City Q & W, Johnsburg**  
**Oct. 16 Parnell's 2932 Fond du Lac Rd, Oshkosh**  
**Oct. 23 Northwind's 321 Fond du Lac Ave (Hwy 45), Eden**  
**Oct. 30 Wendt's N9699 Lakeshore Dr, Van Dyne**

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

## 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 at (920) 838-1311.

# 2013 FRIENDS MEMBERSHIP APPLICATION

2013 membership valid NOW through December 31, 2013

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

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

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: _____

## CHOICE OF SUPPORT:

- \$10.00 Single
- \$15.00 Couple (Husband and Wife)

**RENEW or JOIN before December 31, 2012 and be eligible for great prizes in our 2013 Friends Membership Drive... a chance to WIN \$100 AND MORE!**

- \$ \_\_\_\_\_ **Utility Donation for the City of Fond du Lac** For a few years now, we have asked members to give \$25 or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board of Director to City Council to help cover the \$19,000 cost of utilities at the Senior Center. Thank you to all who helped with donations. Almost \$5,000 in donations came in this year and the remainder came from fundraising efforts. Your donation for 2013 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 2013 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 Center.
- \$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 2013 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.
- PLEASE CHECK:  Yes, you CAN include my name when listing publicity.  No, please do NOT list my name.

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

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

Please note that **RED HAT HONEYS** members use another purple form for the \$5 chapter dues. The \$5 dues should be paid at the same time the required Friends membership is paid to avoid confusion. Friends membership, utility donation, and Red Hat dues CAN be on the same check. Forms are available at the Senior Center and Red Hat Honeys membership is on-going throughout the year. We always welcome new Red Hatters!

### FOR OFFICE USE ONLY

DATE PAID \_\_\_\_\_ CASH \_\_\_\_\_ CHECK \_\_\_\_\_ CHECK # \_\_\_\_\_

NEW 2013 Member     Renewal    Receptionist Initials \_\_\_\_\_

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

Received *Among Friends* Newsletter     Received Happy Travelers Info     Red Hat Dues also paid (purple form)



## Fond du Lac Senior Center

151 E. First Street  
Fond du Lac, WI 54935

NON PROFIT ORG  
U.S. POSTAGE  
**PAID**  
FOND DU LAC, WIS  
PERMIT NO. 129

ADDRESS SERVICE  
REQUESTED

■

## FOND DU LAC SENIOR CENTER 920-322-3630

### STAFF

#### DIRECTOR

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

#### ASSISTANT DIRECTOR

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

#### TRAVEL COORDINATOR

*Doris Zimmermann* 322-3635

#### WELLNESS COORDINATOR

*Jean Holzman* 322-3636

#### OFFICE COORDINATOR

*Vickie Michels* 322-3639

#### CRAFT SHOPPE COORDINATOR

*Patsy Lefeber*  
322-3638

#### PROGRAM/OFFICE ASSISTANT TOUR DIRECTOR

*Mary Schneider* 322-3640

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

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### MISSION

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

▼LCW



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