

Among Friends



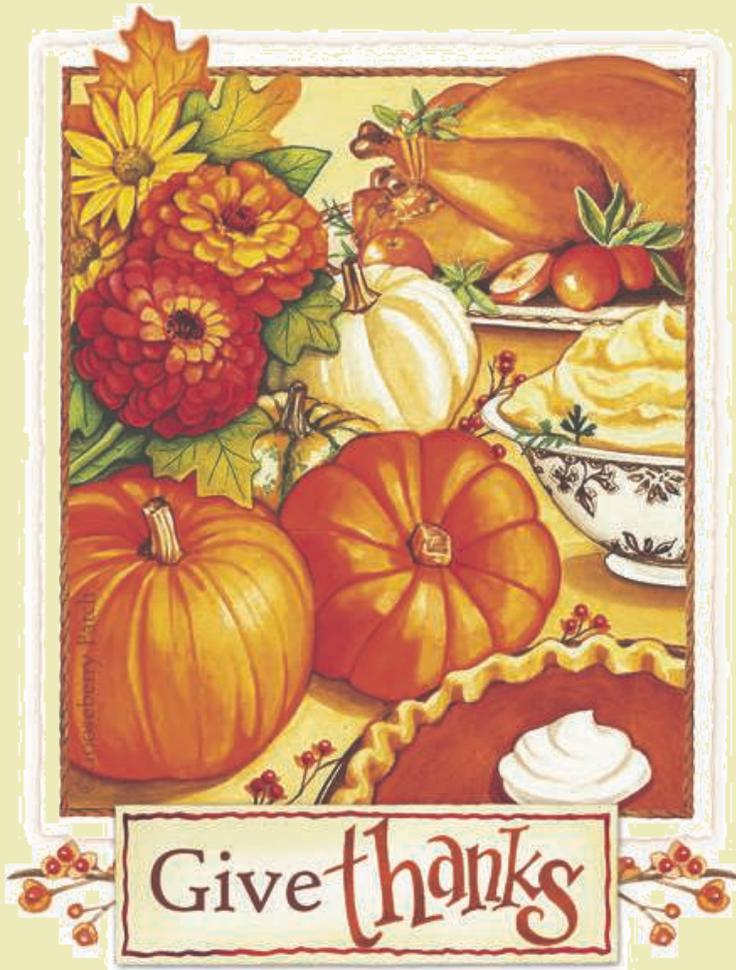
Fond du Lac Senior Center ...*where friends meet!*

November 2012

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

TIME TO GIVE THANKS

Thanksgiving is the perfect time to reflect on the many blessings we enjoy the whole year through...



The Fond du Lac Senior Center is thankful for:

- The many volunteers who give of their time & talents, and make the load a lot lighter
- Those who participate in the many activities offered at the Senior Center. It is our goal to offer a variety of activities and programs to meet the physical, educational & recreational needs of the seniors in our community
- The members of the Friends organization—all 2583 of you—who support the Center financially and in so many other ways
- The Friends Board of Directors and the Senior Citizen Advisory Committee for their guidance and wisdom
- Businesses and organizations in the community who generously support us through donations and sponsorships
- City officials and members of City Council for their support and recognition of the value that the Senior Center is to area seniors and to the community as a whole

THANK YOU!

WELCOME TO THE FOND DU LAC SENIOR CENTER

November 2012



A Free Monthly Publication
Vol. 3 • No. 11

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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.

NEW FACES AT THE SENIOR CENTER

Lauren Krapfl is a senior at Marian University and is working on a Senior Project by helping as the Community Cares Coordinator implementing the "Adopt a Facility" program. Lauren will graduate in December with a BS in Health and Social Sciences and hopes to continue her education with a Master's Degree and then work as a Social Worker with the elderly. Lauren has been great help to Jean Holzman with the Outreach Program. Stop by and meet her & say hello.



Lee Abrahamson is helping out at the Senior Center doing light custodial work and maintenance. He is a participant in the Experience Works program and will be working 20 hours a week. Lee has a ready smile and staff had him jump right in doing much-needed yard work. We will see if Lee keeps smiling with how busy we keep him! He is a very willing worker and we are grateful to the Experience Works program for this great opportunity—at no cost to the Senior Center!



ELECTION DAY BAKE SALE

BAKED GOOD DONATIONS NEEDED!

The Friends of the Fond du Lac Senior Center will sponsor an Election Day 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, please call the Senior Center at 322-3630 as soon as possible.



CONTEST WINNER

CONGRATULATIONS to **KATHRYN BINTZLER**, winner of the Hidden Apple contest that appeared in the September newsletter! Kathryn's name was randomly drawn among all 76 correct entries. Do you enjoy the contests? Let us know...

THANK YOU to these BUSINESS FRIENDS

who offered business membership support in 2012...

SILVER MEMBER – \$100 Donation

Capelle Bros & Diedrich

BRONZE MEMBER – \$50 Donation

Alzheimer's Association

Have a blessed Thanksgiving holiday!
The Senior Center will be CLOSED
on Thursday, November 22,
and Friday, November 23.

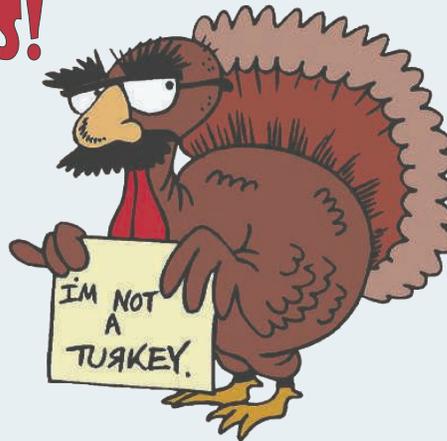


FRIENDS MEMBERSHIP DRIVE

The 2013 Friends Membership Drive runs from October 1 – December 30, 2012

GOBBLE UP GOODIES!

**Don't be a turkey...
Join or renew your Friends
membership now for a chance
to GOBBLE UP fabulous prizes
in our 2013 Membership Drive
drawing that runs through
December 31, 2012**



We had 2583 Friends members in 2012!
We are thrilled with the number of seniors who are coming to the Senior Center to take advantage of our programs, services, and activities.

We hope that you are a satisfied participant and plan to renew your membership (or join for the first time if you have picked up this newsletter at a location around town). Complete the membership form on page 19 and mail it with your check or drop it off with a check or cash at the front desk **BEFORE December 31, 2012**, and you just might win a prize. Note that you are automatically entered into our random drawing with your completed membership form.

1ST PRIZE: \$100 CASH

OTHER 2013 MEMBERSHIP DRIVE PRIZES INCLUDE:

- \$25 Target Gift Card
- Restaurant and area business gift certificates, including A&W Drive-In, Dairy Queen, Joe's Fox Hut, Gille's Frozen Custard Drive-In, Gino's Italian Restaurant, Kornelli's Express, Mancino's Pizza & Grinders, Schreiner's Restaurant
- 2013 Dine Out Coupon Books

Turn to page 19 for a 2013 Friends membership form and JOIN NOW!



2013 DINEOUT COUPON BOOKS

The 2013 book will include nearly 50 coupons which offer discounts at about 40 area restaurants, including new coupons from Blanck's Supper Club in Johnsbury, Blanck's Lake Aire, Fat Joe's, King's Chef, Knights of Columbus and Kornelli's Main Street Express. Look for books around mid-November, just in time for holiday gift-giving!

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 December newsletter is Monday, November 5. 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



Ben Baertschy,
Financial Advisor
Edward Jones Investments



Featured speaker each month

Have a bagel and chat with Ben on the **1st Monday of each month at 9 a.m.**

Ben will be joined by a different guest speaker each month to address a specific investment topic.

**NEW
FORMAT!**



November 5: Ned Pellman from John Hancock will join Ben in discussing Long Term Care: what does Medicaid cover and what it does not, how to qualify for Medicaid and how Long Term Care insurance can help investors keep their independence.

Bagels by "The Bagelmeister." Free to attend. Pre-registration is appreciated by calling 322-3630 or stop at the front desk.



COUNTRY LINE DANCING CLASSES FOR THE BEGINNER

**3 Saturdays per month;
10–11:30 a.m.**

Mike Seurer, Country Line Dance instructor, will be teaching an Introduction to Country Line Dancing Class at the Senior Center, in addition to his more advanced Thursday evening class. The introductory class will be set up in 3 week sessions. The cost of each 3-week session is \$7.50. This class is geared towards seniors who have little or no experience with line dancing. Mike will teach the common steps used in line dancing step-by-step. This is a fun way to reap the benefits of exercise. Give it a try! See page 18 for dates and other details.

AARP MEETING

Upcoming general meeting of AARP Chapter #614:

Thursday—November 15, at 1:30 p.m.

The featured speaker for the November AARP meeting will be Mary Ellen McMeen, Clinical Services Coordinator, Fond du Lac County Department of Community Programs. AARP meetings are free to attend and open to the public. They are held at the Senior Center every 3rd Thursday of the month. Refreshments are served. The cost to join the local AARP chapter is \$3.

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.



Call for Volunteers

Preparers must pass an open-book proficiency test prior to the January training. There will be optional Wednesday sessions in November to provide practice using the tax software and review tax law. Sessions will be scheduled in December to train new volunteers. Mandatory daytime training sessions will be held at the Senior Center on **January 16, 17 & 18**. The sessions will be taught by certified instructors Jim Pollard and Mike Sweny 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 Sweny at 923-1916.

LET'S DO LUNCH!

Senior Dining

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.



Fellowship. Food Fun

**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



HOLIDAY PROGRAMS



**AARP
CHAPTER #614
Christmas
party**

Wednesday ~ December 19
North Fond du Lac Community Center
281 Garfield Street North Fond du Lac

Social ~ 11:30 a.m.

Luncheon ~ Noon

Followed by Musical Entertainment

MENU: Beef tips, chicken, mashed potatoes & gravy, California mix veggies, fruit fluff, cake, and beverages

COST: \$10 per person

Make check payable to "AARP Chapter 614," and mail to Kate Barr, N6411 Danny Lane, Fond du Lac, WI 54935. The deadline to register is Friday, December 14.

***GREAT FOOD *ENTERTAINMENT *FUN**

*Opportunity Raffle – please bring a canned soup donation for tickets

Deadline to register: Friday, December 14; Limit of 80 attendees

*If you would like to join for \$3, your membership is good now through December 2013. Those joining by January 17 will be eligible for prizes in a random membership drawing to be held at the AARP General Meeting on Thursday, January 17, 2013.

★
Please don't forget to register for the
**SENIOR CENTER
CHRISTMAS PARTY
TUESDAY, DECEMBER 4
KNIGHTS OF COLUMBUS
HALL**



We'd love to have you join us for this festive holiday tradition! A registration form can be found on page 17 of this newsletter. There is a firm deadline to register of Wednesday, November 21, unless it fills with 280 people before that date.

Senior Outreach Volunteers of the Fond du Lac Senior Center invite you to help decorate our

Heart Tree

Delicate spun glass heart ornaments

\$2.00 donation



The Senior Outreach Program is sponsored by the FDL Area United Way, FDL County Department of Community Programs, Friends of the Senior Center and FDL Area Foundation. The program's mission is to create an awareness of community resources and to meet various needs of seniors in our community through one-to-one mentoring relationships with trained volunteers and a friendship program.

Open your heart to the Senior Outreach Program and donate \$2 for an ornament in memory of a loved one who is deceased or in honor of a family member, friend, co-worker, or other special person in your life. The purchase of each spun glass heart ornament is a donation to the program. Rather than keeping the ornament, the spun glass heart ornament will be placed on the Heart Tree at the Senior Center for the holidays. The deadline to dedicate ornaments for the tree is *Monday, December 19*. The Heart Tree will be located in the Senior Center Activity Room. Proceeds benefit the Senior Outreach Program.

HEART TREE ORDER FORM

✂ -----

~ PLEASE PRINT ALL NAMES CLEARLY ~

Please put a heart on the HEART TREE in memory of (Deceased) :

Please put a heart on the HEART TREE in honor of (Living) :

\$2.00 EACH NAME Total Enclosed _____

(Make check payable to: Friends of the Fond du Lac Senior Center)

DONATED BY:

Name _____

Street _____

City _____ *Phone* _____

HAPPY TRAVELERS

Doris Zimmermann, Travel Coordinator Call 322-3635

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.

AWAY IN A BASEMENT

Tuesday—December 11

Schauer Center—Hartford, WI Cost: \$78



The Church Basement Ladies are back for this hilarious Christmas show!

And out of the basement shall come a program of good tidings and great humor! It's 1959 and the day of the Sunday School Christmas Program. As the children rehearse, the ladies of the kitchen are putting final touches on the nativity pieces. Little do the ladies know what surprises are in store as they are once again called upon to save the day!

Includes a delicious buffet lunch: *Hot Beef, Hot Shredded Chicken, Mashed Potatoes, Seven-Layer Salad, Pistachio Salad, Fresh Fruit with Dip, Rolls & Butter, Spiced Layer Cake, Coffee, and Milk.* A cash bar will also be available.

Leave FDL: 11:30 a.m. Home: 5:30 p.m.

PEDER EIDE CHRISTMAS

Saturday—December 1

Green Lake Conference Center Cost: \$65

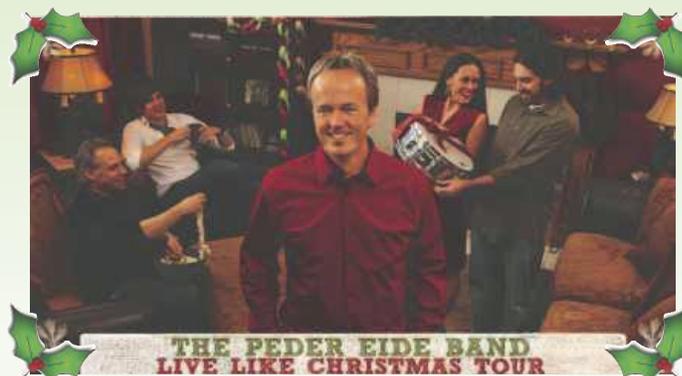
A Christmas Dinner Celebration with Musician Peder Eide

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.



Limited openings available on these trips—sign up now!

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

ONEIDA CASINO DAY TRIPS

TUESDAY, NOVEMBER 27 • THURSDAY, JANUARY 31

COST: \$20 Includes: \$25 for gambling, bus transportation, and camaraderie!

Leave: 10 a.m.; Home: 4:30 p.m.

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



Please join us for this 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

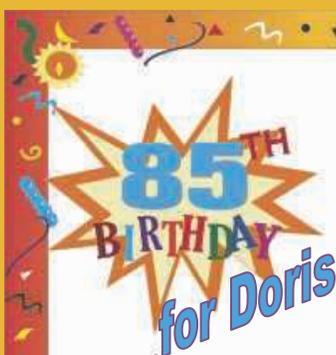
A BIRTHDAY PARTY & TRIP PREVIEW ALL IN ONE SPECIAL DAY!

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

The Fond du Lac Senior Center is proud to partner with MPTC to bring you these computer classes. These 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. **HOW TO REGISTER** 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.**



MORAINÉ
PARK
TECHNICAL COLLEGE

COURSE #	DAY	DATE	WKS	TIME	HOURS	INSTRUCTOR	COST (62+)	COST (<62)
COMPUTER BASICS 1*								
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
103-483-31411	M, T, W	January 7, 8, 9	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*								
103-485-21526	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.

COMPUTER BASICS 3*								
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
103-490-31413	M, T, W	January 7, 8, 9	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*								
103-491-21527	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.

MICROSOFT EXCEL—LEVEL 1								
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								
105-605-21524	Monday	December 3	1 time	Noon—4:00 p.m.	4 hrs	JoAnne Smith	\$18.63	\$23.50
105-605-31436	Thursday	January 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.

INTERMEDIATE DIGITAL CAMERAS								
105-609-21525	Tuesday	December 4	1 time	Noon—4:00 p.m.	4 hrs	JoAnne Smith	\$18.63	\$23.50
105-609-31438	Friday	January 4	1 time	9:00 a.m.—1:00 p.m.	4 hrs	JoAnne Smith	\$18.63	\$23.50

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

PINTEREST								
103-669-22478	Tuesday	December 4	1 time	9:00—11:00 a.m.	2 hrs	JoAnne Smith	\$11.31	\$13.75
103-669-31482	Friday	January 4	1 time	2:00—4:00 p.m.	2 hrs	JoAnne Smith	\$11.31	\$13.75



Learn about this popular web sharing service that allows members to "pin" images, videos and other objects to their pinboard. Pinterest lets you organize and share beautiful things you find on the web. People use pinboards to plan weddings, decorate homes, and organize favorite recipes. Learn to browse friends' pinboards and get inspiration from others who share your interests.

SPECIAL EVENTS ON NOVEMBER 9th!

Friday, November 9

Enjoy a delicious ALL-YOU-CAN-EAT pancake breakfast

8 a.m. – 1 p.m.

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



Stop by for health screenings, watch a Health DVD, EAT PANCAKES, and then play Bathtub Bingo! (see below)

COST: \$4 Includes: All-you-can-eat Pancakes, Sausage, Applesauce, and Beverage

Sponsored by Lake View Estates • Reservations are appreciated by calling 322-3630, but walk-ins welcome!



Bathtub Bingo

Friday – November 9, from 10 – 11 a.m.

It's healthy to laugh and have fun!

Come dressed in bathtub attire and bring a tote or bag full of bath related items for our "Let's Make a Bath Deal" game. You could win a little CASH for your items! We will also play BINGO for bath related prizes. (Donations of bath-related items are welcome!) Refreshments, too!

You must *pre-register* to attend BATHTUB BINGO as *space is limited*. Call the Senior Center at 322-3630 to register.

Other health opportunities will be available that day:

8 – 9 a.m. Health Screenings—Blood Pressure & Blood Sugar

9 – 9:45 a.m. Health Video: **HEALTHFUL EATING VS. FAD DIETS**

10 – 11 a.m. Bathtub Bingo—2 cards for 50¢

Pre-registration is needed to participate in Bingo. Limited to 40 participants—so pre-register early!

Bathtub Bingo is sponsored by the Senior Wellness Coalition.



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Westnor Apartments at 653 West Arndt Street, Fond du Lac

- Must be elderly (62+) or disabled
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- All utilities included in rent, Free on site parking
- Close to Forest Mall, etc. On City bus route

Grand Court Apartments at 630 West Arndt Street, Fond du Lac

- Must be elderly (62+) or disabled
- Nursing services available to residents free one day a week
- All utilities included in rent except electricity, Free on site parking
- Close to Forest Mall, etc. On City bus route

Heather Meadows Apartments at 235 Winnebago Street, N Fond du Lac

- Must be elderly (62+) or disabled
- Nursing services available to residents free twice a month
- All utilities paid except electricity
- Free on site parking

Rosalind Apartments at 15 North Marr Street, Fond du Lac

- Must be near elderly, elderly (50+) or disabled
- Air conditioned hallways and Community Room
- Large TV for resident use in Community Room
- Nursing services available to residents free one day a week
- All utilities included in rent
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For more information call: Fond du Lac Housing Authority
929-3107 extension 102 • Monday – Friday 8:00 AM – 4:30 PM

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MONTHLY MOVIE

"ANNA & THE KING"

Wednesday
November 14

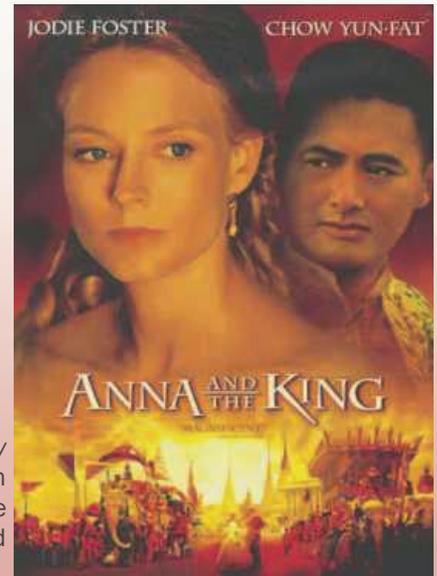
11:45 a.m. Lunch (optional)

MENU: BBQ Rib, O'Brien Potatoes, Spinach, Tossed Salad with Ranch Dressing, Rye Bread, Butterscotch Pudding, Milk

12:30 p.m. Movie

This is the story of Anna Leonowens, the English schoolteacher who came to Siam in the 1860's to teach the children of King Mongkut. She becomes involved in his affairs, from the tragic plight of a young concubine, to trying to forge an alliance with Britain, to a war with Burma that is orchestrated by Britain. In the meantime, a subtle romance develops between them.

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.

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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.

November 19 *Lost Horizons*
James Hilton

December 10 *Road to Grace*
Richard Paul Evans

On December 10, meet at 9:30 a.m. at the Oasis Restaurant for Christmas Breakfast

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 (8except during league play)

Leagues

8-Ball Tuesdays 8:30 a.m.–12:30 p.m.

9-Ball Wednesdays 8:30 a.m.–12:30 p.m.

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...

Thursday, November 1, at noon

Big Al Capone’s of Pipe

Thursday, December 6, at noon

Hibachi Grill & Sushi Buffet

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.

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, November 16

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

Fat Joe’s

Friday, December 14

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 6:00 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

EXERCISE CLASSES

LOW IMPACT EXERCISE

Mondays 8:55 – 9:25 a.m.

Sponsored by **All About Life**
Men & Women Welcome!



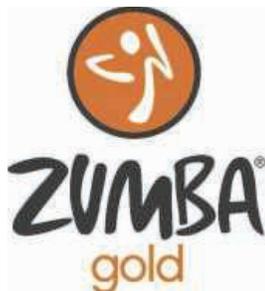
EXERCISE VIDEO

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. Now that it's getting colder, it is good time to join some indoor exercise class. You will get a good mile workout each time you come. Each session focuses on one of five different body areas.



ZUMBA GOLD IS BACK AT THE SENIOR CENTER

Beginning November 5, Kirsten Quam will be conducting Zumba Gold classes on **Monday evenings from 5:30 to 6:30 p.m.** The cost is \$5 for walk-ins or a 10 class punch card for \$40. Please call

Kirsten at 920-606-9078 for more information.

BEGINNING COUNTRY LINE DANCING

Are you bored with regular exercise routines but want to get or stay in shape? Check out our brand new Saturday Country Line dancing classes — meeting **3 Saturdays per month from 10–11:30 a.m.** Sign up with a friend and the two of you can learn a new skill together. See pages 4 and 18 for details.

TAI JI

The next session will **begin February 5, 2013.** 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. For more information please call 322-3630.

OTHER EXERCISE

Hikers Tuesday & Thursday mornings
Line DancingThursdays 6–7:30 p.m.; \$10 for 4 weeks
Water Exercise Daily 8 a.m. at the Aquatic Center
\$3.75 per session

HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by Heartland Hospice

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

BLOOD SUGAR TESTING

Sponsored by Lutheran Homes & Health Services

Friday, November 9; 8–9 a.m. *2nd Friday of the month*
No appointment needed; Donations accepted.
12-hour fast is required.

CHOLESTEROL SCREENING

Sponsored by Consultants Lab – A member of Agnesian HealthCare
Lipid Panel + Glucose screening

Tuesday, 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, November 8, 15, 29

Cost: \$20; Call 322-3630 for appointment.

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

Friday, December 14; 8:30–10 a.m.

2nd Friday of even months

FREE Hearing Screenings and FREE Hearing Aid Cleanings
Call 322-3630 for appointment; Donations accepted.

MASSAGE, REFLEXOLOGY, IRIS

Renee Waters, Certified Massage Therapist & Naturopath;
Owner of Country Doctor

Tuesday, November 27; 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 25OH Vitamin D test

Sponsored by Consultants Lab – A member of Agnesian HealthCare

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, Nov. 6, from 5:30–6:30 p.m. (*1st Tuesday of the month*)

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

Wednesday, Nov. 28, 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, Nov. 16, from 9–10 a.m.

Festival Foods, Conference Room, 1125 E. Johnson Street

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

Next meeting: Tuesday, Nov. 13, at 8:30 a.m.

Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Drive

PARKINSON'S SUPPORT GROUP

Monday, Nov. 12, from 10-11 a.m. (*2nd Monday of the month*)

Aurora Health Care Center, 210 American Drive, American Room

HEALTH & WELLNESS



LOOK GOOD...FEEL BETTER

Wednesday, December 12, 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. Each participant will receive a complimentary beauty kit with cosmetics donated by top name companies. If you know a lady going through treatment, tell her about this beneficial program.

Advance registration is required by calling the American Cancer Society toll free at 1-800-227-2345.

YOU CAN SUPPORT OUR SENIOR OUTREACH PROGRAM! HERE'S TWO WAYS:

Pancake Breakfast

November 9; 8 a.m.—1 p.m.
All You can Eat Pancakes \$4
Sponsored by: **Lake View Estates**



Heart Tree Ornaments

November 5—December 21

Honor a loved one! \$2 each
Order form available on page 5.
The heart tree dedication will be held Thursday, February 7, 2013 at 10:00 a.m.



SENIOR WELLNESS MORNING

Friday, November 9

Health Screenings from 8–9 a.m.

Blood Sugar by Lutheran Homes & Health Services
Blood Pressure by Agnesian HomeCare

DVD at 9 a.m.: *Healthful Eating versus Fad Diets*

Dr. Anthony Goodman explains that the Mediterranean diet is a template into which you can fit a variety of delicious, healthy foods.

Bathtub Bingo at 10 a.m. Turn to page 9 for details

Friday, December 14, from 9–11 a.m.

Health Screenings: 9–10 a.m.

• Blood pressure • Blood sugar (fast required) • Hearing

Booths: 9–10 a.m. Home Health Care, the Country Doctor, Alzheimer's Association and many more.

Speaker: 10 a.m. Ginny Nyhuis, Alzheimer's Association, will speak about maintaining brain health.

Demo: The Senior Center's SCAMP band will perform some seasonal music. Do you have musical talent? New members are welcome.

Thursday, November 1, at 10 a.m.

"Mellowing" is a talk that Dr. Treffert has given on many occasions. This DVD was recorded at a conference he spoke at in San Francisco several years ago. His humor and stories will enable us to have a fresh perspective on our own lives. Refreshments provided. Register by calling 322-3630. Public welcome!



SENIOR OUTREACH PROGRAM

Reaching Out – Touching Lives



COMMUNITY CARES

Volunteers will visit **Kindred Hearts**, 566 Sherwood Drive, from **2–3 p.m. on Tuesday, November 27**. Volunteers visit residents who have few visitors where they live in a nursing home or assisted living facility. 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. We are also looking for groups to "adopt" a facility, visiting residents one hour a month.



SENIOR OUTREACH PROGRAM

Volunteers will meet on **Thursday, November 1, at 9 a.m.** to turn in reports, and provide support and information. At 10 a.m. we will watch a DVD featuring Dr. Darold A. Treffert, M.D. This DVD entitled "**Mellowing**" was recorded at a conference Dr. Treffert spoke at in San Francisco. If you have never heard him speak in person this is the next best thing. This presentation will encourage you to be thankful today.

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. There is NO WORK involved!

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

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

Hobo Party & Chili Dump at Lakeside Park Pavilion
Thursday—November 15 at 12:30 p.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
See details at the front desk!

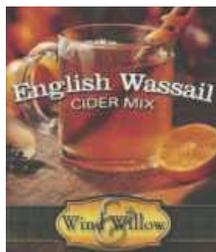


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OPEN TO THE PUBLIC Monday—Friday 9 a.m.—4 p.m.

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

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

16

HO HO HOTLINE

VOLUNTEERS NEEDED!

ONLY 3 SENIORS SIGNED UP TO HELP!

VOLUNTEERS ARE *STILL* 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 that we have enough volunteers. The hours will be from **3:00—5:00 p.m.** at the Senior Center. Please call the Center at 322-3630 if you could help one or more days. For more information on this community service, call Dottie or email her at: dwinkelman@fdl.wi.gov



We need more volunteers in order to do this!

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*

NOTE OUR NEW DESSERT!

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.**

17

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
Oil Painting	Tuesday	10 a.m.—noon	4	\$15
		Oct. 30, Nov. 13, 20, 27	December 4, 11, 18 (3 weeks / \$11.25)	
Watercolor	Tuesday	1—3 p.m.	4	\$15
		Oct. 30, Nov. 13, 20, 27	December 4, 11, 18 (3 weeks / \$11.25)	
Mixed Media	Tuesday	3—4:30 p.m.	4	\$10
		Oct. 30, Nov. 13, 20, 27	December 4, 11, 18 (3 weeks / \$7.50)	
Singing	Wednesday	<i>Beginners</i> 9—10 a.m. <i>Intermediate</i> 10—11 a.m.	6	\$25
		November 7, 14, 21, 28, December 5, 12		
Drawing	Wednesday	6—8 p.m.	4	\$15
		November 7, 14, 21, 28	December 5, 12, 19, 26	
Country Line Dancing	Thursday	6—7:30 p.m.	4	\$10
		November 1, 8, 15, 29	December 6, 13, 20, 27	
Beginning Country Line Dancing	Saturday	10—11:30 a.m.	3	\$7.50
		SEE PAGE 4 FOR MORE DETAILS		
		November 3, 10, 17	December 8, 15, 22	

SCRAPBOOK CROP ✂--✂--✂

▪ 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 Christmas
Tuesday, November 13 ~ 3 sessions
3:15—4:45 p.m. or 5:15—6:45 p.m. or
7:00—8:30 p.m.

Make three beautiful cards for \$6 or FREE with a minimum \$15 product order. Please RSVP to Jana at 920-979-5262 or stampinjana@charter.net before Monday, November 12, to insure enough supplies are available. Bring your own scissors and adhesive if you are able. There is no card class in December – but we'll be back in January with more awesome items for you to try out and techniques for you to learn!!!



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.

Nov. 6	Roepke's Village Inn	St. Charles Rd., Charlesburg
Nov. 13	Trinity	40 E. Division, FDL
Nov. 20	Applebee's	841 W. Johnson St., FDL
Nov. 27	Fat Joe's	15 W. Division St., FDL
Dec. 4	Gino's	584 W. Johnson St., FDL
Dec. 11	Pizza Ville	160 W. Scott St., FDL
Dec. 18	Schmiity's Oar House	N7044 Winnebago Dr., FDL

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

UPCOMING PROGRAMS AT THE ADRC

Aging & Disability Resource Center

50 N. Portland Street; For more information call 929-3466



PERSONAL CONSULTATION WITH AN ALZHEIMER'S REPRESENTATIVE

Monday, November 5 • 10 a.m.—12 p.m. • ADRC

Whether you are a family member, friend, or person with memory loss, you can meet one-on-one with the Alzheimer's Representative. Get answers to your questions concerning memory loss, diagnosis, treatment options, coping with changes and planning for the future. Appointments appreciated by calling 920-838-1311, but drop-ins are also welcome.

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 available at the Senior Center's front desk or contact Ginny Nyhuis at (920) 838-1311 by November 5.

MONTHLY MEDICATION REVIEW

Wednesday, November 28 • 9—11 a.m. • ADRC

A FREE 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 you currently use, as well as a list of questions or concerns. You do not need to use Walgreen's Pharmacy to take advantage of this opportunity. Please call 929-34600 for an appointment time. *No pickup or discarding of personal medications will be done during this consultation.

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

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FOND DU LAC SENIOR CENTER 920-322-3630

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dwinkelmann@fdl.wi.gov

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Vickie Michels 322-3639

CRAFT SHOPPE COORDINATOR

Patsy Lefeber
322-3638

PROGRAM/OFFICE ASSISTANT TOUR DIRECTOR

Mary Schneider 322-3640

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Mary Kind, Vice President
Kate Barr, Secretary
Ron Zarling, Treasurer
Susanne Dennis
Jerry Gordon
Charlotte Nelson
Irv Pea
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Mary Kind, Vice Chair
Vivian Gorden, Secretary
Sr. Angie Behen
Kathryn Curran
Joyce Dille
Councilman Jim Sabel
Donna Jean Trapp
Judi Walters

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

Wisconsin
Association of
Senior
Centers



MISSION

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

▼LCW



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