

Among Friends



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

February 2013

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



IT'S BEGUN!

The heart of the Senior Center remains the same, but its look is changing. The Center's facelift began on January 8, 2013. Say **GOOD-BYE** to the sagging wallpaper, unsightly rug stains, dark and wrinkled old look of the kitchen cupboards and wainscoting. Say **HELLO** to the bright new colors in *every* room, new carpeting, and inviting nature décor. *Funded by the Friends of the Fond du Lac Senior Center*, the Improvement Project, has been in the works for years with fundraising and ideas. Patrick Creed, owner of Botanicals Floral Studio, graciously volunteered his expertise as design consultant and has made suggestions that will make the Fond du Lac Senior Center a destination for people around the state. To promote the City's new motto, we happily invite everyone to "C'mon in!"



The Improvement Project will be done in three phases.

Phase I includes the newer section which is over 10 years old now and the Computer Lab.

Phase II will include the kitchen, main activity room, south hallway, lobby, and office area.

Phase III will provide a whole new look to the Craft Shoppe, an update to the pool room, and improving the entrance outside and landscaping.

The goal is to have the project completed before the spring of 2014.



Some of the Improvement Project committee members show off carpet tiles and paint colors that will be used in updating the Senior Center. (Left to right) Vickie Michels, Jerry Gordon, Kate Barr, and Irv Pea.

THANK YOU TO:

The Friends Board of Directors for the insight to fund the Improvement Project
Friends of the Fond du Lac Senior Center members for joining & supporting the Senior Center
Volunteers & Participants & community citizens who support fundraising
City Council for supporting the Senior Center for over 45 years
Participants for your patience and understanding through the disruption the project sometimes brings

WELCOME TO THE FOND DU LAC SENIOR CENTER



2013 February

A Free Monthly Publication
Vol. 4 • No. 2

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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 with disabilities.

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.



IMPORTANT NOTICE

This is the **LAST** newsletter you will receive **if you have not renewed** your FRIENDS membership. *How do you know if you have renewed?* Look at your mailing label, if the renewal date is 01/01/13 and highlighted in orange, you have not renewed for 2013. For your convenience, you can find a tear-out membership form on page 19. Just fill it out and drop it off at the Senior Center or mail in with your check of support (send to 151 E. First Street). If your renewal date is 01/01/14, you're all set...and **THANK YOU FOR BEING A FRIEND!**

YOUR UNDERSTANDING IS APPRECIATED

Senior Center participants: Thank you for your cooperation when the rooms need to be juggled due to our tight room schedule. Implementation of the Tax Aide Program requires space, including our computer lab, during February, March and April. There are so many other activities going on that activities have been moved and groups asked to change times. **Thanks for your understanding as we try to keep the Center active and also offer this worthwhile community service!**

THANK YOU VOLUNTEERS

The Fond du Lac Senior Center is fortunate to have so many great volunteers who give of their time and talents, their patience and experience, their smiles and wisdom, their sense of humor and energy. On any given day, the Center offers many opportunities for volunteers to help with what they love to do; or sometimes it may be doing something that they have never done before and end up loving it! It is not an exaggeration to say that without the help of volunteers, our Senior Center would not be able to offer so many programs, activities and services and would not be the vibrant place it is. From grilling brats at our Piggly Wiggly summer fundraisers, to helping fold and tape the newsletter each month, from serving as activity coordinator, receptionist, or Craft Shoppe cashier to helping with building maintenance and repairs, and more...our volunteers are at the heart of what makes the Fond du Lac Senior Center the wonderful place it is!



“Volunteers don’t necessarily have the time, they just have the heart.”

~ Elizabeth Andrew, American author and Spiritual Advisor

NOTE OF APPRECIATION

Unforgettable, memorable, sentimental, happy, fun, nostalgic, huge, emotional and heart-warming—these are but a few of the adjectives that describe the heartfelt feelings I have about my 85th Birthday Celebration at the Senior Center last November. Over 100 friends, staff, board members, my brothers and their wives, and cousins came bearing beautiful greeting cards, sentiments, giraffes and other special gifts, and hugs. It was overwhelming and I am sincerely grateful for all your loving thoughtfulness. The Senior Center has been so good to me and it will always have a very special place in my heart. May God continue to bless each and every one of you!



Doris receives congratulatory birthday greetings from Jim Sabel, President of the Friends of the Fond du Lac Senior Center and Fond du Lac City Council President.

“Every good and perfect gift is from above, coming down from the Father of the heavenly lights...” James 1:17

With sincere appreciation, *Doris Zimmermann*

SENIOR WELLNESS MORNING

Senior Wellness Mornings are held on the 2nd Friday of EVEN months from 9–11 a.m.

GOOD HEALTH...IT'S WITHIN YOUR GRASP
Friday, February 8

9–10 a.m.

Health Screenings: ▪ Blood Sugar (Fast Required) ▪ Blood Pressure ▪ Hearing Screening

Health Info Booths: Above & Beyond Care Solutions, ADRC, Agnesian Health Shoppe, Heartland Hospice, Good Vibrations, UW Extension, Rescare, Senior Care Referral Specialists, and more

Demonstration: *Lillian's*—how to dress up your wardrobe with scarves

10–11 a.m.

Speaker: Heather Schmidt, Doctor of Osteopathic Medicine, Agnesian HealthCare

Living a healthy lifestyle brings with it many positive results. A healthy lifestyle can be accomplished by incorporating simple, inexpensive, and practical behaviors and modifications into our daily lives. Join Heather Schmidt, D.O., a Fond du Lac Regional Clinic West family medicine physician, to learn more about Agnesian HealthCare's new Healthy Living Series, which offers practical skills for eliminating stress, choosing high quality food, and incorporating gentle exercise and strength-building. Dr. Schmidt will also perform a **cooking demonstration** that includes healthy ingredient substitutions.



DOOR PRIZES ▪ HANDOUTS ▪ REFRESHMENTS

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

February's Senior Wellness Morning is sponsored by Agnesian HealthCare

Newsletter Crew

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

Newsletter Deadline

The deadline for submission in the March's *Among Friends* is Monday, February 4. Submit information to Judy Lange.

Up-to-Date Information

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



Dottie Winkelmann, Senior Center Director, is guest of Wade Bates on his *After Breakfast Show* every Monday morning. Listen in for information about upcoming activities and events at the Senior Center.

UPCOMING PROGRAMS

BAGELS WITH A BROKER

Hosted by: Ben Baertschy
Financial Advisor
Edward Jones Investments

NEW
FORMAT!



Have a bagel and chat with Ben on the **1st Monday*** (except February) of each month at **9 a.m.** Ben will be joined by a different guest speaker each month to address specific investment topics.

February 1: Nicole Pretzel from Oppenheimer

Note date change: Due to a scheduling conflict, this meeting is on the 1st Friday instead of the usual 1st Monday of the month

Topic: Benefits of dividend paying equity funds

March 4: Kathleen Gill from Franklin Templeton

Topic: Current market and how stocks compliment portfolios

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

INVESTMENT WORKSHOP

**Mondays – February 25 through April 8,
from 3:00 – 4:30 p.m.**

Are you interested in making more informed decisions with your investments? Each spring, the community of Fond du Lac has a unique opportunity to get non-biased information on personal investing. Jeff Kemp, a financial educator from Oshkosh, comes to the Senior Center every March and April to present his financial workshop, a series of seven lessons. Jeff Kemp is a financial educator, not a broker or financial planner. He teaches personal finance classes at Oshkosh North and West High Schools, MPTC, UW-Oshkosh and Senior Centers in Oshkosh, Appleton, and Manitowoc, and offers his financial expertise free of charge as a community service. All information presented is non-biased. The course is designed to provide the fundamental investment basics needed to make more informed financial decisions.



All ages and all levels of investors are encouraged to attend. The classes are FREE and open to the public. You do not need to attend all seven sessions – attend as few or as many as you like. If you have not done much saving or investing for your future, would like to learn how to be your own financial manager, or would like to be more financially independent, then these classes are for you!

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Topics include:

WEEKS 1 & 2: Investing in the stock market with mutual funds

WEEK 3: Bond investing

WEEK 4: Understanding what economic forces move markets

WEEK 5: Building a sound asset allocation

WEEK 6: Taxes and investing; exchange traded funds

WEEK 7: How to build and manage your own portfolio

You need not attend all sessions - attend as few or many as you like. For planning purposes, registration is requested by calling 322-3630.

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

AARP MEETING Meet our County Executive

Upcoming general meeting of AARP Chapter #614:

Thursday—February 21, at 1:30 p.m.

The featured speaker for the February AARP meeting will be **ALLEN BUECHEL**, who will offer a State of the County presentation. 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.

CARDS, ANYONE? New card game!

A new group is forming at the Senior Center to learn and enjoy the game of **HAND AND FOOT**. This card game is a little like Canasta, but with a twist—each player is dealt two sets of cards - the hand, which is played first, and the foot, which is played when the hand has been used up. You do not need to already know how to play—someone will be there to help you learn or refresh your knowledge of the game so you can share in the fun! This new group will meet at the Center on the **2nd & 4th Wednesdays** from **1–4 p.m.**



Several other card games are played at the Senior Center on a regular basis (all groups welcome new players!):

BRIDGE	Every Tuesday & Thursday	1:00 p.m.
CANASTA	1st & 3rd Wednesdays	1:00 p.m.
CRIBBAGE	Every Wednesday	1:00 p.m.
PINOCHLE	Every Friday	1:00 p.m.
POKER	Every Monday	1:00 p.m.
SHEEPSHEAD	Mondays, Wednesdays, & Fridays	1:15 p.m.
SKAT	Every Tuesday	1:00 p.m.

Looking for **EUCHRE** players! Call 322-3630.

4 Now, c'mon—get in the game...at the Senior Center!

UPCOMING PROGRAMS

BOB ROSS PAINTING CLASS

**Saturday, March 2
10 a.m.—4 p.m.**



Cheryl Fisher, Certified Bob Ross Painting Instructor

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



The painting that will be created in this class is “Wintertime Blues.”

Participants should bring a 16” x 20” canvas

(preferably a Bob Ross or Frederick canvas – available at Michael’s Craft Stores or Hobby Lobby); a smock, apron, or old shirt; and a roll of Bounty paper towels. Canvasses will also be available for a \$10 fee payable to Cheryl on that day (please indicate when you sign up that you would like to purchase a canvass). 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 \$56.00 and *must be paid at the Senior Center front desk at the time of registration*. Space is limited, so if you would like to participate, *register as soon as possible*. Absolutely NO art experience needed. Explore your creative side!

MEN’S GOLF LEAGUE INFORMATIONAL MEETING

Thursday, March 28, at 9 a.m.



The boys will be back at Whispering Springs Golf Course for the Senior Center’s Men’s League, which will run early May through early October. This 22-week handicap league is made up of 2-man teams with an 8 a.m. tee time. In the past the league ran on Thursday mornings, but that may change for 2013. This organizational meeting will discuss this and other details of the league. It will be held at the Senior Center in the Main Activity Room. If you can’t attend the meeting, but would still like to join the league, you should call Mike Meyer right away. If you have questions about the meeting or the golf league, contact Mike Meyer at 922-6737.

WHEN I’M 65

Thursday, March 14, at 1:30 p.m.

Julie Hilbert, Benefit Specialist,
FDL County Department of Senior Services

Are you nearing the age of retirement and wondering what impact turning 65 will have on you? “When I’m 65” is a program designed to answer this question. Learn the various parts of Social Security and Medicare, what choices you need to make when you become eligible, and what the timelines are for those choices. Learn answers to questions such as:



- How do I sign up for Medicare?
- What if I’m covered under my spouse’s insurance?
- I am still working...Do I need Medicare?
- What exactly are Medicare Parts A, B, C and D?
- What are the new private Medicare plans?

This program is not just for those turning 65—but for anyone who has benefit concerns or questions.

The program will also cover:

- ♦ Working Past Retirement Age
- ♦ Supplemental Insurance
- ♦ Medicare Advantage Plans
- ♦ Social Security

Please call the Senior Center at 322-3630 to register by Monday, March 11.

MARK YOUR CALENDAR



**Sunday
April 28**

Seniors Got Talent! Musical Revue

An afternoon of musical entertainment featuring the Senior Center’s talented musical performing groups:

- ♪ SCAMP Band
- ♪ Red Hat Honeys Chorus
- ♪ Handchime Choir
- ♪ Staley-Hamm Singers

Eagles Club

This is NOT a talent show, but rather an afternoon showcasing some of the Senior Center’s talented musical performing groups.

Watch for details and ticket information to follow in the March newsletter.

HAPPY TRAVELERS

Doris Zimmermann, Travel Coordinator
Mary Schneider, Travel Assistant & Escort

Call 322-3635

SIGN UP FOR THESE TRIPS AS SOON AS POSSIBLE • STOP IN & PICK UP A 2013 TRIP PRVIEW BROCHURE



"FOOTLOOSE"

Thursday—March 7

Fireside Theater
Fort Atkinson, WI

Cost: \$95

First a popular film, and then a fabulous Broadway show, FOOTLOOSE is filled with high energy singing, heart-pounding rhythms, and ultimately some of Broadway's most spectacular dancing. This show brings audiences to their feet in a dazzling production featuring such hit songs as "Let's Hear it For the Boy," "I Need a Hero" and the well known title song. Includes a fabulous Fireside lunch.

Menu—Garden Salad, Freshly Baked Breads from The Fireside Ovens, Chicken Piccata: Charleston Rice flavored with Jones Original Recipe Sausage, Medley of Roasted Fresh Vegetables, Baked Cherry Streusel topped with Madagascar Vanilla Bean Ice Cream, Coffee, Tea and Milk

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

DISNEY'S "THE LION KING"

Sunday—May 5

Fox Cities PAC, Appleton, WI Cost: \$137

Let your imagination run wild at the Tony Award-winning Broadway sensation that Newsweek calls, "a landmark event in entertainment."



Marvel at the breathtaking spectacle of animals brought to life with visual images you'll remember forever. Thrill to the pulsating rhythms of the African Pridelands and an unforgettable

score including Elton John and Tim Rice's Oscar-winning song "Can You Feel The Love Tonight" and "Circle of Life." Includes Golden Corral buffet lunch.

Leave: 10 a.m. Home: 5:15 p.m.

Nationwide Travelers' Spring Showcase featuring

MAGGIE MAE

Sunday—March 24

Fox Valley Lutheran School, Appleton, WI

Cost: \$57



Always a Happy Travelers favorite, renowned country singer Maggie Mae doesn't disappoint! Expect a toe-tappin' good time listening to country songs you know and love... Includes lunch.

Leave: 10:45 a.m. Home: 5:30 p.m.

THE LETTERMEN

Friday—May 17

Schauer Center—Hartford, WI Cost: \$84



The Lettermen have been creating musical memories for 50 years!

Classic hits to Broadway. The letter sweaters may only make a brief appearance, but The Lettermen sound is non-stop. From their

first hit in 1961, *The Way You Look Tonight*, through today, their popularity is undeniable. Tony Butala, Donovan Tea, and Bobby Poynton lend their well-known harmony to selections from *Carousel*, *Pippin*, *Sound of Music*, and *West Side Story*, as well as a mix of fan favorites. Includes lunch at the Schauer Center.

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

ONEIDA CASINO DAY TRIPS

THURSDAY, FEBRUARY 28

THURSDAY, MARCH 28

THURSDAY, APRIL 25

THURSDAY, MAY 30

Dinner at VAN ABEL'S in Hollandtown

Dinner at KODIAK JACK'S in Oshkosh

Dinner at SCHWARZ'S in St. Anna

Dinner at JIM & LINDA'S LAKE VIEW SUPPER CLUB

COST: \$54 Includes: \$25 for gambling, *fantastic dinner*, bus transportation & FUN!

6 Leave: 10 a.m.; Home: 7:00 p.m.



JOIN US FOR A WONDERFUL 3-DAY GETAWAY!

MINNESOTA & AMTRAK

April 28 – 30, 2013 (Sunday – Tuesday)



Single Occupancy: \$364.00
Double Occupancy: \$299.00
Triple Occupancy: \$279.00
Quad Occupancy: \$269.00

A \$50.00 deposit is required at sign up.

**SIGN UP
NOW!**



On Day 1:

We will depart Holiday Inn at 5:45 a.m. with a break at McDonald's about 8:15 a.m. Then we are on our way to Plymouth, Minnesota where we will have lunch at 12:30 p.m. at the **Plymouth Playhouse**. The menu is: *Baked Chicken, Mashed Potatoes & Gravy, Corn, Coleslaw, Jello, Bread and Butter, Chef's choice Dessert, Coffee and Iced Tea*. After lunch we'll see the show "**Ring of Fire: The Music of**

Johnny Cash." After the show we leave for our hotel at **Treasure Island, Red Wing, Minnesota**. You will receive your packets on the bus which includes the following: (1-\$40 Free Slot Play, 1-Free Buffet, 1-\$3 Food Coupon, 1-Game of Bowling, 2-20% Gift Shop Discount, 2-\$5 Blackjack Matchplay). The evening is free to explore and gamble at Treasure Island. **Please provide your address and birthdate when you sign up so your player's card for the casino can be included in your packet.**

On Day 2:

After a light breakfast we will depart for a **tour of Red Wing Shoe Factory**. Then we will depart for **Pottery Place** where you can see potters at their wheels and a free hour for shopping. There are many gift shops: the Red Wing Shoe Store, where you can see a giant boot made by the factory workers; Smokey Row Café, a Jenny Lind Bakery and Pancake Mixes milled in Red Wing. After shopping the group will be split into Group A and Group B due to boat and trolley capabilities. Both groups will enjoy a **Boat Cruise and a Trolley Ride** with time for lunch on your own and shopping. About 4:30 we return to Treasure Island and the evening is free. You may wish to use your free Buffet Coupon which includes tax and tip.

On Day 3:

You need to have your luggage ready at 7:00 a.m. inside your room. Restaurants are open 24 hours. We will depart for Red Wing and the Train Depot at 7:30 a.m. Should the train be very late, we will call you as to the exact time of departure from the hotel. Normally the Empire Builder departs at 8:54 a.m. We arrive in Columbus at 12:57 p.m. There is a Snack Bar and a Dining Car. The cost should be no more than \$10 for lunch or sandwiches. Our bus meets us in Columbus and we depart for Fond du Lac, arriving about 3 p.m.

Leave Holiday Inn: Sunday, 5:45 a.m. Arrive Fond du Lac: Tuesday, 3 p.m.

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.

* = For Computer Basics 1, 2, 3 & 4, each student is required to bring a jump drive to class.

COURSE #	DAY	DATE	WKS	TIME	HOURS	INSTRUCTOR	COST (62+)	COST (<62)
COMPUTER BASICS 1*								
103-483-31416	Friday	March 22, 29, April 15	3 weeks	9:00 a.m.—Noon	9 hrs	Karen Beaman	\$4.00	\$33.23
103-483-31423	T, W, R	April 16, 17, 18	3 days	9:00 a.m.—Noon	9 hrs	Karen Beaman	\$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*								
103-485-31420	Friday	April 5, 12	2 days	Noon—4:30 p.m.	9 hrs	Karen Beaman	\$4.00	\$33.23
103-485-31424	W, R, F	April 24, 25, 26	3 days	9:00 a.m.—Noon	9 hrs	Karen Beaman	\$4.00	\$33.23

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

COMPUTER BASICS 3*								
103-490-31421	T, W, R	April 16, 17, 18	3 days	1:00—4:00 p.m.	9 hrs	Karen Beaman	\$4.00	\$33.23
103-490-31425	W, R, F	April 24, 25, 26	3 days	1:00—4:00 p.m.	9 hrs	Karen Beaman	\$4.00	\$33.23

Learn how to browse and search web pages as well as send and receive email. Build on the skills learned in Computer Basics for Beginners 1 & 2.

COMPUTER BASICS 4*								
103-491-31426	M, T	April 29, 30	2 days	Noon—4:30 p.m.	9 hrs	Karen Beaman	\$4.00	\$33.23

Explore in-depth concepts of computer software and hardware, building on the knowledge and application technique skills of Computer Basics for Beginners 1, 2 & 3.

BEGINNING DIGITAL CAMERAS								
105-605-31403	Monday	April 22	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								
105-609-31406	Thursday	May 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 PHOTO FUN								
203-625-31404	Tuesday	April 23	1 time	9:00 a.m.—1:00 p.m.	4 hrs	JoAnne Smith	\$18.63	\$23.50

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

PINTEREST								
103-669-31486	Tuesday	April 23	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.

SETTING UP YOUR FACEBOOK PROFILE								
103-678-31487	Friday	April 19	1 time	Noon—4:00 p.m.	4 hrs	JoAnne Smith	\$25.94	\$33.25

Your profile page on Facebook tells the world who you are. It includes information like your background, interests, hobbies, relationships and more. Learn how to fill out your profile to include your favorite things. Students should already have an email account.

IS THE iPad FOR YOU?								
103-606-31479	Saturday	April 20	1 time	9:00 a.m.—Noon	3 hrs	JoAnne Smith	\$18.63	\$23.50

Learn about the iPad to determine if you could use the iPad instead of a computer and/or as an additional computer. Connect wirelessly to the Internet almost anywhere there is access to a cell tower to send and received email, read books, take pictures, look at photos, write letters and essays, research family trees, play **8** games, watch movies, and listen to music—all with limited computer knowledge. Find out what decisions you need to make prior to purchase.

COMMUNITY CARES PROGRAM: SENIORS TO “VISIT” HAWAII IN MAY

For the past two years, seniors from local nursing homes and assisted living facilities and other seniors living at home, participated in an imaginary trip to Hawaii through the Senior Center Community Cares Armchair Travel Program.

The trips are made possible through a grant from the Fond du Lac Area Foundation and the financial support, help, and encouragement from several area businesses, groups, and individuals. More than 50 people donated their time and talent. The Planning Committee is: Event Coordinator Mary Schneider; Jaime Roth, staff from All About Life Rehabilitation Center; receptionist and volunteer Helen Aschenbrenner; and Dottie Winkelmann, Senior Center Director.

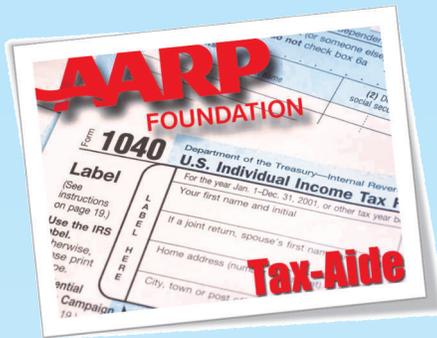


Another “trip” is being planned for **Friday, April 5, 2013**. It will be held at the Senior Center, utilizing the entire building for the big event. The Committee is taking names of possible participants based on the following criteria: 1) a senior who likely will no longer travel outside the community due to physical or financial limitations 2) a senior who has not traveled in a long time 3) seniors must be ambulatory—not use a wheelchair 4) the senior does NOT have to be a member of the Senior Center—we welcome any senior from the community (meeting the criteria) to participate!

The event is about 2 1/2 hours and includes lunch and entertainment **and it is FREE**. If you or someone you know fits the criteria and would like to take a “trip” to Hawaii on April 5, please call Mary at 322-3630 as soon as possible. A list of possible participants will be reviewed by the Planning Committee and participants will be notified in late February or early March if they will be on the April trip. **WE NEED NAMES OF SENIORS** and encourage seniors to put their name on the list. The Committee does not give too many details of the special event so that the “trip” is full of surprises.

Possible senior participants are encouraged to call Mary Schneider at the Senior Center at 322-3630 for more information **AS SOON AS POSSIBLE**. The Committee hopes to recruit 24 seniors for the April 5th FREE trip. **Volunteers are needed** to help with the event. If you can help, you can also call Mary.

FREE TAX ASSISTANCE OFFERED



Tax-Aide volunteers offer FREE Income Tax Preparation Assistance to electronically file federal and state income taxes, including the "homestead credit."

The Tax-Aide program, administered through the AARP Foundation in cooperation with IRS, is designed to assist the elderly in preparing their personal income tax returns, but the trained volunteers also help ALL low-to-moderate income individuals, regardless of age. Although there are certain types of tax situations such as rental property, farm or business income that are not covered by the program, the volunteers will be able to assist most area residents. This is an AARP and IRS co-sponsored community service.

The Fond du Lac Senior Center Tax-Aide site, located at 151 E. First Street, operates each

TUESDAY, WEDNESDAY & THURSDAY 8:30 a.m.—3:00 p.m.
from FEBRUARY 5 through APRIL 11

The Tax-Aide program provides federal tax, state tax, and homestead credit assistance. Appointments for FREE tax assistance can be made by calling 322-3630. Walk-ins will be accommodated as time allows, but *it is recommended that you make an appointment. One tax return per appointment (if you need two tax returns done, you will need to schedule two appointments).*

WHAT TO BRING

You should bring:

A complete copy of 2011 tax returns – if available

2012 Wage Statements (W-2's), Miscellaneous Income Statements (1099-Misc)

2012 Interest Statements (1099-INT) and Dividend Statements (1099-DIV)

2012 Mortgage Statements (1098)

2012 Pension and Social Security Statements (1099-R & SSA-1099)

2012 Tuition Statements (1098-T)

Receipt of Property taxes actually PAID in 2012 (this may not be what was OWED for 2012)

Any other sources of income (gambling, small business [under \$5000 expenses, no losses], etc)

Any expenses - such as medical, mortgage interest, charitable contributions and misc. expenses

All Social Security cards for yourself, your spouse and any dependents

For homestead credit, bring rent certificate/s completed and signed by landlord or your 2012 property tax bill

Any health insurance premiums in addition to Medicare, paid in 2012, for both husband and wife

If you sold stock in 2012, bring purchase and sale amounts and dates

A Record of any federal and state tax estimates paid in 2012

Your check book (Direct deposit is a fast and secure way to get your refund)

If possible, both husband and wife should come to the appointment.



PLEASE ARRIVE AT LEAST 15 MINUTES EARLY FOR YOUR TAX AIDE APPOINTMENT!

If you have an appointment and are sick or not feeling well, or can otherwise not make your appointment, please call to cancel your appointment and reschedule. We often have a waiting list that could be used.

CALL 322-3630 TO SCHEDULE AN APPOINTMENT TODAY!
ONE TAX RETURN PER APPOINTMENT

SPECIAL THANKS TO OUR TAX-AIDE VOLUNTEERS, WITHOUT WHOM THIS VALUABLE COMMUNITY SERVICE COULD NOT BE OFFERED—AND TO MIKE SWEENEY, JIM POLLARD AND JAN ALF FOR COORDINATING THE PROGRAM AT THE SENIOR CENTER.

10 LAST YEAR THE SENIOR CENTER'S TAX-AIDE PROGRAM AIDED OVER A THOUSAND CITIZENS, FILING OVER 1100 TAX RETURNS!

Friends of the Fond du Lac Senior



DINE OUT COUPON BOOK

JUST \$5.00 includes **47 Coupons** with incredible savings at **38 Area Restaurants**

Discounts are good from January – December 2013

Purchase books in the Senior Center's This 'n That Craft & Gift Shoppe
Also available for sale at: Central Barber, Fox Valley Savings Bank, KFIZ,
Korneli's Main Street Express, Philly's on 4th and Pump 'n Pantry

Proceeds of this and other fundraising efforts are used to help pay for the many programs and services offered at the Fond du Lac Senior Center. *Thank you for your support!*

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 at Regular Price, Get ½ Off 2 nd Meal (of equal or lesser value)
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 (of equal or lesser value)
Blanck's Supper Club (Johnsburg)	\$3 Off Purchase of \$10 or more (Monday – Thursday Dine In Only)
Blanck's Lake Aire Supper Club	\$3 off one dinner with purchase of 2 nd dinner (of equal or lesser value)
Capone's (Big Al Capone's)	\$2 OFF on a Wisconsin Fish Fry Buffet
Coliseum Sports Bar & Grill	Buy One Full Entrée at Regular Price, Get ½ off on any Appetizer
Cool River Sports Grill	Buy One Entrée at Regular Price, Get ½ off on a Second Entrée
Cousins Subs	Buy One 7 1/2-inch Sub, Chips & Regular Drink, Get a Second 7 1/2-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; Dine-in only) \$5.00 off a pizza of your choice (Good on up to 2 pizzas; Dine-in only)
Duffy's Steakhouse - Holiday Inn	50% Off Second Entrée (up to \$15.00) or 50% Off Second Sunday Brunch
Eden Café & Eden Grill in Taycheedah	Buy One Texas-style Sandwich, Get One Half Price
Fat Joe's	15% OFF any menu item
Fond du Lac Seafood	10% off on entire bill
Gille's Frozen Custard Drive-In	Buy One Sandwich, Get One Sandwich FREE (of equal or lesser value) Limit one. Buy One Regular Gilly Cookie, Get One Junior Gilly Cookie FREE Limit one.
Gino's Italian Restaurant	\$3 Off Any Pizza Entrée
King's Chef	\$1 off \$10, \$2 off \$20, \$3 off \$30
Knights of Columbus	With a guest check of \$20 or more, get a \$5 Gift Certificate good on your next visit FRIDAYS ONLY
Kornelli's Main Street Express	\$2 off any item from Kornelli's Kitchen & Catering (Limit one per coupon) FREE Personal Meal with ANY Kornelli purchase (Limit one per coupon)
Main Exchange	Buy One Entrée at Regular Price, Get ½ Off on a Second Entrée (up to \$6)
Mancino's	Buy One Pizza OR Grinder (Any Size), Get One HALF OFF
Oak Central	50% Off Second Meal (Good 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 (up to \$6)
Philly's on 4th	Buy a 4-piece Chicken Dinner OR Large Pizza, Get a Leg & Thigh Dinner FREE Receive a FREE 2 liter bottle of soda with any medium or large pizza purchase (Limit one.)
Pioneer Pit Stop	Buy One Dinner, Get Second for 1/2 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 only)
Schmitt's Bar & Grill	Buy One Entrée at Regular Price, Get ½ Off on a Second Entrée (up to \$6) 1/2 Off Any Gourmet Pizza (up to two toppings)
Sombrero's	\$5 Off Purchase of \$25 or more
Subway	Buy One 6-inch Sub and Medium Soda, 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	Buy 2 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 (Not Good on Friday) 11

MONTHLY MOVIE

Monday, February 18

11:45 a.m. Lunch (optional)

MENU: Sliced Turkey, Mashed Potatoes & Gravy, Winter Blend Vegetables, Cranberry Sauce, Wheat Bread, Chocolate Pudding, Milk

12:30 p.m. Movie: "Arbitrage"

Robert Miller is a New York hedge-fund magnate who appears to have it all: money, power, a loving wife, and a devoted daughter working by his side. But behind the gilded wall of his mansion, Miller is running on borrowed time, trying to unload his crippled trading company before his frauds are revealed. A deadly error throws Miller's "perfect life" into a tailspin, raising the suspicions of a detective and threatening the future of his financial empire. As the line blurs between what is right and wrong, legal and criminal, Miller is driven to desperate measures to protect the only thing more precious than his considerable fortune: his family. Stars: Richard Gere, Susan Sarandon, Tim Roth, Brit Marlin. 2012, Rated: R, 107 min., Thriller.

WARNING: This film is rated R due to the use of profanity. If you would be offended by such language, this film probably isn't for you.

You must register separately for each activity. Call 929-3937 by 1 p.m. on the day before (the Friday before if the movie is on a Monday, to register for the FDL Senior Dining Program lunch (recommended donation of just \$3.00 for those age 60 years or older; mandatory charge of \$9.25 for those under age 60). Call 322-3630 to register to attend the movie so that adequate seating & refreshments can be planned. Movies are free and open to the public. FREE popcorn and refreshments.



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

RECREATION

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

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

ART CLUB

Thursdays at 1:00 p.m.

BINGO

50¢ for 2 cards

Tuesdays at 1:00 p.m.

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

1st Tuesday: ManorCare (odd months)

Hospice Advantage (even months)

2nd Tuesday: Comfort Keepers

3rd Tuesday: **Looking for a new sponsor**

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.

February 18

Killing Lincoln

Bill O'Reilly

March 18

The Long Way Home

Karen McQuestion

April 15

The Girls from Ames:

A Story of Women & Friendship

Jeffrey Zaslow

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.

HAND & FOOT (NEW! Card Game)

HANDCHIME CHOIR

Wednesdays & 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

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 information.

Sunset Stitchers Quilt Guild

2nd Thursday at 7:00 p.m.

Call Laura at 923-1693 for information.

R.O.M.E.O.

All men are welcome to join the "Retired Old Men Eating Out" for lunch...

Thursday, February 7, at noon

Schmitty's Oar House

Thursday, March 7, at noon

Gino's Italian Restaurant

SCAMP (Senior Center Band)

Wednesdays at 8:30 a.m.

SCRAPBOOK CLUB

First three Thursdays at 10:00 a.m.

Char-tastic Crafters

1st & 3rd Thursday from 6–8 p.m.

SHEEPSHEAD

\$1 donation

Mondays at 1:15 p.m.

Jack of Diamonds

Wednesdays and Fridays at 1:15 p.m.

Black Queens

SKAT

Tuesdays at 9:00 a.m.

SPANISH CLUB

Wednesdays at 1:30 p.m.

STAMP CLUB

3rd Wednesday at 7:30 p.m.

STITCHERY CLUB

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

SUPPER CLUB

Dutch Treat. Everyone welcome!

You MUST call the Center if attending.

Saturday, February 16

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

Sebastian's Steak House

Friday, March 15

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

Holiday Inn

TOPS (Take Off Pounds Sensibly)

Chapter #1159

Mondays at 5:00 p.m.

Chapter #0566

Thursdays at 6:00 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.

The Memories Writers meets to share and preserve life experiences and family history. New members welcome!

HEALTH & WELLNESS

TAI JI

The new session will **begin February 5 and end March 26**. The classes meet on **Tuesday mornings from 9–10 a.m.** The cost is \$45 for the eight weeks. Participants should wear loose comfortable clothing and tennis shoes. Friends Membership is required. For more information, please call 322-3630.



WALKING CLASS

Walking class meets every **Monday and Thursday afternoon at 3:45 p.m.** For comfort, wear walking shoes. 50¢ Donation. Don't let cold and ice keep you from staying fit. You will get a good mile workout every time you come. Each session focuses on one of five different body areas.



EXERCISE CLASSES

LOW IMPACT CHAIR EXERCISE

Mondays 9:00 – 9:30 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*

ZUMBA GOLD

Kirsten Quam conducts Zumba Gold classes on **Monday evenings from 5:30 to 6:30 p.m.** The cost is \$5 for walk ins or a ten class punch card for \$40. Call 920-606-9078 for more information.



New Alzheimer's Support Group to meet at the Senior Center Thursday, February 28, 6:30–8 p.m. Room 4 (4th Thursdays)

Facilitated by Jaime Roth (All About Life Rehabilitation Center) and Ginny Nyhuis (Alzheimer's Association of SW Wisconsin), this new group will offer support to those affected by this terrible disease on the 4th Thursday of each month.

OTHER EXERCISE

Hikers.....Tuesday & Thursday mornings
Line Dancing.... Thursdays 6–7:30 p.m.; \$10 for 4 weeks
Water Exercise..... Daily 8 a.m. at the Aquatic Center
14 \$3.75 per session

HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by All About Life

Friday, February 8; 9–10 a.m. *2nd Fri. of the month*
No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by Lutheran Homes & Health Services

Friday, February 8; 9–10 a.m. *2nd Fri. of the month*
No appointment needed; Donations accepted.
12-hour fast is required.

CHOLESTEROL SCREENING

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

Tuesday, February 12; 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, February 14, 21, 28
Cost: \$20; Call 322-3630 for appointment.

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

Friday, February 8; 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, February 26; 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, February 12; 8:30 – 11 a.m.
2nd Tuesday in February, May, August, November
Cost: \$40; Call 322-3630 for appointment.

SUPPORT GROUPS

DIABETIC SUPPORT GROUPS

Monday, March 4, 5:30–6:30 p.m. (*1st Monday of the month*)

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

Tuesday, February 19, 4–5 p.m. (*3rd Tuesday of the month*)

Aurora Health Care Center, 210 American Drive, American Room

GLUTEN FREE SUPPORT GROUP

Next Meeting: **Friday, March 15, 9–10 a.m.**

Festival Foods, Conference Room, 1125 E. Johnson Street

PROSTRATE CANCER

Tuesday, February 12, at 8:30 a.m. (*2nd Tuesday of the month*)

Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Drive

PARKINSON'S SUPPORT GROUP

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

Aurora Health Care Center, 210 American Drive, American Room

HEALTH & WELLNESS

SENIOR WELLNESS MORNING

Friday, February 8, from 9–11 a.m.

Health Screenings: 9–10 a.m.

- Blood pressure by *Heartland Hospice*
- Blood sugar (fast required), by *Lutheran Homes and Health Services*
- Hearing by *Avada Audiology & Hearing Care*

Booths and Demo: 9–10 a.m. See page 3.

Speaker: 10 a.m. Dr. Heather Schmidt, a family medicine physician at Fond du Lac Regional Clinic West, will explain how “Good Health is Within Your Grasp,” and her presentation will include a cooking demonstration. Please call 322-3630 to register. Refreshments. Sponsor: Agnesian Healthcare

BREAKFAST FOR THE BRAIN

Use it or lose it . . . Improve your brain’s health!

Mark your calendar for **April 25–May 14**. This interactive program to workout your brain will meet from **9 to 10:30 a.m.** on Tuesday and Thursday mornings. **The location is to be determined.** Nan Baumgartner, retired UW-FDL Extension educator is the facilitator. The cost is \$15 and is limited to the first 16 seniors to register. Your brain continues to make new neurons throughout life in response to mental activity. Please come in and sign up for these sessions. Keep your brain healthy and active.



LOOK GOOD...FEEL BETTER

Wednesday, February 13; 10–12 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 woman going through treatment, tell her about this beneficial program. **Advance registration is required. Please call the American Cancer Society toll free at 1-800-227-2345.**



HEART TREE DEDICATION

Mark your calendar for the brief but inspiring program at **10 a.m. on Thursday, February 7**, to dedicate our 2012 Heart Tree. Special Music by the Senior Center’s Hand Chime Choir. Refreshments will be provided. Please call 323-3630 to register. ♥ **Thank you to all who remembered loved ones, donating 300 hearts and \$300!** ♥



Telephone Reassurance Program

Do you live alone? Do you wonder if something happened to you, would any one know? Would you feel better if someone called you daily Monday through Friday to check on you? The Fond du Lac Senior Center has a program to give you a daily call. We can also set it up so you can call us daily. If this sounds like something you or someone you know would be interested in, please call Jean Holzman at 322-3636 and she can get you started.

SENIOR OUTREACH PROGRAM

Reaching Out – Touching Lives



COMMUNITY CARES

Volunteers will be visiting **St. Francis Home**, 33 Everett Street, between **2–3 p.m.** on **Tuesday, February 26**. Volunteers go to a different local nursing home or assisted living facility each month to visit residents who have few visitors. You will be paired with an experienced volunteer for these one on one visits. A small gift will be furnished to give the resident. Volunteers can be any age. This one hour can bring a smile to a senior and make a difference in their day. Call 322-3630 to sign up or if you have questions.



SENIOR OUTREACH PROGRAM

Volunteers will meet on **Thursday, February 7, at 9 a.m.** to turn in reports and provide support and information. Then, at **10 a.m.**, we will have a **heart tree dedication** program. Entertainment will be provided by the Senior Center’s Hand Chime choir. The public is invited to the dedication. All funds raised by the sale of ornaments for the Heart Tree go to the Senior Outreach Program. This year’s heart tree raised \$300. Thank you to all who remembered a loved one and supported this fundraiser!

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

THIS 'n THAT

Craft & Gift Shoppe

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.

LUNCH AT FAT JOE'S

Thursday—March 21

11:30 a.m. Social—Noon Lunch

Gather for a Dutch treat lunch at Fat Joe's (remember the old Pier 15 on Division Street? You won't recognize it anymore!) for a delicious time. Look at the menu in the 3-ring binder at the front desk. There is a coupon in the Dine Out Coupon Book that could be used. Hostesses: Carol Schwartz, Linda Stephany, Carole Shaw & Donna Draves

HELP! We have more than 6 totes of Red Hat "stuff" that can be used for decorations at a party, prizes, games, etc. We need a couple of volunteers to go through it again and inventory what we'll keep and share what we don't want with another chapter. See Dottie if you would be willing to help with this ASAP.

We need activities for 2013. Please help!



Stop in
and check out our
stylish assortment of
handmade purses
and warm hats,
scarves & mittens

and then...

take a look at the
beautiful items we
have ready for
SPRING!



NEW CONSIGNORS WELCOME!

WANTED: VOLUNTEER CASHIERS!

Please see Pat Lefeber, Craft Shoppe Coordinator, to learn about consignment and volunteer opportunities at our This 'n That Craft & Gift Shoppe!

CLASSES & CROPS

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
February 5, 12, 26, March 5		March 12, 19, 26, April 9		
Watercolor	Tuesday	1—3 p.m.	4	\$15
February 5, 12, 26, March 5		March 12, 19, 26, April 9		
Mixed Media	Tuesday	3—4:30 p.m.	4	\$10
February 5, 12, 26, March 5		March 12, 19, 26, April 9		
Drawing	Wednesday	6—8 p.m.	4	\$15
February 6, 13, 27, March 6		March 13, 20, 27, April 10		
Country Line Dancing	Thursday	6—7:30 p.m.	4	\$10
February 7, 14, 21, 28		March 7, 14, 21, 28		
Beg. Country Line Dancing	Saturday	10—11:30 a.m.	3	\$7.50
February 2, 9, 16		March 2, 9, 16		
Singing	Wednesday	10—11 a.m.	6	\$25
February 6, 13, 20, 27, March 6, 13		April 3, 10, 17, 24, May 1, 8		
Sewing Lab		3:30—6:30 p.m.		
April 3, 10, 17, 24				

SCRAPBOOK CROPS ✂--✂--✂

▪ Danielle Mader will hold a Scrapbooking Crop at the Senior Center on **February 23**, from **9 a.m. to 11 p.m.** \$20 includes lunch and dinner, and a large space for scrapbooking. **To register: Danielle at 517-3496.**

▪ Colette Jaeger will hold a Scrapbooking Crop at the Center on **March 23**, from **9 a.m. to 9 p.m.** The cost is \$20 and includes lunch, dinner, and space to scrapbook away. **To register: Colette at 602-2486.**

Other 2013 dates for Saturday Scrapbook Crops at the Senior Center: **April 27, May 25, June 29, July 27, August 24, September 28, October 26 and November 23.**



CARD MAKING CLASS

Tuesday, February 12 3 sessions to choose from:

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

Explore your creative side!

Make three beautiful cards for \$6 or cards and class is FREE if you place a minimum \$15 product order towards making your own cards! Bring your own scissors and adhesive if you are able. **To register, contact Jana at 920-979-5262 or email stampinjana@charter.net by 5 p.m. on February 11 to participate.**

SERVICES

- Free computer/Internet access in Lab & Lobby for members only
- Information or referral on many senior citizen related topics
- Car Fit service available by appt—have a perfect fit to your car
- Photo copies 5¢ each page; FAX send/receive; Laminating
- Document shredder available for your use
- Income tax assistance (free) during tax season
- Books, magazines, puzzles, videos available to borrow FREE
- Weight scale in Health Room
- Newcomer tour: Call for a personal appointment or just stop in
- Magnified reader for visually impaired or for reading fine print
- Telephone Reassurance Calls: Mornings (Monday—Friday)
- This 'n That Craft Shoppe open weekdays 9 a.m.—4 p.m. Craft Intake held every Tuesday from 9:30 a.m.—1:00 p.m. Crafters welcome to inquire about consignment opportunities
- FDL County Department of Senior Services Dining Program **Meals served at Senior Center Monday—Thursday at 11:45 a.m.** Reservations for meals are made by calling 929-3937 and MUST be made by 1 p.m. the day before you will attend. Menus are available at the front desk. Suggested donation of \$3 for those 60 years of age or older or married to someone 60 or older; required fee of \$9.25 for those younger than 60.
- FDL County Department of Senior Service Benefit Specialist Julie Hilbert can be reached at 929-3521.

FREE TICKETS TO SCHOOL EVENTS

The Fond du Lac School District has generously sent the Senior Center ten complimentary tickets for admission to regular season athletic contests and music department concerts presented by district schools for the public. These tickets are to be used by *seniors* on a **shared basis**—anyone who is interested in attending a specific event may pick up a complimentary ticket at the Senior Center, use it for that particular event, and return it to the Center for use by others. The tickets are available for check out at the front desk.



FOR THE HEARING IMPAIRED

New Phones—Limited supply (a few remain)

Pickart Hearing Service of Fond du Lac has generously donated some amplified telephones for the hearing impaired. There are a few different models to choose from. The phones are FREE to anyone who has use for them—one per person—on a first come, first served basis. Inquire at the Senior Center's front desk.



COMMUNITY

VOLUNTEER OPPORTUNITIES



DO YOU WANT TO VOLUNTEER AND HAVE SOME FUN AT THE SAME TIME?

Volunteers are needed for this year's Taste of Fond du Lac!

Event organizers are looking for volunteers to help staff the ticket booths & monitor door entrances.

Sunday, February 24, 2013

Two shifts available: 10:30 a.m.—2:30 p.m. OR 2:30—6:30 p.m.

What to expect: The 26th annual Taste of Fond du Lac is held at the Fairgrounds Expo Building. All volunteers will receive free admission to the event, food tickets and a free t-shirt. This is a community event and a great way to meet new people!

Call Fond du Lac Festivals, Inc. at (920) 923-6555 to volunteer.

SENIOR DINING GROUP

The FDL 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.

February 5	Applebee's	841 W. Johnson St., FDL
February 12	Sunset Supper Club	W7364 Winnebago Dr., FDL
February 19	Trinity Hall	40 E. Division St., FDL
February 26	Blanck's Lake Aire	Hwy 45 N, FDL

More info: call Max at 920-269-4180 or Mary Jo at 960-2532.

VETERAN'S BENEFITS FAIR

Saturday, February 9 • 9 a.m.—2 p.m.

Fond du Lac County Fairgrounds

Experts from the US and WI Dept. of Veterans Affairs, WI Dept. of Workforce Development and other federal, state & local agencies will be on hand to answer questions about or assist in applying for benefits such as:

Disability Compensation & Disability Pension, GI Bill and other Education Benefits, Vocational Rehabilitation, Health Care, State Veterans Benefits, Wisconsin Veterans Homes, Employment Services, Homeless Programs, National Guard and Reserve Issues, Also assistance from FDL County Senior Services, Aging & Disability Resource Center, & local Veterans Service Organizations

Bring a copy of your discharge with you if you are looking for benefits for the first time. If you believe you will be applying for VA Healthcare or a Pension program, bring 2012 income and asset information with you.



TAYLOR PARK WINTER PARTY

Sunday, February 10 • American Legion Hall

EVERYONE'S WELCOME TO THIS ANNUAL EVENT!

Arrive at noon for social hour, dinner at 1:00 p.m. catered by Boda's, followed by entertainment with Joe Schiblinger & Janice. Please call Nancy Smet at 922-0430 as soon as possible to make your reservation. Cost is \$18.00 per person.

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)

\$_____ 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 last 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

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322-3638

TOUR DIRECTOR

Mary Schneider 322-3640

FRIENDS BOARD OF DIRECTORS

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Mary Kind, Vice President
Kate Barr, Secretary
Ron Zarling, Treasurer
Susanne Dennis
Jerry Gordon
Charlotte Nelson
Irv Pea
Ruth Smith

SENIOR CITIZEN ADVISORY COMMITTEE

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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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Stay up to date with everything happening at the Center!
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[Facebook.com/FondduLacSeniorCenter](https://www.facebook.com/FondduLacSeniorCenter)



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