



Among Friends

OCTOBER 2011



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

PUMPKIN PARTY

**Music by
Kenny B**

FREE SNACKS

popcorn, hot apple cider,
apple juice and pumpkin
dip with sweets



**2012 Friends Membership Drive Kick-Off
Happy Travelers 2012 Trip Preview
& MORE!**

FREE & OPEN TO THE PUBLIC!

This Pumpkin Party is replacing the Community Craft Fair usually held at the Senior Center around this time of year.

PRE-REGISTRATION IS REQUESTED TO PLAN FOR REFRESHMENTS & SEATING. CALL 322-3630.

Friday, October 21
Come anytime between **1:30 – 3:30 p.m.**

• **2012 Happy Travelers Trip Preview**

Pick up the PREVIEW list of more than 30 trips for next year.

• **Used Books & Puzzle Sale**

We have a huge selection of books and puzzles—all at very reasonable prices! The sale will be in ROOM 4 ALL DAY FRIDAY

• **Craft Shoppe pumpkin gift items, autumn decorations, etc.**

Our Consignors will be bringing in autumn items—check them out!

• **Basket Raffle**

to benefit Fond du Lac Area United Way

Check out baskets in lobby starting October 10—until October 21 at 3:30 p.m. \$1 per chance OR 10 for \$5 Put your ticket in the container to win your basket choice!

• **Renew 2012 FRIENDS memberships**

\$10 Single / \$15 Couple Renew by December 31, 2011 to be eligible to win \$100 and other great prizes.

• **Pumpkin Bake Sale**

Yum! Yum! Muffins, pies, breads, bars, cookies—everything pumpkin! Donations for this sale can be dropped off any time Thursday or early Friday morning.

• **Pumpkin Carving & Painting Contest**

Pick up an entry form with contest details after October 3rd.

• **\$50 door prize & 2012 Dine Out Books**

Register in room 4 where the Book Sale will be held & also in the Craft Shoppe for more prizes! Need not be present to win.

WELCOME TO THE FOND DU LAC SENIOR CENTER



A Free Monthly Publication
Vol. 2 • No. 10

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Fond du Lac Senior Center

151 E. 1st St.
Fond du Lac, Wisconsin 54935
Phone (920)322-3630
Email..... dwinkelman@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.*

VISIT US ONLINE!

Check out the Senior Center web pages on the City of Fond du Lac website...

www.fdlseiorcenter.com



BAKED GOOD DONATIONS NEEDED FOR THE PUMPKIN BAKE SALE AT THE PUMPKIN PARTY ON OCTOBER 21

We need your help!

We are in need of any pumpkin baked goods. Please drop baked goods off on Thursday, October 20, so they can be priced and put onto plates or bring them early on Friday.

It's that time again...

time to renew your Friends membership.

A 2012 membership application can be found on PAGE 19.



Chance to win \$100 and more...

Join or renew by December 31 and you are automatically eligible to win great prizes in our 2012 membership drive.

2012 DINE OUT BOOKS

FRIENDS of the Fond du Lac Senior Center



**AVAILABLE
THIS MONTH!**

**JUST \$5.00 includes 44 Coupons
with SPECTACULAR SAVINGS
at 37 Area Restaurants**

Coupons are good January 1—December 30, 2012

Newsletter Staff

Editor.....Dottie Winkelmann
Coordinator/
Design/Writer.....Judy Lange
Writer.....Jean Holzman
Mail Coordinator.....Vivian Gorden
Labels.....Sandy Gerlach
Mail Crew.....20+ volunteers!

Newsletter Deadline

The deadline for submission of Information for the November newsletter is Monday, October 3. Give information to Judy Lange.

Newcomer Tour

Call 322-3630 if you would like a tour of the Senior Center and to learn about our programs and activities. This tour is for new members or those who have not been very active but want to find out more about the Senior Center.

Up-to-Date Information

Tune in to KFIZ-AM 1450 Monday mornings at 9:10 a.m. for the Senior Center report with Dottie Winkelmann, Director.



The One You Depend On
www.kfiz.com

Dottie is a guest of Wade Bates on the KFIZ (1450 AM) *After Breakfast*

Show every Monday morning. Dottie visits the radio station to give a report about upcoming activities and events at the Senior Center.

Leave a Legacy

You can leave a lasting legacy by remembering the Friends of the FDL Senior Center in your will. Your generosity will enable the Center to continue to provide quality programs and services to the seniors in our community. If you are considering this option, please call Dottie Winkelmann, Director, to discuss various ways you can assist the Senior Center in fulfilling its mission.

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SOME RESTRICTIONS, EXCLUSIONS & LIMITATIONS MAY APPLY. READ EACH COUPON CAREFULLY.

A&W Drive-In: \$1 OFF on a Papa Burger Combo OR a Bacon Cheeseburger Combo;
Buy One Root Beer Float OR Smoothie, Get One FREE

Ala Roma: Buy One Meal, Get ½ Off 2nd Meal; Buy One Pizza, Get ½ Off 2nd Pizza

Backyard Grill & Bar: \$2 Off Friday Night Perch Plate or Baked Haddock

Black Perl: \$2 Off Friday Night Fish Fry plus FREE Soup & Salad Bar (\$5 value);
Buy One Sandwich or Dinner Entrée, Get One FREE

Capone's: ½ Price Pizza (any size)

CIBO (Cheebo) – Ramada: 50% Off Second Entrée OR 50% Off Second Sunday Brunch

Coliseum Sports Bar & Grill: Buy One Meal at Regular Price, Get ½ Off a Second Meal

Cool River Sports Grill: Buy One Entrée at Regular Price, Get ½ off on a Second Entrée

Cousins Subs: Buy One 7 ½-inch Sub, Chips & Regular Drink, Get a Second 7 ½-inch Sub FREE

Dairy Queen East: Buy One ¼ # Grillburger, Get One FREE

Dairy Queen West: Buy One Grilled Chicken Basket, Get One FREE

Dillion's - Ledgeview Lanes: \$1.50 off on a Friday Fish Fry (Good on up to 2 orders)

Duffy's Steakhouse - Holiday Inn: 50% Off Second Entrée OR 50% Off Second Sunday Brunch

Eden Café and Eden Grill in Taycheedah: Buy One Texas-style Sandwich, Get One Half Price

Fond du Lac Seafood: FREE Appetizer with Purchase of a Dinner (Fridays 4-7 p.m.)

Gille's Frozen Custard Drive-In: Buy a Sandwich, Get one FREE; Buy a Sundae, Get one FREE

Gino's Italian Restaurant: \$3 Off Any Pizza Entrée

J.R.'s Sports Bar & Grill: Buy One Lunch at Regular Price, Get ½ Off on a Second Lunch Order

Ma & Pa's on the Miracle Mile: Buy a 4-piece Chicken Dinner, Get a 4-piece Chicken Dinner FREE

Main Exchange: Buy One Entrée at Regular Price, Get ½ Off on a Second Entrée

Mancino's: Buy One Pizza OR Grinder (Any Size), Get a Second Pizza OR Grinder for Half Off

Northwinds Supper Club: 50% Off Second Meal

Oak Central: 50% Off Second Meal (Friday Night Only)

Paddy's Pizza: \$2.00 Off Any 14' or 16' Homestyle or Thin Crust Pizza

Parrot Palms: Buy One Entrée at Regular Price, Get ½ Off on a Second Entrée

Philly's on 4th: Buy a 4-piece Chicken Dinner OR Large Pizza, Get a Leg & Thigh Dinner FREE

Pioneer Pit Stop: Buy One Dinner, Get Second Dinner for ½ Price

Pockets: Buy One Sandwich, Get One Sandwich ½ Price

Pump & Pantry: Buy One Dinner, Get Second Dinner for ½ Price; Buy a hot sandwich over \$2.49,
Get a 2 oz. Bag of Uncle Ray's Chips & 20 oz. Fountain Drink FREE

Red Cabin on Green Acres: 10% Off entire bill (Food & Drinks)

Schmitt's Bar & Grill: Buy One Entrée at Regular Price, Get ½ Off on a Second Entrée;
½ Off on a Gourmet Pizza (up to two toppings)

Sombrero's: \$5 Off Purchase of \$25 or more

Subway: Buy One 6-inch Sub, Get a Second 6-inch Sub FREE

Sunset Supper Club: \$2.50 Off Any Dinner

Tuckers: Buy a Homestyle Cheeseburger & Regular Soda, Get a Homestyle Cheeseburger FREE
\$1 Off any Beer Batter Fish Dinner

Villa Palermo Café: When you buy two lunch or dinner entrees and two beverages, get \$5 Off

Wendt's On the Lake: With a guest check of \$20 or more, get a \$5 Gift Certificate good on your next visit

**RESTAURANTS
IN RED ARE
NEW IN 2012!**

UPCOMING PROGRAMS

BAGELS WITH A BROKER

Monday—October 3, at 9 a.m.

Have a bagel and chat with Ben Baertschy, Financial Advisor with Edward Jones, on the 1st Monday of each month at 9:00 a.m. Chat includes market update and Q&A of market, economy, investments, and strategies. Bagels by "The Bagelmeister." Free to attend.

WHEN I'M 65

Presented by Julie Hilbert

Benefit Specialist, Department of Senior Services, FDL County

Monday—October 3, at 1 p.m.

This presentation has been generated to assist anyone who is looking to retire and/or is confused with the Medicare system, insurance and prescription drug coverage. Julie will also answer questions for people who are looking to change plans during open enrollment under Part D as well as checking options for supplemental or advantage plans.

This presentation will answer your questions about:

- Working Past Retirement Age
- Supplemental Insurance
- Medicare Part D/Wisconsin SeniorCare
- Changes in 2012
- Medicare
- Medicare Advantage Plans
- Social Security

Call the Senior Center at 322-3630 to register.



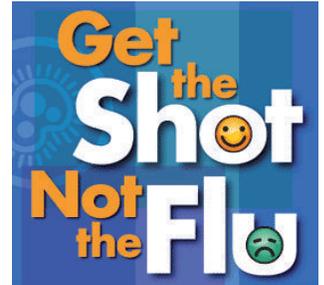
Dates have changed in 2011 for Medicare Open Enrollment - your annual chance to change your Medicare coverage.

FLU SHOTS

Thursday, October 13

8—10 a.m. - NO appointment needed!

Flu shots will be given at the Senior Center on Thursday, October 13, from 8—10 a.m. This year's flu shot also contains vaccination for H1N1. The vaccine is free if you have Medicare or Medical Assistance. Others will pay \$25 for the flu shot and \$30 for the pneumococcal pneumonia vaccine (Note: only one dose of the pneumonia vaccine is needed if received at age 65 or older. It is not needed every year like influenza). Pre-registration is NOT needed for this - just stop in. Bring your Medicare card or other insurance information with you. If you would like to volunteer to help out at the flu shot clinic that day, please call 322-3630 to sign up.



DRIVER SAFETY PROGRAM

Monday, October 17, from 8:30 a.m.—12:30 p.m.

(deadline to register: Thursday, October 13) **OR**

Thursday, November 10, from 8:30 a.m.—12:30 p.m.

(deadline to register: Tuesday, November 8).



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.

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 and 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.
- Drive more safely.
- 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.

HOBB'S WOODS HIKE

Tuesday—October 4, at 10 a.m.

Enjoy the splendor of Mother Nature's beauty!

The Senior Center Hikers are inviting newcomers to join them on a hike at scenic Hobb's Woods on Tuesday, October 4. The hike will last about an hour, but you may



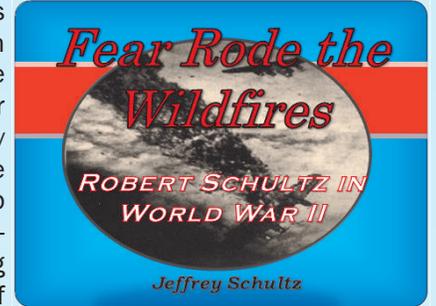
stop and turn back at any time. There are also benches along the way for resting. If you would like to carpool, meet at the Center at 9:30 a.m. or meet at Hobb's Woods at 10 a.m. If

there is questionable weather that day, please call the Senior Center at 322-3630 for info as to whether the hike is cancelled and when it would be rescheduled.

UPCOMING PROGRAMS

VETERAN PROGRAM: Thursday, November 10, at 12:30 p.m.

Jeff Schultz, a local author, will be at the Senior Center to present *Fear Rode the Wildfires: Robert Schultz in World War II* — the story of Robert Schultz, his uncle, who enlisted in the Army Air Force and served as a waist gunner on a B-17 in bombing raids over Germany. His airplane was shot down on its 19th mission and he and his crewmates were captured and held prisoners in the notorious Stalag Luft III camp. "Like many young men, Robert Schultz's motivation for service was not driven by strong convictions of loathing or hatred. He did not have any real knowledge of the Hitler regime nor did he understand the reasons for the Japanese assault on Pearl Harbor; Bob felt that he had an obligation to serve his country. Bob Schultz could not know as a 19-year-old that he was enrolling in *the most life-threatening service* for his country—*the most hazardous branch of the army* in terrifying air combat, *the most perilous position on a bomber as a waist gunner*—the daily fear of death as a prisoner of war, the frightful winter death march—and that his life would be threatened relentlessly. His courage, stamina, will power, and character would be tested like no other time in his life." This program is free and open to the public. For planning purposes, please call the Senior Center at 322-3630 by Monday, November 7, if you would like to attend.



PAINTING CLASS

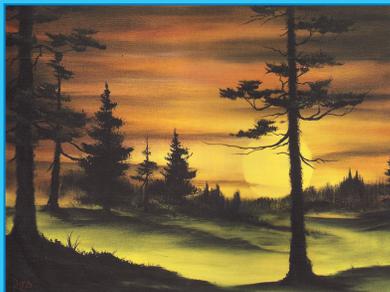
Saturday, November 19
10 a.m.—4 p.m.



Cheryl Fisher, Certified Bob Ross Painting Instructor

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

Cheryl Fisher, certified teacher in the Bob Ross Oil Painting Method, will be back at the Senior Center to teach a one-day class on Saturday, November 19, from 10 a.m.—4 p.m.



(includes an hour break for lunch – please pack a lunch or plan to leave and have lunch some place else). The painting that will be created in this class is "Evergreens at Sunset." 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. Cheryl will also have canvasses available for a \$10 fee payable to her on that day. Paint, brushes, and other supplies will be provided. This class is especially suited for beginners; *you need no previous experience to participate*. Participants will have a completed painting to take home and will have a day spent experiencing the true joy of painting. This is a different painting than the paintings that were done in the other Bob Ross classes – students who participated in those are welcome to participate again. The cost for the class is \$55.00 and *must be paid at the Senior Center front desk at time of registration*. Space is limited, so if you would like to participate, *register as soon as possible*. Absolutely NO art experience needed. Explore your creative side!

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 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 (over 1100 in 2010).

Preparers must pass an open-book proficiency test. Optional Wednesday sessions in November will provide practice using our tax software and will review tax law. Sessions will be scheduled in December to assist new volunteers. Mandatory daytime training sessions will be held January 17, 18 & 19 at the Senior Center. They will be taught by certified instructors Jim Pollard and Mike Sweney, and will reinforce and expand upon individual 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 Mondays, Tuesdays, Wednesdays and Thursdays for the ten-week tax season, February 1 to April 12. For more information, please contact the Senior Center at 322-3630 or Mike Sweney at 923-1916.



HAPPY TRAVELERS

Doris Zimmermann, Travel Coordinator
Office Hours: Monday through Thursday, 1—4 p.m. Call 322-3635

A Fireside Christmas

Thursday—November 3

Fireside Theater—Fort Atkinson, WI

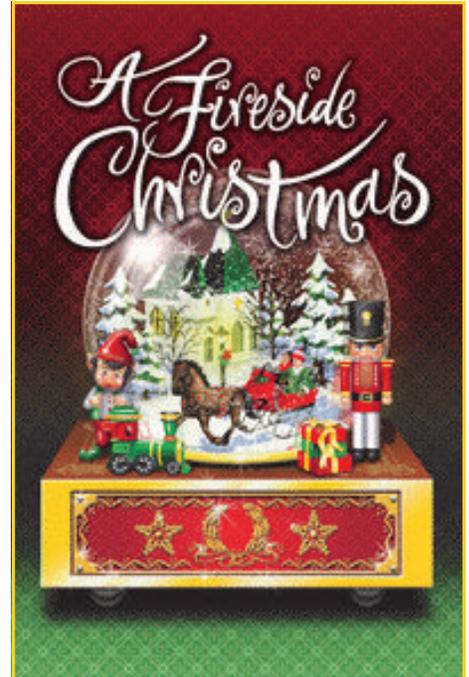


Cost: \$93

Always a holiday favorite—we welcome newcomers to join us for this wonderful show.

This season the Fireside returns to the tradition that has made them the number one choice for Christmas entertainment for hundreds of thousands of people from around the nation and around the world. The all new edition of A FIRESIDE CHRISTMAS was named one of the country's finest attractions by the National Bus Association. This year's show resumes its long history of beautiful singing, breath-taking dancing, gorgeous costumes, rib-tickling fun, and a deeply spiritual commitment to the real meaning of the holiday. It's always original with new songs, new dances, and a new cast, but the heart of the show never changes. It is the perfect way to capture the holiday spirit.

It is, simply, one of the best Christmas revues you'll ever see!



Menu: **Oriental Salad:** Napa Cabbage, Onions, Ramen Noodles, Sesame Seeds, Sliced Almonds and Diced Breast of Steamed Capon tossed in a Soy Red Wine Vinaigrette Dressing; **Freshly Baked Breads** from The Fireside Ovens; **Baked Holiday Ham:** Jones Cherry Wood Smoked Premium Ham with Golden Rum Raisin Sauce served with **Escaloped Potatoes au Gratin; Pineapple and Pecan Soufflé,** and **Asparagus Spears with Young Carrots; Santa's Chocolate Chimney:** Dark Chocolate Tower filled with White Chocolate Hazelnut Frangelico Mousse, topped with Red Cherries, presented on Crème Anglaise flavored with Grand Marnier; Coffee, Tea and Milk..

Leave: 8:15 a.m. Home: 6 p.m.

Christmas Stars

Saturday—December 3

Xavier Fine Arts Center—Appleton, WI Cost: \$57

Come & be thrilled, delighted & inspired!



This spectacular Broadway-style revue features secular and religious holiday music performed by a cast of 250 singers, dancers and actors ages five to senior citizen. Experience the spectacular Christmas parade, a visit to the North Pole and the always breathtaking "Living Nativity" finale. The performance will last about 2 hours including intermission.

Family-style lunch at Roxy's in Oshkosh is included featuring: Salad, Roast Chicken, Ham, Mashed Potatoes & Gravy, Vegetable, Rolls, Carrot Cake & Beverage.

Leave: 10:15 a.m. Home: 4:30 p.m.

Last Gambling Trip of 2011

SIGN UP ASAP

Cost: \$54

Thursday, October 20

Oneida Casino
with dinner
at Jim & Linda's
Lakeview Supper Club



Cost includes \$25 for gambling, bus transportation, a great dinner at featured restaurant—and camaraderie!

MPTC COMPUTER CLASSES

The Fond du Lac Senior Center is proud to partner with MPTC to bring you these classes. These computer classes are set up through Moraine Park Technical College and held in the Computer Lab at the Senior Center. The classes are taught at a relaxed pace and are open to ALL ages. You do NOT have to be a member of the Senior Center to enroll. [HOW TO REGISTER](#) Register at MPTC in person (use the C-1 Main Entrance) or by telephone at **922-8611** (ask for registration desk). You will need the course number.



MORAINÉ
PARK
TECHNICAL COLLEGE

COURSE #	DAY	DATE	WKS	TIME	HOURS	INSTRUCTOR	COST (62+)	COST (<62)
COMPUTER BASICS 1								
103-483-21670	Tuesday	October 4, 11, 18	3 wks	9:00 a.m.—Noon	9 hrs	Karen Beaman	\$4.00	\$31.96
103-483-21671	Tuesday	November 8, 15, 22	3 wks	9:00 a.m.—Noon	9 hrs	JoAnne Smith	\$4.00	\$31.96

Learn how to turn on equipment; what to expect once it is on; and how to use a mouse, run software and give commands to the computer. Hands-on experience is emphasized. This beginning-level course introduces basic computer information. Each student is required to bring a jump drive to class.

COMPUTER BASICS 2								
103-485-21672	Thursday	October 6, 13, 20	3 wks	1:00—4:00 p.m.	9 hrs	Karen Beaman	\$4.00	\$31.96

Learn how to create and save documents; bold, italicize and format documents; and work with files and folders on a computer. Hands-on experience is emphasized. Each student is required to bring a jump drive to class.

COMPUTER BASICS 3								
103-490-21675	Tuesday	November 8, 15, 22	3 wks	1:00—4:00 p.m.	9 hrs	JoAnne Smith	\$4.00	\$31.96

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. Bring a jump drive to class.

COMPUTER BASICS 4								
103-491-21678	Monday	October 10, 17, 24	3 wks	1:00—4:00 p.m.	9 hrs	Karen Beaman	\$4.00	\$31.96

Explore in-depth concepts of computer software and hardware. This advanced computer basics course builds upon the knowledge and application technique skills learned in Computer Basics for Beginners 1, 2 and 3. Each student is required to bring a jump drive to class.

COMPUTER BASICS 5								
103-492-21680	Thursday	November 10, 17	2 wks	1:00—4:00 p.m.	6 hrs	JoAnne Smith	\$4.00	\$20.78

Examines computer system maintenance programs. Explore virus protection software settings and updates. Set up system restore features and keep your computer running smoothly. (Completion of 103-490 Computer Basics for Beginners 3 is recommended.) Each student is required to bring a jump drive to class.

EXCEL WORKSHOP								
103-452-21682	Thursday	November 10	1 time	9:00 a.m.—Noon	3 hrs	Karen Beaman	\$4.00	\$15.19

Introduces students to basic spreadsheet techniques including formulas, graphs and function wizards. Students will be able to build a simple spreadsheet and use formatting and other enhancements to make it look professional.

BEGINNING DIGITAL CAMERAS								
105-605-21687	Wednesday	November 9	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								
105-609-21690	Wednesday	November 16	1 time	Noon—4:00 p.m.	4 hrs	JoAnne Smith	\$18.63	\$23.50

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

DIGITAL SCRAPBOOKING								
306-623-21695	Thursday	October 27	1 time	Noon—5:00 p.m.	5 hrs.	JoAnne Smith	\$25.94	\$33.25

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

DIGITAL PHOTO FUN								
203-625-21692	Wednesday	October 26	1 time	Noon—4:00 p.m.	4 hrs	JoAnne Smith	\$18.63	\$23.50

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

Fond du Lac Senior Center Friends Christmas Party

SPONSORED BY FOND DU LAC SENIOR CENTER HAPPY TRAVELERS



Tuesday ~ December 6, 2011

Knights of Columbus Hall

795 Fond du Lac Avenue

**11:00 a.m. Social
Noon Lunch**

**Entertainment Following Lunch:
Lee & Lloyd—The Hat Guys**

Entertainers from our 2010 Pirate Party Summer Picnic—everyone loved them!

\$14.50 per person

Firm deadline to register is Wednesday, November 23

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

NO REFUNDS after December 1.

- CA\$H door prizes & 2012 Dine Out Coupon Books
- 2012 Trip Highlights

MENU

*¼ Crispy Baked Chicken OR Roast Loin of Pork
Dressing ~ Mashed Potatoes & Gravy
Garden Tossed Salad ~ Vegetable ~ Relishes ~ Rolls
Coffee, Milk or Water ~ Orange Sherbet for 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 23, **UNLESS it fills before that date!** We must keep to this deadline and 280 participants.

NAME _____ Chicken **OR** Pork Loin \$14.50

NAME _____ Chicken **OR** Pork Loin \$14.50

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

Date Paid _____ Receptionist Initials _____ Paid in person Registered by mail

TEAR THIS RESERVATION FORM OUT OF NEWSLETTER AND DROP OFF OR MAIL IN WITH PAYMENT. LIMIT OF 280 SO REGISTER ASAP!

SENIOR WELLNESS MORNING

CANCER SCREENING AND PREVENTION



**DOOR PRIZES
HANDOUTS
REFRESHMENTS**

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

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

Friday, October 14

9—10 a.m. Health Screenings ▪ Health Info Booths ▪ Demonstration
FAST REQUIRED FOR SUGAR 10+ HEALTH BOOTHS ZUMBA GOLD—KIRSTEN QUAM

10—11 a.m. Speaker: **Dr. Timothy Korytko**
Radiation Oncologist, Agnesian HealthCare

“Common Cancers: Screening & Prevention”

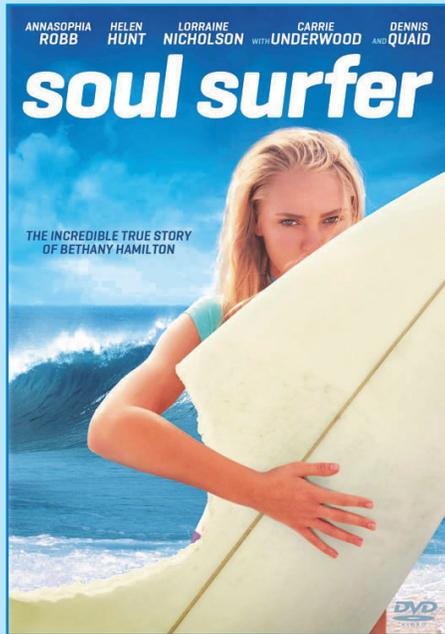
Join Timothy Korytko, MD, Agnesian HealthCare Central Wisconsin Cancer Program radiation oncologist, to learn about the most common cancers, including breast, prostate, colon and lung cancer. Dr. Korytko will also discuss cancer prevention and early detection for men and women, as well as what detection tests are available, and if and when you should have them.



The **Senior Wellness Morning** is held on the 2nd Friday of each month from 9-11 a.m. Each month offers different information booths, health screenings, demonstrations, and speakers. This month's Senior Wellness Morning is sponsored by Agnesian HealthCare.

MONTHLY MOVIE

“Soul Surfer” ~ Monday, October 24



11:45 a.m. Lunch (optional)

MENU: Baked Ham, AuGratin Potatoes, Wax Beans, Tossed Salad with French Dressing, Dark Rye Bread, Pineapple Upside Down Cake, and Milk

12:30 p.m. Movie: *Soul Surfer*

The incredible true story of teen surfer Bethany Hamilton (AnnaSophia Robb), who lost her arm in a shark attack and courageously overcame all odds to become a champion again, through her sheer determination and unwavering faith. *Stars: AnnaSophia Robb, Helen Hunt, Dennis Quaid, Carrie Underwood, Kevin Sorbo. 2011, Rated: PG, 106 min., Drama.*

You must register separately for each activity. Call 929-3937 by 1 p.m. on Friday, October 21, 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 of charge and open to the public. FREE popcorn and refreshments. Donations accepted.

*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!

ART CLUB

Every Thursday at 1:00 a.m. 50¢ donation

BINGO

Every Tuesday at 1:00 p.m. 50¢ for 2 cards

Thanks to our Bingo Sponsors who provide prizes, treats, and caller.

1st Tuesday: ManorCare (odd months) or Rehab Arisces (even months)

2nd Tuesday: Comfort Keepers 3rd Tuesday: Walnut Grove

4th Tuesday: ACACIA Home Care 5th Tuesday: Roto-Rooter

BOOK CLUB *New members welcome!*

3rd Monday at 9:30 a.m. 50¢ donation

October 17 *Pearl of China* by Anchee Min

November 21 *Cimarron* by Edna Ferber

Pick up a synopsis of book club selections at the front desk.

BRIDGE

Every Tuesday at 12:45 p.m. \$1 donation

For information or to play, call Joan Christ at 921-9526.

Every Thursday at 12:45 p.m. \$1 donation

For information or to play, call Hilda Feldmann at 921-2889.

COIN CLUB

2nd Tuesday (May–October) at 6:30 p.m. 50¢ donation

DANCES *Call Gerry at 921-9509 for information.*

Every Wednesday 7:30–10:00 p.m. \$3.00 fee

DOMINOES

3rd Wednesday at 12:30 p.m. 50¢ donation

GAMES (Canasta, Cribbage & Euchre) **NEW!**

Every Wednesday at 1:00 p.m. **LOOKING FOR MORE PLAYERS!**

Do you play Canasta, Cribbage, or Euchre? New groups were formed in September and are looking for more players. You do not have to commit to coming every week—come & play when you can!

HANDCHIME CHOIR

Wednesdays & Thursdays at 9:00 a.m. 50¢ donation

GERMAN CLUB

Every Monday at 1:00 p.m. 50¢ donation

LINETTES

Every Wednesday at 9:00 a.m. 50¢ donation

PINOCHLE

Every Friday at 1:00 p.m. 50¢ donation

POKER

Every Monday at 1:00 p.m. 50¢ donation

POOL *Open Pool daily (except Leagues on Tuesdays & Wednesdays until 1 p.m.); Call LeRoy Walters at 921-0671 for info.*

QUILTING

1st Thursday from 10:00 am–3:00 p.m. 50¢ donation
Flying Geese Quilting Club: Call Nancy at 923-4494 for info.

2nd Thursday at 7:00 p.m. 50¢ donation
Sunset Stitchers Quilt Guild: Call Laura at 923-1693 for info.

R.O.M.E.O.

All men are welcome to join the “Retired Old Men Eating Out”

Thursday, October 6, at noon 50¢ donation

Holiday Inn (625 W. Rolling Meadows Dr.)

Thursday, November 3, at noon 50¢ donation

Rolling Meadows Family Restaurant (947 S. Rolling Meadows Dr.)

SCAMP (Senior Center Band)

Every Wednesday at 8:30 a.m. 50¢ donation

SCRAPBOOK CLUB: *Char-tastic Crafters*

October 5 & 20 from 5:30–8 p.m. or ? 50¢ donation

SHEEPSHEAD

Every Monday at 1:15 p.m. \$1 donation

Jack of Diamonds

Every Wednesday and Friday at 1:15 p.m. \$1 donation

Black Queens

SKAT

Every Tuesday & Thursday at 9:00 a.m. 50¢ donation

SPANISH CLUB

Every Wednesday at 1:30 p.m. 50¢ donation

STAMP CLUB

3rd Wednesday at 7:30 p.m. 50¢ donation

STITCHERY CLUB

2nd & 4th Tuesday at 1:00 p.m. 50¢ donation

SUPPER CLUB

50¢ donation

Dutch Treat. Everyone welcome! You MUST call the Center if attending.

Friday, October 21, Social: 5:00 p.m.; Dinner: 5:30 p.m.

Elk's Club (33 Sheboygan Street)

WACKY RACES

4th Tuesday at 3:00 p.m. (after Bingo) 50¢ donation

The October 25 races will have a HALLOWEEN theme.

Wii BOWLING

2nd & 4th Thursdays at 1:00 p.m. 50¢ donation

Open Bowling

Every Friday from 12:30–2:00 p.m. 50¢ donation

League Play

WINNEBAGO WOODWORKERS

1st Tuesday from 6:00–8:00 p.m. 50¢ donation

General meeting held at the FDL Senior Center

Every other Tuesday from 6:00–8:00 p.m.

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

Contact Dave Jackson at 923-5233 for more information.

WOODCARVERS GROUP

Every Monday at 9:00 a.m. 50¢ donation

WRITERS GROUP

Every Friday at 1:00 p.m. 50¢ donation **13**

HEALTH & WELLNESS



LAST BIKE RIDE OF THE SEASON

Join us on **Wednesday, October 12**, at 10:00 a.m. at the Rolling Meadows rest stop. The ride will be 9-10 miles round-trip to and from

Hobbs Woods. The group will go on a short hike through Hobbs Woods and return to Fond du Lac for lunch at the Rolling Meadows Restaurant. Don't forget a water bottle, a bike lock, and money for lunch. Call the Senior Center at 322-3630 to sign up. If you can't make it on ride day, be sure to call LeRoy Walters at 517-3755 so the group doesn't wait unnecessarily. All ages welcome. 50¢ Donation.

EXERCISE CLASSES

Men & Women Welcome!

LOW IMPACT EXERCISE

Mondays 8:55 – 9:25 a.m.

Sponsored by **All About Life**



EXERCISE VIDEO

Wednesdays 10:15 – 10:45 a.m.

Video furnished by **Lutheran Homes and Health Services**

TAI JI

A new session will begin in November. Watch the November Newsletter for details. Classes are held on Tuesday mornings from 9–10 a.m. Friends Membership is required. Call 322-3630 for more info.

FLU SHOTS

Flu Shots will be given at the Senior Center Thursday, October 13, from 9–11 a.m. See page 4 for details.

FREE SKIN CANCER SCREENINGS

Dr. Kevan Lewis of Dermatology Associates will be performing skin cancer screenings on **October 17** from **8 a.m. to noon**. Call 322-3630 for an appointment.

OTHER EXERCISE

BikersMonthly rides April through October
Hikers Tuesday & Thursday mornings
Zumba Gold . . .Mondays 6:30 –7:30 p.m. \$5 per session
New 6 week session starting October 31 for \$23
Line DancingThursday evenings; \$10 for 4 weeks
Water ExerciseDaily 8 a.m. at the Aquatic Center
14 \$3.75 per session

HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by Generations Home Care & Hospice Inc.

Friday, October 14 9 a.m.— 10 a.m.

2nd Friday of the month

No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by Lutheran Homes & Health Services

Friday, October 14 8:30 – 10 a.m.

2nd Friday of the month

No appointment needed; Donations accepted.

12-hour fast is required.

CHOLESTEROL SCREENING

Sponsored by Consultants Lab – A member of Agnesian HealthCare

Lipid Panel + Glucose screening

Tuesday, November 8 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 6, 13, 27

Cost: \$20.00; Call 322-3630 for appointment

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

Friday, October 14 8:30 a.m.—10 a.m.

FREE Hearing Screenings and FREE Hearing Aid Cleanings

2nd Friday of the month

Call 322-3630 for appointment; Donations accepted.

MASSAGE, REFLEXOLOGY, IRIS

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

Tuesday, October 18 10 a.m. through the day

Usually 4th Tuesday of the month (Changed for October)

Cost: \$20 for 30 minute session; Call 322-3630 for appointment

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

Next meeting: **Wednesday, October 26** (4th Wednesday of the month)

9–10 a.m. at Lutheran Homes & Health Services

244 N. Macy Street

DIABETIC SUPPORT GROUP FOR SENIORS

Next meeting: **Thursday, October 13** (2nd Thursday of the month)

2–3 p.m. at Aurora Health Center, 210 Wisconsin American Drive

LOW VISION SUPPORT GROUP

Next meeting: **Wednesday, October 12** (2nd Wednesday of the month)

12:30 p.m. at the Senior Center, 151 E. First Street

PROSTATE CANCER

Next Meeting: **Tuesday, October 11** (2nd Tuesday of the month)

8:30 a.m. at Rolling Meadows Restaurant

947 S. Rolling Meadows Drive

CAREGIVER SUPPORT GROUP

Next Meeting: **Wednesday, October 19** (3rd Wed of the month)

7 p.m. at ManorCare Health Services, 265 S. National Avenue

HEALTH & WELLNESS

SENIOR WELLNESS MORNING

Friday, October 14 See page 9 for details

LOOK GOOD . . . FEEL BETTER

The American Cancer Society is sponsoring a “Look Good...Feel Better” program at the Senior Center on Wednesday, October 5, from 9–11 a.m. This is a free program created for women of any age undergoing cancer treatment to look good and manage treatment and recovery with greater confidence. Advance registration is required. To register, call the American Cancer Society toll free at 1-800-227-2345. Each participant will receive a complimentary beauty kit with cosmetics donated by top name companies



Understanding Psoriasis

Thursday, October 6–10 a.m.

Diane Burd, Clinical Social Worker for Abbott Laboratories, will give a program on understanding that psoriasis is not just skin deep. The interactive presentation will cover signs, symptoms, treatment options and lifestyle strategies. Refreshments will be served. Call 322-3630 to register.

Communicating with a Person with Dementia/Five Wishes—A Living Will

Join us for this special presentation on Thursday, October 13, from 1–2 p.m. Speakers will be Susan Gabsch, R.N. from Heartland Hospice, speaking on communication with someone with dementia and Debbie VanStratan, Director of Marketing for Kindred Hearts, who will talk about Five Wishes, a living will that covers personal, emotional and spiritual needs as well as medical wishes.



Newly Formed FDL'S Gluten-Free Support Group

The first meeting will be on **Friday, October 21, at Festival Foods' Conference room from 9 to 10 a.m.** The topic will be where to find gluten-free foods, including restaurant options. The mission of the group is to connect individuals in the Fond du Lac area with support and resources that make living a gluten-free life easier and more successful. Includes gluten-free refreshments. For more info call 322-3636.

SENIOR OUTREACH PROGRAM

Reaching Out – Touching Lives



ANNUAL SENIOR OUTREACH VOLUNTEER TRAINING

Are you a man or woman with a little spare time? Are you a good listener? Do you want to make a difference in the life of someone who is lonely? Find out more about the Senior Outreach Program, learn effective listening skills, become aware of community resources and how to do activities with frail individuals. Mark your calendar now for **October 24, 25, and 28** from 9–11 a.m. See page 16 for details.

COMMUNITY CARES

Community Cares volunteers will be visiting Grancare Nursing & Rehab Center, 517 E. Division Street, from 2–3 p.m. on Tuesday, **October 25**. Volunteers visit residents of a different local nursing home or assisted living facility each month who may not have family or friends nearby. Using grant money, a small gift is provided for those visited. **Volunteers can be any age** and may visit just one time. This community outreach is a fun activity usually done in pairs. Call the Senior Center at 322-3630 to volunteer.



SENIOR OUTREACH VOLUNTEERS

Senior Outreach Program Volunteers will meet **Thursday, October 6, at 9 a.m.**, to turn in reports, provide support, info, and camaraderie for each other. This will be followed by a presentation at 10 a.m. by Diane Burd, Clinical Social Worker for Abbott, on “Understanding Psoriasis.” This will be an interactive presentation that will provide helpful information for those with psoriasis.

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

Reaching Out –Touching Lives



Outreach Volunteer Dorothy Breitenfeld (right) and her friend June Singleton.

Senior Outreach Program

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

Volunteer Training

9:00 – 11:00 a.m.

Continental Breakfast Served
Fond du Lac Senior Center
151 E. 1st Street

SIGN UP NOW!

OPEN TO ANYONE!

Monday, October 24

Outreach Program Overview & History – Senior Center Staff

Benefits of Volunteering & RSVP – Deb Tauer

Tuesday, October 25

Resources in Fond du Lac County – Sandy Tyron

Working with Frail & Elderly –FDL County Health Department

Friday, October 28

Effective Listening & Confidentiality – Al Rolph

Certificate Ceremony; Present Volunteers;

Questions & Answers



Fond du Lac Area United Way, Inc.

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,
16 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 Dept. of Community Programs

RED HAT HONEYS

THE FOND DU LAC SENIOR CENTER
CHAPTER OF THE RED HAT SOCIETY

THIS 'n THAT Craft & Gift Shoppe

PICK UP A DETAILED COPY OF THE NEWSLETTER AT THE FRONT DESK OR HAVE IT EMAILED TO YOU.

Thanksgiving Luncheon

Wednesday—November 16
11 a.m. social/noon lunch
Season's Restaurant—\$12 per person
Choice of 3 sandwiches & includes apple dessert. YUM!

Decorating Gingerbread Houses

Thursday—December 8
Either: 8—11 a.m. OR 1—4 p.m.
At the Senior Center
\$10 per person—LIMITED SPACE!
The gingerbread houses and all of the decorations will be provided... all you add is the fun!



MARK YOUR CALENDAR:

Christmas Party
Thursday—December 15
Watch the November newsletter for details.

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

Stop in and shop for **PACKERS** gifts including: scarves, pins, bookmarkers, booties, coasters, hats, and a handmade afghan for under \$40...**perfect for parties!**



Curl up with a book, some delicious "End of the Trail" caramel corn, and your warm booties. It's fall and our consignors have been busy crocheting hats, scarves, & more...something for everyone.

Visit us during the PUMPKIN PARTY on Friday, October 21, and register for prizes between 1:30 and 3:30 p.m. REMEMBER:

You can't win, if you don't enter!

COMMUNITY CARES trip to Hawaii

Armchair Trip to Hawaii

On Friday, October 7, twenty-four seniors from our community will have the opportunity to take an imaginary trip to Hawaii. Most of the seniors are from local nursing homes or assisted living facilities. Mary Schnieder is coordinating the armchair trip that will feature transforming four of the rooms at the Center to create, what we hope to be, a memory of a lifetime. The activities that are usually held on Thursday evening are cancelled so rooms can be decorated and all day Friday for the event. Over 20 volunteers and more than a dozen partnerships with local businesses are helping with the "trip" that day. This special armchair trip was designed for seniors who no longer are able to travel. It is anticipated that the next trip could be for seniors who are wheelchair bound. If you know of someone who might like to participate -or if you are handicapped or no longer able to travel, you can also refer yourself to the program. Has it been years since you have traveled on vacation? This could be your chance to "visit" Hawaii.



This Community Cares event is sponsored by the Senior Center and funded through a grant from the Fond du Lac Area Foundation.

SERVICES

- Free computer/Internet access in Lab & Lobby for members only
- Information or referral on many senior citizen related topics
- 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; TOPS meets Mondays at 5 p.m.
- 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
- 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 no later than 1 p.m. the day before you plan to attend. Menus are available at the front desk.
Suggested donation of \$3.00 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.
- Fond du Lac County Senior Services Benefit Specialist Julie Hilbert can be reached at 929-3521.

COMMUNITY

STATE REPRESENTATIVE THEISFELDT OFFICE HOURS

Monday, October 10, from 11 a.m.—1 p.m.



Wisconsin 52nd Assembly District Representative Jeremy Thiesfeldt will be at the Senior Center on Monday, October 10, from 11 a.m. to 1 p.m. to meet with constituents to hear about any concerns you may have and answer questions. Pre-registration is not needed.

AARP Thursday, October 20, at 1:30 p.m.

The general meeting of AARP Chapter #614 will take place on Thursday, October 20, at 1:30 p.m. at the Senior Center. The featured speaker will be Greg Giles, YMCA Director, speaking on the topic, "Take this job and love it." He did the presentation earlier this year at a Senior Wellness Morning and everyone loved him. AARP meetings are free to attend and open to the public — all ages are welcome. 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.

FREE FALL LEAF RAKING & WINDOW WASHING OFFERED

Friday, October 21

Members of the Realtors Association of Northeast Wisconsin will be assisting homeowners in need with fall clean-up on Friday, October 21. 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 7. Contact Deb Tauer, ADVOCAP's Retired and Senior Volunteer Program Director, at 920-517-8631 with any questions.



SOUP DRIVE OVER 1550 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.

18 KEEP THOSE CANS COMING IN AND THANK YOU!

CLASSES & CROPS

ART & RECREATION CLASSES

Listed below are the art and recreational classes offered at the Senior Center. Registration for these classes is required—register at the front desk. Payment is expected at that time and can be made with cash or check made payable to *Friends, Inc.*

Class	Day	Time	Weeks per Session	Cost per Session
Oil Painting	Tuesday	10 a.m.—noon	4	\$15
		September 6, 13, 20, 27 November 1, 8, 15, 22		October 4, 11, 18, 25 December 6, 13, 20, 27
Watercolor	Tuesday	1—3 p.m.	4	\$15
		September 6, 13, 20, 27 November 1, 8, 15, 22		October 4, 11, 18, 25 December 6, 13, 20, 27
Mixed Media	Tuesday	3—4:30 p.m.	4	\$10
		September 6, 13, 20, 27 November 1, 8, 15, 22		October 4, 11, 18, 25 December 6, 13, 20, 27
Singing	Wednesday	10—11 a.m.	4	\$20
		October 5, 12, 19, 26 December 7, 14, 21, 28		November 2, 9, 16, 23
Drawing	Wednesday	6—8 p.m.	4	\$15
		September 7, 14, 21, 28 November 2, 9, 16, 23		October 5, 12, 19, 26 December 6, 13, 20, 27
Sewing Lab	Mondays	3:30—6:30 p.m.	4	\$12
		October 19, 26, November 2, 9		
Country Line Dancing	Thursday	6—7 p.m.	4	\$10
		September 1, 8, 15, 22 November 3, 10, 17, December 1		October 6, 13, 20, 27

SCRAPBOOK CROP ✂---✂---✂

Kim Stern and the Char-tastic Crafters will hold a Cropping Slumber Party (yes, they will really sleep over!) at the Senior Center on Friday, October 28, starting at 7 p.m. and running until 9 p.m. on Saturday, October 29. WOW!

All skill levels are welcome and registration is open to all ages. The \$20 registration fee includes breakfast, lunch, and dinner and a large space to scrapbook away. For more details or to register, call 517-1108 or email kimstern1986@yahoo.com.



Danielle Mader will hold Scrapbooking Crops at the Senior Center on Saturday, November 5, from 9 a.m. to 11 p.m. The cost is \$20 and includes lunch, dinner, and a large space to scrapbook away. For more information, please call Danielle at 517-3496 or email creativemomto3peas@yahoo.com.

I ScRABbook♥

2012 FRIENDS MEMBERSHIP APPLICATION

2012 membership valid NOW through December 31, 2012

To join the FRIENDS of the FOND DU LAC SENIOR CENTER or to renew your membership, please complete this application and return it to the Fond du Lac Senior Center. Membership is on-going throughout the whole year.

Please make check payable to: "FRIENDS, INC."

Fond du Lac Senior Center
151 E. 1st Street
Fond du Lac, Wisconsin 54935

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, 2011
and be eligible for great prizes in our 2012
Friends Membership Drive...a chance to
win \$100 and more!

- \$_____ Utility Donation for the City of Fond du Lac** Last year we asked members to give \$25 or whatever they could afford. A \$10,000 donation was made by the Friends Board of Directors on September 14, 2011 to City Council to help with the cost of utilities at the Senior Center. Thank you to all who helped with donations last year. Your donation for 2012 is optional but very much appreciated!

- \$50.00 FANTASTIC FRIENDS membership support** – Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of the Center and is much appreciated. You will receive a 2012 Dine Out Coupon Book in appreciation of your fantastic donation. You can pick it up at the front desk. The FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership and additional donation to Friends to help with the operation of the Senior Center.
PLEASE CHECK: Yes, you CAN include my name when listing publicity. No, please do NOT list my name.

- \$100.00 FABULOUS FRIENDS membership support** – Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. Recognition of your support will be in the Senior Center's October newsletter, and you will receive 2 new 2012 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.
PLEASE CHECK: Yes, you CAN include my name when listing publicity. No, please do NOT list my name.

TOTAL ENCLOSED (Utility Donation and Friends Membership can be on the same check.)
Because the Friends is a 501(c)(3) nonprofit organization, your contribution is tax deductible.

FOR OFFICE USE ONLY

DATE PAID _____ CASH _____ CHECK _____ CHECK # _____

NEW 2012 Member Renewal Receptionist Initials _____

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

Received Among Friends Newsletter Received Happy Travelers Information OCT NEWSLETTER **19**



Fond du Lac Senior Center

151 E. First Street
Fond du Lac, WI 54935

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FOND DU LAC SENIOR CENTER 920-322-3630

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Vickie Michels
322-3639

CRAFT SHOPPE COORDINATOR

Patsy Lefeber
322-3638

PROGRAM/OFFICE ASSISTANT

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322-3640

FRIENDS BOARD

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Jim Sabel

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Kathryn Curran

Joyce Dille

Vivian Gorden

Barbara Lukas

Mary Kind

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.